This course is designed to provide the latest information regarding the prevention, recognition and treatment of athletic injuries. Its content is based on comments from past participants as well as faculty & 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.

**Target Audience and Scope of Practice:** This activity is intended for physicians and other healthcare professionals who provided care for athletic and active populations; including team physicians, primary care physicians, chiropractors, athletic trainers, physical therapists, nurses, physician assistants, and other allied health professionals.

**Elements of Competency:** This activity has been designed to address the general competencies of patient care, medical knowledge, and practice-based learning and improvement; three of the six competencies set forth by the American Board of Medical Specialties (ABMS).

**OBJECTIVES**
Upon completion of the symposium, participants should be able to:

- Identify appropriate and cost effective cardiac screening tools in athletes
- Identify barriers to placement of AED’s in high schools
- Apply newly learned clinical exam skills in their practice

- Recognize facial injuries that need specialized care
- Recognize biomechanical faults that increase the risk of shoulder injuries

- Describe injury prevention strategies for endurance athletes
- Describe nutrition strategies to prevent injuries, promote healing and optimize performance
- Describe treatment options for shoulder injuries
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Speaker(s)</th>
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<tbody>
<tr>
<td>8:00 a.m.</td>
<td>Registration opens</td>
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<tr>
<td>8:50 a.m.</td>
<td>Welcome</td>
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</table>
| 9:00 – 10:10 a.m. | Session 1: Hot Topics in Sports Cardiology                  | Echo vs. EKG Screening in Athletes  
David Bernhardt, MD  
AED’s in the High School  
John Wilson, MD  
Panel Discussion |
| 10:10 – 10:20 a.m. | BREAK                                                            |                                                                           |
| 10:20 a.m. – 12:05 p.m. | Session 2: Facial Injuries in Athletes | Eye Injuries  
Heather Potter, MD  
Dental Injuries  
Terrence Donnelly, DDS  
Facial Fractures  
Benjamin Marcus, MD  
Panel Discussion |
| 12:05 – 1:00 p.m. | LUNCH                                                            |                                                                           |
| 1:00 – 2:45 p.m. | Session 3: Sports Nutrition                                      | Metabolic Syndrome: Are Athletes at Risk?  
Amy Mihm, MS, LAT, RD  
Reducing Inflammation Through Diet  
Adam Rindfleisch, MD  
Eating Disorders in Athletes  
Kathleen Carr, MD  
Panel Discussion |
| 2:45 – 3:00 p.m. | BREAK                                                            |                                                                           |
| 3:00 – 5:00 p.m. | Session 4: Split Track                                              | TRACK A: Current Topics in Sports Medicine  
Hot Topics in Hip Arthroscopy  
James Keene, MD  
Double Bundle ACL Reconstruction  
Ben Graf, MD  
Exercise Guidelines for a Healthy Population  
Jude Sullivan, MS  
Common Swim Stroke Dysfunctions that Cause Shoulder Pain  
Dan Enz, PT, LAT  
Panel Discussion |
<p>| 5:00 p.m.   | Adjourn                                                              |                                                                           |</p>
<table>
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<tr>
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<tr>
<td>7:30 a.m.</td>
<td>Continental Breakfast in Exhibit Area (Exhibits Open)</td>
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<tr>
<td>8:00 – 9:45 a.m.</td>
<td>Session 5: The Shoulder: From Anatomy to Pathomechanics</td>
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<td></td>
<td>Cadaver Anatomy of the Shoulder</td>
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<td></td>
<td><em>Michael Shin, MD</em></td>
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<td>Radiological Evaluation of the Shoulder</td>
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<td><em>Michael Tuite, MD</em></td>
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<td>Shoulder Injuries in the Overhead Athlete</td>
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<td><em>Charles Bush-Joseph, MD</em></td>
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<td>Panel Discussion</td>
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<td>9:45 – 10:15 a.m.</td>
<td>BREAK</td>
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<tr>
<td>10:15 a.m. – 12:00 p.m.</td>
<td>Session 6: Traumatic &amp; Atraumatic Shoulder Injuries: Looking beyond the Basics</td>
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<td>Neurological Disorders of the Shoulder</td>
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<td></td>
<td><em>John Orwin, MD</em></td>
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<td>Posterior Shoulder Instability</td>
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<td><em>Geoffrey Baer, MD, PhD</em></td>
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<td>A-C Joint Injuries and Distal Clavicle Fractures</td>
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<td><em>Charles Bush-Joseph, MD</em></td>
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<td>Panel Discussion</td>
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<td>12:00 -12:45 p.m.</td>
<td>LUNCH</td>
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<tr>
<td>12:45 – 1:55 p.m.</td>
<td>Session 7: Clinical Correlations</td>
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<td>Sports Medicine Case</td>
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<td>Shoulder Case</td>
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<tr>
<td>1:55 – 2:20 p.m.</td>
<td>BREAK</td>
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<tr>
<td>2:20 – 3:25 p.m.</td>
<td>A. Clinical Exam of the Shoulder</td>
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<td><em>John Orwin, MD</em></td>
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<td>B. Dynamic Warm-up for Sports and Rehabilitation</td>
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<tr>
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<td><em>Cynthia Gehrke, MPT, CSCS</em></td>
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<tr>
<td>3:25 – 4:30 p.m.</td>
<td>A. “You Be the Sports Doc”</td>
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<td><em>Gregory Landry, MD</em></td>
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<td></td>
<td>B. Evaluation and Treatment for the Symptomatic Overhead Thrower</td>
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<td><em>Karl Fry, PT, OCS, CSCS</em></td>
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<tr>
<td>4:30 p.m.</td>
<td>Adjourn</td>
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Guest Faculty
Charles Bush-Joseph, MD
Professor, Department of Orthopaedic Surgery, Rush University Medical Center; Head team physician, Chicago White Sox

