

University of Iowa Carver College of Medicine

The University of Iowa Sports Medicine Center
and The Department of Orthopaedics and
Rehabilitation Announce

25th Annual

Hawkeye Sports Medicine Symposium

December 4 – 5, 2009

Friday and Saturday

**Marriott Hotel and Conference Center
300 East 9th Street
Coralville, Iowa**

Sponsored by: University of Iowa Sports Medicine
Center, Department of Orthopaedics and Rehabilitation,
University of Iowa Roy J. and Lucille A. Carver College
of Medicine



UI Sports Medicine

University of Iowa
Hospitals and Clinics



General Information

Purpose

The program is designed to present health care professionals with up-to-date knowledge about diagnosis, management and prevention of a variety of injuries commonly incurred in sports participation and to emphasize uniquely influential factors that must be addressed in the provision of the highest quality of care to the competitive athlete. In addition to lectures, case presentations and panel discussions will be offered to enhance the participant's understanding of the topics presented.

Statement of Need

Injury prevention strategies and treatment algorithms for injuries are changing as the evidence base for treatment of athletic injuries improves.

Intended Audience

The format of the program allows it to be attractive to individuals with a variety of backgrounds and interests. Orthopaedic surgeons, family physicians, team physicians, athletic trainers, physical therapists, physician assistants, nurses, coaches, and persons involved with emergency medicine services are encouraged to attend.

Objectives

Upon completion of this program, the participant should be able to:

- Describe age and gender-related differences in injuries in youth soccer and identify prevention strategies.
- Recognize exertional leg pain and describe the anatomic and metabolic causes.
- Relate techniques for the assessment and management of femoral acetabular impingement in the athlete.
- Describe the evaluation of the athlete's hip.
- Enumerate and describe the parts of a complete shoulder exam.
- Identify and manage shoulder injuries in young athletes.
- Define scapular dyskinesia and discuss rehabilitation techniques.
- Describe the evaluation and management of ankle instability.
- Identify and describe new techniques in the arthroscopic management of athletic injuries.

Symposium Location

The Symposium will be held at the Coralville Marriott Hotel & Conference Center, 300 East 9th Street, Coralville, Iowa, 52241. Phone 319-688-4000 or 1-888-236-2427, Fax 319-688-4040. www.coralvill Marriott.com

Registration Fees

Registration fees include: CME and CEU recording, registration, instruction, educational materials, continental breakfasts, refreshment breaks, Friday's lunch, reception and dinner banquet, and hotel parking. All but \$35 of the registration fee is refundable if the inability to attend the Symposium is made known on or before Wednesday, November 25. No refunds will be made for later notification.

*Please note: The Friday evening reception and dinner banquet are included in the registration fee for all allied health professionals. Students pay \$40 for the Friday evening reception and dinner banquet.

Special Events:

Wine/Cheese/Beer Reception and Dinner Banquet– Friday, December 4

- | | |
|------|--|
| 5:30 | Reception (Cash Bar) |
| 6:30 | Dinner |
| | Registered Physicians/Allied Health Professionals, Reception and Dinner Banquet Included |
| | Others -- \$50 |
| | Students -- \$40 |

Athletic Event – Hawkeye Men's Basketball Game

The University of Iowa Hawkeye Men's Basketball team will host Prairie View A&M on Saturday, December 5, at 3:05 pm, at Carver-Hawkeye Arena. A block of tickets are being

held for Symposium participants and may be purchased through the University of Iowa Athletic Ticket office. Cost is \$13.00 per ticket plus a \$1.00 fee per ticket and \$3.00 processing fee per order. Information on how to order tickets will be sent with your symposium confirmation letter. The CME Division does not place ticket orders and does not make refunds for tickets.

Credit

Physician: The University of Iowa Roy J. and Lucille A. Carver College of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The University of Iowa Carver College of Medicine designates this educational activity for a maximum of 11.75 *AMA PRA Category 1 Credits*[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Nurse: This program is offered in cooperation with the University of Iowa College of Nursing, an Iowa Board of Nursing Approved Provider, number 1. Full time attendance will award 14.1 contact hours. Program number 09 339 93 has been assigned.

Family Physician: Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.



Athletic Trainer: The University of Iowa is recognized by the NATA Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program has been designated for 10 Continuing Education Units.

EMS: The University of Iowa Health Care Emergency Medical Services Learning Resources Center (EMSLRC), approved provider awards CEHs to certified EMS providers for completion of this entire program. The EMSLRC requires full-time attendance for CEH award. This conference has been approved for 4.0 Formal Continuing Education Hours (CEHs) and 10.0 Optional CEHs.

