

Andrews 2024 Injuries in Football Conference

Presented by Andrews Research & Education Foundation

April 18-20, 2024

The InterContinental Hotel
New Orleans, Louisiana

James R. Andrews, M.D.

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Course Description

This conference provides educational lectures and hands-on sessions focusing on football injuries and related trending topics. Top speakers from around the nation will be present, including physicians, athletic trainers, physical therapists, nutritionists, and others.

Learning Objectives

- Identify shoulder anatomy and describe the mechanism and treatment of common injuries in the football player.
- Discuss operative and non-operative treatments for common upper extremity injuries in the football player.
- Recognize the knee anatomy, management, and treatment of major ligaments in the knee.
- Recognize key operative and non-operative rehabilitation techniques for knee injuries in the football player.
- Recognize key modalities and treatments for various injuries and discuss the trends and future in sports medicine.
- Discuss the anatomy, treatment, and rehabilitation for ankle and foot injuries in the football player.
- Demonstrate and apply current concepts for taking care of the spine-injured player and other emergency situations.
- Apply current advances in treatment and rehabilitation of injuries to the football player.
- Recognize current general medical issues and understand the various treatments of everyday occurrence in sports medicine.
- Discuss examination, treatment, and rehabilitation for core and hip injuries in the football player.
- Identify mental health needs and post-operative pain management strategies with and without opioid prescribing.

Accreditation

Physicians

Baptist Health Care is accredited by the Florida Medical Association to provide continuing medical education for physicians. Baptist Health Care designates this live activity for a maximum of (17.25) hours in AMA PRA Category I credit™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses & Occupational Therapists (Florida)

Baptist Hospital, CE Broker provider # 50-183 approves this program for 17.25 hours credit for nurses and occupational therapists.

Physical Therapists

Baptist Hospital, CE Broker provider # 50-183 is reviewing this program for 17.25 hours credit for physical therapists in the state of Florida. Physical therapist continuing education credits are pending for the state of Louisiana, Texas, and Mississippi. Alabama and Georgia do not require course pre-approval; this course should be approved for up to 14.5 credit hours in these states.

Athletic Trainers

Andrews Research & Education Foundation P10024 is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of 17.25 Category A hours/CEUs. ATs should claim only those hours actually spent in the educational program.



General Information

COMPLIMENTARY MEALS: Continental breakfast will be provided Friday and Saturday before the beginning of the course. Complimentary lunch will be provided on Friday. Morning and afternoon snack breaks will be provided as appropriate throughout the entire course.

BREAKOUT SESSIONS: This year's breakout sessions provide various opportunities for hands-on learning and education.

CONTINUING EDUCATION: To claim your CEU/CME, log into your account at andrewseducation.org, complete the evaluation, and claim your certificate. Certificates will not be automatically administered by Andrews Research & Education Foundation (AREF). Please allow 72 hours post-conference for attendance processing.

Additional Activities/Events

EXPLORE THE CITY: The conference has been designed to allow ample time outside of lecture hours to enjoy New Orleans, LA on your own.



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Faculty

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FAAOS**

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Juliana Heimur, D.O.

Glenn Henry, M.A., EMT-P

University of Georgia Football

**Deryk Jones, M.D., FAAOS,
FAOA**

Professor University of Queensland
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**Brett Kindle, M.D., RMSK,
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SCS.**

Vice Preseident of Player Health &
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Patrick Mattern, M.D.

**Matt McGraw, MS, LAT, ATC,
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Regional Sports Medicine Liaison
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Associate Professor of Clinical Medicine
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Roger Ostrander, M.D.

J. Lee Pace, M.D.

Andrews Childrens Health

James Presley, M.D.

Andrews Institute

Mike Ryan, P.T., ATC

Ben Stollberg, ATC, LAT, PES

Director of Sports Medicine
New Orleans Saints

Bradley Wham, M.D.

Kevin E. Wilk, DPT, FAPTA



Schedule

Thursday, April 18, 2024

1:00 p.m. **Registration**

2:00 p.m. **Welcome and Introductions**

(10 minutes)

Co-Chairmen:

James R. Andrews, M.D.

Ron Courson, ATC, PT, NRAEMT, CSCS

Chad Gilliland, ATC, MSM

Kevin E. Wilk, DPT, FAPTA

Upper Extremity I

Objective: Identify upper extremity anatomy and describe mechanism and operative and non-operative treatments of common injuries in the football player.

