



SCIENCE AND EXPERTISE AT THE SERVICE OF PRACTICE

OCTOBER 13TH & 14TH, 2023

LYON, FRANCE

THE CONGRESS

How many science-savvy therapists like you lack the time to stay up to date with the rapid evolution of knowledge?

The very first Congress by The Running Clinic offers you a golden opportunity to improve your clinical skills in the friendly context of the world capital of gastronomy!

On the program: two days of discussion and debate with world-renowned experts in sports medicine, alongside hundreds of evidence-based therapists just like you.

You will emerge better equipped than ever to support your patients to new heights, on the path to health and performance.

CONTENT

- 16** speakers from all over the world
- 2** keynotes in France for the first time
- 14** plenary conferences (45' each)
- 14** workshops in small groups (90' each)

EXPERIENCE

- 400** motivated participants
- 100** seats for the Gala as a cruise on the Rhône
- 1** Fun Run to walk the talk and discover Lyon from a new perspective
- 1** infographic competition to present your work

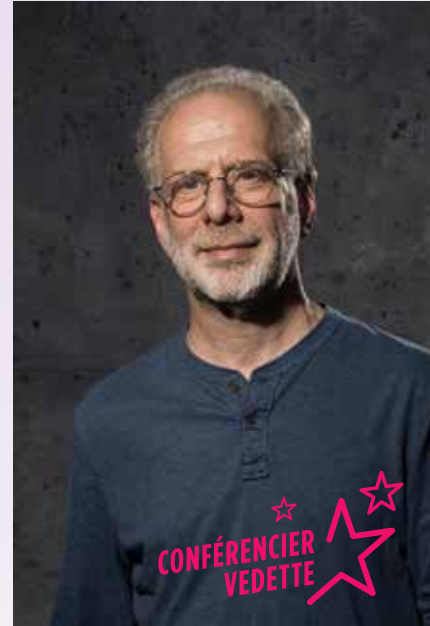
SERVICES

- Lunch included on both days
- Live translation of keynotes, conferences, and workshops from English to French
- Morning and afternoon breaks with coffee and pastries on both days



JANE THORNTON

Jane Thornton is a clinician scientist specializing in long-term athlete health, female athlete health, and physical activity in the prevention and treatment of chronic disease. She is a sports medicine physician and assistant professor in the Department of Family Medicine at the University of Western Ontario. She is an Editor of the British Journal of Sports Medicine (BJSM) and World Champion (2006) and Olympian (2008) in rowing.



DANIEL LIEBERMAN

Daniel Lieberman is the Edwin M Lerner II Professor of Biological Science, and Chair of the Department of Human Evolutionary Biology. His research combines experimental biomechanics and physiology, paleontology, and comparative anatomy to study how and why the human body is the way it is, with a focus on the evolution of physical activities such as walking and running and their relevance to health and disease.



JOEL BIALOSKY

Joel Bialosky is a Clinical Associate Professor in the Department of Physical Therapy at the University of Florida in Gainesville, Florida. Dr. Bialosky worked for over 14 years clinically primarily in orthopedic and musculoskeletal physical therapy settings before leaving clinical practice to pursue his PhD and a career in academia. His current research program is focused on the placebo mechanisms of manual therapy, on neuroplastic changes in pain associated with musculoskeletal disorders and on the response to rehabilitation interventions.



GRÁINNE DONNELLY

Gráinne Donnelly is an Advanced Physiotherapist in Pelvic Health undertaking a PhD investigating the influence of adjuncts for pelvic floor dysfunction in facilitating returning to running postpartum. She is the Co-Editor of the Journal of Pelvic Obstetric and Gynaecological Physiotherapy and sits on the Board of Trustees for the Pelvic Obstetric and Gynaecological Physiotherapy (POGP) organisation. She co-hosts a podcast focusing on pelvic health called At Your Cervix.



LOUISE DELDICQUE

Louise Deldicque graduated in sport sciences, obtained her PhD at the Katholieke Universiteit Leuven in Belgium, and completed two post-doctoral fellowships at the University of Dundee in Scotland and at UC Davis in California. She is now a full professor at the KU Leuven. She has developed expertise in exercise physiology and more particularly in the molecular regulation of muscle mass. Having worked for a few years on the adaptation of muscle mass during conditions of diabetes and obesity, Dr. Deldicque now focuses on the regulation of protein synthesis and protein degradation after exposure to hypoxia.