Terrence Donnelly, DDS
Team Dentist, University of Wisconsin Hockey Team, General Dentist, Dental Health Associates, Madison, Wisconsin

University of Wisconsin Faculty
Geoffrey Baer, MD, PhD
Assistant Professor, Department of Orthopedics & Rehabilitation, Division of Sports Medicine; Team Physician, University of Wisconsin Athletic Teams

David T. Bernhardt, MD
Associate Professor, Departments of General Pediatrics/Adolescent Medicine and Orthopedics & Rehabilitation, Division of Sports Medicine; Medical Team Physician, University of Wisconsin Athletic Teams *

M. Alison Brooks, MD, MPH
Assistant Professor, Departments of General Pediatrics/Adolescent Medicine and Orthopedics & Rehabilitation, Division of Sports Medicine; Medical Team Physician, University of Wisconsin Athletic Teams

Kathleen Carr, MD
Assistant Professor, Departments of Family Medicine and Orthopedics & Rehabilitation, Division of Sports Medicine; Medical Team Physician, University of Wisconsin Athletic Teams *

Dan Enz, PT, LAT
Physical Therapist ‡

John Fowler, MS, LAT
Licensed Athletic Trainer ‡

Karl Fry, PT, OTC, CSCS
Physical Therapist ‡

Cynthia Gehrke, MPT, CSCS
Physical Therapist ‡

Ben Graf, MD
Associate Professor, Department of Orthopedics & Rehabilitation, Division of Sports Medicine; Team Physician, University of Wisconsin Athletic Teams

James S. Keene, MD
Professor, Department of Orthopedics & Rehabilitation, Chairman, Division of Sports Medicine

Gregory L. Landry, MD
Professor, Departments of General Pediatrics/Adolescent Medicine and Orthopedics & Rehabilitation, Division of Sports Medicine; Head Medical Team Physician, University of Wisconsin Athletic Teams

Benjamin Marcus, MD
Assistant Professor, Department of Surgery, Director of Facial Plastic and Reconstructive Surgery

Amy Mihm, MS, RD, LAT
Registered Dietitian, Pediatric Fitness, Sports Nutrition and Preventive Cardiology; Employee Wellness Program Coordinator, UW Health‡
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.

University of Wisconsin Faculty

John F. Orwin, MD
Associate Professor, Department of Orthopedics & Rehabilitation, Division of Sports Medicine; Team Physician, University of Wisconsin Athletic Teams *

Andrew Peterson, MD
Departments of Pediatrics/Adolescent Medicine and Orthopedics & Rehabilitation, Division of Sports Medicine

Heather Potter, MD
Assistant Professor, Department of Ophthalmology and Visual Sciences

Adam Rindfleisch, MD
Assistant Professor, Departments of Family Medicine and Integrative Medicine

Michael Shin, MD
Department of Orthopedics and Rehabilitation, Division of Sports Medicine

Jude Sullivan, MS
Exercise Physiologist‡

Michael Tuite, MD
Professor, Department of Radiology, Chief of Musculoskeletal Division

John Wilson, MD
Assistant Professor, Departments of Family Medicine and Orthopedics and Rehabilitation, Division of Sports Medicine; Medical Team Physician University of Wisconsin Athletic Teams

* Planning Committee
‡ UW Health Sports Medicine, Madison, Wisconsin
FEES AND REGISTRATION

Dates: Thursday, May 14 – Friday, May 15, 2009

Place: Marriott Madison West
1313 John Q. Hammons Drive
Middleton, Wisconsin 53562-3500
Telephone (608) 831-2000

CONFERENCE FEES
The Symposium fees are $395 for physicians and $295 for residents/fellows, athletic trainers, physical therapists and other allied health professionals. This fee includes the cost of tuition, materials, conference completion report, breaks, lunch on Thursday and Friday, continental breakfast on Friday and a nonrefundable registration fee of $50.00. If you cancel your registration 72 hours prior to the conference, you will be refunded the conference fee except the $50 registration fee. No refunds will be made after that time.

