Please join us...

UNIVERSITY OF WISCONSIN

Sports Medicine Symposium

May 8–9, 2014
Sheraton Madison Hotel

Sponsored by
University of Wisconsin Sports Medicine
uwsportsmedicine.org
and
University of Wisconsin School of Medicine and Public Health
Office of Continuing Professional Development in Medicine and Public Health
ocpd.wisc.edu

CELEBRATING 30 YEARS OF PRIMARY CARE SPORTS MEDICINE
The purpose of this symposium is to provide the latest information on the diagnosis, prevention and treatment of athletic and musculoskeletal injuries. Its content is based on comments from past participants as well as faculty and clinical staff perception of current trends and issues in sports medicine. The conference will focus on practical and clinically relevant information for participants to use in their daily practice.

**INTENDED AUDIENCE AND SCOPE OF PRACTICE**
Team physicians, primary care physicians, athletic trainers, physical therapists, nurses, physician assistants and other health professionals who provide care for athletic and active populations

**OBJECTIVES**
- Improve participants’ ability to diagnose and treat musculoskeletal injuries and medical illnesses commonly experienced by athletes and other active individuals
- Identify
  - injuries specific to the pediatric population
  - popular performance-enhancing nutritional supplements
  - key rehabilitation concepts in the treatment of shoulder instability
- Discuss usefulness as well as pitfalls of sideline and computer based concussion assessment tools
- Differentiate common causes of shoulder pain in the pediatric vs. adult athlete

**ELEMENTS OF COMPETENCE**
This CME activity has been designed to change learner competence and focuses on the American Board of Medical Specialties areas of medical knowledge, and patient care and procedural skills.
8:00 am – 5:45 pm  REGISTRATION DESK OPEN
9:00 – 11:00 am  OPTIONAL MORNING WORKSHOPS

Workshops B and C have enrollment limits; register early to secure your place. Workshop A has no enrollment limit.

WORKSHOP A: Primary Care Sports Medicine Workshop:
Updates and Case Presentations
Platelet-rich Plasma for Tendinopathies:
Ongoing Research Studies at UW
John Wilson, MD, MS
University of Iowa Concussion Research Update
Andrew Peterson, MD, MSPH
University of Wisconsin Concussion Research Update
M. Alison Brooks, MD, MPH
Pediatric Exercise Physiology:
Maturational Differences in the Aerobic Training Response
Andrew Watson, MD, MS
ACL Injury Prevention in Youth
Jorge E. Gomez, MD, MS
Interesting Primary Care Sports Medicine Cases
David Bernhard, MD
William Primos, MD
Masaru Furukawa, MD, MS
Katherine Dahab, MD
Wendi Johnson-Haas, MD
Kathleen Carr, MD

WORKSHOP B: Utilizing the SCAT3
Tim McGuine, PhD, LAT
This workshop offers an in-depth look at utilization of the SCAT3 as a sport concussion assessment tool for adolescent athletes.

WORKSHOP C: Swim Stroke Analysis
Dan Erz, PT, SCS, LAT
Beth Chorlton, MA, LAT
This offsite workshop demonstrates video analysis of the freestyle swim stroke with rehab and injury prevention exercises. Enrolled participants of this workshop must check in at the conference registration desk by 8:30 am on Thursday, May 8.

LUNCH (ON YOUR OWN)

12:25 pm  WELCOME

12:30 – 1:40  Session 1: Nutrition Hot Topics
Vitamin D Recommendations for Fracture
M. Alison Brooks, MD, MPH
Blurred Lines: Nutritional Supplements to Performance Enhancing Drugs
Andrew Peterson, MD, MSPH
Panel Discussion

1:40 – 2:15  Session 2: Keynote Address
Youth Football: Can it Be a Tool of Public Health?
Thomas Farrey