Physical Therapist: A certificate of attendance will be sent to you after the Symposium. This letter of certification can be used to submit to your licensing board for re-certification.

Marriott Hotel Accommodations

A limited number of rooms have been reserved at the Coralville Marriott Hotel & Conference Center. Room rates are \$103 plus taxes. **Reservations by attendees must be received on or before 6:00 pm on November 19, 2009.** Attendees are responsible for making their own hotel reservations and may do so by contacting the Marriott Hotel at 319-688-4000 or 1-888-236-2427. Please reference the "Hawkeye Sports Medicine Symposium" when making reservations to receive the discounted group rate.

Parking

Parking is available in the City of Coralville's parking ramp adjacent to the Marriott Hotel. Parking passes will be provided to paid Symposium participants who park in the ramp. Please bring your parking ticket to the Symposium Registration Desk to receive a one-day parking pass. Hotel guests receive free parking.

Emergency Calls

You may be reached during the Symposium hours for emergency phone calls through the Coralville Marriott Hotel operator at 319-688-4000. Please have the caller identify the "Hawkeye Sports Medicine Symposium".

Program Content

Determination of educational content for this program and the selection of speakers are responsibilities of the program director. Firms providing financial support did not have input in these areas.

DISCLOSURE POLICY: Everyone in a position to control the content of this educational activity will disclose to the CME provider and to attendees all relevant financial relationships with any commercial interest. They will also disclose if any pharmaceuticals or medical procedures and devices discussed are investigational or unapproved for use by the U.S. Food and Drug Administration (FDA).

Program Agenda

Friday, December 4, 2009

Marriott Hotel and Conference Center, Coralville, Iowa

- 7:15 am Registration, Continental Breakfast, Visit Vendor Exhibits
- 7:50 **Welcome: Opening Remarks, Overview of Course, Announcements**
John Albright, MD
- SESSION 1: Medical Aspects of Soccer**
Moderator: George Phillips, MD
- 8:00 **On Field Management of Acute Soccer Injuries**
Erika Kuhr, MEd, ATC, LAT, CSCS
- 8:20 **Injury Prevention & Performance Enhancement Programs**
Eric Allen, PT, MS, ATC, SCS, CSCS
- 8:40 **Youth Soccer: Considerations Related to the Age & Sex of the Player**
George Phillips, MD
- 9:00 **Soccer Groin: Evaluating the Athlete's Hip – JW Thomas Byrd, MD**
- 9:20 **Panel Discussion: Training & Treating Youth, High School, & College Athletes Case Presentations and Interactive Discussion**
Erika Kuhr, MEd, ATC, LAT, CSCS; Eric Allen, PT, MS, SCS, ATC, CSCS; JW Thomas Byrd, MD; Eileen Narcotta - UI Assistant Soccer Coach
- 9:50 **Break and visit vendor exhibits**
- SESSION 2: Exertional Leg Pain**
Moderator: Paul Baumert, Jr, MD, FAAFP
- 10:15 **Evaluation and Differential Diagnosis of Patients with Exertional Leg Pain**
Kyle Smoot, MD
- 10:30 **Anatomic Causes of Exertional Leg Pain – George Phillips, MD**
- 10:45 **Surgical Management of Patients with Non-traumatic Leg Injuries**
Ned Amendola, MD
- 11:00 **Metabolic and Other Non-Anatomic Causes of Leg Pain**
Paul Baumert, Jr, MD, FAAFP
- 11:15 **Panel Discussion: Leg Pain Case Presentations and Interactive Discussion**
Kyle Smoot, MD; George Phillips, MD; Doug West, PhD, ATC, LAT, CSCS; Dick Evans, PT, OCS; Ned Amendola, MD
- 12:00 **Lunch and visit vendor exhibits**
- 12:00 **Iowa Orthopaedic Society Business Meeting**
(during lunch, room to be announced)
- Iowa Orthopaedic Society, President – Matthew Weresh, MD**
- SESSION 3: New Frontiers: Hip Problems in Sports**
Moderator: John Albright, MD
- 1:00 **Assessment and Management of Femoral Acetabular Impingement (FAI) in the Athlete – JW Thomas Byrd, MD**
- 1:30 **Hamstring Injuries in Athletes – Ned Amendola, MD**
- 1:50 **Hip Arthroscopy: Reasons other than FAI – JW Thomas Byrd, MD**
- 2:10 **Rehabilitation of the Hip – Michael Shaffer, PT, MS, ATC, OCS**
- 2:30 **Panel Discussion: Hip & Hamstring Injury Case Presentations and Interactive Discussion**
JW Thomas Byrd, MD; Michael Shaffer, PT, MS, ATC, OCS; Doug West, PhD, ATC, LAT, CSCS; Ned Amendola, MD
- 3:00 **Break and visit vendor exhibits**
- SESSION 4: Shoulder**
Moderator: Michael Shaffer, PT, MS, ATC, OCS
- 3:30 **Interactive Shoulder Examination – Brian Wolf, MD, MS**
- 3:50 **First-Time Shoulder Dislocations in the Athlete: Treatment Options**
Dean Taylor, MD

