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UNIVERSITY OF WISCONSIN

Sports Medicine Symposium

April 27-28, 2017
Madison Marriott 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
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#UWSMS40
The purpose of this symposium is to provide the latest information on the diagnosis, prevention and treatment of athletic-related medical conditions and musculoskeletal injuries. Its content is based on comments from past participants as well as faculty and clinical staff’s 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, nurse practitioners and other health professionals who provide care for athletic and active populations.

OBJECTIVES
Upon completion of the symposium, participants will:

- Have improved skills in the evaluation, diagnosis and treatment of common sports and orthopedic injuries in active populations.
- Identify age-specific differential diagnoses for musculoskeletal injuries.
- Apply management and return-to-play guidelines for athletes who have sustained a concussion.
- Summarize current research on the evaluation of low back pain and return to sport following injury.
- Recognize appropriate radiological and surgical techniques for managing common injuries to the shoulder.
- Analyze means to evaluate, diagnose and treat common elbow, ankle and Achilles tendon disorders.

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.
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<th>Time</th>
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<tr>
<td>7:45 AM – 5:00 PM</td>
<td>REGISTRATION DESK OPEN</td>
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<td>8:25 AM</td>
<td>WELCOME</td>
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| 8:30 AM – 10:10 PM | SESSION 1: Hand/Wrist/Elbow Injuries                                | Geoff Baer, MD, PhD  
Clinical Evaluation and Surgical Techniques of Sport-Related Hand/Wrist/Elbow Injuries  
Jonathan Tueting, MD  
Rehabilitation Pearls of Hand/Wrist/Elbow Injuries  
Heidi Graf, OTR, CHT  
Panel Discussion |
| 10:10 AM – 10:20 AM | BREAK                                                                 |                                                                          |
| 10:20 AM – 11:30 AM | SESSION 2: Bone Health/Lower Extremity Stress Injuries              | Erin Hammer, MD  
Rehabilitation and Progressive Return to Sport after Bone Stress Injuries  
Jennifer Kempf, MPT, CSCS  
Panel Discussion |
| 11:30 AM – 12:20 PM | SESSION 3: Case Presentations                                       | Physical Therapy Resident Case  
Corey Block, DPT, CSCS  
Orthopedic Sports Medicine Fellow Case  
Kristyn Darmafall, MD  
Primary Care Sports Medicine Fellow Case  
Luci Olewinski, MD  
Physical Therapy Resident Case  
Lauren Erickson, PT, DPT, CSCS  
Primary Care Sports Medicine Faculty Case  
John Wilson, MD, MS  
Panel Discussion |
| 12:20 PM – 1:20 PM | LUNCH                                                                |                                                                          |
| 1:20 PM – 2:40 PM | SESSION 4: Achilles Injuries                                        | Conservative Management of Achilles Injuries  
Drew Watson, MD, MS  
Surgical Treatment of Achilles Injuries  
Kathryn Williams, MD  
Load Progression for Achilles Tendinopathy Recovery  
Bryan Heiderscheit, PhD, PT  
Panel Discussion |
| 2:40 PM – 2:55 PM | BREAK/TRANSITION/SPLIT ROOM                                          |                                                                          |
| 2:55 PM – 3:55 PM | SESSION 5: Concurrent Seminars (Choose one)                          | Seminar 1 – Low Back Pain  
Low Back Pain: Evidence-Based Evaluation for the Athlete  
Julie Sherry, PT, DPT, MS  
Return to Sport Following Lumbar Injury  
Evan Nelson, PT, DPT, OCS  
Seminar 2 – Ankle/Foot Injuries  
Foot and Ankle Injuries in Athletes: Physical Exam Pearls  
Kathleen Carr, MD, and Luci Olewinski, MD  
Youth Injuries to the Ankle: Rehab Pearls  
Travis Obermire, DPT, SCS, OCS, CSCS |
| 4:00 PM – 5:00 PM | SESSION 6: Concurrent Seminars (Choose one)                          | Seminar 1 – Low Back Pain  
Low Back Pain: Evidence-Based Evaluation for the Athlete  
Julie Sherry, PT, DPT, MS  
Return to Sport Following Lumbar Injury  
Evan Nelson, PT, DPT, OCS  
Seminar 2 – Hip Injuries  
Integration of the Physical Exam and Imaging  
Brian Walczak, DO, ATC  
Conservative Management: Rehab Pearls  
Joe Tupta, PT |
| 5:00 PM         | ADJOURN FOR THE DAY                                                  |                                                                          |
2017 SPORTS MEDICINE SYMPOSIUM PROGRAM: FRIDAY, APRIL 28