2:10 p.m. Introduction to Speakers
(5 minutes) Moderator: James R. Andrews, M.D.

2:15 p.m. Shoulder Anatomy Video Demonstration
(15 minutes) Juliana Heimur, D.O.
Bradley Wham, M.D.

2:30 p.m. Live Examination of the Shoulder in Football
(15 minutes) Steve Jordan, M.D.
Kevin Wilk, DPT, FAPTA

2:45 p.m. In-Season Management of Anterior Shoulder Instability in Football
(15 minutes) Roger Ostrander, M.D.

3:00 p.m. Scalpular Rehabilitation and Management
(15 minutes) Mike E. Kordecki, DPT, SCS, ATC

3:15 p.m. Management of In-season AC Joint Injuries
(15 minutes) Adam Anz, M.D.

3:30 p.m. Rehabilitation of Traumatic Shoulder Injuries Following Surgery
(15 minutes) Tyler Opitz, DPT, SCS, CSCS

3:45 p.m. Elbow Dislocations in Football
(15 minutes) Karim Meijer, M.D.

4:00 p.m. Management of Acute Elbow Subluxation in an NFL Lineman
(15 minutes) Ben Stollberg, ATC, LAT, PES

4:15 p.m. Football Injuries of the Hand and Wrist - How to Stay Out of Trouble
(15 minutes) Steve Kronlage, M.D.

4:30 p.m. Pectoralis Major: Sonographic Evaluation and MRI Correlation
(15 minutes) Brett Kindle, M.D., RMSK, CAQSM



4:45 p.m.
(15 minutes)

Panel Discussion

Moderator: James R. Andrews, M.D.
Juliana Heimur, D.O.
Bradley Wham, M.D.
Steve Jordan, M.D.
Kevin Wilk, DPT, FAPTA
Roger Ostrander, M.D.
Adam Anz, M.D.
Mike E. Kordecki, DPT, SCS, ATC
Tyler Opitz, DPT, SCS, CSCS
Karim Meijer, M.D.
Ben Stollberg, ATC, LAT, PES
Steve Kronlage, M.D.
Brett Kindle, M.D., RMSK, CAQSM

5:00 p.m.

Keynote Speaker - Deuce McAllister
A Player's Perspective: Coming Back from Injury

Friday, April 19, 2024

Lower Extremity/Hip and Core

Objective: Discuss examination, treatment, and rehabilitation for hip and knee injuries in the football player.

7:00 a.m.

Breakfast (Sponsored by Arthrex)

7:55 a.m.
(5 minutes)

Introduction to Speakers
Moderator: Deryk Jones, M.D., FAAOS, FAOA

8:00 a.m.
(30 minutes)

Evaluation and Management of FAI in Football
Deryk Jones, M.D., FAAOS, FAOA

8:30 a.m.
(15 minutes)

Core Muscle Injuries: Diagnosis and Treatment
Benton A. Emblom, M.D.

8:45 a.m.
(15 minutes)

Dislocated Hip in Football
Deryk Jones, M.D., FAAOS, FAOA

9:00 a.m.
(15 minutes)

Rehabilitation of Selected Hip Injuries in Football
Patrick Cook, PT

9:15 a.m.
(30 minutes)

Evaluation and Rehabilitation of the Lower Football Spine
Mike Ryan, PT, ATC
Mike E. Kordecki, DPT, SCS, ATC

9:45 a.m.
(15 minutes)

Panel Discussion

Moderator: Deryk Jones, M.D., FAAOS, FAOA
Benton Emblom, M.D.
Patrick Cook, PT
Mike Ryan, PT, ATC
Mike E. Kordecki, DPT, SCS, ATC