- 4:10 **Scapular Dyskinesia: Biomechanics & Assessment – Tim Uhl, PhD, ATC, PT**
- 4:30 **Shoulder Injuries in the Adolescent Athlete – Dean Taylor, MD**
- 4:50 **Panel Discussion: Treatment of Shoulder Instability in the Athlete Case Presentations & Interactive Discussion**
Dean Taylor, MD; Brian Wolf, MD, MS; Tim Uhl, PhD, ATC, PT; Kolleen Shields, PT, MS
- 5:30 **ADJOURN**
- 6:00 **Special Event: Wine/Cheese/Beer Reception**
(cash bar)
- 6:45 **Sports Medicine Symposium Dinner Banquet**
Ed Crowley Acknowledgement
Invited Speakers: Jeffrey Monroe, MS, ATC; Gary Barta, UI Athletic Director
- Athletic Training in Iowa:**
Past History: Danny Foster, PhD, ATC, LAT
Present status: Mark Coberley, MS, ATC, LAT, CSCS, PES

Saturday, December 5, 2009

Marriott Hotel and Conference Center, Coralville, Iowa

- 7:15 am Registration, Continental Breakfast, Visit Vendor Exhibits
- 7:55 **Welcome: Opening Remarks, Overview of Course, Announcements**
Matthew Weresh, MD, IOS President
- SESSION 5: Foot and Ankle Injuries in Sports**
Moderator: Glenn Williams, PhD, PT, ATC, SCS
- 8:00 **Interactive Functional Anatomy of the Foot & Ankle (live dissection & demonstration)** *Ned Amendola, MD; Phinit Phisitkul, MD*
- 8:40 **Lateral Ankle Instability: Evaluation and Management – Dean Taylor, MD**
- 9:00 **Rehabilitation of Ankle Sprains – Glenn Williams, PhD, PT, ATC, SCS**
- 9:20 **Panel Discussion: Case Presentations & Interactive Discussion**
Ned Amendola, MD; Dean Taylor, MD; Phinit Phisitkul, MD
- 10:00 **Break and visit vendor exhibits**
- CONCURRENT SESSION 6A:
Advances in Arthroscopic Surgery**
Moderator: Ned Amendola, MD
- 10:20 **Arthroscopic Management of Syndesmosis Injuries – Ned Amendola, MD**
- 10:40 **Arthroscopic Techniques Beyond the Ankle – Phinit Phisitkul, MD**
- 11:00 **Periscapular Endoscopy: Indications & Techniques – Brian Wolf, MD, MS**
- 11:20 **ACL Surgery: A Reproducible Approach to Anatomic Reconstruction**
Dean Taylor, MD
- 11:40 **Panel Discussion: Case Presentations and Interactive Discussion**
Brian Wolf, MD, MS; Phinit Phisitkul, MD; Dean Taylor, MD
- CONCURRENT SESSION 6B:
Sports Rehabilitation with Emphasis on the Shoulder**
Moderator: Glenn Williams, PhD, PT, ATC, SCS
- 10:20 **Shoulder Rehabilitation Progression Based on EMG Evidence**
Tim Uhl, PhD, ATC, PT
- 10:50 **Integrating the Kinetic Chain into Shoulder Rehabilitation**
Tim Uhl, PhD, ATC, PT
- 11:20 **Panel Discussion: Current Concepts in Sports Rehabilitation Case Presentations & Interactive Discussion**
Danny Foster, PhD, ATC, LAT; Tim Uhl, PhD, ATC, PT; Michael Shaffer, PT, MS, ATC, OCS; Paul Pursley, PT, SCS, CSCS
- 12:30 **ADJOURN**
- 3:05 **UI Men's Basketball Game – Carver-Hawkeye Arena**

Guest Speakers

Eric Allen, PT, MS, ATC, SCS, CSCS
Director of Sports Rehabilitation Services
Hammond Henry Hospital, Geneseo, IL

JW Thomas Byrd, MD
Orthopaedic Surgeon
Founder of Nashville Sports Medicine and Orthopaedic Center
Head Team Physician, Tennessee Titans
Nashville, TN

Mark Coberley, MS, ATC, LAT, CSCS, PES
Head Athletic Trainer, Iowa State University
President of Iowa Athletic Trainers Society
Ames, IA

