PLEASE JOIN US

UNIVERSITY OF WISCONSIN

Sports Medicine Symposium

May 7–8, 2015
Marriott Madison West

Provided by
University of Wisconsin Sports Medicine
uwsportsmedicine.org

and

University of Wisconsin School of Medicine and Public Health
Office of Continuing Professional Development in Medicine and Public Health
ocpd.wisc.edu

38th Annual
The purpose of this symposium is to provide the latest information on the diagnosis, prevention and treatment of musculoskeletal injuries and illnesses related to exercise and sport. Its content is based on comments from past participants as well as faculty and clinical staff perception of current trends and issues in sports medicine. The conference will focus on practical and clinically relevant information for participants to use in their daily practice.

INTENDED AUDIENCE AND SCOPE OF PRACTICE
Team physicians, primary care physicians, athletic trainers, physical therapists, nurses, physician assistants and other health professionals who provide care for athletic and active populations

OBJECTIVES
Upon completion of the symposium, participants will:
• Improve ability to evaluate, diagnose and treat common sports and orthopedic injuries in active populations.
• Identify age-specific differential diagnosis for musculoskeletal injuries.
• Develop return-to-play guidelines for athletes who have sustained a concussion.
• Discuss management and return-to-sport or activity criteria for patients with acute and chronic shoulder injuries.
• Differentiate the causes and treatment options for anterior knee pain in active individuals and runners.
• Identify appropriate radiological imaging for musculoskeletal injuries involving the foot and ankle.
• Use screening guidelines to identify athletes at risk for the Female Athlete Triad and develop treatment recommendations for these athletes.

ELEMENTS OF COMPETENCE
This CME activity has been designed to change learner competence and focuses on the American Board of Medical Specialties areas of medical knowledge, and patient care and procedural skills.

SYMPOSIUM OVERVIEW AND STATEMENT OF NEED
7:30 am – 5:50 pm
REGISTRATION DESK OPEN

8:40 am
WELCOME
Session 1: Anterior Knee Pain in the Athlete
Anterior Knee Pain: The Common and the Uncommon
Julie Doucette, MD
Recurrent Patellar Instability
Tamara Scarpelli, MD
Anterior Knee Pain in Runners
Amanda Galwey, PT, DPT, ScS
Panel Discussion

10:35 – 10:45
BREAK

10:45 am – 12:00 pm
Session 2: Considerations in Returning Athletes to Play
Coping with the Emotional Stress of a Sports Injury
Shalagh Mirgain, PhD
Controversial Return to Play Decisions in the Management of Concussions
David Bernhardt, MD
Case Studies: Understanding Multi-Modal Rehabilitation Approach for Post-Concussion Syndrome in an Athlete
Dan Eric, PT, LAT
Panel Discussion

12:50 – 12:50
LUNCH

12:50 – 1:40
Session 3: Research Updates
Ankle Injury Prevention Strategies: Athletes’ and Coaches’ Perspectives
Toddy McCalpin, PhD, LAT
Hip Strength Compensations in ACL Reconstructed Individuals with Quadriceps Deficits
David Kinn, PhD, ARC

12:50 – 1:40
CONTINENTAL BREAKFAST
Session 7: The Female Athlete
New Guidelines for the Female Athlete: Team Assessment, Treatment and Return to Play
Kathleen Carr, MD
Exercise after Childbirth
Elizabeth Chumanov, DPT, PhD
Panel Discussion

9:10 – 9:15
BREAK

9:15 – 10:45
Session 8: The Shoulder
Failed Rotator Cuff Surgery: What’s Next?
John Orwin, MD
Shoulder Injuries in the Young Throwing Athlete
Geoffrey Baer, MD, PhD
Rehab Pearls for Lower Leg, Ankle and Foot
Jan Assellerud, MDPT
Panel Discussion

10:45 – 10:55
BREAK

10:55 am – 12:15 pm
Session 9: Interesting Sports Medicine Cases
Primary Care Case 1
Andrew Watson, MD, MS
Orthopaedic Case 1
Ben Graf, MD, and Tyler Johnston, DPT
Primary Care Case 2
Jeremy Johnson, MD, MPH
Orthopaedic Case 2
Warren Dunn, MD, DPT, and Katie Widman, DPT
Panel Discussion