10:00 a.m.	Break (Sponsored by Catalyst Healthcare Real Estate)	
10:10 a.m. (5 minutes)	Introduction to Speakers Moderator: Steve Jordan, M.D.	
10:15 a.m. (15 minutes)	Live Knee Exam Demonstration Karim Meijer, M.D. Luke Bunch, PT, DPT, OCS, SCS	
10:30 a.m. (15 minutes)	Patellar Tendinosis “Jumper’s Knee” Josh Hackel, M.D.	
10:45 a.m. (15 minutes)	Meniscal Preservation Steve Jordan, M.D.	
11:00 a.m. (15 minutes)	Multiligament of the Knee: Surgical Management Adam Anz, M.D.	
11:15 a.m. (15 minutes)	ACL Reconstruction in Football Roger Ostrander, M.D.	
11:30 a.m. (15 minutes)	Immediate to Intermediate Phases of ACL Rehab Following Surgery Kevin Wilk, DPT, FAPTA	
11:45 a.m. (15 minutes)	Patella Injuries in Football J. Lee Pace, M.D.	
12:00 p.m. (15 minutes)	Patellofemoral Pain Assessment and Rehabilitation in the Football Athlete Luke Bunch, PT, DPT, OCS, SCS	
12:15 p.m.	Panel Discussion	
	Moderator: Steve Jordan, M.D.	Adam Anz, M.D.
	Karim Meijer, M.D.	J. Lee Pace, M.D.
	Josh Hackel, M.D.	Luke Bunch, PT, DPT, OCS, SCS
	Roger Ostrander, M.D.	
12:30 p.m. (15 minutes)	Roundtable Discussion: Return to Play in Football After ACL Surgery	
	Moderator: James Andrews, M.D.	Roger Ostrander, M.D.
	Karim Meijer, M.D.	Adam Anz, M.D.
	Kevin Wilk, DPT, FAPTA	Luke Bunch, PT, DPT, OCS, SCS
	Steve Jordan, M.D.	
12:45 p.m.	Lunch Break (provided)	

Foot and Ankle

Objective: Discuss the anatomy, treatment and rehabilitation for ankle and foot injuries in the football players.

1:30 p.m. (15 minutes)	Introduction to Speakers Moderator: Connor Norman, PT, DPT, ATC, NREMT, CSCS	
1:35 p.m. (15 minutes)	Live Clinical Ankle Exam Patrick Mattern, M.D. Byron Detweiler, D.O.	



1:45 p.m. (15 minutes)	Treatment and Management of High Ankle Sprain & Syndesmosis Injuries Sonya Ahmed, M.D., FAAOS	
2:00 p.m. (15 minutes)	Treatment and Management of the Foot and Ankle after Surgery in Football Mark Gutierrez, PT, DPT, OCS, SCS, FAAOMP	
2:15 p.m. (15 minutes)	Treatment and Management of Turf Toe David Leslie, D.O., CAQSM	
2:30 p.m. (15 minutes)	Ankle Tight Rope Surgery and Rehabilitation: Considerations and Management Connor Norman, PT, DPT, ATC, NREMT, CSCS	
2:45 p.m. (15 minutes)	Panel Discussion Moderator: Connor Norman, PT, DPT, ATC, NREMT, CSCS Patrick Mattern, M.D. Byron Detweiler, D.O. Sonya Ahmed, M.D., FAAOS	Mark Gutierrez, PT, DPT, OCS, SCS, FAAOMP David Leslie, D.O., CAQSM
3:00 p.m.	Break (Sponsored by Childrens' Andrews Institute, Dallas)	
Hot Topics in Football		
Objective: Recognize key modalities and treatments for various injuries and discuss the trends and future in sports medicine.		
3:10 p.m. (5 minutes)	Introduction to Speakers Mike Goodlett, M.D., FAAFP	
3:15 p.m. (15 minutes)	The Effects of Cannabis on Performance Jeff Konin, PhD, ATC, PT, FACSM, FNATA	
3:30 p.m. (15 minutes)	Infection Control Catherine O'Neal, M.D.	
3:45 p.m. (15 minutes)	What Keeps Me Up at Night: Medical Emergencies and Urgencies Mike Goodlett, M.D., FAAFP	
4:00 p.m. (15 minutes)	Taking it to the Field: Rehabilitation to Performance to Play Beau Lowery, PT, DPT, ATC, SCS	
4:15 p.m. (15 minutes)	Emergency Preparedness in Football Matt McGraw, MS, LAT, ATC, PES	
4:30 p.m. (15 minutes)	Nutrition for Injury, Game Plan for Managing Injuries and Pain in Football Jamie Meeks, MS, RD, CSSD, LDN	
4:45 p.m. (15 minutes)	Return to Play Testing: Reactive Neurocognitive Rehabilitation & Testing Kevin Wilk, DPT, FAPTA	
5:15 p.m.	Panel Discussion Moderator: Mike Goodlett, M.D., FAAFP Catherine O'Neal M.D. Beau Lowery, PT, DPT, ATC, SCS	Jeff Konin, PhD, ATC, PT, FACSM, FNATA Matt McGraw, MS, LAT, ATC, PES Kevin Wilk, PT, FAPTA Jamie Meeks, MS, RD, CSSD, LDN



