PLEASE JOIN US

UNIVERSITY OF WISCONSIN

Sports Medicine Symposium

May 4–6, 2016
American Family Insurance Campus, East Madison
(Pre-conference evening workshop May 4)

Provided by

University of Wisconsin Sports Medicine
uw sportsmedicine.org

and

University of Wisconsin School of Medicine and Public Health
Office of Continuing Professional Development in
Medicine and Public Health
ocpd.wisc.edu
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 perceptions 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.
• Apply management and return-to-play guidelines for athletes who have sustained a concussion.
• Describe management and participation criteria for patients with diabetes involved in sport or activity.
• Discuss treatment options for common pediatric knee injuries including OCD lesions.
• Recognize appropriate radiological and surgical techniques for managing common injuries to the shoulder.
• Analyze systems to evaluate, diagnose and treat common hip and pelvic 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.

SYMPOSIUM OVERVIEW AND STATEMENT OF NEED
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2016 SPORTS MEDICINE SYMPOSIUM PROGRAM: WEDNESDAY, MAY 4

5:00 – 7:30 pm  OPTIONAL PRE-CONFERENCE WORKSHOP
UW Health at The American Center Sports Performance
Incorporating Principles of Yoga into Sports Rehab and Sports Performance
Sue Falsone, PT, MS, ScD, ATC, CSCS, COMT, RYT

WEB CONNECT WITH US!
facebook.com/uwhealthsports @uwhealthsports instagram.com/uwhealthsports #UWSMS39
7:15 am – 5:15 pm  REGISTRATION DESK OPEN
8:20 am  WELCOME
8:25 am – 10:20 pm  Session 1: Pelvic and Hip Pain
The Subtle Signs of Serious Hip Injuries in Athletes
James Keene, MD
Groin Pain in Athletes
John Wilson, MD, MS
Lumbopelvic Pain in Female Athletes
Kathleen Carr, MD
Imaging the Hip and Pelvis
Donna Blankenbaker, MD
Panel Discussion
10:20 am – 10:30 am BREAK
10:30 am – 11:25 am  Session 2: Working with Special Populations
Diabetic Athletes
Lauren Kanner, MD
Exercise and the Disabled Athlete: Commit to Inclusion
David Bernhardt, MD
Panel Discussion
11:25 am – 12:15 pm  Session 3: Best Practices Lecture
Limiting Full Contact Practice
Incidence of Sport-Related Conussion in High School Athletes
Tim McIlvain, MD, LAT
Evidence for Sport Participation Recommendations
David Ball, PhD, ATC
Lack of Consequences of Youth Exposure to Repeated Head Impacts
Julie Stamm, PhD, ATC
Badger Sport Performance Updates
Jennifer Sanfilippo, MS, LAT
Injury and Illness Prevention Through In-Season Monitoring
Andrew Watson, MD, MS
MARS/MOON Knee Project Updates
Warren Dunn, MD
Panel Questions
2:50 pm – 3:00 pm BREAK
3:00 pm – 4:00 pm  Session 5: Concurrent Seminars
Best Practices for the Integration of AT, PT, MD, Strength Coaches, Sport Coaches
Sue Falzone, PT, ME, SCS, ATC, CSCS, COMT, NCT
Session 6: Concurrent Sessions
Panel Discussion
2:50 pm – 3:00 pm BREAK
3:00 pm – 4:00 pm  Session 5: Concurrent Seminars
Pediatric Orthopedic Knee Injuries – OCD
Ben Graf, MD
Rehab for Common Pediatric Knee Injuries
Marc Sherry, DPT, LAT, CSCS, PES
Panel Discussion
7:30 am  8:00 am – 8:45 am  Continental Breakfast
Session 7: The Shoulder
9:45 am – 10:00 am  BREAK
10:00 am – 11:15 am  Session 8: Pediatric Knee Injuries
Pediatric Orthopedic Knee Injuries – OCD
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Rehab for Common Pediatric Knee Injuries
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Panel Discussion
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Panel Discussion
12:20 pm – 12:30 pm Assessment and Closing Comments
ADJOIN REGULAR PROGRAM
12:30 pm – 1:15 pm LUNCH FOR POST-CONFERENCE WORKSHOP ATTENDEES
1:30 pm – 3:30 pm Optional Post-Conference Seminars and Workshops
(Note: Attendance is limited, please register early to secure your place.)

