36th ANNUAL

UNIVERSITY OF WISCONSIN

Sports Medicine Symposium

May 9–10, 2013
Monona Terrace Community and Convention Center

Sponsored 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

UW Health
Sports Medicine

School of Medicine
and Public Health
UNIVERSITY OF WISCONSIN MADISON
36th ANNUAL UNIVERSITY OF WISCONSIN Sports Medicine Symposium
Ten to thirty percent of patient visits in a primary care setting constitute musculoskeletal injuries. This activity is designed to provide the latest information regarding the diagnosis, prevention and treatment of athletic 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 activity 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
Improve ability to evaluate, diagnose and treat common sports and orthopedic injuries in active populations

Discuss
• management and return to sport criteria for athletes with upper extremity injuries
• the role that the ribs and scapula can play in shoulder impingement
• rehabilitation interventions for athletes with post concussion syndrome

Identify
• common performance-enhancing drugs used by athletes and their potential risks and benefits
• factors contributing to overuse injuries in runners and appropriate treatment recommendations
• appropriate radiological imaging for various musculoskeletal injuries and disorders

Apply strategies to reduce recurrence of ACL injuries

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, patient care and procedural skills.
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7:30 am – 5:30 pm</td>
<td>Registration Desk Open</td>
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<tr>
<td>8:20 – 8:30 am</td>
<td>Welcome</td>
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<tr>
<td>8:30 – 10:15 am</td>
<td><strong>Session 1: Updates and Hot Topics</strong></td>
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<tr>
<td></td>
<td>Rehab Interventions for Post-Concussion Syndrome</td>
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<tr>
<td></td>
<td><strong>Patrick Grabowski, PT, PhD</strong></td>
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<td>Use of Performance Enhancing Drugs in Adolescents</td>
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<td><strong>David Bernhardt, MD</strong></td>
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<td>Healthy Hearts and Kids—When Do We Start?</td>
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<td><strong>Patrick McBride, MD, MPH</strong></td>
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<td>Panel Discussion</td>
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<td>10:15 – 10:25 am</td>
<td><strong>BREAK</strong></td>
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<tr>
<td>10:25 am – 12:00 pm</td>
<td><strong>Session 2: Runners’ Clinic</strong></td>
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<td></td>
<td>The Science Behind the Shoes</td>
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<td></td>
<td><strong>Amy Schubert, PT, DPT</strong></td>
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<td>Gait Retraining for Injured Runners: Is there an Ideal?</td>
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<td></td>
<td><strong>Bryan Heiderscheit, PT, PhD</strong></td>
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<td>Risk Factors Associated with Lower Extremity Injuries in Runners</td>
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<td><strong>Masaru Furukawa, MD, MS</strong></td>
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<td>Panel Discussion</td>
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<td>12:00 – 12:50 pm</td>
<td><strong>LUNCH</strong></td>
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<td>12:50 – 1:55 pm</td>
<td><strong>Session 3: Words of Wisdom from Seasoned Sports Medicine Practitioners</strong></td>
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<td>Hip Pain in a 15-Year-Old Male Basketball Player</td>
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<td><strong>Gregory Landry, MD</strong></td>
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<td>The Subtle Signs of Serious Sports Injuries (and Missed Diagnoses)</td>
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<td><strong>James Keene, MD</strong></td>
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<td>Panel Discussion</td>
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<td>1:55 – 2:00 pm</td>
<td><strong>BREAK</strong></td>
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<td>2:00 – 4:05 pm</td>
<td><strong>Session 4: Clinical Cases and Pearls</strong></td>
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<td>Runner with Hip Pain</td>
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<td><strong>Jill Thein-Nissenbaum, PT, DSc, ATC, SCS</strong></td>
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<td>Overtraining and Exercise Addiction</td>
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<td><strong>M. Alison Brooks, MD, MPH</strong></td>
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<td>Cardiac Case</td>
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<td><strong>Glenn Smith, MD</strong></td>
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<td>Cardiac Emergency</td>
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<td><strong>Matthew Uftring, MS, LAT</strong></td>
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<td>Wrist Injury in a Dancer</td>
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<td><strong>Laura Vick, MS, LAT, OTC</strong></td>
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<td>Knee Instability Case</td>
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<td><strong>William Clancy, MD, PhD (Hon)</strong></td>
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<td>4:05 – 4:30 pm</td>
<td><strong>BREAK WITH EXHIBITORS</strong></td>
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<td>4:30 – 5:30 pm</td>
<td><strong>Session 5: Workshop (attend one)</strong></td>
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<td>Workshop 1: Physical Exam Pearls for the Elbow, Wrist and Hand</td>
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<td><strong>Jonathan Tueting, MD</strong></td>
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<td>Workshop 2: Core Strengthening in Runners: Using Ultrasound Biofeedback as a Rehab Tool</td>
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<td><strong>Elizabeth Chumanov, DPT, PhD</strong></td>
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<td>5:30 – 6:30 pm</td>
<td><strong>SOCIAL HOUR IN THE COMMUNITY TERRACE</strong></td>
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7:15 – 8:00 am  CONTINENTAL BREAKFAST

