Injuries in Football 2015

Thursday April 30, 2015

Registration and Continental Breakfast

7:00 AM Registration and Continental Breakfast

Introduction and Opening Remarks
James Andrews MD

7:30 AM Introduction and Opening Remarks
James R. Andrews MD

Session 1: Upper Extremity Injuries: Shoulder Part I
Moderator: Roger Ostrander MD

7:35 AM Introduction of Speakers
Roger Ostrander MD

7:40 AM Anatomy of Shoulder: Cadaver Video
Filippo Chillemi MD

7:50 AM Examination of the Football Player's Shoulder
Steve Jordan MD

8:00 AM "In-Season Decision": High School Senior Linebacker with In-Season Shoulder Dislocation
James R. Andrews MD

8:20 AM Shoulder Injuries in Football: Incidence, Mechanism of injury, and Treatment
Steve Jordan MD

8:40 AM Surgical Management of Anterior Shoulder Instability
Roger Ostrander MD

8:55 AM Stabilization Rehabilitation Following Shoulder Surgery
Michael Kordecki DPT, SCS, ATC

9:15 AM Laterjet Procedure Indicated in Football Players/Collision Sports
Roger Ostrander MD

9:35 AM Panel
Moderator: Roger Ostrander, MD
Panelists: Filippo Chillemi, MD
James Andrews, MD
Steve Jordan, MD
Michael Kordecki, DPT, SCS, ATC

9:45 AM Break - Snacks
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Session 2: Upper Extremity Injuries: Shoulder Part II

Moderator: Steve Jordan MD

9:55 AM Introduction of Speakers
Steve Jordan MD

10:00 AM Rotator Cuff tears in Football: "In-Season Management - To Play or Not To Play"
Roger Ostrander MD

10:15 AM Keynote Address: The Role of the Team Physician in Sports Medicine Team
Pete Indelicato MD

10:45 AM AC Joint Sprains: Non-Operative & Operative Treatment
Charles Roth MD

11:05 AM "In-Season Decision" AC Separation in a Quarterback
James R. Andrews MD

11:20 AM Posterior Instability in Football Player: Case Presentation
Jeffrey Guy, MD & Clint Haggard, ATC

11:40 AM Traumatic Rupture of Proximal Biceps: In-Season Rehabilitation & Management
Thomas LaPorta MD

11:55 AM Non-Operative Rehabilitation Following Shoulder Instability and Return to Play
Kevin Wilk DPT

12:15 PM Panel
Moderator: Steve Jordan, MD
Panelists: Roger Ostrander, MD
Pete Indelicato, MD
James Andrews, MD
Charles Roth, MD
Jeffrey Guy, MD
Clint Haggard, ATC
Thomas LaPorta, MD
Kevin Wilk, DPT

Lunch Break

12:30 PM Lunch (on your own)

Session 3: Upper Extremity Injuries: Shoulder, Elbow, & Hand

Moderator: Kevin Wilk DPT

1:35 PM Introduction of Speakers
Kevin Wilk DPT

1:40 PM What are the Best Exercises for the Glenohumeral & Scapulothoracic Joint
Jason McVeigh ATC, PT

2:00 PM Evaluation and Rehabilitation of Elbow Injuries in Football
Paul Silvestri ATC

2:20 PM Rupture of Distal Biceps "To Play or Not to Play"
Jeffrey Guy MD

2:40 PM Case Presentation: Elbow Dislocations in Football
JP Bramhall MD

3:00 PM Hand/Finger Fracture: "When to Continue Play, When to Stop"
Alexander Coleman MD
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Session 3: Upper Extremity Injuries: Shoulder, Elbow, & Hand
Moderator: Kevin Wilk DPT
3:15 PM Wrist Injuries in Football - Management & Return to Play
Steven Kronlage MD
3:30 PM Panel
Moderator: Kevin Wilk, DPT
Panelists: Jason McVeigh, ATC, PT
Paul Silvestri, ATC
Jeffrey Guy, MD
Kevin Wilk, DPT
JP Bramhall, MD
Alexander Coleman, MD
Steven Kronlage, MD

3:45 PM Break

Session 4: Foot and Ankle
Moderator: Erik Nilssen MD
3:55 PM Introduction of Speakers
Erik Nilssen MD
4:00 PM Anatomy of Foot & Ankle: Cadaver Video
Chad Kennedy MD
4:10 PM Evaluation of Foot & Ankle and Mechanism of Injury for Common Injuries in Football
Will Whiteside MD
4:20 PM Turf Toe Injuries in Football: Case Presentation
Jeff Allen, ATC & Norman Waldrop, MD

