Current Concepts in Sports Medicine

An annual conference for sports care professionals

The World of Sports Medicine:
The Olympic Athlete

April 13 - 14, 2012

Westin Edina Galleria, Edina, Minn.

FAIRVIEW

Conference description

Current Concepts in Sports Medicine features international, national, regional and local experts who will share the latest in orthopedic and sports medicine topics through lectures, panel discussions, hands-on workshops on clinically important topics, and question and answer sessions. The 2012 conference will focus on knee-articular cartilage and ligaments, concussions, and the Olympic athlete.

Audience

This conference is appropriate for physicians, physician assistants, certified athletic trainers, physical therapists, physical therapy assistants, chiropractors, occupational therapists and other sports medicine providers.

Learning objectives

Following this conference, participants should be able to:

- Assess and treat complex knee injuries.
- Identify new approaches to rehabilitation of the knee.
- Apply current techniques for evaluating concussions.
- Discuss controversial sports medicine issues relating to the Olympic athlete.
- Diagnose musculoskeletal injuries utilizing ultrasound.
- Understand the basic biomechanics of cycling.

Accreditation

American Medical Association (AMA) Physician's Recognition Award (PRA)

Fairview Health Services is accredited by the Minnesota Medical Association to provide continuing medical education for physicians.

Fairview Health Services designates this live activity for a maximum of 11.25 *AMA PRA Category 1 Credits*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Physical therapists

This course qualifies for 11.25 Category 1 credits under Minnesota rule MN Rule 5601.2400, Subpart 1, A.

Occupational therapists

This course qualifies for 11.25 contact hours under Minnesota Statute 148.6443 continuing education requirements.

Certified athletic trainers

Fairview Sports and Orthopedic Care is recognized by Board of Certification, Inc., to offer continuing education for certified athletic trainers. This program has been approved for a maximum of 11.25 hours of Category A continuing education units. BOC Provider Number: P8345

Chiropractors

This course has been approved by the Minnesota Board of Chiropractic Examiners for 11 regular units of instruction. ID #34296.

Other health care professionals

Other health care professionals may submit their Statements of Attendance to their appropriate accrediting organizations or state boards for consideration of credit. The participant is responsible for determining whether this activity meets the requirements for acceptable continuing education.

Conference planning committee

Co-Directors

Christopher M. Larson, MD
Minnesota Orthopedic Sports Medicine Institute – Twin Cities Orthopedics

Grant Morrison, MD, CAQSM
University of Minnesota Medical School; Fairview Sports and Orthopedic Care

In memory of Kecia Erickson, MS, PT, ATC

Director, Fairview Health Services - Orthopedic Service Line

Our colleague, our friend.

Planning committee

Michael Q. Freehill, MD
Sports and Orthopaedic Specialists

Lori Glover, MHA, MS, ATC
Fairview Health Services

Michael A. Lambert
Fairview Health Services

Gregory Lervick, MD
Minnesota Orthopedic Sports Medicine Institute – Twin Cities Orthopedics

Mike Muffenbier, PT, SCS
Accelerated Sports Therapy and Fitness, Inc.

Paul E. Niemuth, PT, DSc, OCS, SCS, ATR
St. Catherine University

David E. Olson, MD, CAQSM
University of Minnesota Medical School; Fairview Sports and Orthopedic Care

Steven D. Stovitz, MD, MS, CAQSM, FACSM
University of Minnesota Medical School; Fairview Sports and Orthopedic Care

Agenda

Friday, April 13, 2012

7:00 a.m. Registration and Continental Breakfast

7:50 a.m. **Welcome and Introductions**
Christopher M. Larson, MD, FSOC Director of Education

KNEE ARTICULAR CARTILAGE AND LIGAMENT
Moderator: L. Pearce McCarty, III, MD

8:00 a.m. **Meniscal Preservation and Performance** *Corey A. Wulf, MD*

8:20 a.m. **Physical Examination of the Knee: Video Examples**
Robert LaPrade, MD, PhD

8:40 a.m. **Knee Articular Cartilage Restoration: What's Best, and What's the Evidence?** *Lars Engebretsen, MD, PhD*

9:00 a.m. Question and Answers

9:10 a.m. **Our Approach to PCL Rehabilitation**
Luke O'Brien, PT, SCS, PES and Laurie Wohlt Griffin, PT, DPT, OCS

9:30 a.m. **I Tore My ACL: Should I Have Surgery and What's the Best Graft?**
Christopher M. Larson, MD

