Current Concepts in Sports Medicine

An annual conference for sports care professionals

Overhead Athletic Injuries:
Safe to Pitch or Throwing Caution to the Wind?

May 17-18, 2013
Westin Edina Galleria – Edina, Minn.
**Agenda**

**Friday, May 17, 2013**

7 a.m. Registration and Continental Breakfast

7:50 a.m. Welcome and Introductions
Christopher M. Larson, MD

**SESSION 1**
Moderator: Gregory Lervick, MD

8 a.m. Clinical and Biomechanical Factors Contributing to UCL Stress During Pitching
Wendy Hurd, PT, PhD, SCS

8:25 a.m. Team Physician Perspectives: Managing Major League Baseball Injuries for 20+ Years
Daniel Bus, MD

8:50 a.m. Managing Hand and Wrist-Throwing Injuries
Thomas Varecka, MD

9:15 a.m. UCL Management Pearls: From the Adolescent to the Professional Athlete
E. Lyle Cain, Jr., MD

9:45 a.m. Questions and Answers

10 a.m. Refreshment Break, Poster Viewing and Exhibits

**SESSION 2**
Moderator: David E. Olson, MD, CAQSM

10:20 a.m. Youth Sports Culture: The Year-Round Youth Athlete
Heather Bergeon, MD

10:40 a.m. Elbow Injuries in Adolescent Throwers
Gregory Lervick, MD

11 a.m. Pitch Counts: Epidemiology and Evidence
Tracy R. Ray, MD, CAQSM

11:30 a.m. Special Considerations in the Rehabilitation of the Youth Athlete
Mike Muffenbier, PT, SCS

11:50 a.m. Questions and Answers

12:05 p.m. Lunch and Exhibits

**SESSION 3**
Moderator: Christopher M. Larson, MD

1 p.m. PRP: What to Inject and Why
Joel Baumgartner, MD, and Robert Johnson, MD, CAQSM

1:30 p.m. Keicia L. Erickson Keynote
Preventing Shoulder and Elbow Injuries in Baseball: The Different Risk Profile of Youth and Adolescents through Professional Athletes
Ellen Shanley, PT, PhD, OCS, CSCS

**Saturday, May 18, 2013**

7 a.m. Continental Breakfast

**SESSION 4**
Moderator: Grant Morrison, MD, CAQSM

8 a.m. Functional Movement Screening
Tracy R. Ray, MD, CAQSM

8:25 a.m. Avoiding Re-injury in Overhead Athletes: Key Concepts and Strategies
Ellen Shanley, PT, PhD, OCS, CSCS

8:50 a.m. Sports Hernia: Perspectives from Around the World and Evidence-Based Outcomes
Christopher M. Larson, MD

9:15 a.m. Return-to-Sport Post-Rehab Psychology Issues
Diane Weise-Bjornstal, PhD

9:40 a.m. Questions and Answers

9:55 a.m. Refreshment Break, Poster Viewing and Exhibits

2:10 p.m. Management of SLAP Tears in the Overhead Athlete: The Birmingham Experience
E. Lyle Cain, Jr., MD

2:50 p.m. Questions and Answers

3:05 p.m. Breakout Session 1 (Choose one per session)

3:25 p.m. Breakout Session 2 (Choose one per session)

4:10 p.m. Move to next breakout session

4:15 p.m. Breakout Session 2 (Choose one per session)

5 p.m. Adjourn

*Conference agenda subject to change*
Guest Faculty

E. Lyle Cain, Jr., MD
Andrews Sports Medicine and Orthopaedic Center, Birmingham, Alabama; Team Physician, University of Alabama

Tracy R. Ray, MD, CAQSM
Associate Professor of Orthopaedic Surgery; Director, Primary Care Sports Medicine, Duke University; Team Physician, Duke University

Ellen Shanley, PT, PhD, OCS, CSCS
Clinical Research Scientist, Proaxis Therapy, Hawkins Foundation; Adjunct Assistant Professor, Department of Physical Therapy, Arnold School of Public Health, University of South Carolina; Adjunct Assistant Professor, Clemson Bioengineering Department, Clemson University

Course Faculty

Christine Anderson, PT, Dip. MDT
Institute for Athletic Medicine

Joel Baumgartner, MD
Rejuv Medical, Sartell, Minnesota

Heather Bergeson, MD, CAQSM
TRIA Orthopaedic Center

Robby Bershow, MD, CAQSM
Fairview Sports and Orthopedic Care

Emily B. Beyer, PT, DPT, SCS
Institute for Athletic Medicine

Daniel Buss, MD
Sports and Orthopaedic Specialists; Team Physician, Minnesota Twins (1991-2012)

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

Lindsey J. Halcrow, PT, DPT, SCS, ATC
University Orthopedic Therapy Center

Jon Hallberg, MD
Associate Professor of Family Medicine and Community Health, University of Minnesota Medical School; University of Minnesota Physicians Mill City Clinic; Team Physician, Minnesota Twins

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

Wendy Hurd, PT, PhD, SCS
Research Scientist, Department of Orthopedic Surgery, Mayo Clinic; Physical Therapist, Institute for Athletic Medicine; Adjunct Faculty, University of Minnesota

Robert Johnson, MD, CAQSM
Professor of Family Medicine and Community Health, University of Minnesota Medical School; TRIA Orthopaedic Center