2:15 – 2:30  BREAK

2:30 – 4:15  Session 3: Concussion Controversies
Is the SCAT All That? A Critical Look at Sideline Evaluation Tools
Mark Halstead, MD
Computerized Neurocognitive Testing: What’s it Worth?
Kelsey Logan, MD, MPH
Punch Drunk? Serious Long-Term Consequences of Mild Traumatic Brain Injury
John Wilson, MD, MS
Panel Discussion

4:15 – 4:30  BREAK
Session 4: Split Track Case Studies and Clinical Pearls

A. Athletic Training Cases
Knee Pain in a High School Football Player
Sheri Almquist, LAT
Patella Instability
Jolene Strifler, MS, LAT, OTC
Pediatric Foot/Ankle Sports Case
Stephanie Hayes, LAT
Track Athlete with Multiple Stress Fractures
Samantha Schmalz, MS, LAT, CSCS

B. Sports Rehab Cases
Axillary Pain in a High School Baseball Player
Karl Fry, PT, DPT, OCS, CSCS
Shoulder Pain in a Swimmer
Amanda Gallow, DPT
Pelvic Pain in a Postpartum Runner
Elizabeth Chumanov, DPT, PhD
Dry Needling Case
Travis Obermire, DPT

C. Primary Care Sports Medicine Cases
Knee Pain and Fever in a Cross-Country Runner
Andrew Watson, MD, MS
Referral from Sports Medicine to Psychology: Things Are Not Always as They Seem
Kris Eiring, PhD
Hip Case: What You See Tells You What They Got
James Keene, MD
Interesting Shoulder Case
Tamara Scerpella, MD

ADJOURN FOR THE DAY
<table>
<thead>
<tr>
<th>Time</th>
<th>Session/Workshop</th>
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<tbody>
<tr>
<td>7:30 am</td>
<td>CONTINENTAL BREAKFAST</td>
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<tr>
<td>8:00 – 9:45</td>
<td><strong>Session 5: The Shoulder</strong></td>
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<td>Rotator Cuff Injuries</td>
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<tr>
<td></td>
<td><em>Warren Dunn, MD, MPH</em></td>
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<td></td>
<td>Diagnosing and Treating Shoulder Instability in the Young Athlete</td>
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<td><em>Geoffrey Baer, MD, PhD</em></td>
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<td>Physical Therapy Pearls for Treating Rotator Cuff Pathology</td>
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<td>and Shoulder Instability in the Athlete</td>
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<td><em>M. Andrew Pipkin, PT, DPT</em></td>
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<td>Panel Discussion</td>
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<td>9:45 – 10:00</td>
<td><strong>BREAK</strong></td>
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<td>10:00 – 11:25</td>
<td><strong>Session 6: Special Concerns in the Young Athlete</strong></td>
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<td>Age Matters: Differential Diagnosis in Young Athletes</td>
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<td><em>David Bernhardt, MD</em></td>
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<td>Treating ACL Injuries in the Skeletally Immature Athlete</td>
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<td><em>Ben Graf, MD</em></td>
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<td><em>Marc Sherry, PT, DPT, LAT, CSCS</em></td>
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<td>Panel Discussion</td>
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<td>11:25 – 12:05</td>
<td><strong>Keynote II: Sports Specialization in Young Athletes</strong></td>
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<td><em>Thomas Farrey</em></td>
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<td>12:05 – 12:15</td>
<td>Celebrating 30 years of Primary Care Sports Medicine at the University of Wisconsin School of Medicine and Public Health</td>
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<td>12:15 – 1:00</td>
<td><strong>LUNCH</strong></td>
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<tr>
<td>1:00 – 1:30</td>
<td>Lessons Learned in 30 Years of Primary Care Sports Medicine</td>
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<td><em>Gregory Landry, MD</em></td>
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<td>1:30 – 2:30</td>
<td><strong>Session 7: Sports Medicine for Specific Populations</strong></td>
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<td>Hydration Issues in the Triathlete</td>
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<td><em>Masaru Furukawa, MD, MS</em></td>
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<td>From Acro Dance to Zumba: Improving the Care of Dance Athletes</td>
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<td><em>Kathleen Carr, MD</em></td>
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<td>2:30 – 2:40</td>
<td><strong>BREAK</strong></td>
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<td>2:40 – 3:40</td>
<td><strong>Session 8: Workshops and Seminars I</strong> (choose one)</td>
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<td>Cadaver Anatomy of the Shoulder</td>
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<td><em>John Spellman, MD</em></td>
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<td>Swing Faults and Fixes: Addressing Physical Limitations in the Golf Swing</td>
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<td><em>David Knight, MA, LAT, CSCS, TPI-MP3</em></td>
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<td>Physical Exam Pearls – The Shoulder</td>
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<td><em>John Orwin, MD</em></td>
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<td>3:40 – 3:45</td>
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<td>3:45 – 4:45</td>
<td><strong>Session 9: Workshops and Seminars II</strong> (choose one)</td>
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<tr>
<td>A</td>
<td>Cadaver Anatomy of the Shoulder (repeated)</td>
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<td><em>John Spellman, MD</em></td>
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<td>B</td>
<td>Clinical Pearls in Rehabilitation of the Dancer</td>
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<td><em>Jan Mussallem, MSPT</em></td>
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<td><em>Laura Moyer, MS, LAT</em></td>
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<td>C</td>
<td>Physical Exam Pearls – The Shoulder (repeated)</td>
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<td><em>John Orwin, MD</em></td>
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FEATURED GUEST SPEAKER