What is Athletic Strength Training?
Sean Casey, CSCS, RDN, CISSN and Alison Regal, MS, CSCS
Location: UW Health at The American Center Performance Area
Runners Clinic
Jennifer Kempf, MPT
Location: UW Health at The American Center Sports Movement Room
Evidence-Based Update on the Clinical Exam of the Hip and Shoulder
Brian Wallack, MD
Location: American Family Insurance Campus, Main Lecture Hall

2016 SPORTS MEDICINE SYMPOSIUM PROGRAM: THURSDAY, MAY 5
2016 SPORTS MEDICINE SYMPOSIUM PROGRAM: FRIDAY, MAY 6
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Location: American Family Insurance Campus, Main Lecture Hall
SYMPOSIUM FACULTY

M. Alison Brooks, MD, MPH
Assistant Professor, Departments of General Pediatrics and Adolescent Medicine, and Orthopedics and Rehabilitation, Division of Sports Medicine; Team Physician, University of Wisconsin–Madison

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

Sean Casey, CSCS, RDN, CISSN
Sports Performance Specialist

Elizabeth Chumanow, PT, DPT, PhD
Sports Performance Specialist

Warren Dunn, MD, MPH
Associate Professor, Departments of Orthopedics and Rehabilitation, Division of Sports Medicine, University of Wisconsin–Madison

Dan Enz, PT, SCS, LAT
Manager, Sports Rehabilitation, Research Park

Ben Graf, MD
Professor, Department of Orthopedics and Rehabilitation, Division of Sports Medicine

Dorothy Greenberg, MFT, LAT, CCS, CSCS
Physical Therapist

Elin Hammer, MD
Department of Orthopedics and Rehabilitation, Division of Sports Medicine; Fellow, Primary Care Sports Medicine

Patrick Holzbaker, MD, LAT, CCS
Coordinator, Sports Medicine Education

Lauren Koner, MD
Department of Pediatrics; Fellow, Division of Endocrinology

James Koene, MD
Professor Emeritus, Department of Orthopedics and Rehabilitation, Division of Sports Medicine

Jennifer Kopej, MFT, CCS
Physical Therapist

David Kniess, MD, LAT, CISSN
Licensed Athletic Trainer, Sports Performance Program Manager

Maria Kostichka, MS, LAT
Licensed Athletic Trainer

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

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

John Sanfilippo, MS, LAT
Sports Performance Coordinator, Badger Athletic Performance, University of Wisconsin–Madison

Marc Sherry, PT, DPT, LAT, FCAMPT
Manager, Sports Rehabilitation

Jennifer Sanfilippo, MS, LAT
Sports Performance Coordinator, Badger Athletic Performance, University of Wisconsin–Madison

Tamara Swempan, MD
Professor, Department of Orthopedics and Rehabilitation, Division Chairperson, Sports Medicine; Team Physician, University of Wisconsin–Madison

Kelcie Wittman, DPT
Physical Therapist

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 Wednesday evening pre-conference or Friday afternoon post-conference seminars (see information below for these workshops and seminars). The registration fee includes the cost of tuition for the main program, course syllabus, conference competition report, breaks, lunch on Thursday, continental breakfast on Friday and a nonrefundable $50 registration fee. No refunds will be made after that time. Prepayment is required. We cannot guarantee availability of onsite registration, so please register early.

WEDNESDAY EVENING WORKSHOPS AND FRIDAY AFTERNOON SEMINARS
One Wednesday evening optional workshop and three Friday afternoon optional seminars will be offered. Cost of the optional pre-conference and post-conference seminars is $60. Workshop and seminar enrollment is limited, so register early to assure your place. Detailed location of the workshop and seminars will be included in the registration confirmation email. Lunch is included on Friday for all optional post-conference seminar registrants. You must register for the Symposium to be eligible to register for the workshops or seminars.