7:00 AM – 4:00 PM REGISTRATION DESK OPEN
7:00 AM CONTINENTAL BREAKFAST
7:30 AM – 9:40 AM SESSION 7: Throwing Injuries
   Evaluation of Throwing Mechanics
   Karl Fry, PT, DPT, OCS, CSCS
   Musculoskeletal Ultrasound: Diagnostic Evaluation of Common Shoulder Problems
   Kenneth Lee, MD
   Orthopedic Sports Medicine Faculty Case Presentation
   John Orwin, MD
   Shoulder Injuries in Throwing Athletes
   Tamara Scerpella, MD
   Panel Discussion
9:40 AM – 9:50 AM BREAK
9:50 AM – 10:40 AM SESSION 8: Shari Khaja Dorresteijn Lecture
   Concussion in Sport: Legitimate Concern vs. Paranoia
   Kevin Guskiewicz, PhD, ATC
10:40 AM – 10:50 AM BREAK

10:50 AM – 12:40 PM SESSION 9: Current Topics in Sports Medicine
   Mental Illness in Athletes
   Claudia Reardon, MD
   Soft Tissue Manual Therapies for Athletes
   Jill Thein-Nissenbaum, PT, DSc, SCS, ATC
   Sport Specialization and Lower Extremity Injuries
   Tim McGuine, PhD, LAT
   Using Big Data to Identify Injury and Illness Risk in Athletes
   Drew Watson, MD, MS
   Sport Specialization and Injury Knowledge
   David Bell, PhD, ATC
   Panel Discussion
12:40 PM – 12:45 PM ASSESSMENT AND CLOSING COMMENTS
12:45 PM ADJOURN REGULAR PROGRAM
12:45 PM – 1:45 PM LUNCH FOR POST-CONFERENCE WORKSHOP ATTENDEES

1:45 PM – 3:45 PM OPTIONAL POST CONFERENCE WORKSHOPS
   A. Nutrition for Athletes
      Sean Casey, CSCS, RDN, CISSN
   B. Cycling Clinic
      Travis Obermire, DPT, SCS, OCS, CSCS
**SYMPOSIUM FACULTY**

**GUEST FACULTY**

Kevin Guskiewicz, PhD, ATC
Dean, College of Arts and Sciences, University of North Carolina — Chapel Hill

Travis Obermire, DPT, SCS, OCS, CSCS
Physical Therapist, Samaritan Health Services, Corvallis, Oregon

**UNIVERSITY OF WISCONSIN AND UW HEALTH SYMPOSIUM FACULTY**

* Planning Committee
‡ UW Health Sports Medicine, Madison, WI

**Geoffrey Baer, MD, PhD**
Assistant Professor, Department of Orthopedics and Rehabilitation, Division of Sports Medicine; Team Physician, University of Wisconsin Athletics

**David Bell, PhD, ATC**
Assistant Professor, Departments of Kinesiology, and Orthopedics and Rehabilitation

**David T. Bernhardt, MD**
Professor, Departments of General Pediatrics and Adolescent Medicine, and Orthopedics and Rehabilitation, Division of Sports Medicine; Team Physician, University of Wisconsin Athletics *

**Corey Block, DPT, CSCS**
Physical Therapy Resident ‡

Kathleen Carr, MD
Associate Professor, Departments of Family Medicine and Community Health, and Orthopedics and Rehabilitation, Division of Sports Medicine; Team Physician, University of Wisconsin Athletics *

Sean Casey, CSCS, RDN, CISSN
Sports Performance Specialist ‡

Kristyn Darmafall, MD
Orthopedic Fellow, Department of Orthopedics and Rehabilitation, Division of Sports Medicine

Lauren Erickson, PT, DPT, CSCS
Physical Therapy Resident ‡

Karl Fry, PT, DPT, OCS, CSCS
Physical Therapist ‡

Heidi Graf, OTR, CHT
Occupational Therapist ‡

Doug Grovergrys, MPT, LAT, SCS, CSCS
Physical Therapist *‡

Erin Hammer, MD
Clinical Instructor, Department of Orthopedics and Rehabilitation, Division of Sports Medicine

Bryan Heiderscheit, PhD, PT
Professor, Department of Orthopedics and Rehabilitation

Patrick Hills-Meyer, MA, LAT, CSCS
Coordinator, Sports Medicine Education * ‡

Jennifer Kempf, MPT, CSCS
Physical Therapist ‡

David Knight, MA, LAT, USAW, TPI-MP3J2
Licensed Athletic Trainer; Sports Performance Program Manager * ‡

Maria Kostichka, MS, LAT
Licensed Athletic Trainer *‡

Kenneth Lee, MD
Associate Professor, Department of Radiology

Tim McGuine, PhD, LAT
Senior Scientist, UW School of Medicine and Public Health‡

Evan Nelson, PT, DPT, OCS
Faculty Associate, UW School of Medicine and Public Health, Physical Therapist‡

Luci Olewinski, MD
Fellow, Department of Orthopedics and Rehabilitation, Division of Sports Medicine, Primary Care Sports Medicine

John F. Orwin, MD
Professor, Department of Orthopedics & Rehabilitation, Division of Sports Medicine; Team Physician, University of Wisconsin Athletics *
SYMPOSIUM FACULTY

Claudia Reardon, MD
Associate Professor, Department of Psychiatry, Consulting Psychiatrist, University of Wisconsin Athletics