FOUR EASY WAYS TO REGISTER

Online: Go to www.ocpd.wisc.edu/Course_Catalog, scroll down the list of educational activities until you see the dates of May 14 & 15, 2009; and select “32nd Annual Sports Medicine Symposium.”

By Mail: Complete the brochure registration form; follow the payment instructions on the form.

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 265-3163).

Confirmation and Directions: All registrations are confirmed in writing. Your confirmation will include a map to the conference site. Parking is free. Please call (608) 262-1397 if you do not receive your confirmation.
HOUSING
A block of rooms has been reserved at the conference site, The Marriott Madison West. Please contact the hotel directly to arrange your accommodation. Call (608) 831-2000 or FAX (608) 831-2040. Be sure to mention the seminar name “Sports Medicine” to receive the special room rates of $134 single or double, plus tax. NOTE: The special room rate will be available until April 13, 2009, at which time the rooms will be released to the public at the regular rate.

EXHIBITS
Company representatives will display their products and be available to talk with you on Friday of the conference. Time has been included in the program to allow you to view the exhibits and meet the representatives.

CONFERENCE MATERIALS
The course syllabus will be available as a printed document, or in an electronic format (USB drive). Choose your preferred format when you register.

FOR FURTHER INFORMATION
For conference information please contact: Caroline Schmitt, School of Medicine and Public Health Office of Continuing Professional Development in Medicine and Public Health, University of Wisconsin, 2701 International Lane, Suite 208, Madison, WI 53704; Telephone (608) 240-6004; E-mail: cschmitt2@wisc.edu. To register or cancel, call (608) 262-1397, FAX (800) 741-7416 (in Madison FAX 265-3163).
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 educational activity for a maximum of 13.5 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

CONTINUING EDUCATION UNITS
The University of Wisconsin-Madison, as a member of the University Continuing Education Association (UCEA), authorizes this program for 1.35 continuing education units (CEUs) or 13.5 hours.

Board of Certification, Inc.: University of Wisconsin Hospital Sports Medicine Program is recognized by the Board of Certification, Inc. (BOC) to offer continuing education for Certified Athletic Trainers (ATs). This program is approved for a maximum of 13.5 CEUs (13.5 hours). AT's are responsible for claiming only those hours actually spent participating in the CE activity. BOC Approved Provider Number is P451.

American Osteopathic Association, 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 call (608) 240-6004 for further information.

National Strength and Conditioning Association (NSCA): An Application for Credit is pending with the National Strength and Conditioning Association (NSCA) Certification Commission for CEUs. Please call (608) 240-6004 for further information.

Wisconsin Physical Therapy Association: An Application for Credit is pending with the Wisconsin Physical Therapy Association. Please call (608) 240-6004 for further information.

Chiropractic Examining Board: An Application for Credit is pending with the State of Wisconsin Department of Regulation and Licensing. Please call (608) 240-6004 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.
STEP 1. Participant Information:
Name __________________________________________________________
First MI Last
Academic Degree for Credit and Name Badge (please identify):
❑ MD  ❑ DO  ❑ DC  ❑ NP
❑ PT  ❑ ATC  ❑ PA  ❑ Other ____________________________________
Company Name _________________________________________________
Department Name or Mail Code ____________________________________
Work Address ___________________________________________________
City, State, Zip ___________________________________________________
Daytime Phone (___) _____________________________________________
Daytime Fax (___) _______________________________________________
Email Address ___________________________________________________
I would like my course materials (choose 1)
❑ Electronic (USB drive)  ❑ Paper copy
❑ Yes, I would like vegetarian meals for Thursday and Friday lunch.

STEP 2. Fee/Payment Information:
Conference Fees:
❑ $395 Physician, Chiropractor
❑ $295 Nurse, Physician Assistant, Resident, Athletic Trainer, Physical Therapist, Other
❑ P.O. or Check Enclosed (payable to University of Wisconsin)
❑ Bill My Company
❑ Credit Card  ❑ MasterCard  ❑ Visa  ❑ American Express
Cardholder’s Name _______________________________________________
Card Number ___________________________________________________
Expiration Date _________________________________________________

STEP 3. Confirmation – Send my confirmation to:
❑ Work Address (as provided in STEP 1) – or – ❑ Home Address
Home Address __________________________________________________
City, State, Zip __________________________________________________

Please return your payment with this form to:
Kathy Kneebone  Phone (608) 262-1397
The Pyle Center  FAX (800) 741-7416
702 Langdon Street  (in Madison, FAX 265-3163)
Madison, WI 53706

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 Caroline Schmitt in order to receive service. Please call (608) 240-6004.