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

GENERAL INFORMATION
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 Wednesday pre-conference or Friday post-conference workshops and seminars 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 American Family Insurance Campus.

HOUSING
A block of rooms has been reserved at Holiday Inn Madison at The American Center. A special rate of $105 per night, plus tax, is available at the Holiday Inn at The American Center for this conference. Call (608) 249-4230 to make your hotel room reservation or use the three letter group code “SMS” when reserving online at holidayinn.com/madisonwi.

NOTE: The special room rate will be available until April 15, 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 email Cathy Means at the Office of Continuing Professional Development in Medicine and Public Health at 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

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 15.75 AMA-PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**The maximum number of hours includes participation in the Wednesday evening pre-conference workshop and one of the three optional post-conference seminars on Friday afternoon.**

Board of Certification, Inc.: The UW Health Sports Medicine Program is recognized by the Board of Certification, Inc. (BOC) to offer continuing education for Certified Athletic Trainers. This program is approved for a maximum of 15.75 hours of Category A continuing education. This total includes participation in an optional Wednesday pre-conference workshop on Friday post-conference seminars. 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, 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 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 4 – 6 weeks after the conference. To ensure this process, please complete and return the attendance verification form provided to you at the conference.

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 cathy.means@wisc.edu.

39th ANNUAL UNIVERSITY OF WISCONSIN SPORTS MEDICINE SYMPOSIUM • MAY 4–6, 2016

REGISTRATION FORM

STEP 1. PARTICIPANT INFORMATION:

Please complete entire form. Please PRINT in block letters.

Name: ___________________________  ___________________________  ___________________________

CREDENTIALS (for Credit and Name Badge):

MD  DO  NP  PA  PT  ATC  PA  Other

Employer Name: ___________________________

Address: ___________________________

City: ___________________________

State: ___________________________

Zip: ___________________________

E-mail: ___________________________

Day/Phone (______) ___________________________

Confimation/Receipts will be sent ONLY by email. Please include email address.

I would like a vegetarian meal for lunch on Thursday.

Other: ___________________________

Optional

Evidence Based Update on the Clinical Exam of the Shoulder

What is Athletic Strength Training?

Runner’s Clinic

Other: ___________________________

(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)

For credit and name badge, please complete the category and number of CME credits earned as a result of your participation in this educational activity.

SUNDAY (MAY 8) IN-PERSON WORKSHOP

What is Core Strength/Yoga for Strength Training

Certification, Inc. (BOC) to offer continuing education for Certified Athletic Trainers. This program is approved for a maximum of 15.75 hours of Category A continuing education. This total includes participation in an optional Wednesday pre-conference workshop (optional post-conference seminars on Friday afternoon). 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.

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STEP 2. FEE INFORMATION – PREPAYMENT IS REQUIRED:

A. $395 Physician

B. $325 Nurse, Physician Assistant, Resident, Athletic Trainer, Physical Therapist

C. $60 Optional WEDNESDAY (MAY 4) PRE-CONFERENCE WORKSHOP

What is Core Strength/Yoga for Strength Training

D. $60 Optional FRIDAY (MAY 6) POST-CONFERENCE WORKSHOP OR SEMINAR

Evidence Based Update on the Clinical Exam of the Shoulder

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

STEP 3. PAYMENT INFORMATION:

Check Enclosed (payable in University of Wisconsin)

Credit Card: MasterCard  Visa  American Express

Card Number: ___________________________

Expiration Date: ___________________________

Cardholder’s Name: ___________________________

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Credit Card: MasterCard  Visa  American Express

Card Number: ___________________________

Expiration Date: ___________________________

Cardholder’s Name: ___________________________

Phone: (608) 262-1397 and pay by VISA, MasterCard or American Express.

FAX: (in Madison 265-3163).

Online: www.ocpd.wisc.edu/course_catalog

Mail: Send this form and payment to CME Specialist, Department 191, The Pyle Center, 702 Langdon St., Madison, WI 53706

REGISTER: