33rd ANNUAL

UNIVERSITY OF WISCONSIN

Sports Medicine Symposium

APRIL 8 – 9, 2010
MADISON MARRIOTT WEST

SPONSORED BY
UNIVERSITY OF WISCONSIN SPORTS MEDICINE
uwsportsmedicine.org
and
PESI HealthCare
pesihealthcare.com

University of Wisconsin
SCHOOL OF MEDICINE
AND PUBLIC HEALTH
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 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.

WHO SHOULD ATTEND?
Team physicians, primary care physicians, athletic trainers, physical therapists, nurses, nurse practitioners, physician assistants, chiropractors and other allied health professionals who provide care for athletic and active populations.

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

**Identify** interventions that optimize bone health across the lifespan

**Apply** newly learned clinical exam skills for the foot and ankle in their practice

**Recognize**
- factors that negatively and positively impact bone health
- foot, ankle and low leg injuries that need specialized care

**Choose** appropriate imaging studies to assist in diagnosis and management of
- foot, ankle and low leg injuries
- stress fractures

SYMPOSIUM OVERVIEW
<table>
<thead>
<tr>
<th>Time</th>
<th>Session/Activity</th>
<th>Speaker(s)</th>
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<tbody>
<tr>
<td>7:30 a.m.</td>
<td>Registration &amp; Exhibits Open</td>
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<tr>
<td>8:20</td>
<td>Welcome</td>
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<tr>
<td>8:30 – 10:15</td>
<td><strong>Session 1: Updates and Hot Topics</strong></td>
<td>Andrew Peterson, MD</td>
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<td>John Wilson, MD, MS</td>
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<td>David Bernhardt, MD</td>
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<td>Panel Discussion</td>
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<td>10:15 – 10:45</td>
<td><strong>BREAK</strong></td>
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<tr>
<td>10:45 a.m. – 12:00 p.m.</td>
<td><strong>Session 2: Head Injury Management</strong></td>
<td>David Smith, MD</td>
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<td>Gregory Landry, MD</td>
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<td>Panel Discussion</td>
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<td>12:00 – 1:00</td>
<td><strong>LUNCH</strong></td>
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<tr>
<td>1:00 – 3:20</td>
<td><strong>Session 3: Optimizing Bone Health</strong></td>
<td>Jill Thein-Nissenbaum, PhD, PT, SCS</td>
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<td>Amy Mihm, MS, RD, LAT</td>
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<td>Alison Brooks, MD, MPH</td>
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<td>Neil Binkley, MD</td>
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<td>3:20 – 3:45</td>
<td><strong>BREAK</strong></td>
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<td>3:45 – 5:00</td>
<td><strong>Session 4: Stress Fractures</strong></td>
<td>Arthur De Smet, MD</td>
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<td>Gary Diny, PT, CSCS</td>
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<td>5:00</td>
<td><strong>Adjourn</strong></td>
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<tr>
<td>Time</td>
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<td>7:30 – 8:00 a.m.</td>
<td>Continental Breakfast</td>
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<td>8:00 – 9:45</td>
<td>Session 5: The Foot and Ankle: Anatomy, Imaging and Injury Reduction</td>
<td>Imaging Soft Tissue Injuries of the Foot &amp; Ankle</td>
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<td>Kenneth Lee, MD</td>
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<td>Cadaver Dissection: The Foot and Ankle</td>
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<td>Jason Archibald, MD</td>
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<td>Ankle Injury Prevention: What We Assume vs. What We Know</td>
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<td>Tim McGuine, PhD, LAT</td>
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<td>Panel Discussion</td>
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<td>9:45 – 10:00</td>
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<td>10:00 – 11:15</td>
<td>Session 6: Foot and Leg Injuries: Surgical vs. Conservative Treatment</td>
<td>Achilles Tendon Injuries: Surgical vs. Non-surgical Treatment</td>
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<td>John Orwin, MD</td>
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<td>Treatment of Metatarsal Fractures</td>
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<td>Ronald Guiao, MD</td>
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<td>Panel Discussion</td>
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<td>11:15 a.m. – 12:15 p.m.</td>
<td>Session 7: Clinical Correlations</td>
<td>Medical Case</td>
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<td>Orthopedic Case</td>
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<td>1:00 – 2:00</td>
<td>Session 8: Workshops</td>
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<td>A. Examination of the Foot and Ankle: Key Tests and Rehab Pearls</td>
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<td>James Keene, MD</td>
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<td>Yolanta Soroko, MS, PT, LAT</td>
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<td>B. Running: Gait mechanics</td>
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<td>Jennifer Kempf, MPT, CSCS</td>
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<td>2:00 – 2:15</td>
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<td>2:15 – 3:15</td>
<td>Session 9: Case Studies and Pearls</td>
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<td>A. Pediatric Fractures: Cases and Pearls</td>
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<td>Blaise Nemeth, MD</td>
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<td>B. Rehab Lower Extremity Cases and Pearls</td>
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<td>1. Cuboid Syndrome</td>
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<td>Karl Fry, PT, OCS</td>
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<td>2. Tibial Stress Fracture</td>
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<td>Jennifer Kempf, MPT, CSCS</td>
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<td>3. Compartment Syndrome</td>
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<td>Patrick Hills-Meyer, MS, LAT, CSCS</td>
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<td>3:15</td>
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FEATURED FACULTY
Neil Binkley, MD
Associate Professor, University of Wisconsin School of Medicine and Public Health, Department of Medicine, Sections of Geriatrics and Endocrinology.