4:40 PM Keynote Address:"In Season Decision": High Ankle Sprain - Safe to Continue?
Michael Ryan PT, ATC, PES
5:00 PM Unusual Injuries of Foot & Ankle: How to Treat Them
Erik Nilssen MD
5:20 PM In Season Management of Ankle Sprain: Bracing and Rehabilitation
Jeff Allen ATC
5:35 PM Panel
Moderator: Erik Nilssen, MD
Panelists: Chad Kennedy, MD
Will Whiteside, MD
Jeff Allen, ATC
Norman Waldrop, MD
Michael Ryan, PT, ATC, PES

Adjourn
5:45 PM

Reception
5:45 PM
Injuries in Football 2015
Friday May 1, 2015
Registration and Continental Breakfast

7:00 AM

Session 5: Hip and Core Injuries
Moderator: Adam Anz MD
7:30 AM Introduction of Speakers
Adam Anz MD
7:35 AM "In-Season Decision": Femoroacetabular Impingement with Labral Tear
Benton Emblom MD
7:55 AM Overview of Hip Joint: Common Injuries & Surgery Interventions (Including Hip Arthroscopy)
Adam Anz MD
8:15 AM Case Presentation: PRP to RTP
Benton Emblom MD
8:35 AM Keynote Address: Core Muscle Injuries (don’t call them “sports hernias”): Management, Surgery, & Return to Play
Bill Meyers MD
8:55 AM Rehabilitation Following Hip Surgery & Return to Play Considerations
Pete Draovitch PT
9:15 AM Hamstring Injuries: Classification & Return to Play
Ryan McGovern ATC
9:35 AM Evaluation of Lower Back Pain in Football Players
Michael Kordecki DPT, SCS, ATC
9:55 AM Panel
Moderator: Adam Anz, MD
Panelists: Benton Emblom, MD
Bill Meyers, MD
Pete Draovitch, PT
Ryan McGovern, ATC
Michael Kordecki, DPT, SCS, ATC

10:05 AM Break - Snacks

Session 6: Lower Extremity: Knee
Moderator: Jeff Dugas MD
10:20 AM Introduction of Speakers
Jeff Dugas MD
10:25 AM Keynote Address: in Season Management of Meniscal Tear
Pete Indelicato MD
10:55 AM Anatomy of the Knee: Cadaver Video
Chad Poage DO
11:05 AM Evaluation of Knee Joint & Mechanisms of Injury
Jeff Dugas MD
11:25 AM Case Presentation: Patella Tendon Rupture in Diabetic NFL Player
Michael Ryan PT, ATC, PES
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Session 6: Lower Extremity: Knee

Moderator: Jeff Dugas MD

11:40 AM "In-Season Decision": Post ACL/MCL with Pellegrini Lesion (Ossification of MCL)
    Jeff Dugas MD

11:50 AM ACL Surgery - "How to Choose the Best Graft for Every Circumstance"
    Adam Anz MD

12:10 PM Keynote Address: ACL Rehabilitation Pre-Operative to Return to Play
    Ron Courson ATC, PT, NREMT-I, CSCS

12:30 PM Multi-Ligament Injuries: Surgery, Management, & Return to Play (Update on College
    Football Player Status)
    Adam Anz MD

12:50 PM Rehabilitation Following Multi-ligament Surgery & Return to Play Criteria
    Kevin Wilk DPT

1:10 PM Panel
    Moderator: Jeff Dugas, MD
    Panelists: Kevin Wilk, DPT
                Adam Anz, MD
                Ron Courson ATC, PT, NREMT-I, CSCS
                Michael Ryan, PT, ATC, PES
                Chad Poage, DO
                Pete Indelicato, MD

Lunch Break

1:20 PM Lunch (On your own)

Session 7: Sports Performance & Special Considerations in

Moderator: Alex Lincoln

2:20 PM Introduction of Speakers
    Alex Lincoln

2:25 PM Fueling
    Amanda Carlson MS, RD, CSSD

2:55 PM Return to Play & Training for Quarterbacks
    David Morris

3:05 PM Keynote Address: "Locker Room Dermatology"
    Kenneth Wasserman MD

3:25 PM Athletic Performance Team: Integration of Health Care Team Members (AT, PT, S&C,
    Nutrition, Psychology …)
    Shannon Singletary ATC, PT

3:40 PM Panel
    Moderator: Alex Lincoln
    Panelists: Amanda Carlson, MS, RD, CSSD
                David Morris
                Kenneth Wasserman, MD
                Shannon Singletary, ATC, PT
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Concurrent Session 1: (3:50 - 4:45: Choose 1A or 1B or 1C)

