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 Andrews MD

Session 1: Upper Extremity Injuries: Shoulder Part I
Moderator:  Steve Jordan MD
7:35 AM  Introduction to Speakers
Steve Jordan MD
7:40 AM  Anatomy of Shoulder: Cadaver Video
Fellow Fellow
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 Andrews MD
8:25 AM  Non-Operative Rehabilitation Following Shoulder Instability and Return to Play
Kevin Wilk DPT
8:45 AM  Shoulder Injuries in Football: Incidence, Mechanism of Injury, and Treatment
Steve Jordan MD
9:05 AM  Rotator Cuff Tears in Football: "In-season Management - To Play or Not To Play"
Roger Ostrander MD
9:20 AM  Keynote Address: The Role of the Team Physician In Sports Medicine Team
Pete Indelicato MD
9:50 AM  Panel
Steve Jordan MD
10:00 AM  Break - Snacks

Session 2: Upper Extremity Injuries: Shoulder Part II
Moderator:  Roger Ostrander MD
10:10 AM  Introduction to Speakers
Roger Ostrander MD
10:25 AM  "In-season Decision" AC seperation in a Quarterback
James Andrews MD
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Session 2: Upper Extremity Injuries: Shoulder Part II
Moderator: Roger Ostrander MD

10:30 AM  Surgical Management of Anterior Shoulder Instability
           Roger Ostrander MD

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

11:05 AM  Laterjet Procedure indicated in Football Players/Collision Sports
           Roger Ostrander MD

11:20 AM  Stabilization Rehabilitation Following Shoulder Surgery
           Michael Kordecki
           DPT, SCS, ATC

11:40 AM  Posterior Instability in Football Player: Management
           James Andrews MD

12:00 PM  Traumatic Rupture of Proximal Biceps: In-season Rehabilitation & Management
           Jeffery Guy, MD & Clint Haggard, ATC

12:20 PM  Panel
           Roger Ostrander MD

Lunch Break

12:35 PM  Lunch (On Your Own)

Session 3: Upper Extremity Injuries: Elbow & Hand
Moderator: Kevin Wilk DPT

1:35 PM  Introduction to 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: Topic - Elbow
         JP Bramhall MD

3:00 PM  Hand/Finger Fracture: "When to Continue Play, When to Stop"
         Alexander Coleman
         MD

3:15 PM  Panel
         Kevin Wilk DPT

3:25 PM  Break -

Session 4: Foot and Ankle
Moderator: Erik Nilssen MD

3:40 PM  Introduction of Speakers
         Erik Nilssen MD
Session 4: Foot and Ankle

Moderator: Erik Nilssen MD

3:45 PM  Anatomy of Foot & Ankle: Cadaver Video
          Fellow Fellow

4:00 PM  Evaluation of Foot & Ankle and Mechanism of Injury for Common Injuries in Football
          TBA TBA

4:20 PM  Case Presentation: Foot and Ankle Injuries in Football Players
          Jeff Allen, ATC & Norman Waldrop, MD

4:40 PM  "In-season Decision": High Ankle Sprain - Safe to Continue?
          Michael Ryan PT,
          ATC, PES

4:55 PM  Unusual Injuries of Foot & Ankle: How to Treat Them
          Erik Nilssen MD

5:15 PM  In Season Management of Ankle Sprain: Bracing and Rehabilitation
          Jeff Allen ATC

5:30 PM  Panel
          Erik Nilssen MD

Adjourn

5:40 PM

Reception

5:45 PM
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Friday May 1, 2015

Registration and Continental Breakfast

7:00 AM  Registration and Continental Breakfast

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 Labal 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  Core Muscle Injuries: Management, Surgery, & Return to Play
    Bill Meyer 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  Rehabilitation of Low Back Pain
    Michael Kordecki DPT, SCS, ATC

9:55 AM  Panel
    Adam Anz MD

10:05 AM  Break - Snacks

Session 6: Lower Extremity: Knee
Moderator: Walt Lowe MD

10:20 AM  Introduction to Speakers
    Walt Lowe MD

10:25 AM  Keynote Address: In Season Management of Meniscal Tear
    Pete Indelicato MD