8:00 – 9:45  Session 6: Upper Extremity–The Shoulder
Imaging of the Shoulder
Jason Stephenson, MD, PhD
Complex Shoulder Instability
John Drawbert, MD
Shoulder Impingement: The Role of the Scapula and Ribs
Joe Tupta, PT, OCS
Panel Discussion

9:45 – 10:00  BREAK

10:00 – 11:15  Session 7: Upper Extremity–The Elbow
Elbow Injuries in the Throwing Athlete
Jennifer Bayer, MD
Rehabilitation of Elbow Injuries in the Throwing Athlete
Karl Fry, PT, DPT, OCS, CSCS
Panel Discussion

11:15 am – 12:30 pm  Session 8: ACL Injuries–Once is Enough
Treating ACL Re-injuries
Troy Berg, MD
Contra-Lateral Tears
Ben Graf, MD
Injury Reduction Strategies
David Bell, PhD, ATC
Panel Discussion

12:30  ADJOURN

1:15 – 3:15  OPTIONAL POST-CONFERENCE WORKSHOPS AND SEMINARS

WORKSHOP A:
Musculoskeletal Imaging for the Primary Care Provider:
Upper Extremity Trauma–From Fingers to Elbow
Ken Schreibman, MD, PhD

WORKSHOP B:
Evaluation for Return-to-Play after ACL Reconstruction
David Knight, MS, LAT, CSCS, TPI-CGFI

WORKSHOP C:
Injury Reduction with Proper Lifting Techniques
Patrick Hills-Meyer, MS, LAT, CSCS
Scott Cole, MS, LAT, CSCS

2013 SPORTS MEDICINE SYMPOSIUM PROGRAM: FRIDAY, MAY 10
SYMPOSIUM FACULTY

GUEST FACULTY

Troy Berg, MD
Orthopedic Surgeon, Chippewa Valley Orthopedics and Sports Medicine. Team Physician, University of Wisconsin-Eau Claire Athletic Teams

John Drawbert, MD
Orthopedic Surgeon, Chippewa Valley Orthopedics and Sports Medicine. Team Physician, University of Wisconsin-Eau Claire Athletic Teams

Glenn Smith, MD
Department of Family Practice and Sports Medicine, Aurora Health Care, Aurora Two Rivers Clinic, Two Rivers, WI; Team Physician Two Rivers High School; Sports Physical Therapy Clinical Residency Program Faculty, Aurora BayCare Sports Medicine, Green Bay

UNIVERSITY OF WISCONSIN AND UW HEALTH SYMPOSIUM FACULTY

Jennifer Bayer, MD
Department of Orthopedics and Rehabilitation, Division of Sports Medicine

David Bell, PhD, ATC
Assistant Professor, School of Education, Department of Kinesiology

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

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

Elizabeth Chumanov, DPT, PhD
Physical Therapist

William Clancy, MD, PhD (Hon)
Professor, Department of Orthopedics and Rehabilitation, Chair, Division of Sports Medicine; Head Team Physician, University of Wisconsin Athletic Teams

Scott Cole, MS, LAT, CSCS
Licensed Athletic Trainer

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

Masaru Furukawa, MD, MS
Department of Orthopedics and Rehabilitation, Division of Sports Medicine

Patrick Grabowski, PT, PhD
Physical Therapist

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

Bryan Heiderscheit, PT, PhD
Associate Professor and Director of Research, Department of Orthopedics and Rehabilitation, Division of Physical Therapy

Patrick Hills-Meyer, MS, LAT, CSCS
Licensed Athletic Trainer

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

David Knight, MS, LAT, CSCS, TPI-CGFI
Licensed Athletic Trainer

Maria Kostichka, MS, LAT
Licensed Athletic Trainer

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

Patrick McBride, MD, MPH
Professor, Department of Medicine, Division of Cardiovascular Medicine and Department of Family Medicine; Associate Dean of Students, University of Wisconsin School of Medicine and Public Health

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

continued on next page
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.
THURSDAY, MAY 9 – FRIDAY, MAY 10, 2013

MONONA TERRACE COMMUNITY AND CONVENTION CENTER
One John Nolen Drive
Ballroom CD, Level 4
Madison, WI 53703
mononaterrace.com

CONFERENCE FEES
Registration fees received on or before Friday, May 3 are $395 for physicians and $295 for residents/fellows, athletic trainers, physical therapists and other allied health professionals; after May 3 the fee is $420 for physicians and $320 for residents/fellows, athletic trainers, physical therapists and other allied health professionals. The registration fee includes the cost of tuition for the main program, course syllabus, breaks, lunch on Thursday, continental breakfast on Friday and a nonrefundable registration fee of $50. This fee does not include the Friday afternoon Post-Conference optional workshops. 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. Please register early.

