Central Pennsylvania

SPORTS Medicine Symposium

Tuesday, August 6, 2013

7:30AM–5PM

Penn State Milton S. Hershey Medical Center

University Conference Center

Hershey, PA

A continuing education service of Penn State College of Medicine and Penn State Hershey Bone and Joint Institute—in collaboration with CPRS Physical Therapy.

PENNSTATE HERSHEY Bone and Joint Institute 1855

CPRS Physical Therapy
Hands that heal. Hearts that care.
An Employee Owned Company

Audience

Athletic Trainers • Physical Therapists • Orthopaedic Surgeons
Physicians • Physician Assistants • Nurse Practitioners

- **Concussion**
- **Internal Injuries**
- **Groin Injuries**
- **Shoulder Injuries**
- **Diabetic Athlete**

Credit

- ***6.25 AMA PRA Category 1 Credit(s)™***
- **Application has been made to the PA State Board of Physical Therapy**
- **Recognized by NATA for Certified Athletic Trainers**

Penn State College of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Penn State College of Medicine designates this live activity for a maximum of *6.25 AMA PRA Category 1 Credit(s)*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Application has been made to the PA State Board of Physical Therapy for continuing education credits.

Penn State is recognized by the NATA Board of Certification, Inc., to offer continuing education for Certified Athletic Trainers.

It is our policy to ensure balance, independence, objectivity, and scientific rigor in all of our sponsored educational programs. Faculty and course directors have disclosed relevant financial relationships with commercial companies, and Penn State has a process in place to resolve any conflict of interest. Complete faculty disclosure will be provided to program participants at the beginning of the activity.

Planning Committee

Lynn Boutin, MA, ATC
Education Coordinator/Certified Athletic Trainer
Red Land High School
Central PA Rehabilitation Services

Course Director
Robert Gallo, MD
Assistant Professor of Orthopaedics and Rehabilitation
Penn State Hershey Bone and Joint Institute

Jeff Shields, MEd, ATC
Director of Athletic Training Services
Director of Wellness
Central PA Rehabilitation Services

Faculty

April D. Armstrong, BScPT, MD, MSc, FRCSC*
Professor of Orthopaedics and Rehabilitation
Penn State Hershey Bone and Joint Institute

Kevin Black, MD*
C. McCollister Evarts Chair
Department of Orthopaedics and Rehabilitation

Mark Brown, MSPT, OCS, Cert. MDT
Regional Vice President, Residency Director, Clinic Manager
Orthopedic Certified Specialist
Certified Mechanical Diagnosis and Therapy
CPRS

Robert Gallo, MD*
Assistant Professor of Orthopaedics and Rehabilitation
Penn State Hershey Bone and Joint Institute

Matthew J. Kelly, MD
Orthopaedic Surgeon
Orthopedic Institute of Pennsylvania
Camp Hill, PA

Robert Kelly, PT, ATC*
Certified Athletic Trainer
Team Physical Therapist, Hershey Bears Hockey Club

Hyun-Min (Mike) Kim, MD*
Assistant Professor of Orthopaedics and Rehabilitation
Penn State Hershey Bone and Joint Institute

Scott Lynch, MD*
Associate Professor of Orthopaedics and Rehabilitation
Director of Sports Medicine Service

Cayce Onks, DO, MS, ATC*
Assistant Professor of Family and Community Medicine
and Orthopaedics and Rehabilitation

George G.A. Pujalte, MD, CAQSM*
Assistant Professor of Family and Community Medicine
and Orthopaedics and Rehabilitation

Matthew Silvis, MD*
Associate Professor of Family and Community Medicine
and Orthopaedics and Rehabilitation
Medical Director, Primary Care Sports Medicine

Daniel Stone, DPT, CSCS, CES, CEAS
Clinical Manager
CPRS Physical Therapy
Mount Joy, PA

John Wawrzyniak, PT, MS, ATC, CSCS*
Certified Athletic Trainer
Strength & Conditioning Specialist
Hershey Bears Hockey Club

** Penn State Milton S. Hershey Medical Center,*
Penn State College of Medicine, Hershey, PA

Program

7:00 Registration

7:30 Welcome and Opening Remarks

7:45 Sports Medicine in a Changing Health-Care System
- Review how financial pressures can impact the field of sports medicine
- Review how the development of health systems and networks of care impact sports medicine
- Review the evolving roles of different types of health care professionals in sports medicine

Kevin Black, MD

8:15 Evaluation and Treatment of Hip Injuries
- Identify pathologies that cause groin and hip pain
- Understand the high incidence of asymptomatic labral tears
- Understand how to identify hip morphologic differences
- Understand operative and non-operative treatment options

Scott Lynch, MD

8:45 Abdominal and Thoracic Athletic Injuries
- Recognize how to appropriately triage athletes with blunt abdominal trauma
- Define return-to-play criteria for blunt abdominal injuries of the liver, kidney and spleen
- Describe the spectrum of pulmonary and cardiac injuries secondary to blunt thoracic trauma

Matthew Silvis, MD

9:15 The Diabetic Athlete
- Gain a general understanding of metabolism and physiology of exercise in patients with both Type 1 and 2 diabetes
- Introduce critical thinking strategies in improving glucose control in diabetic patients during physical activity