Tamara Scerpella, MD
Professor, Department of Orthopedics and Rehabilitation, Division Chairperson Sports Medicine; Team Physician, University of Wisconsin Intercollegiate Athletics, Badger Athletic Performance

Julie Sherry, PT, DPT, MS
Physical Therapist

Marc Sherry, PT, DPT, LAT, CSCS, PES
Manager, Sports Rehabilitation

Jill Thein-Nissenbaum, PT, DSc, SCS, ATC
Associate Professor, University of Wisconsin-Madison, Staff Physical Therapist, University of Wisconsin Athletics, Badger Sports Medicine

Jonathan Tueting, MD
Associate Professor, Department of Orthopedics and Rehabilitation

Joe Tupta, PT
Physical Therapist

Brian Walczak, DO, ATC
Faculty, Department of Orthopedics and Rehabilitation, Division of Sports Medicine

Andrew Watson, MD, MS
Assistant Professor, Departments of Pediatrics, and Orthopedics and Rehabilitation, Division of Sports Medicine; Team Physician, University of Wisconsin Athletics

Kathryn Williams, MD
Assistant Professor, Department of Orthopedics and Rehabilitation

John Wilson, MD, MS
Associate Professor, Department of Orthopedics and Rehabilitation, Division of Sports Medicine; Team Physician, University of Wisconsin Athletics

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 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 (see information below). Enrollment is limited, so register early. The 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 processing fee of $50. If you cancel your registration 72 hours prior to the conference, you will be refunded the conference fee except the $50 nonrefundable portion. No refunds will be made after that time. Prepayment is required. We cannot guarantee availability of onsite registration, so please register early.

FRIDAY AFTERNOON WORKSHOPS
Two optional Friday afternoon workshops will be offered. Cost of the optional post-conference workshops is $60. Enrollment is limited so register early to assure your place. Lunch is included on Friday for all optional post-conference workshop registrants. You must register for the symposium to be eligible to register for the Friday afternoon workshops.

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

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 the optional Friday post-conference workshops will be sent at the same time. Please call (608) 262-1397 if you do not receive your confirmation.
PARKING
Free parking is available at the Madison Marriott West.

HOUSING
A block of rooms has been reserved at the Madison Marriott West. A special rate of $127 per night, plus tax, is available at the Madison Marriott West for this conference. Call (608) 831-2000 or (888) 745-2032. Be sure to mention the seminar name and “Sports Medicine” to receive the special room rate.

NOTE: The special room rate will be available until March 28, 2017, or until the block of rooms is sold out, after which the rooms will be released to the public at the regular 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: cathy.means@wisc.edu or Patrick Hills-Meyer at phills-meyer@uwhealth.org.

To register, cancel or confirm your registration, call (608) 262-1397.
**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 13.75 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 an optional Post-Conference workshops on Friday afternoon.**

**Board of Certification, Inc.:** University of Wisconsin Sports Medicine (BOC AP #451) is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program is approved for a maximum of 13.75 EBP hours/CEUs. This total includes participation in an optional Friday Post-Conference seminar. Certified Athletic Trainers are responsible for claiming only those hours actually spent participating in the continuing education activity.

**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 cathy.means@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 cathy.means@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 cathy.means@wisc.edu for further information.

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

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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 at email cathy.means@wisc.edu.
REGISTRATION FORM

40TH ANNUAL
UNIVERSITY OF WISCONSIN SPORTS MEDICINE SYMPOSIUM • APRIL 27-28, 2017

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 ________________________________________________________

Company Name ____________________________________________________

Work Address ______________________________________________________
City _______________________State _______________  Zip ______________

E-mail ____________________________________________________________

Day Phone (______) ________________________________________________

Confirmations/receipts will be sent ONLY via email. Please include email address.

☐ YES, I would like a Vegetarian Meal for lunch on Thursday, April 27th.

STEP 2. FEE INFORMATION – PREPAYMENT IS REQUIRED:

A. ☐ $395 Physician
☐ $295 Nurse, Physician Assistant, Resident, Athletic Trainer, Physical Therapist

B. ☐ $60 Optional FRIDAY (APRIL 28) POST-CONFERENCE WORKSHOP
   (Choose one)
   ☐ Nutrition for Athletes
   ☐ Cycling Clinic

Total Fees (A + B): $ ____________________

STEP 3. PAYMENT INFORMATION:

☐ Check Enclosed (payable to University of Wisconsin)
☐ Credit Card: ☐ MasterCard  ☐ Visa  ☐ American Express

Card Number ______________________________________________________
Expiration Date _____________________________________________________
Cardholder’s Name __________________________________________________

FOUR EASY WAYS TO REGISTER:

Online: visit ocpd.wisc.edu/course_catalog.
By Phone: (608) 262-1397. Please call and pay by VISA, MasterCard or American Express
By FAX: Fax your registration form to (800) 741-7416 (in Madison 265-3163)
By Mail: Send this form and payment to CME Specialist, The Pyle Center, 702 Langdon St., Madison, WI 53706
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