GUEST FACULTY
Yolanta Soroko, MS, PT
Physical Therapist, Marshfield Clinic Stettin Center, Wausau, Wisconsin

UNIVERSITY OF WISCONSIN FACULTY
Jason Archibald, MD
Department of Orthopedics and Rehabilitation, Division of Sports Medicine

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

David T. Bernhardt, MD
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

Arthur De Smet, MD
Professor, Department of Radiology, Musculoskeletal Division

Gary Diny, PT, CSCS
Physical Therapist ‡

Dan Enz, PT, LAT
Physical Therapist ‡

Nicole Feyrer, MS, LAT
Licensed Athletic Trainer *‡

Karl Fry, PT, OTC, CSCS
Physical Therapist ‡

Ronald Guiao, MD
Associate Professor, Department of Orthopedics and Rehabilitation; Medical Team Physician, University of Wisconsin Athletic Teams

Patrick Hills-Meyer, MA, LAT, CSCS
Licensed Athletic Trainer ‡

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

Jennifer Kempf, MPT, CSCS
Physical Therapist ‡

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

continued on next page
It is the policy of PESI HealthCare and the University of Wisconsin School of Medicine and Public Health that the faculty and sponsors disclose real or apparent conflict(s) of interest relating to the topics of this educational activity, and also disclose discussions of unlabeled/unapproved uses of drugs or devices during their presentation(s). Detailed disclosure will be made in the course handout materials.
FEES AND REGISTRATION

THURSDAY, APRIL 8 – FRIDAY, APRIL 9, 2010

MARRIOTT MADISON WEST
1313 John Q. Hammons Drive
Middleton, Wisconsin 53562-3500
(608) 831-2000

CONFERENCE FEES
The Symposium fees are $395 for physicians and chiropractors; $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. 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.

COURSE SYLLABUS
To reduce impact on the environment, the course syllabus will be available in electronic format only. Participants will be given a USB drive at registration. Additionally, handouts will also be posted on a password protected site two days prior to the Symposium so that those preferring a paper copy, may print their own handouts ahead of time.

FOUR WAYS TO REGISTER
Online with credit card: Go to pesihealthcare.com; click on Wisconsin in the list of states; scroll down the list of educational activities until you see the dates April 8 & 9, 2010; and select University of Wisconsin Sports Medicine Symposium. Click on Register Online Now.