Ed Crowley, BS, PT
University of Iowa's Head Athletic Trainer, (1973-2004)
Inducted into Mid-America Athletic Trainers Association Hall of Fame, 2005
Received The Most Distinguished Athletic Trainer Award for major contributions to the National Athletic Training Association, 1997

Jeffrey Monroe, MS, ATC
Head Athletic Trainer, Michigan State University
Assistant Director for Athletic Training
East Lansing, MI

Dean C Taylor, MD
Col (ret) US Army
Professor of Orthopaedic Surgery
Duke University Sports Medicine Center
Head Team Physician Duke University Basketball
Duke University, Durham, NC

Tim L Uhl, PhD, ATC, PT
Associate Professor
Division of Athletic Training
Director of Musculoskeletal Laboratory
University of Kentucky, Lexington, KY

Matthew Weresh, MD
President, Iowa Orthopaedic Society
Des Moines Orthopaedic Surgeons
Des Moines, IA

The University of Iowa Faculty and Staff

John Albright, MD, Hawkeye Sports Medicine Symposium, Course Director*

Ned Amendola, MD, Director, University of Iowa Sports Medicine*

Gary Barta, UI Athletic Director

Paul Baumert, Jr., MD, FFAFP*

Dick Evans, PT, OCS

Danny Foster, PhD, ATC, LAT*

Erika Kuhr, MEd, ATC, LAT, CSCS

Eileen Narcotta, Univ of Iowa Assistant Soccer Coach

George Phillips, MD*

Phinit Phisitkul, MD

Paul Pursley, PT, SCS, CSCS

Mike Shaffer, PT, MS, ATC, OCS*

Kolleen Shields, PT, MS

Kyle Smoot, MD

Doug West, PhD, ATC, LAT, CSCS

Glenn Williams, PhD, PT, ATC, SCS*

Brian Wolf, MD, MS*

**Hawkeye Sports Medicine Symposium Committee Member*

The University of Iowa prohibits discrimination in employment, educational programs, and activities on the basis of race, national origin, color, creed, religion, sex, age, disability, veteran status, sexual orientation, gender identity, or associational preference. The University also affirms its commitment to providing equal opportunities and equal access to University facilities. For additional information contact the Office of Equal Opportunity and Diversity, (319) 335-0705.

Individuals with disabilities are encouraged to attend all University of Iowa sponsored events. If you are a person with a disability who requires an accommodation in order to participate in this program, please contact the Continuing Medical Education Division in advance at 319/335-8599.

Registration

25th Annual Hawkeye Sports Medicine Symposium
Friday – Saturday, December 4 – 5, 2009

Please print clearly.

Dr/Mr/Ms _____

Address _____

City _____

State _____ ZIP _____

Business Phone _____

FAX _____

Email _____

(Email will be helpful for next year's Symposium "Save the Date Notice")

Specialty/Degree _____

Profession _____

The University of Iowa requests this information for the purpose of processing your registration. No persons outside the University of Iowa are routinely provided this information.

For Office Use Only CEUs _____ AMA 1 _____ PN: 09 338 01
Date _____

REGISTRATION FEES:

(for on-site registration a \$35 additional fee will be added)

Physicians	@ \$425	\$ _____
Allied Health Professional	@ \$300	\$ _____
Students	@ \$45	\$ _____

Friday Evening Reception & Dinner Banquet

(Please mark one)

- Registered Physicians/Allied Health Professionals – Reception and Dinner Banquet Included.
- Students @ \$40 \$ _____
- Others @ \$50 \$ _____

TOTAL \$ _____

Method of Payment:

___ Enclosed is my check made payable to:

The University of Iowa for the total amount of \$ _____

___ Please charge my: Mastercard VISA


Cardholder name (please print) _____


Account Number _____

Expiration Date _____ Signature _____

3-digit security code on back _____

Four Ways to Register:

 Continuing Medical Education Division
University of Iowa Carver College of Medicine
100 Medicine Administration Building
Iowa City IA 52242-1101

 Phone: 319/335-8599

 FAX: 319/335-8327



Online: www.medicine.uiowa.edu/cme and click on *Upcoming Conferences*

For additional information on this program and other upcoming CME events at the UI Carver College of Medicine, please visit <http://www.medicine.uiowa.edu/cme/>.



**UNIVERSITY of IOWA
CARVER COLLEGE
OF MEDICINE**

University of Iowa Health Care

Continuing Medical Education Division
100 Medicine Administration Building
Iowa City, Iowa 52242-1101

25th Annual

Hawkeye Sports Medicine Symposium

December 4 – 5, 2009
Friday and Saturday

**Save the Date
for 2010!
December 3–4, 2010**