9:50 a.m. **Rehabilitation After ACL Reconstruction Based on Gender and Graft Type: From the OR to the Playing Field**
Mark V. Paterno PT, PhD, MBA, SCS, ATC

10:30 a.m. Questions and Answers

10:40 a.m. Refreshment Break and Exhibits

CONCUSSION AND REHABILITATION
Moderator: David E. Olson, MD, CAQSM

11:00 a.m. **Living with the Law: How Legislation Changed Trends in Minnesota and Nationally** *David King*

11:15 a.m. **Concussion Hype in 2012: Media-Driven or Evidence-Based?**
Stephen M. Simons, MD, FACSM

11:30 a.m. **Pediatric to Adult: Differences in Concussions**
Suzanne Hecht, MD, CAQSM

11:45 a.m. **Vestibular Rehabilitation and Function**
Barb Young DPT, MPT, NCS

Noon Questions and Answers

12:10 p.m. Lunch and Exhibits

KEYNOTE
Moderator: Steven D. Stovitz, MD, MS, CAQSM, FACSM

1:00 p.m. **Life's a Beach: Volleyball, the Past and Future** *Sinjin Smith*

1:40 p.m. Questions and Answers

FEATURED PRESENTATION

1:50 p.m. **Sports Medicine and the International Olympic Committee**
Lars Engebretsen, MD, PhD

2:30 p.m. Questions and Answers

2:40 p.m. Refreshment Break and Exhibits

BREAKOUTS

3:00 p.m. **Breakout Session 1** (Choose one per session)
- **Lower Extremity Case Studies**
  Aimee Klapach, MD and Christie Heikes, MD
- **Readiness for Return to Sport**
  Mark V. Paterno PT, PhD, MBA, SCS, ATC
- **Rehab Complex Knee Construction and Ligament Repair**
  Lars Engebretsen, MD, PhD; Robert LaPrade, MD, PhD; Luke O'Brien, PT, SCS, PES; and Laurie Wohlt Griffin, PT, DPT, OCS
- **Olympic Trends: Muscle Tooling and Taping**
  Travis McCathie, DC, MEd, ATC
- **Using Ultrasound for Musculoskeletal Diagnosis**
  Samuel Bugbee, MD, CAQSM and Stephen M. Simons, MD, FACSM
- **Sports Medicine Research Platforms** *Presenters TBD*

3:55 p.m. Move to next breakout session

4:00 p.m. **Breakout Session 2** (Choose one per session)
- **Lower Extremity Case Studies**
  Aimee Klapach, MD and Christie Heikes, MD
- **Readiness for Return to Sport**
  Mark V. Paterno PT, PhD, MBA, SCS, ATC
- **Rehab Complex Knee Construction and Ligament Repair**
  Lars Engebretsen, MD, PhD; Robert LaPrade, MD, PhD; Luke O'Brien, PT, SCS, PES; and Laurie Wohlt Griffin, PT, DPT, OCS
- **Olympic Trends: Muscle Tooling and Taping**
  Travis McCathie, DC, MEd, ATC
- **Using Ultrasound for Musculoskeletal Diagnosis**
  Samuel Bugbee, MD, CAQSM and Stephen M. Simons, MD, FACSM
- **Sports Medicine Research Platforms** *Presenters TBD*

4:55 p.m. Adjourn

Saturday, April 14, 2012

7:00 a.m. Continental Breakfast

INTERNATIONAL SPORTS AND THE OLYMPIC ATHLETE
Moderator: Brad Moser, MD, CAQSM

8:00 a.m. **Olympic Bugs: Teams Sharing More than Goodwill**
Grant Morrison, MD, CAQSM

8:20 a.m. **Principle Concepts of Taping**
Deanna Wanzek, PT, PCS, CKTI

8:40 a.m. **Legal Aspects of Drugs and the IOC** *John Wendt, JD*

9:00 a.m. **Assessing Injury Rates in Team Sports**
Steven D. Stovitz, MD, MS, CAQSM, FACSM

9:20 a.m. Questions and Answers

9:40 a.m. Refreshment Break and Exhibits

POTPOURRI
Moderator: Grant Morrison, MD

10:00 a.m. **The Barefoot Runner**
Paul R. Langer, DPM

10:20 a.m. **Musculoskeletal Ultrasound** *Stephen Simons, MD*

10:40 a.m. **The Anatomy and Biomechanics of Patellofemoral Joint Rehabilitation** *Mark V. Paterno PT, PhD, MBA, SCS, ATC*