3:50 PM  1A - Emerging Treatment Options in Sports Medicine
- MSK Ultrasound - Used Application: Joshua Hackel, MD
- Biologics Update - Orthobiologic Treatment Options for the Athlete: Kristen Oliver, MD
- Rehabilitation Following Orthopaedic Biologics: Stephen LaPlante, PT, ATC

1B - Rehabilitation Techniques to Train the Hip to Prevent Knee / Hip Injuries
Speakers: Kevin Wilk, DPT and Pete Draovitch, PT

1C - Coaching and Performance: I
- Injury Prevention Strategies and Performance Considerations: Chris Chase
- Coaching Education- National Landscape: Jack Crowe

Break

4:45 PM

Concurrent Session 2: (5:00 - 5:55: Choose 2A or 2B or 2C)

5:00 PM  2A - Hands on Examination Rehabilitations: Lower Extremity
- Evaluation of the Knee Joint (Lab)
- Rehabilitation Following ACL Injury
- Return to Play Program at Andrews Institute
- Speakers: Stephen LaPlante, PT, ATC; Ryan Donahue, PT, DPT, CSCS; Hunter Stark, PT

2B - Medical Consideration in Football
- Sickle Cell: Mike Goodlett, MD
- Skin Cancer: Prevention/Detection/Screening: Ken Wasserman, MD
- Heat Illness: Nick Goyeneche, MD
- Abdominal Injuries: Sean Martin, DO

2C - Coaching and Performance: II
“Lab demonstration: Be Prepared to Participate”
- Speed/Power Development for Football
- Position Specific S&C Considerations
- S&C Under a Budget: Considerations
- Strength and Considerations for Football
- In-season vs Off-season
- Speakers: Anthony Hobgood, MS, CSCS and Andrew Paul PT, DPT, MEd, C.S.C.S.,

Adjourn

6:00 PM
Session 8: Practical Sports Medicine

Moderator: Josh Hackel MD

7:30 AM Introduction of Speakers
    Josh Hackel MD

7:35 AM Practical Sports Medicine as Team Physician (Sideline Management)
    Michael Goodlett MD

7:55 AM Concussion in Football: An Update
    Julianne Schmidt PhD, ATC

8:25 AM Rehabilitation and Return to Play of Brachial Plexus "Stingers" Injuries
    Michael Kordecki DPT, SCS, ATC

8:45 AM Taping, Wrapping & Bracing Challenges on a Limited Budget
    RT Floyd EdD, ATC, CSCS

9:07 AM Evolutions of Equipment in Football
    Michael Kordecki DPT, SCS, ATC

9:22 AM Panel
    Moderator: Josh Hackel, MD
    Panelists: Julianne Schmidt, PhD, ATC
                Michael Kordecki, DPT, SCS, ATC
                RT Floyd, EdD, ATC, CSCS

9:32 AM Break

Session 9: Management of Catastrophic Injuries

Moderator: Ron Courson ATC, PT, NREMT-

9:42 AM Introduction of Speakers
    Ron Courson ATC, PT, NREMT-I, CSCS

9:49 AM Critical Pre-game Conversations: "Timeout Talk"
    Jim Kyle MD

10:09 AM A Review of Current Research and Literature on Spinal Immobilization
    MaryBeth Horodyski EdD, LAT, ATC, FNATA

10:34 AM Live Demo Instructions: Total Lab Time 2 hours
    Michael Kordecki DPT, SCS, ATC
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Session 10: Live Interactive Lab (Will be 8 stations where group will rotate every 15min) for each station; Shotgun Start

Moderator: Ron Courson ATC, PT, NREMT-
10:49 AM  Shoulder Pad Removal
Michael Kordecki, DPT, SCS, ATC

-Packaging
Ron Courson, ATC, PT, NREMT-I, CSCS

-8 Person Lift
Marybeth Horodyski, EdD, LAT, ATC, FNATA

-Log Roll - Supine
Clint Haggard, ATC

-Face Mask Removal
Arnold Gamber

-Helmet Removal
Paul Silvestri, ATC

-Airway Station/O2 (Basic & Advanced)
Glenn Henry, EMT-P

-Log Roll - (Push & Pull)
Ryan McGovern, ATC

12:49 PM Panel
Moderator: Ron Courson ATC, PT, NREMT-I, CSCS
Panelists: Jim Kyle, MD
MaryBeth Horodyski, EdD, LAT, ATC, FNATA
Michael Kordecki, DPT, SCS, ATC
Clint Haggard, ATC
Arnold Gamber
Paul Silvestri, ATC
Glenn Henry, EMT-P
Ryan McGovern, ATC

Adjourn

Pick Up Certificates