

CHANGING MEDICINE.
CHANGING LIVES.®



The University of Iowa Sports Medicine Center and
the Department of Orthopedics and Rehabilitation

33rd ANNUAL
**Hawkeye
Sports
Medicine**
SYMPOSIUM

Thursday and Friday
December 7–8, 2017
(Thursday AM and PM, Friday AM)

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

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

Purpose

The program is designed to present health care professionals with current 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. We will present specific performance improvement measures for the diagnosis and treatment of detectable problems that exist in young athletes. In addition to lectures, interactive discussions will be offered to enhance the participant's understanding of the topics presented.

Symposium Website:
medicine.uiowa.edu/sportssymposium



General Information

Intended Audience

The content of the symposium is designed for physicians, physician assistants, nurse practitioners, athletic trainers, physical therapists, coaches, emergency medicine service providers, and others who collaborate to provide sports medicine services. Topics are narrow enough to contain advanced and mastery levels of difficulty in domains comprising prevention and wellness protection, evaluation and diagnosis, immediate and emergency care, and treatment and rehabilitation. For our audience, we subscribe to and promote the highest quality and latest evidence.

Objectives

Upon completion of this program, the learner should be able to,

- Identify new and important directions in pediatric sports medicine by gender and activity populations, including dance, concussion, and knee and shoulder rehabilitation.
- Discuss best practices in pediatric sports medicine for dance injuries, knee, shoulder, pre-participation, and return to play.
- Accept differing approaches in pediatric sports medicine with regard to common problems and issues.
- Develop approaches to sports medicine health care that will add to successful professional development through cross-discipline experiences.

Symposium Location

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

Registration Fees

Registration fees include: CME and CEU recording, registration, instruction, educational materials, continental breakfast, refreshment breaks, and Thursday's lunch.

All but \$35 of the registration fee is refundable if the inability to attend the Symposium is made known on or before **Wednesday, November 29**. No refunds will be made for later notification.

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 live activity for a maximum of 12.25 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

December 7: 8.0 *AMA PRA Category 1 Credits*[™]

December 8: 4.25 *AMA PRA Category 1 Credits*[™]

Family Physician

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



Athletic Trainer

University of Iowa (BOC AP# P648) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of 12.25 EBP Category hours/CEUs. ATs should claim only those hours actually spent in the educational program.

EMS Continuing Education

The University of Iowa Health Care Emergency Medical Services Learning Resources Center (EMSLRC) awards 12.5 CEHs for qualifying EMS providers.

Nurse Practitioner/Physician Assistant/ Physical Therapist

You will receive a letter of participation after completing the online evaluation.

All Other Attendees

You will receive a letter of participation after completing the online evaluation.

Syllabus Materials

Course syllabus materials will be online and emailed as a link to registered participants prior to the meeting. Please note that print copies of the syllabus will not be provided. You are encouraged to download or print materials you wish to use in advance. A limited number of outlets will be available so be sure to have a fully charged battery on your device or laptop.

Marriott Hotel Accommodations

A limited number of rooms have been reserved at the Coralville Marriott Hotel. Room rates are \$113 plus taxes. Reservations must be received on or before **November 16, 2017**. Participants 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 "UI Sports Medicine Symposium" to receive the special discounted group rate.

Parking

Parking is available in the City of Coralville's parking ramp adjacent to the Marriott Hotel at prevailing rates. **Symposium participants are responsible for their own parking fees.**

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".



33rd ANNUAL Hawkeye Sports Medicine SYMPOSIUM

For further information, please contact:

Continuing Medical Education Division

University of Iowa Roy J. and Lucille A. Carver College of Medicine

100 Medicine Administration Bldg., Iowa City IA 52242-1101

Voice: 319-335-8599 FAX: 319-335-8327

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.

The University of Iowa prohibits discrimination in employment, educational programs, and activities on the basis of race, creed, color, religion, national origin, age, sex, pregnancy, disability, genetic information, status as a U.S. veteran, service in the U.S. military, sexual orientation, gender identity, associational preferences, or any other classification that deprives the person of consideration as an individual. The university also affirms its commitment to providing equal opportunities and equal access to university facilities. For additional information on nondiscrimination policies, contact the Director, Office of Equal Opportunity and Diversity, the University of Iowa, 202 Jessup Hall, Iowa City, IA, 52242-1316, 319-335-0705 (voice), 319-335-0697 (TDD), diversity@uiowa.edu.

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.