Aimee Klapach, MD
Sports and Orthopaedic Specialists, Women’s Orthopaedic Center; Faculty, Fairview/MOSMI Orthopedic Sports Medicine Fellowship Program; Medical Director/Team Physician, Metropolitan Rugby; Team Physician, Macalester College, Cretin-Derham Hall High School; Medical Consultant, Northern Lights Junior Olympic Volleyball Club

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

Gregory Lervick, MD
Minnesota Orthopedic Sports Medicine Institute – Twin Cities Orthopedics; Subspecialty Certificate in Orthopaedic Sports Medicine; Team Physician, Augsburg College

Erik Lovdahl
Batting Practice Pitcher, Minnesota Twins; Director, Minnesota Youth Athletic Services Gopher State Pitching Camps; Director, Minnesota Twins Youth Training Camps

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

Brad R. Moser, MD
Dance and Sports Medicine Physician, Minnesota Orthopedic Sports Medicine Institute; Founder and Chairman, The Minnesota Dance Medicine Foundation; Member, Dance/USA Task Force on Dancer Health; Team Physician, United States National Soccer Teams, Augsburg College

Mike Muffenbier, PT, SCS
Accelerated Sports Therapy & Fitness

Thomas Varecka, MD
Assistant Professor of Orthopaedic Surgery, University of Minnesota Medical School; Assistant Chair, Department of Orthopaedic Surgery, Hennepin County Medical Center; Orthopaedic Residency Program Director, University of Minnesota at Hennepin County Medical Center

Sara Shupe MSPT, Dip. MDT
Institute for Athletic Medicine

Diane Weise-Bjornstal, PhD
Associate Professor, Sport and Exercise Psychology, Director of Graduate Studies, University of Minnesota

John Wendt, JD
Associate Professor of Ethics and Business Law, University of St. Thomas
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: April 23, 2013
Call Westin Central Reservations at 888-627-8245 (toll-free)
A block of sleeping rooms is available at the discounted rate of $149 per night 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.

The guest room rate is available three days prior and three days after the conference dates, subject to availability of guest rooms at time of reservation.

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 April 23, 2013 to take advantage of the early registration discount. Registration fee includes continental breakfasts, lunch and refreshments, as well as a flash drive 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 May 6, 2013, you will receive a full refund less a $40 administration fee. Cancellations after May 6, 2013, are nonrefundable. To cancel, contact Fairview at 612-672-7272.

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

Fairview

Registration form


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 ____________________________

Email (required) ____________________________
Receipt and confirmation will be emailed.

Concurrent Workshops (choose one per session)

BREAKOUT 1
❑ The McKenzie Method
❑ Throwing/Upper Extremity Panel
❑ Lower Extremity Case Studies
❑ Neuromuscular Techniques in O/H Athlete
❑ Throwing Mechanics
❑ Platelet Rich Plasma

BREAKOUT 2
❑ The McKenzie Method
❑ Throwing/Upper Extremity Panel
❑ Lower Extremity Case Studies
❑ Neuromuscular Techniques in O/H Athlete
❑ Hip Rehabilitation
❑ Evaluation of Dance Patient

Special requests
__________________________
Special dietary needs or facility accommodations

To Register
Register online at: fairview.org/CurrentConcepts
Mail registrations to: Fairview Health Services,
Attn: Fairview On Call
2344 Energy Park Drive, St. Paul, MN 55108
Fax: 612-672-6248

Fees

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<td>Physicians and Chiropractors</td>
<td>$300</td>
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Payment method

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

Card number ____________________________

Cardholder name ____________________________
Expiration date ____________________________
Signature ____________________________


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Conference description

*Current Concepts in Sports Medicine* features national, regional and local experts who—through lectures, panel discussions, hands-on workshops, and question and answer sessions—will share the latest in orthopedic and sports medicine research and treatment. The 2013 conference will focus on injuries of the overhead athlete.

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

**Learning objectives**
Following this conference, participants should be able to:
- Describe factors contributing to elbow injuries
- Identify considerations in dealing with adolescent elbow injuries
- Explain how pitch counts factor into assessing shoulder and elbow injuries
- Discuss food and drug considerations in regard to athletic performance
- Discuss the clinical use for and evidence supporting platelet rich plasma (PRP)

**Accreditation**
American Medical Association/Physicians Recognition Award (AMA 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 11.0 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 11.0 Category 1 credits under MN Rule 5601.2400, Subpart 1, A.

**Occupational therapists**
This course qualifies for 11.0 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 11.0 hours of Category A continuing education units. BOC Provider Number: P8345

**Other health care professionals**
Other health care professionals are responsible for determining whether this activity meets the requirements for acceptable continuing education through their appropriate accrediting organizations or state boards.

**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

**Planning committee**

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

Emily B. Beyer, PT, DPT, SCS
Institute for Athletic Medicine

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

Jeffrey Macalena, MD
Assistant Professor of Orthopaedic Surgery, University of Minnesota Medical School; University of Minnesota Medical Center, Fairview

Mike Muffenbier, PT, SCS
Accelerated Sports Therapy & Fitness

David E. Olson, MD, CAQSM
Assistant Professor of Family Medicine and Community Health, University of Minnesota Medical School; University of Minnesota Physicians Sports Medicine Clinic

Jamie Peters, MD, FAAFP, CAQSM
Staff Physician Emeritus – Fairview

Steven D. Stovitz, MD, MS, CAQSM, FACSM
Assistant Professor of Family Medicine and Community Health, University of Minnesota Medical School; University of Minnesota Physicians Sports Medicine Clinic
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