By mail with payment or P.O.: Send to PESI HealthCare, P.O. Box 900, Eau Claire, WI 54702-0900

By phone with credit card: (800) 843-7763. M-F, 7 a.m. – 5 p.m., Central time

By fax with credit card or P.O.: (800) 675-5026

Confirmation and Directions: Confirmations/receipts will be sent ONLY via e-mail.
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 (800) 228-9290 or fax (608) 831-2040. Be sure to mention the seminar name “Sports Medicine” to receive the special room rates of $119 single or double, plus tax.

Parking is free.

**Note:** The special room rate will be available until March 8, 2010, 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 Thursday of the conference. Time has been included in the program to allow you to view the exhibits and meet the representatives.

FOR FURTHER INFORMATION
For conference information please contact Customer Service at PESI Healthcare, (800) 843-7763. To register or cancel, please call PESI HealthCare at (800) 843-7763.

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.

“Again an excellent conference. I am able to take home great pearls…”
- MD from the Midwest

“…Topics are wonderful and speakers fantastic…look forward to next year”
- PA from WI

“As always, well organized, excellent speakers!”
- NP from Madison, WI

“Great facilities…Excellent mix of speakers and topics. Good mix of lectures/demonstrations”
- PT/ATC from WI

“…Good combination of info from MD and rehab perspectives. Very well organized and smooth flowing.”
- PT from MN
ACCREDITATION

ACCREDITATION STATEMENT
PESI HealthCare is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

CREDIT DESIGNATION STATEMENT
PESI HealthCare designates this educational activity for a maximum of 12.5 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

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 (800) 843-7763 for further information.

CONTINUING EDUCATION UNITS
National Athletic Trainer’s Association: University of Wisconsin Sports Medicine Center 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 12.5 CEU’s (12.5 hours). AT’s are responsible for claiming only those hours actually spent participating in the CE activity. BOC Approved Provider Number is P451.

Wisconsin Physical Therapy Association: An Application for Credit is pending with the Wisconsin Physical Therapy Association. Please call (800) 843-7763 for further information.

Nurses/Nurse Practitioners/Clinical Nurse Specialists: PESI, LLC is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

Nurses in full attendance will earn 12.5 contact hours. No partial contact hours will be issued for partial attendance.

Chiropractic Examining Board: An Application for Credit is pending with the State of Wisconsin Department of Regulation and Licensing. Please call (800) 843-7763 for further information.
REGISTRATION FORM (TO REGISTER ONLINE, SEE GENERAL INFORMATION SECTION IN BROCHURE)

UNIVERSITY OF WISCONSIN SPORTS MEDICINE SYMPOSIUM
APRIL 8–9, 2010  44588MAD

STEP 1. Conference Fees: Check the category which applies to you.
☐ $395 Physician, Chiropractor
☐ $295 Nurse, Nurse Practitioners, Physician Assistant, Resident, Athletic Trainer, Physical Therapist

STEP 2. Participant Information: Please complete entire form.
Name __________________________________________________________
FIRST MI LAST
Credentials (for Credit and Name Badge):
☐ MD  ☐ DO  ☐ DC  ☐ NP  ☐ RN  ☐ PT  ☐ ATC  ☐ PA
☐ Other ________________________________
Employer Name __________________________________________________
Employer Address ________________________________________________
Dept/Floor/Suite _________________________________________________
City __________________________________________________________
Email Address ___________________________________________________
Phone (______) ________________________________________________

Confirmation: Confirmations/receipts will be sent ONLY via e-mail. Please include your email address.
☐ Yes, I would like vegetarian meals for Thursday and Friday lunch.

STEP 3. Fee/Payment Information:
☐ Check Enclosed (payable to PESI HealthCare)
☐ Signed Purchase Order (P.O.) or Check Request is enclosed (payable to PESI HealthCare)
☐ Credit Card: ☐ MasterCard ☐ Visa ☐ American Express
Card Number ____________________________________________________
Expiration Date ______________________________ V-code # ________
Cardholder’s Signature __________________________________________

STEP 4. Four Ways to Register:
Online with credit card: Go to pesihealthcare.com; click on Wisconsin in the list of states; scroll down the list of educational activities until you see the dates April 8 & 9, 2010; and select University of Wisconsin Sports Medicine Symposium. Click on Register Online Now.

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