FRIDAY AFTERNOON OPTIONAL WORKSHOPS
Three optional Friday afternoon workshops will be offered. Cost of the optional post-conference workshop is $60 which includes lunch. Workshop enrollment is limited so register early to assure your place. All workshops will be conducted from 1:15 to 3:15 pm at the Monona Terrace Community and Convention Center. You must register for the Symposium to be eligible to register for a Friday post-conference workshop.

PARKING
Parking at Monona Terrace Community and Convention Center is limited and not guaranteed. We encourage carpooling or using public transportation. If you park at Monona Terrace, parking cost is $10 per day. You will receive a voucher for parking at Monona Terrace on Thursday upon your arrival at the conference. Parking vouchers will not be available on Friday. Parking information, including nearby parking ramps can be viewed under the “Getting Here” tab at the Monona Terrace website, mononaterrace.com.

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 e-mail. 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

Blocks of rooms have been reserved at both the Hilton Monona Terrace and Sheraton hotels. Please contact your hotel of choice directly to arrange your accommodations. The Hilton is connected to the convention center by a skywalk. Special room rate of $145 plus tax is available at the Hilton for this conference. Call 1 (866) 403-8838 to make your reservation at the Hilton. The Sheraton is on John Nolen Drive, just two miles from the Monona Terrace Community and Convention Center. The Sheraton provides a complimentary shuttle service to Monona Terrace for its guests. A special rate of $89 plus tax is available at the Sheraton for this conference. Call 1 (800) 325-3535 to make your reservation at the Sheraton. **Be sure to mention the seminar name “UW Sports Medicine Symposium” to receive the special room rate at either hotel. The special room rate will be available until April 8, 2013, 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, May 9. 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 Danielle Hepting at the Office of Continuing Professional Development in Medicine and Public Health at (608) 240-2145 or by e-mail, drhepting@ocpd.wisc.edu.

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

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 Danielle Hepting at (608) 240-2145.
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 one of the three optional post-conference workshops on Friday afternoon.

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

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 13.75 CEUs (13.75 hours). This total includes participation in an optional Friday post-conference workshop. ATs are responsible for claiming only those hours actually spent participating in the CE activity. BOC Approved Provider Number is P451.

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) 240-2145 for further information.

National Strength and Conditioning Association: An Application for Credit is pending with the National Strength and Conditioning Association. Please call (608) 240-2145 for further information.

Wisconsin Physical Therapy Association: An Application for Credit is pending with the Wisconsin Physical Therapy Association. Please call (608) 240-2145 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

36TH ANNUAL UNIVERSITY OF WISCONSIN SPORTS MEDICINE SYMPOSIUM
MAY 9–10, 2013

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 __________________________ State _______ Zip ____________

Phone (______) _____________________________________________________

Fax (______) _______________________________________________________

E-mail __________________________

Confirmation: Confirmations/receipts will be sent ONLY via e-mail. Please include e-mail address.

☐ Yes, 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. ☐ $60 Optional FRIDAY (MAY 10) POST-CONFERENCE WORKSHOPS
   (Select 1 from below; if interested in attending other workshop if first choice is filled, write “2” next to second choice, “3” next to third choice)
   ☐ Musculoskeletal Imaging for the Primary Care Provider
   ☐ Evaluation for Return to Play after ACL Reconstruction
   ☐ Injury Reduction with Proper Lifting Techniques

C. ☐ LATE REGISTRATION FEE ($25) IF REGISTRATION IS RECEIVED AFTER MAY 3, 2013

Total Fees (A + B + C): $________________________

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 __________________________

V-code # __________________________

FOUR EASY WAYS TO REGISTER:
Online: Visit ocpd.wisc.edu; click on “Course Catalog” near the bottom of the left column; scroll down the list of educational activities until you see the dates of May 9 and 10, 2013; and select “36th 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 265-3163).

By Mail: Send this form and payment to CME Specialist, The Pyle Center, 702 Langdon St., Madison, WI  53706
36th Annual
University of Wisconsin Sports Medicine Symposium

University of Wisconsin
Sports Medicine
621 Science Drive
Madison, WI 53711

May 9–10, 2013
Monona Terrace Community and Convention Center