11:00 a.m. **Movement Pattern Dysfunction and the Patellofemoral Joint**
Jill Monson, PT, CSCS

11:20 a.m. **Biomechanics and Injury Rates of Cycling**
M. Russell Giveans, PhD

11:40 a.m. **CycleFit Program** *Melissa Shirriff, PT, OCS*

Noon Questions and Answers

12:15 p.m. Adjourn

* Conference agenda subject to change

Course Faculty

Keynote Lecturers

Lars Engebretsen, MD, PhD
Oslo Orthopaedic University Clinic, Ullevaal University Hospital, University of Oslo, Norway

Sinjin Smith
Professional U.S., World Champion, and Olympic Beach Volleyball Player; Inductee, Volleyball Hall of Fame

Guest Faculty

Robert LaPrade, MD, PhD
Complex Knee & Sports Medicine Surgeon, The Steadman Clinic, Vail, Colo.; Chief Medical Research Officer, Steadman Philippon Research Institute, Vail, Colo.; Adjunct Professor of Orthopaedic Surgery, University of Minnesota Medical School, Minneapolis

Mark V. Paterno PT, PhD, MBA, SCS, ATC
Director, Sports Medicine Rehabilitation and Clinical Outcomes, Ohio State University Sports Medicine, Ohio State University Medical Center, Columbus, Ohio; Associate Professor, Sports Medicine Biodynamics Center, Cincinnati Children's Hospital, Cincinnati, Ohio

Stephen M. Simons, MD, FACSM
Sports Medicine Institute, Saint Joseph Regional Medical Center, South Bend, Ind.

Course Faculty

Peter S. Ames, PT, PhD, SCS
Director, Fairview Sports Physical Therapy Residency; Institute for Athletic Medicine

Samuel Bugbee, MD, CAQSM
Fairview Sports and Orthopedic Care; Medical Director, NSC Minnesota Stars; Team Physician, Anoka High School

M. Russell Giveans, PhD
Biomechanist, Orthopedic Research Consultant, Elite Research Institute

Laurie Wohlt Griffin, PT, DPT, OCS
Howard Head Sports Medicine, Vail, Colo.

Suzanne Hecht, MD, CAQSM
Assistant Professor of Family Medicine and Community Health, Division of Sports Medicine, University of Minnesota Medical School; Team Physician, University of Minnesota Athletics, USA Figure Skating; Director, University of Minnesota Sports Medicine Fellowship

Christie Heikes, MD
Minnesota Orthopedic Sports Medicine Institute - Twin Cities Orthopedics; Faculty, Fairview/MOSMI Orthopedic Sports Medicine Fellowship Program; Team Physician, St. Catherine's University, St. Louis Park High School, Perpetual Motion Gymnastics, Legacy Gymnastics, Jam Hops Gymnastics

David King
Executive Director, Brain Injury Association Minnesota

Aimee Klapach, MD
Sports and Orthopaedic Specialists, Women's Orthopaedic Center; Team Physician, Macalester College

Paul R. Langer, DPM
Twin Cities Orthopedics; Adjunct Clinical Faculty, University of Minnesota Medical School

Christopher M. Larson, MD
Director of Education, Fairview Sports and Orthopedic Care; Program Director, Fairview / MOSMI Orthopedic Sports Medicine Fellowship Program; Team Physician, Edina High School; Consulting Team Physician, Augsburg College; Minnesota Orthopedic Sports Medicine Institute – Twin Cities Orthopedics; Subspecialty Certificate in Orthopaedic Sports Medicine

L. Pearce McCarty, III MD
Sports and Orthopaedic Specialists, PA; Team Physician, Minnesota Twins; Co-Director for Fairview / MOSMI Orthopedic Sports Medicine Fellowship Program

Travis McCathie, DC, MEd, ATC
Northwestern Health Sciences University

Jill Monson, PT, CSCS
University of Minnesota Medical Center, Fairview

Grant Morrison, MD, CAQSM
Assistant Professor of Family Medicine and Community Health, Smileys Family Medicine Residency, University of Minnesota Medical School; Associate Director, Twin Cities Marathon; Team Physician, Hamline University and University of Minnesota Athletics

Brad Moser, MD, CAQSM
Clinical Instructor, Fairview/MOSMI Orthopedic Sports Medicine Fellowship Program; Adjunct Professor, University of Minnesota Department of Orthopaedics; Minnesota Orthopedic Sports Medicine Institute – Twin Cities Orthopedics

Luke O'Brien, PT, SCS, PES
Howard Head Sports Medicine, Vail, Colo.