KEVIN DESCHAMPS

Kevin Deschamps holds a Bachelor (Hons) and Masters of Science in Podiatry (University of Brighton, UK). He also holds a PhD from the Katholieke Universiteit Leuven. Currently, he is an Associate Professor at the Faculty of Movement and Rehabilitation Sciences of the Katholieke Universiteit Leuven where he is supervising a state-of-the-art advanced clinical examination platform which aims at unravelling the complex biomechanics of the foot and lower limb both in healthy individuals and in patient populations. Kevin is also a senior lecturer in the Department of Podiatry of the University College Haute Ecole Leonard De Vinci- Parnasse-ISEL.



PASCAL EDOUARD

Pascal Edouard is a Professor and Sports Medicine Physician in Saint-Etienne, France. He is trained in physical medicine and rehabilitation as well as in sports medicine. He is the currently lead of the sports medicine unit at the Department of Clinical Physiology and Exercise at CHU Saint-Etienne. He is also the lead of Sports Performance and Injury Prevention unit at the Inter-university laboratory in human movement biology. Dr. Edouard's main research interest is the prevention of sports injuries, especially in track and field and with a specific focus on hamstring injuries.



SABINE EHRSTRÖM

Sabine Ehrström is a coach with expertise in physiology and biomechanics. She obtained a bachelor in kinesiology and a research Masters during which she published a thesis on performance factors for short distance trail running. Sabine started competing in cross-country skiing, before moving to trail running and eventually joining the CIMALP team. She particularly enjoys events like the Vertical kilometer, 80-km ultra races, mountain running and everything in between. Sabine currently teaches at the Université Grenoble Alpes and coaches trail runners through her company "Vercors Training Lab".



LAURENT GERGELÉ

Laurent Gergelé has been running ultra-trail races for 15 years (including UTMB and Tor des Géants) and practising anesthesiology for 20 years. This combination gives him a unique perspective combining the benefits of ultra-endurance sports on health, and the risks of potential complications. Since 2009, Laurent has been studying similarities between protection mechanisms used by the body during an ultra and the patients he treats in the critical care unit. For him, an ultra-endurance event is something that a well-trained individual can reasonably tolerate, but that could also lead to complications if ignoring the body's signals or if trying to self-medicate.



KIM HÉBERT-LOSIER

Kim Hébert-Losier is a Senior Lecturer and Academic Lead for Te Huataki Waiora School of Health, University of Waikato, New Zealand. Kim is the lead biomechanics researcher at the Adams Centre for High Performance and is a globally-recognised expert in lower limb and sports biomechanics. Her research focuses on injury prevention and performance in sports, running biomechanics and footwear, and calf muscle function. With her physiotherapy background, Kim continually seeks to conduct clinically-relevant research to inform science and practice.



YANN LE MEUR

Yann Le Meur has been helping athletes from different sports reach their full potential for about 20 years. He worked for 10 years at the INSEP Paris with endurance athletes from the French triathlon, mountain biking and swimming teams who participated in the Olympics in Beijing (2008), London (2012) and Rio (2016). His main interests are managing training loads, recovery and the prevention of maladaptation to training (overtraining and injuries). In 2016, Yann shifted to professional sports and now works as the head of strength and conditioning for AS Monaco.



IZZY MOORE

Izzy Moore is an Associate Professor in Sports Medicine and Human Movement at Cardiff Metropolitan University. She completed her PhD at the University of Exeter, where she focused on optimising female running gait. Izzy's research now focuses on female athlete health, sports injury epidemiology and endurance running. She is an Associate Editor for the British Journal of Sports Medicine and Journal of Science and Medicine in Sport. She recently led the international consensus on recording and reporting female athlete health domains in sports injury epidemiology.



IÑIGO MUJIKA

Iñigo Mujika earned PhDs in Biology of Muscular Exercise (University of Saint-Etienne, France) and Physical Activity and Sport Sciences (University of The Basque Country). He is also a Level III Swimming and Triathlon Coach. He is currently Advisor for the Japan High Performance Sport Center, Associate Professor at the University of the Basque Country, Adjunct Professor at Finis Terrae University in Chile, and Associate Editor for the International Journal of Sports Physiology and Performance. Having worked across multiple sports and countries in the domains of coaching, science, education and consulting, Iñigo brings unique perspectives on how individual athletes, teams and nations can best prepare for competition.