Daniel Stone, DPT, CSCS, CES, CEAS

9:45 Break/Exhibits

10:00 Concussion Recognition and Management Update
- Define concussion and recognize signs and symptoms of concussion
- Approach the treatment of concussion and better understand cognitive and physical rest during symptomatic period
- Identify the return-to-play process

Cayce Onks, DO, MS, ATC

10:30 Shoulder Injuries in Overhead Athlete
- Describe normal mechanics of common overhead sporting activities
- Differentiate between normal variations and pathologic entities in overhead athlete
- Review expected treatment outcomes following non-operative and operative treatment

Robert Gallo, MD

11:00 In-Season Management of Shoulder Dislocations and Separations

- Identify the pathology associated with shoulder dislocations and separations
- Recognize the need for urgent or early surgical consultation for shoulder dislocations and separations
- Relate the non-operative treatment of shoulder dislocations and separations and be able to recognize the failure of that treatment
- Identify the restrictions necessary with shoulder dislocations and separations

Matthew J. Kelly, MD

11:30 Neurologic Lesions of the Upper Extremity

- Identify common neurologic lesions
- Review exam findings
- Review treatment methods

Hyun-Min (Mike) Kim, MD

12:00 Lunch

1:00 BREAKOUT SESSION 1: (Pick One)

- **Spine Board and Emergent On-Field Treatments**
  Speaker TBA
- **More Than Skin Deep: Dermatologic Conditions in Athletes**
  George G. A. Pujalte, MD, CAQSM

2:00 BREAKOUT SESSION 2: (Pick One)

- **Hydration**
  Speaker TBA
- **Common Eye Injuries Encountered in Athletic Activities**
  Speaker TBA

3:00 BREAKOUT SESSION 3: (Pick One)

- **ACL Reconstruction: Returning-to-Play After Rehabilitation Ends**
  John Wawrzyniak, PT, MS, ATC, CSCS
  Mark Brown, MSPT, OCS, Cert. MDT
  Robert Kelly, PT, ATC
- **Shoulder Physical Exam**
  April D. Armstrong, BScPT, MD, MSc, FRCSC

4:00 Reception

5:30 Adjournment

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PENNSTATE HERSHEY
College of Medicine

Fee

$75 per person
Athletic Trainers: No Charge

Includes:
Instruction • Handout Materials
Refreshments • Lunch • Reception

Cancellation Policy

Cancellations received later than
July 23, 2013 will incur a $25 processing fee.

No refunds
After August 2, 2013
Substitutes are accepted at any time.

The University reserves the right to cancel or postpone any course or activity because of insufficient enrollment or other unforeseen circumstances.

Please provide a cell phone number so we can reach you in the event of last-minute changes or cancellation. If a program is canceled or postponed, the University will refund registration fees but cannot be held responsible for any related costs, charges, or expenses, including cancellation/change charges assessed by airlines or travel agencies. Preregistered participants will be notified if a program is filled or canceled.

Accommodations

Accommodations are the responsibility of the program participant. A list of Hershey area lodging is available upon request or online at: pennstatehershey.org/web/guest/patientcare/patientvisitorinformation/lodging.

Access

Penn State encourages persons with disabilities to participate in its programs and activities. If you anticipate needing any type of special accommodation or have questions about the physical access provided, please contact Continuing Education at least one week in advance of your participation or visit.

Registration

Registrations will be confirmed by email upon receipt of payment, authorization to bill, or a credit card guarantee.

If you do not receive a confirmation within two weeks, call 717-531-6483 to confirm your registration. Walk-ins and late registrations will be accepted if space is available.

Call	717-531-6483
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Email	ContinuingEd@hmc.psu.edu
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Central Pennsylvania

SPORTS MEDICINE SYMPOSIUM

Tuesday, August 6, 2013 • C5336-14-Y

Name (First Name, MI, Last Name) ❑ Male ❑ Female

Degree/Credentials ❑ MD/DO ❑ PA ❑ NP ❑ PT ❑ AT ❑ Other

Email Address (Print legibly. Used for confirmation/registration/program materials.)

Home Address

City State Zip Code

Daytime Phone Cell Phone (For last-minute change or cancellation)

Hospital or Organization

Specialty/Position

Address (HMC/COM employees—dept. name/mail code)

City State Zip Code

Special needs (Dietary, access, etc.)

Choose one selection from each Breakout Session:

Breakout Session 1

❑ Spine Board and Emergent On-Field Treatments
❑ More Than Skin Deep

Breakout Session 2

❑ Hydration
❑ Common Eye Injuries

Breakout Session 3

❑ ACL Reconstruction: Returning-to-Play After Rehabilitation Ends
❑ Shoulder Physical Exam

Fee $75 per person
Athletic Trainers: No Charge

Indicate method of payment:

❑ Check enclosed payable to Penn State
❑ Bill my sponsoring organization. Attach authorization letter
❑ HMC/COM employee—bill department budget

Cost center/budget #

Charge my credit card: ❑ VISA ❑ MasterCard ❑ AMEX

Account # Exp. Date

Signature

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