Symposium Faculty

Guest Speakers



Jay Albright, MD
Orthopedic Surgeon
Surgical Director of Sports Medicine
Children's Hospital Colorado
Aurora, CO



Julia Iafrate, DO
Assistant Professor of Rehabilitation and Regenerative Medicine
Columbia University Medical Center
New York, NY



Jennifer Janowski, PT, DScPT, MPT, COMT, CSCS
Physical Therapist
Athletico Gold Coast
Chicago, IL



Leslie Nolte
Founder and Artistic Director
Nolte Academy
Coralville, IA



Julie O'Connell, PT, DPT, OCS, ATC
Performing Arts Program Manager
Athletico-River North East Bank Club
Chicago, IL



Selina Shah, MD, FACP
USA Team Physician Synchronized Swimming, Figure Skating, Weightlifting
San Francisco Ballet School, Diablo Ballet, Peninsula Ballet, ODC Healthy Dancers
Clinic, Mills College, Northgate High School
Selina Shah, MD, a Division of BASS Medical Group
Walnut Creek, CA



Bryan Warme, MD
Orthopedic Surgeon
McFarland Clinic
Ames, IA

University of Iowa Faculty and Staff

John Albright, MD
*Course Co-Director of Symposium**

Lee Bennett, MD

Coach Rick Heller

Matthew Bollier, MD*

Professor George De la Peña

Matt Doyle, MS, LAT, ATC*

Jeff Fleming, DPT, OCS, ATC, CSCS

Danny Foster, PhD, AT
*Course Co-Director of Symposium**

Mederic Hall, MD

Cass Igram, MD

Johnnie James, MS, LAT, ATC

Kristine Kriener
*Symposium Coordinator**

Shannon Miers, PT, MSPT, PCS, SCS, ATC

Andrew Peterson, MD, MSPH*

Michael Shaffer, PT, MS, ATC, OCS*

Gail Wadley, AT*

Brian Wolf, MD, MS
*Director, University of Iowa Sports Medicine**

**Hawkeye Sports Medicine Symposium
Committee Member*

Hawkeye Sports Medicine Symposium

Program Agenda

THURSDAY, DECEMBER 7, 2017

- 7:15 AM REGISTRATION / CONTINENTAL BREAKFAST / VISIT VENDOR EXHIBITS
7:50 WELCOME / OPENING REMARKS / OVERVIEW OF COURSE
John Albright, MD

SESSION 1: PEDIATRIC SPORTS MEDICINE COVERAGE ISSUES

MODERATOR: *John Albright, MD*

- 8:00 PANORAMA OF INJURY PATTERNS IN YOUNG ATHLETES: HOW ARE INJURIES AND TREATMENTS DIFFERENT? – *Jay Albright, MD*
8:20 MOON DATA: IMPLICATIONS OF ANTERIOR CRUCIATE LIGAMENT (ACL) INJURY PATTERNS – *Matthew Bollier, MD*
8:40 EPIDEMIOLOGY OF YOUTH FOOTBALL INJURIES: TACKLE VS. FLAG LEAGUES – *Andrew Peterson, MD, MSPH*
9:00 YOUTH BASEBALL INJURIES TO THE THROWER'S ARM: GUIDELINES FOR PREVENTION – *Matthew Bollier, MD*
9:20 PEDIATRIC RED FLAGS IN UNUSUAL CASES
Andrew Peterson, MD, MSPH
9:40 DISCUSSION AND CASE PRESENTATIONS
10:00 BREAK/VISIT VENDOR EXHIBITS

SESSION 2: SPECIFIC YOUTH LOWER EXTREMITY INJURIES

MODERATOR: *John Albright, MD*

- 10:15 MY EVIDENCE BASED MANAGEMENT FOR ANTERIOR CRUCIATE LIGAMENT DEFICIENT KNEE (ACLDK) IN THE IMMATURE SKELETON – *Jay Albright, MD*
10:35 RECOGNITION AND MANAGEMENT OF HIP PAIN PATTERNS IN YOUNG ATHLETES (HERNIAS/SCFE/FAI) – *Bryan Warme, MD*
10:55 EVIDENCE BASED OUTCOMES OF MENISCUS REPAIRS VS. RESECTIONS IN ADOLESCENTS – *Matthew Bollier, MD*
11:15 OSTEOCHONDRITIS DISSECANS (OCD) OF THE KNEE WITH OPEN GROWTH PLATES: PRESENTATION, MANAGEMENT AND RETURN-TO- ACTION CRITERIA
Jay Albright, MD
11:35 KNEE INJURIES IN YOUTH SOCCER: PATTERNS AND REHABILITATION
Julie O'Connell, PT, DPT, OCS, ATC
11:55 DISCUSSION AND CASE PRESENTATIONS
12:15 PM LUNCH / VISIT VENDOR EXHIBITS