SETH O'NEILL

Seth O'Neill is an Associate Professor and research director in the school of healthcare at the University of Leicester. He is a physiotherapist by background and still clinically works consulting for elite sports, armed forces and regular people. He has a PhD on tendinopathy, during which he identified prevalence rates of tendinopathy in UK runners and developed a greater understanding of risk factors surrounding Achilles tendinopathy. This work has highlighted the involvement of the Soleus muscle in human Achilles tendinopathy. Seth works with several PhD students at present examining Achilles tendinopathy in elite sports and Achilles tendon ruptures and rehabilitation.



EMMANUEL OVOLA






Emmanuel, or Manni is a physiotherapist and former semi professional footballer with a breadth of experience from Chelsea and Fulham Football Academy to the NHS. He is passionate about health promotion and disease prevention through running. He has run 5 of the world marathon majors with a personal best of 2h49. His aim is to rehab an individual to a higher level than before their injury. He believes in the idea of “novel stimulus” and creating neuromuscular adaptation through isometric contractions or supra maximal lifts.



MATHILDE PLARD



Researcher at the CNRS in Social Sciences and Humanities, Mathilde's work focuses on trail running and outdoor sports events. She is interested in understanding personal experiences and what ultra-endurance events provide to individuals and communities. Her latest projects explore the protective effects of ultra-endurance on mental health. Mathilde is also President of Maison Sport Santé le LABSPORT in Saint-Nazaire, where she is committed to making physical activity accessible to as many people as possible.

SCHEDULE - FRIDAY, OCTOBER 13TH


	LECTURE THEATER	WORKSHOP - ST CLAIR	WORKSHOP - ROSERAIE
8:15AM			
9:00AM	REGISTRANTS' CHECK-IN		
9:15AM	CONGRESS OPENING		
10:00AM	KEYNOTE SPEAKER: DANIEL LIEBERMAN Why something we never evolved to do is healthy and rewarding?		
10:30AM	BREAK (30min)		
11:15AM	SETH O'NEILL Biopsychosocial approach for the treatment of tendinopathy	KIM HÉBERT-LOSIER The Pocket Lab for clinicians: A hands-on workshop 	YANN LE MEUR 9 years & 1400 infographics later: Thoughts and experience 
12:00PM	EMMANUEL OVOLA Running from the lens of the minority		
1:30PM	LUNCH BREAK		
2:00PM	YANN LE MEUR Stretching the cord to perform better: When is it enough? 	PASCAL EDOUARD Management of running injuries: Muscle injuries and stress fractures 	JANE THORNTON Physical activity prescription: Considerations for equity, diversity and inclusion
2:30PM	IÑIGO MUJICA A multifactorial and integrated approach to periodisation for optimal performance during individual and team sports 		
3:00PM	DEBATE		

 *FR: LECTURE / WORKSHOP IN FRENCH

SCHEDULE - FRIDAY, OCTOBER 13TH

	LECTURE THEATER	WORKSHOP - ST CLAIR	WORKSHOP - ROSERAIE
3:00PM	BREAK (30min)		
3:30PM	GRÁINNE DONNELLY The perinatal runner	LOUISE DELDICQUE Nutritional periodisation for road and trail runners	SABINE EHRSTRÖM Training for trail running: Practical session
4:15PM	PASCAL EDOUARD Prevention of running injuries: From theory to practice		
5:00PM	BREAK (15min)		
5:15PM	Infographics contest (animation by Yann Le Meur)		
6:00PM	FUN RUN		
7:00PM			
8:00PM	GALA DINNER		







SCHEDULE - SATURDAY, OCTOBER 14TH

	LECTURE THEATER	WORKSHOP - ST CLAIR	WORKSHOP - ROSERAIE
8:30AM	ARRIVAL		
9:00AM	KIM HÉBERT-LOSIER What are super shoes and what do they mean for the everyday runner?	EMMANUEL OVOLA Systematic approach to optimising the runner	JOEL BIALOSKY Contextual influences on pain: how the context in which an intervention is provided can dramatically influence how a patient responds?
9:30AM	IZZY MOORE Optimising endurance running biomechanics for performance: Is it possible? Should we bother?		
10:00AM	DEBATE		
10:30AM	BREAK (30min)		
11:00AM	KEVIN DESCHAMPS Foot biomechanics in running	GRÁINNE DONNELLY & IZZY MOORE Postnatal screening and return to running: "The 6Rs framework"	IÑIGO MUJIKA Strength training for runners 
11:45AM	JOEL BIALOSKY Why manual therapy works and why you should care?		
12:30PM	LUNCH BREAK		
1:00PM			



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SCHEDULE - SATURDAY, OCTOBER 14TH

	LECTURE THEATER	WORKSHOP - ST CLAIR	WORKSHOP - ROSERAIE
2:00PM	MATHILDE PLARD Mental health and trail running: Psychosocial aspects in ultra-endurance athletes 	SETH O'NEILL Tendinopathy management in running, Can we run it better?	LAURENT GERGELÉ & JORDAN HIBON Metabolic diseases: Practical recommendations 
2:45PM	LOUISE DELDICQUE Can nutrition help prevent running injuries? 		
3:30PM	PAUSE (30min)		
4:00PM	SABINE EHRSTRÖM Physiological and biomechanical factors for trail running performance 	COME AND CHALLENGE BLAISE! Live diagnostic and treatment planification 	KEVIN DESCHAMPS Paradigms and monitoring (off)loading features using in-shoe sensor technology
4:45PM	LAURENT GERGELÉ Ultra-endurance: Physiological or pathological? 		
5:30PM	BREAK (15min)		
5:45PM	KEYNOTE SPEAKER: JANE THORNTON Women's health in sport, why are we missing data from half the world?		
6:30PM	CLOSING REMARKS		
6:45PM	END		

THE INFOGRAPHIC COMPETITION

The Running Clinic's mission is to share knowledge by making it accessible.

Thus, we are launching, ahead of the congress, an online infographic competition. The authors of the best infographics will have the opportunity to come present their work in Lyon during a special session of the congress.

Yann Le Meur, father of the more than 1,400 famous infographics shared through @YLMSPortScience, will do us the honor of being the sponsor of this competition.

A prize of €600 will reward the best presentation.

All the details of the competition can be found in the "Infographic Competition" section on congres.lacliniqueducoureur.com

THE FUN RUN

Accessible to all. Conviviality guaranteed. Everyone will be able to have fun while enjoying our two courses:

«TRABOULES RUNNERS» GROUP

Easy pace (7-10 kph),
6 km max.

Soulary - Gros Caillou - Traboules

«GONES RUNNERS» GROUP

Steady pace (12 kph),
12 km max.

Tête d'Or Park - Soulary -
Gros Caillou Bissardon - Tête d'Or Park

THE GALA

Come and live an unforgettable experience aboard a completely privatized boat!

You will succumb to the originality of a floating restaurant which will await you docked at the foot of the convention center. You will then embark on a memorable gala to savor refined cuisine, marvel at the most beautiful urban landscapes and enjoy the dancing evening.

Homemade aperitif, 3-course meal, drinks included, dancing evening, visit of Lyon

PLEASE NOTE : People participating in the Fun Run will not be able to register for the Gala due to the tight timing.



THE RUNNING CLINIC

The Running Clinic is an organization providing continuing education to health and sport professionals that has grown to become a global reference in the prevention of running injuries. In addition to disseminating its expertise over five continents, our team has made it its mission to promote physical activity by sharing its benefits with others.

Wishing to reach an ever wider and more passionate audience, The Running Clinic also offers e-learning courses and an e-coaching platform.



THE CONFERENCE CENTER

Nestled in the heart of the Cité Internationale, a real complex, the Lyon Conference Center benefits from numerous services in the immediate vicinity: parking, hotels, restaurants, cinema, Casino, Museum..



Musée d'Art
Contemporain de Lyon
Temporarily closed

Porte des Enfants
du Rhône

Parc de la
Tête d'Or

6TH ARR



Congres.LaCliniqueDuCoureur.com

Lyon, 2023