



**Saturday, March 20**

**Nebraska Orthopaedic Hospital**

**Register Online at  
[www.neorthohospital.com](http://www.neorthohospital.com)**

## HOW TO REGISTER

**Two ways:** Fill out this form and send it in with credit card or check payment. Please fill out one form per person. Or go to **www.neorthohospital.com** and register online. *Note: registration online will include a processing fee.*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

email: \_\_\_\_\_

male     female    DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_

shirt size (*circle one*):    S    M    L    XL    XXL  
*Shirt sizes do run big.*

### Payment Information:

Check included for \$65.  
*Please make payable to Nebraska Orthopaedic Hospital*

Credit Card  
*circle one*    Visa    MC    AmEx

#: \_\_\_\_\_

Expiration: \_\_\_\_/\_\_\_\_

Name on Card: \_\_\_\_\_

Signature: \_\_\_\_\_

\$65 will be charged to your card

**Mail to: Nebraska Orthopaedic Hospital  
Runners Clinic  
2808 S 143rd Plaza  
Omaha, NE 68144**

*Space is limited and will be filled on a first-come, first-serve basis. Mailing in the registration form does not guarantee you a spot at the clinic. Mailed in forms will be returned if clinic is full. Online registration will be closed once filled.*

*For payment and other questions, please call Nebraska Orthopaedic Hospital at 402.637.0600 or email [taylor.irish@neorthohospital.com](mailto:taylor.irish@neorthohospital.com).*

Join us for the **Runners Clinic** presented by Nebraska Orthopaedic Hospital. The clinic has been designed to focus on the different needs of the dedicated runners in our area. With the expertise of many people, including orthopaedic surgeons, physical therapists and other running professionals, we hope to bring you an educational experience that will improve your running potential.

**Cost of the Runners Clinic: \$65.**

*Runners Clinic includes all-day informational sessions, long sleeve running shirt, water bottle, breakfast and box lunch.*



## RUNNERS CLINIC 2010

***Saturday, March 20***

8:30 a.m.	Registration & Breakfast
9 a.m.	Welcome & Session 1
10:00 a.m.	Session 2
11:00 a.m.	Break
Noon	Session 3 & Lunch (provided)
1 p.m.	Session 4
2:00 p.m.	Break
2:15 p.m.	Session 5
3:00 p.m.	Session 6
4:00 p.m.	Group Run (optional)

## FEATURED SPEAKER



**Dr. Melissa Todd** earned her Ph.D. in Counseling Psychology from the University of Missouri-Kansas City. While receiving a generalist education, she chose to focus her graduate research on sport psychology resulting in a publication in the *Journal of Sport Behavior*. Melissa went

on to complete 2 ½ years of applied training and experience in sport psychology and biofeedback at Kansas State University, where she worked with NCAA Division I athletes, teams, and coaches. Melissa currently heads an intensive outpatient program at a psychiatric hospital part-time, which allows her to focus on her career in competitive running. A 6-time NCAA Division III All-American and 1997 National Champion at 1500 meters, Melissa put her running career on hold while completing the requirements for her professional degree. Since resuming her focus on running in 2008, Melissa has achieved 14 personal records at distances from 5K to the marathon. She currently races under the sponsorship of MizunoUSA. Post-collegiate running accomplishments include an 11th place finish at the 2006 USA Half Marathon Championships, an 8th place finish at the 2008 USA 10-Mile Championships, a 5th place finish at the 2009 500 Festival Mini-Marathon, a 3rd place finish at the 2009 USATF Club Track & Field Championships at 5000 meters, and numerous road race wins in the region and around the country.

### *Other speakers Include:*

**John Galligan, M.D.** Orthopaedic Surgeon with Nebraska Orthopaedic Associates

**Michael C. Thompson, M.D.** Orthopaedic Surgeon with OrthoWest, P.C.

**Ann Ringlein** running coach and owner of The Running Company in Lincoln, Nebraska

**Liz Wright, LMT** certified massage therapist and owner of Massage & Bodywork

**Christy Nielsen, PT** physical therapist with Nebraska Orthopaedic Hospital and 3-time Olympic Marathon qualifier

**Elisa Koch, PT, OCS** physical therapist with Nebraska Orthopaedic Hospital

# CLINIC TOPICS & SESSIONS

## SPORTS PSYCHOLOGY

### **Clinical Sports Psychology:**

Competitive anxiety

Injury

Personal issues that interfere with performance

### **Performance Enhancement Sport Psychology:**

Maximize performance

Goal-setting

Visualization/mental rehearsal

Focus of concentration during competition

Development of pre-competitive routines

## PHYSICIAN ADVICE

**Injury or Not?** When to seek medical attention for ongoing pain or strains.

## REACHING YOUR OPTIMUM STRIDE

**Running Analysis:** A quick look at Nebraska Orthopaedic Hospital's Optimum Stride Running Program.

**After Injury Care:** How to use alternative workouts to get back to running.

**Therapy:** How Physical Therapy can improve your running potential and decrease your injury risk.

**Got Shoes?:** How to pick the right running shoes for training, race day and your foot.

## MASSAGE THERAPY

**Body Care:** How massage therapy can benefit your running and recovery.

**Much, much more!**

## DIRECTIONS AND PARKING

Nebraska Orthopaedic Hospital is located at 2808 S 143rd Plaza just across from the Oak View Mall at 144th and West Center Road. The clinic will take place at the OakView Medical Building, next to the hospital.

Parking is available in both the OakView Medical Building and the Nebraska Orthopaedic Hospital parking lots.



## FOR MORE INFORMATION

For more information, contact Nebraska Orthopaedic Hospital at 402-637-0610 or email [taylor.irish@neorthohospital.com](mailto:taylor.irish@neorthohospital.com).

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