10:55 AM  Anatomy of The Knee: Cadaver Video
    Fellow Fellow

11:05 AM  Evaluation of Knee Joint and Mechanisms of Injury
    Jeff Dugas MD

11:25 AM  Case Presentation: TBA - Knee
    Walt Lowe MD

11:40 AM  "In-Season Decision": Topic TBA
    Jeff Dugas MD
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Session 6: Lower Extremity: Knee
Moderator: Walt Lowe MD

11:50 AM  Keynote Address: ACL Surgery - Which Graft is Best and How Do I Manage Concomitant Injuries?
Walt Lowe MD

12:20 PM  ACL Rehabilitation Pre-Operative to Return to Play
Ron Courson ATC, PT, NREMT-I, CSCS

12:40 PM  Multi-Ligament Injuries: Surgery, Management, & Return to Play (Update on College Football Player Status)
Adam Anz MD

1:00 PM  Rehabilitation Following Multi-ligament Surgery & Return to Play Criteria
Kevin Wilk DPT

1:20 PM  Panel
Walt Lowe MD

Lunch Break

1:30 PM  Lunch (On Your Own)

Session 7: Sports Performance & Special Considerations in Football
Moderator: Alex Lincoln

2:20 PM  Introduction of Speakers
Alex Lincoln

2:25 PM  Fueling
Bob Calvin MS, RD, LD, CSCS

2:55 PM  Return to play and Training for QBs
David Morris

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

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

3:40 PM  Panel
Alex Lincoln

Concurrent Session 1: (3:40 - 4:35: Choose 1A or 1B or 1C)

1A - Emerging Treatment Options in Sports Medicine
-MSK Ultrasound - Used Application : Joshua Hackel, MD
-Biologics Update: PRP/Stem Cell Therapy : Joshua Hackel, MD
-Rehabilitation following Orthopaedic Biologics : Stephen LaPlante, PT, ATC

1B - Rehabilitation Techniques to Train the Hip to Prevent Knee &/or Hip Injuries
Speakers: Kevin Wilk, DPT and Pete Droavich, PT
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Concurrent Session 1: (3:40 - 4:35: Choose 1A or 1B or 1C)

1C – Coaching and Performance: I

- Injury Prevention Strategies and Performance Considerations: Chris Chase
- Coaching Education: What’s the Future: Jack Crowe

Break

4:35 - 4:50 - Break

Concurrent Session 2 (4:50 - 5:45: Choose 2A or 2B or 2C)

2A – Hands on Examination Rehabilitation: 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

2C – Medical Consideration in Football

- Sickle Cell: Mike Goodlett, MD
- Skin Cancer: Prevention/Detecting/Screening: Ken Wasserman, MD
- Heat Illness: Nick Goyeneche, MD
- Abdominal Injuries: Joshua Hackel, MD

2B – Coaching and Performance: II

- Speed/Power Development for Football
- Position Specific S&C Considerations
- S&C Under a Budget: Considerations
- Strength and Consideration for Football
- In-season vs Off-season

Speakers: EXOS

Adjourn

6:00 PM
Session 8: Practice Sports Medicine
Moderator: Michael Goodlett MD

7:30 AM Introductions of Speakers
    Michael Goodlett
    MD

7:35 AM Concussion in Football: An Update
    TBA TBA

8:05 AM Rehabilitation and Return to Play of Brachial Plexus "Stingers" Injuries
    Michael Kordecki
    DPT, SCS, ATC

8:25 AM Update on Equipment & Bracing Development
    Michael Kordecki
    DPT, SCS, ATC

8:40 AM Taping, Wrapping & Bracing Challenges on A Limited Budget
    RT Floyd EdD,
    ATC, CSCS

8:57 AM Practical Sports Medicine As Team Physician (Sideline Management)
    Michael Goodlett
    MD

9:17 AM Panel
    Michael Goodlett
    MD

9:27 AM Break

Session 9: Management of Catastrophic Injuries
Moderator: Ron Courson ATC, PT, NREMT-I

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 Correct 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
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-I,

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

12:59 PM Pick up Certificates