David E. Olson, MD, CAQSM
Assistant Professor of Family Medicine and Community Health, Division of Sports Medicine, University of Minnesota Medical School; Fairview Sports and Orthopedic Care; Team Physician, University of Minnesota Athletics, Minnesota Vikings, Roseville Area High School

Melissa Shirriff, PT, OCS
Institute for Athletic Medicine

Steven D. Stovitz, MD, MS, CAQSM, FACSM
Associate Professor of Family Medicine and Community Health, Division of Sports Medicine, University of Minnesota Medical School; Fairview Sports and Orthopedic Care; Team Physician, University of Minnesota Athletics

Deanna Wanzek, PT, PCS, CKTI
Avanti Center, Hudson, Wis.

John Wendt, JD
Associate Professor of Ethics and Business Law, University of St. Thomas

Corey A. Wulf, MD
Minnesota Orthopedic Sports Medicine Institute – Twin Cities Orthopedics

Barb Young DPT, MPT, NCS
Fairview Balance Center, University of Minnesota Medical Center, Fairview

Conference location and overnight accommodations

Westin Edina Galleria
3201 Galleria
Edina, MN 55435

(Located at the eastern edge of Galleria, near York Ave. S. in Edina)

westin.com/edinagalleria

Hotel reservation deadline: March 22, 2012
Call *Central Reservations* at 888-627-8245 (toll-free)

A block of sleeping rooms is available at the discounted rate of $149 plus the current applicable tax. When making your reservation, indicate that you are with the Fairview Sports Medicine Conference. Reservations are accepted on space and rate availability.

Edina Information

Edina features a vibrant mix of world-class shopping, art museums, and several parks and golf courses, all easily accessible and just minutes from the Twin Cities and the Minneapolis–St. Paul International Airport.

Registration fee and cancellation policy

Register by **March 23** to take advantage of the early registration discount. Registration fee includes a continental breakfast, lunch and refreshments, as well as a CD with conference materials. A printed lecture summary book will not be offered. Complimentary parking is available in the attached parking ramp of the Westin Edina Galleria.

If you cancel on or before **April 6** you will receive a full refund less a $40 administration fee. Cancellations after April 6 are nonrefundable.

Disclosure

Fairview Health Services is committed to providing balance, objectivity and scientific rigor in its sponsored educational activities. All faculty and planning committee members participating in sponsored activities are required to disclose any real or apparent conflict(s) of interest related to the content of this program. Disclosure information is reviewed in advance to manage and resolve possible conflicts of interest. Specific disclosure information for each faculty member will be available prior to the conference.

Presented by

Registration form

Current Concepts in Sports Medicine 2012

Name _____

Print clearly. Information used for name badge.

Title MD DC PA PT PTA ATC RN NP OT Other _____

Organization _____

Address _____
Street City State Zip

Phone _____

E-mail (required) _____
Receipt and confirmation will be emailed.

Concurrent Workshops *(choose 1 per EACH session)*

BREAKOUT 1

- ❑ Lower Extremity Case Studies
- ❑ Readiness for Return-to-Sport
- ❑ Rehab Complex Knee and Ligament Repair
- ❑ Olympic Trends: Muscle Tooling and Taping
- ❑ Using Ultrasound for MSK
- ❑ Sports Medicine Research Platforms

BREAKOUT 2

- ❑ Lower Extremity Case Studies
- ❑ Readiness for Return-to-Sport
- ❑ Rehab Complex Knee and Ligament Repair
- ❑ Olympic Trends: Muscle Tooling and Taping
- ❑ Using Ultrasound for MSK
- ❑ Sports Medicine Research Platforms

Special requests

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Special dietary needs or facility accommodations

Ways to register

Online: *fairview.org/CurrentConcepts*

Mail: Fairview Health Services, attn: Fairview On Call
2344 Energy Park Drive, St. Paul, MN 55108

Fax: 612-672-6248

Fees

Fees	Early Enrollment *(by March 23)*	After March 23
Physicians and Chiropractors	$300	$320
Allied Health Professionals	$230	$260
Residents/Fellows	$60	$60

Payment method

❑ Check (payable to **Fairview Health Services**) ❑ VISA ❑ MC

Card number _____

_____

Cardholder name _____

Exp _____

Signature _____