Thomas Farrey
As a journalist whose work has been recognized among the nation’s best on television, in print, on radio and online, Mr. Farrey is an innovator who aims to advance knowledge and conversation around the most important topics in sports. Farrey won the 2013 Edward R. Murrow Award and has two Sports Journalism Emmy Awards for his Outside the Lines reports. His stories have also appeared on SportsCenter, E:60, ABC’s World News Tonight, ESPN.com and in ESPN the Magazine, Business Week, the Los Angeles Times, The Miami Herald and The Washington Post. He is the author of Game On: The All-American Race to Make Champions of Our Children (ESPN Books), recognized as a leading investigative work on modern youth sports.

GUEST FACULTY

Katherine Dahab, MD
Assistant Professor, Department of Pediatrics,
University of Colorado

Masaru Furukawa, MD, MS
River Valley Medical Clinic, Spring Green, WI

Jorge Gomez, MD, MS
Associate Professor, Baylor College of Medicine;
Texas Children’s Hospital, Houston, TX

Mark Halstead, MD
Assistant Professor, Departments of Pediatrics and Orthopedics, Washington University, St. Louis, MO

Wendi Johnson-Haas, MD
Department of Pediatrics CentraCare Health, St. Cloud, MN

Kelsey Logan, MD, MPH
Associate Professor, Department of Pediatrics, University of Cincinnati; Director of the Division of Sports Medicine, Cincinnati Children’s Hospital Medical Center

Andrew Peterson, MD, MSPH
Assistant Clinical Professor, University of Iowa Department of Pediatrics, Division of General Pediatric and Adolescent Medicine, Inpatient Pediatrics, Outpatient Sports Medicine, Iowa Hawkeye Sports Medicine

William Primos, MD
Children’s Orthopaedics of Atlanta, Atlanta, GA

M. Alison Brooks, MD, MPH
Assistant Professor, Departments of General Pediatrics and Adolescent Medicine, and Orthopedics and Rehabilitation, Division of Sports Medicine; Team Physician, University of Wisconsin Athletics

Kathleen Carr, MD
Associate Professor, Departments of Family Medicine, and Orthopedics and Rehabilitation, Division of Sports Medicine; Team Physician, University of Wisconsin Athletics