12:15 am
ADJOURN FOR THE DAY

2015 SPORTS MEDICINE SYMPOSIUM PROGRAM: FRIDAY, MAY 8

12:00 – 3:00
OPTIONAL AFTERNOON SEMINARS AND WORKSHOPS ($70 fee – includes lunch)
    Part 2: When Things Break Down
    Ken Schreibman, MD, PhD
B. Evidence Based Biomechanical Analysis of Pitching Mechanics
    M. Andrew Pipkin, DPT, and Karl Fry, PT, DPT, ScS, OCS
    This workshop will identify normative parameters followed by interactive throwing case examples and live demonstration.
C. ACL Injury Prevention Strategies
    David Knight, MS, LAT, TPI-MP3, USAW
    This workshop is approved for 2 BOC EBP CEUs

2015 SPORTS MEDICINE SYMPOSIUM PROGRAM: THURSDAY, MAY 7
SYMPOSIUM FACULTY

GUEST FACULTY
Jule Dobratz, MD
Associate Clinical Professor; Department of Surgery, Division of Orthopedics, Michigan State University; Orthopedic Surgeon, Mid-Michigan Physicians, P.C.; Team Physician, Lansing Lugnuts (Of the Toronto Blue Jays Baseball)

M Andrew Pipkin, DPT
Physical Therapist, Upper Extremity Athlete Fellow, The Ohio State University and Cleveland Indians Baseball

POLICY ON DISCLOSURE
It is the policy of the University of Wisconsin School of Medicine and Public Health that the faculty, authors, planners and other persons who may influence content of this CME activity disclose all relevant financial relationships with commercial interests in order to allow CME staff to identify and resolve any potential conflicts of interest. Faculty must also disclose any planned discussion of unlabeled/unapproved uses of drugs or devices during their presentation(s). Detailed disclosures will be made in the activity handout materials.
CONFERENCE FEES
The conference registration fee is $395 for physicians and $295 for residents/fellows, athletic trainers, physical therapists and other allied health professionals. This fee does not include the optional Friday afternoon post-conference workshops. Enrollment is limited, so register early. The registration fee includes the cost of tuition for the main program, course syllabus, conference completion report, breaks, lunch on Thursday, continental breakfast on Friday and a nonrefundable registration fee of $50. If you cancel your registration 72 hours prior to the conference, you will be refunded the conference fee except the nonrefundable $50 registration fee. No refunds will be made after that time.

FRIDAY AFTERNOON OPTIONAL WORKSHOPS
Three optional Friday afternoon workshops will be offered. Cost of the optional post-conference workshop is $70. Workshop enrollment is limited so register early to assure your place. All workshops will be conducted from 1–3 pm at the Marriott. Lunch is included for all optional workshop registrants. You must register for the symposium to be eligible to register for a Friday afternoon workshop.

PARKING
Free parking is available at the Marriott Madison West.

COURSE SYLLABUS
Participants will receive a printed course syllabus. An electronic syllabus will not be offered.

GENERAL INFORMATION

Thursday, May 7 – Friday, May 8, 2015
Marriott Madison West
1313 John Q. Hammons Drive
Middleton, WI  53562-3500
(608) 831-2000

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Registration and Confirmation
See the last page of the brochure for the Four Easy Ways to Register. All registrations are confirmed by email. Your confirmation for a Friday post-conference optional workshop will be sent at the same time. Please call (608) 262-1397 if you do not receive your confirmation.

Housing
A block of rooms has been reserved at the Marriott. A special rate of $119, plus tax, is available at the Marriott Madison West for this conference. Call (888) 745-2032 to make your hotel room reservation. Be sure to mention the seminar name “UW Sports Medicine” to receive the special room rate.

Note: The special room rate will be available until April 15, 2015, at which time the rooms will be released to the public at the regular rate. Reserve your room before April 15 to qualify for the reduced rate.

For Further Information
For conference information, please contact Cathy Means at the Office of Continuing Professional Development in Medicine and Public Health by email at cmmeans@ocpd.wisc.edu or Cindy Streich at cstreich@uwhealth.org.

To register, cancel or confirm your registration, call (608) 262-1397.

Note: Room temperatures are often cool; please bring a sweater.