Saturday, April 20, 2024

- 7:10 a.m. **Breakfast (Sponsored by Andrews Medicine)**
- 7:55 a.m.
(5 minutes) Introduction to Speakers
 Moderator: Ron Courson, ATC, PT, NRAEMT, CSCS
- 8:00 a.m.
(15 minutes) Advanced Phase to Return to Play Phase Following ACL Surgery
 Beau Lowery, PT, DPT, ATC, SCS
- 8:15 a.m.
(15 minutes) Emergency Evaluation: The Downed Athlete - On the Field Decisions
 Glenn Henry, MA, EMT-P
- 8:30 a.m.
(15 minutes) Field Management of the Dislocated Knee
 Adam Anz, M.D.
- 8:45 a.m.
(15 minutes) Cervical Spine Injuries in Football: Initial Diagnosis and Management
 David Leslie, D.O., CAQSM
- 9:00 a.m.
(15 minutes) Panel Discussion
 Moderator: Ron Courson, ATC, PT, NRAEMT, CSCS
 Beau Lowery, PT, DPT, ATC, SCS
 Glenn Henry, MA, EMT-P
 Adam Anz, M.D.
 David Leslie, D.O., CAQSM
- 9:15 a.m.
(5 minutes) James R. Andrews Excellence in Football Award
 James R. Andrews, M.D.
- 9:20 a.m. **Break (Sponsored by Sportscare USA Inc)**
- 9:30 a.m.
(90 minutes) **Concurrent Breakout Session A - Emergency Situations - Interactive Training**
Objective: Demonstrate and apply current concepts for taking care of the spine injured player and other emergency situations.
- Catastrophic Interactive Lab
 Ron Courson, ATC, PT, NRAEMT, CSCS
- Concurrent Breakout Session B - Neurocognitive Testing - Interactive Training**
Objective: Understand and demonstrate current concepts for neurocognitive testing in regards to return to play.
 Neurocognitive Training and Testing Interactive Lab
 Kevin E. Wilk, DPT, FAPTA
- 11:00 a.m. **Break**
- 11:15 a.m.
(30 minutes) Keynote Speaker - Culture of Care in Sports Medicine
 Ron Courson, ATC, PT, NRAEMT, CSCS



Hot Topics in Football II

11:45 a.m. (5 minutes)	Introduction of Speakers Moderator: Ben Stollberg, ATC, LAT, PES
11:50 a.m. (15 minutes)	Orthobiologics in 2024 Andrew Gottshaulk, M.D.
12:05 p.m. (15 minutes)	Sickle Cell Trait in Athletes Michael Goodlett, M.D., FAAFP
12:20 p.m. (20 minutes)	Concussion Protocol: Assessment, Management, and Treatment for return to play. James Presley, M.D.
12:40 p.m. (30 minutes)	Medical Time Out Jim Kyle, M.D.
1:10 p.m. (15 minutes)	Recognition, Treatment, and Prevention Strategies for Exertional Heat Illness Micki Collins, MS, LAT, ATC
1:25 p.m. (15 minutes)	Mental Approach for Return From Injury Warren Fitzmorris, M.S.
1:40 p.m. (15 minutes)	Panel Discussion Moderator: Ben Stollberg, ATC, LAT, PES Andrew Gottshaulk, M.D. Michael Goodlett, M.D., FAAFP James Presley, M.D. Micki Collins, MS, LAT, ATC Warren Fitzmorris, M.S.
1:55 p.m.	Closing Remarks Co-Chairmen: James R. Andrews, M.D. Ron Courson, ATC, PT, NRAEMT, CSCS Chad Gililand, ATC, MSM Kevin E. Wilk, DPT, FAPTA

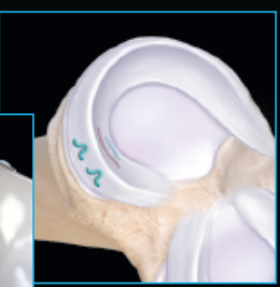
We regret the omission of any information submitted after the print deadline.

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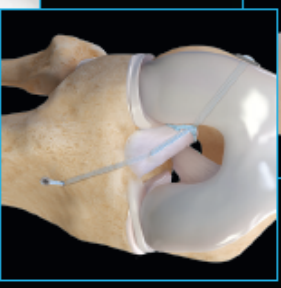


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Disclosure List

The following is a list of faculty members and their existing affiliations or financial interests that may be perceived as posing a potential conflict of interest. All of the relevant financial relationships listed have been mitigated.

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