Beth Chorlton, MS, LAT
Licensed Athletic Trainer ‡

Elizabeth Chumanov, DPT, PhD
Physical Therapist ‡

Warren Dunn, MD, MPH
Associate Professor, Department of Orthopedics and Rehabilitation, Division of Sports Medicine; Team Physician, University of Wisconsin Athletics

Kris Eiring, PhD
Faculty Associate, Department of Rehabilitation Psychology; Consulting Sports Psychologist, University of Wisconsin Athletics

Dan Enz, PT, SCS, LAT
Physical Therapist ‡

Kari Fry, PT, DPT, CSCS, OCS
Physical Therapist ‡

Amanda Gallow, DPT
Physical Therapist ‡
POLICY ON DISCLOSURE
It is the policy of the University of Wisconsin School of Medicine and Public Health that the faculty, authors, planners and other persons who may influence content of this CME activity disclose all relevant financial relationships with commercial interests in order to allow CME staff to identify and resolve any potential conflicts of interest. Faculty must also disclose any planned discussion of unlabeled/unapproved uses of drugs or devices during their presentation(s). Detailed disclosures will be made in the activity handout materials.
CONFEREE FEES
The conference registration fee is $395 for physicians and $295 for residents/fellows, athletic trainers, physical therapists and other allied health professionals. This fee does not include the optional Thursday morning pre-conference workshops. Enrollment is limited so register early. The registration fee includes the cost of tuition for the main program, course syllabus, conference completion report, breaks, lunch and continental breakfast on Friday and a nonrefundable registration fee of $50.00. If you cancel your registration 72 hours prior to the conference, you will be refunded the conference fee except the nonrefundable $50 registration fee. No refunds will be made after that time.

THURSDAY MORNING OPTIONAL WORKSHOPS
Three optional Thursday workshops are available from 9–11 am. Cost for a pre-conference workshop is $60. Workshop enrollment is limited so register early. Check in at the conference registration desk prior to attending your workshop. The Swim Stroke Analysis Workshop will be conducted offsite and requires an 8:30 am registration check-in. You must register for the Symposium to be eligible to register for a Thursday morning workshop.

PARKING
Free parking is available at the Sheraton on a first-come basis. All-day parking is available on the frontage road near the hotel. A Madison “B-Cycle” station is located at the Sheraton Hotel and guests may be eligible for a free B-Cycle pass. If you plan to use these bicycles, please bring your own helmet. For more information, visit the B-Cycle website, madison.bcycle.com

COURSE SYLLABUS
Participants will receive a printed course syllabus. An electronic syllabus will not be offered.
REGISTRATION AND CONFIRMATION
See the last page of the brochure for the FOUR EASY WAYS TO REGISTER. All registrations are confirmed by email. Your confirmation for a Thursday Pre-Conference Optional Workshop will be sent at the same time. Please call (608) 262-1397 if you do not receive your confirmation.

HOUSING
A block of rooms has been reserved at the Sheraton Madison Hotel. A special rate of $89 per night plus tax is available at the Sheraton for this conference. Call (800) 325-3535 or (888) 627-7077 to make your hotel room reservation. Be sure to mention the seminar name “UW Sports Medicine” to receive the special room rate.

NOTE: The special room rate will be available until April 7, 2014, at which time the rooms will be released to the public at the regular rate.

FOR FURTHER INFORMATION
For conference information, please contact Cathy Means at the Office of Continuing Professional Development in Medicine and Public Health by email at cjmeans@ocpd.wisc.edu or Cindy Streich at cstreich@uwhealth.org.

To register, cancel or confirm your registration, call (608) 262-1397.

The University of Wisconsin provides equal opportunities in employment and programming, including Title IX requirements. The University of Wisconsin School of Medicine and Public Health fully complies with the legal requirements of the ADA and the rules and regulations thereof. If any participant in this educational activity is in need of accommodations, please notify Cathy Means by email at cjmeans@ocpd.wisc.edu.
ACCREDITATION STATEMENT

The University of Wisconsin School of Medicine and Public Health is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

CREDIT DESIGNATION STATEMENT

The University of Wisconsin School of Medicine and Public Health designates this live activity for a maximum of 14.25 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The maximum number of hours includes participation in one of the three optional pre-conference workshops on Thursday morning.