The University of Wisconsin provides equal opportunities in employment and programming, including Title IX requirements. The University of Wisconsin School of Medicine and Public Health fully complies with the legal requirements of the ADA and the rules and regulations thereof. If any participant in this educational activity is in need of accommodations, please notify Cathy Means by email at cmmeans@ocpd.wisc.edu.
38th ANNUAL UNIVERSITY OF WISCONSIN SPORTS MEDICINE SYMPOSIUM • MAY 7–8, 2015

ACCREDITATION STATEMENT
The University of Wisconsin School of Medicine and Public Health is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

CREDIT DESIGNATION STATEMENT
The University of Wisconsin School of Medicine and Public Health designates this live activity for a maximum of 13.5 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity. The maximum number of hours includes participation in one of the three optional post-conference workshops on Friday afternoon.

Board of Certification, Inc.: The University of Wisconsin Hospital and Clinics Sports Medicine Program is recognized by the Board of Certification, Inc. (BOC) to offer continuing education for Certified Athletic Trainers. This program is approved to provide a maximum of 13.5 hours of Category A continuing education. This total includes participation in an optional Friday post-conference workshop. Certified Athletic Trainers are responsible for claiming only those hours actually spent participating in the continuing education activity. According to education levels described by the CEC Committee of the NATA, this education course is considered to be advanced level. BOC Approved Provider Number is P451.

American Osteopathic Associationting, American Academy of Physician Assistants, and American Physical Therapy Association accept AMA PRA Category 1 Credit(s)™ for their credit requirements.

American Academy of Family Physicians: Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending. Please contact Cathy Means at cjmeans@ocpd.wisc.edu for further information.

National Strength and Conditioning Association: An Application for Credit is pending with the National Strength and Conditioning Association. Please contact Cathy Means at cjmeans@ocpd.wisc.edu for further information.

Wisconsin Physical Therapy Association: An Application for Credit is pending with the Wisconsin Physical Therapy Association. Please contact Cathy Means at cjmeans@ocpd.wisc.edu for further information.

Conference Completion Report: You will be mailed a conference completion letter 4–6 weeks after the conference. To ensure this process, please complete and return the attendance verification form provided to you at the conference.

REGISTRATION FORM

FOUR EASY WAYS TO REGISTER:
Online: Visit ocpd.wisc.edu; click on “Course Catalog” near the top of the left column; scroll down the list of educational activities until you see the dates of May 7 and 8, 2015; and select “38th Annual Sports Medicine Symposium.”

By phone: (608) 262-1397. Provide your billing information or pay by Visa, MasterCard or American Express.

By fax: Fax your registration form to (800) 741-7416 (in Madison 265-3169).

By Mail: Send this form and payment to CME Specialist, The Pyle Center, 702 Langdon St., Madison, WI 53706.

STEP 1. PARTICIPANT INFORMATION:
Please complete entire form. Please PRINT in block letters.

Name ___________________________________________________________
First Mi Last
Credentials (for Credit and Name Badge):
MD
DO
NP
RN
PT
ATC
PA
Other ________________________________________________________
Employer Name ____________________________________________________
Address __________________________________________________________
Dept/Floor/Suite ____________________________________________________
City _____________________________________________________________
E-mail ____________________________________________________________
Phone (______) ___________________________________________________
Confirmations/receipts will be sent ONLY via email. Please include email address.
I would like a vegetarian meal for lunch on Thursday.

STEP 2. FEE INFORMATION:
A. $395 Physician
$295 Nurse, Physician Assistant, Resident, Athletic Trainer, Physical Therapist

B. $70 Optional (Friday) MAY 8 POST-CONFERENCE WORKSHOP OR SEMINAR (Select 1 from below; if interested in attending after workshop and that choice is filled, write “2” next to second choice, “3” next to third choice)

The Story of the Lumbar Spine (Parts 1 and 2)
Evidence Based Biomechanical Analysis of Pitching Mechanics
ACL Injury Prevention Strategies

Total Fees (A + B): $_____________________

STEP 3. PAYMENT INFORMATION:
Check or Signed Purchase Order Enclosed (payable to University of Wisconsin)
Credit Card:
MasterCard
Visa
American Express

Card Number ______________________________________________________
Expiration Date _____________________________________________________
Cardholder’s Signature _____________________________________________

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