Board of Certification, Inc.: The University of Wisconsin Hospital and Clinics Sports Medicine Program is recognized by the Board of Certification, Inc. (BOC) to offer continuing education for Certified Athletic Trainers. This program is approved for a maximum of 14.25 hours of Category A continuing education. This total includes participation in an optional Thursday pre-conference workshop. Certified Athletic Trainers are responsible for claiming only those hours actually spent participating in the continuing education activity. According to education levels described by the CEC Committee of the NATA, this education course is considered to be advanced level. BOC Approved Provider Number is P451.

American Osteopathic Association, American Academy of Physician Assistants, and American Physical Therapy Association accept AMA PRA Category 1 Credit(s)™ for their credit requirements.

American Academy of Family Physicians: Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending. Please call (608) 828-1755 for further information.

National Strength and Conditioning Association: An Application for Credit is pending with the National Strength and Conditioning Association. Please call (608) 828-1755 for further information.

Wisconsin Physical Therapy Association: An Application for Credit is pending with the Wisconsin Physical Therapy Association. Please call (608) 828-1755 for further information.

Conference Completion Report: You will be mailed a conference completion letter 4–6 weeks after the conference. To ensure this process, please complete and return the attendance verification form provided to you at the conference.
STEP 1. PARTICIPANT INFORMATION:
Please complete entire form. Please PRINT in block letters.

Name _____________________________________________________________

FIRST MI LAST

Credentials (for Credit and Name Badge):

☐ MD ☐ DO ☐ NP ☐ RN ☐ PT ☐ ATC ☐ PA
☐ Other _________________________________________________________

Employer Name __________________________________________________

Address __________________________________________________________

Dept/Floor/Suite ____________________________________________________

City _____________________________________________________________

Phone (______) _____________________________________________________

E-mail ____________________________________________________________

Confirmations/receipts will be sent ONLY via email. Please include email address.

☐ Yes, I would like a vegetarian meal for lunch on Friday.

FOUR EASY WAYS TO REGISTER:
Online: Visit ocpd.wisc.edu; click on “Course Catalog” near the bottom of the left column; scroll down the list of educational activities until you see the dates of May 8 and 9, 2014; and select “37th Annual Sports Medicine Symposium.”

STEP 2. FEE INFORMATION:

A. ☐ $395 Physician
   ☐ $295 Nurse, Physician Assistant, Resident, Athletic Trainer, Physical Therapist

B. ☐ $60 Optional THURSDAY (MAY 8) PRE-CONFERENCE WORKSHOP
   (Select 1 from below; if interested in attending other workshop if first choice is filled,
   write “2” next to second choice, “3” next to third choice)
   ☐ Primary Care Sports Medicine Workshop: Updates and Case Presentations
   ☐ Utilizing the SCAT3
   ☐ Swim Stroke Analysis

Total Fees (A + B): $_____________________

STEP 3. PAYMENT INFORMATION:

☐ Check or Signed Purchase Order Enclosed (payable to University of Wisconsin)

☐ Credit Card: ☐ MasterCard ☐ Visa ☐ American Express

Card Number ________________________________________________________

Expiration Date _____________________________________________________

Cardholder’s Signature _______________________________________________

By phone: (608) 262-1397. Provide your billing information or pay by VISA, MasterCard or American Express.

By Fax: Fax your registration form to (800) 741-7416 (in Madison 265-3163).

By Mail: Send this form and payment to CME Specialist, The Pyle Center, 702 Langdon St., Madison, WI 53706
University of Wisconsin
Sports Medicine
621 Science Drive
Madison, WI 53711

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