SESSION 3: DANCE MEDICINE

MODERATOR: *Dan Foster, PhD, AT*

- 1:00 DANCE FOR HEALTH: THE EMOTIONAL-COGNITIVE BENEFITS OF DANCE PRACTICE – *George De la Peña, Professor*
1:20 SLOW AND STEADY WINS THE RACE: THE ART OF BEING A CHILD
Leslie Nolte, Nolte Academy
1:40 PRE-POINTE READINESS IN YOUNG BALLET DANCERS
Selina Shah, MD, FACP
2:00 DAY TO DAY CARE AND PREPARATION OF THE DANCER
Jennifer Janowski, PT, DScPT, MPT, COMT, CSCS
2:20 INJURY PATTERNS IN YOUNG DANCERS: INCIDENCE AND EXPECTED OUTCOMES – *Selina Shah, MD, FACP*
2:40 SPORT SPECIFIC REHABILITATION PROGRAMS FOR COMMON DANCE INJURIES – *Julie O'Connell, PT, DPT, OCS, ATC*

- 3:00 DISCUSSION AND CASE PRESENTATIONS
3:15 BREAK / VISIT VENDOR EXHIBITS

SESSION 4: MISCELLANEOUS: DANCE/PF SURGICAL TECHNIQUES/AND/SHOULDER ANATOMY

MODERATOR: *Andrew Peterson, MD, MSPH*

- 3:30 BOWING OUT: THE EFFECTS OF AGING ON THE ELITE FEMALE DANCER
Julia Iafrate, DO
3:50 PEDIATRIC PATELLAR INSTABILITY DIAGNOSIS AND TREATMENT (WITH/ WITHOUT MPFL/GROWTH PLATE ARREST) – *Jay Albright, MD*
4:00 ANTERIOR KNEE PAIN IN YOUNG DANCERS AND THE IMPORTANCE OF CHONDROMALACIA – *John Albright, MD*
4:10 SHOULDER ANATOMY: COORDINATED VIDEO PRESENTATION OF CADAVER-DISSECTION/LIVE ULTRASOUND/MR IMAGING
Matthew Bollier, MD; Lee Bennett, MD; Mederic Hall, MD; Julia Iafrate, MD; Brian Wolf, MD, MS
4:50 DISCUSSION AND CASE PRESENTATIONS
5:20 ADJOURN

FRIDAY, DECEMBER 8, 2017

- 7:15 AM REGISTRATION / CONTINENTAL BREAKFAST / VISIT VENDOR EXHIBITS
7:50 WELCOME / OPENING REMARKS / OVERVIEW OF COURSE
John Albright, MD

SESSION 5: INJURY PREVENTION PROGRAM IN PEDIATRICS

MODERATOR: *Matt Doyle, MS, LAT, ATC*

- 8:00 WHAT IS AN INJURY PREVENTION PROGRAM? IS THE GOAL ATTAINABLE?
Mike Shaffer, PT, MS, ATC, OCS
8:20 TIMING A STRENGTH AND CONDITIONING PROGRAM
Matt Doyle, MS, LAT, ATC
8:40 KNEE INJURIES IN YOUTH SOCCER: IMPLEMENTING A PREVENTION PROGRAM
Johnnie James, MS, LAT, ATC
9:00 RED FLAGS FOR ANKLE AND FOOT INJURIES IN THE IMMATURE SKELETON
John Albright, MD
9:20 THE UNIQUE CHALLENGES OF CARING FOR THE ADOLESCENT ATHLETE
Shannon Miers, PT, MSPT, PCS, SCS, ATC
9:40 DISCUSSION AND CASE PRESENTATIONS
10:00 BREAK / VISIT VENDOR EXHIBITS

SESSION 6: UPPER EXTREMITY PROBLEMS

MODERATOR: *Mike Shaffer, PT, MS, ATC, OCS*

- 10:15 INCIDENCE AND OUTCOMES OF ADOLESCENT SHOULDER STABILIZATIONS
Jay Albright, MD
10:35 COACHING YOUNG PITCHERS: IDENTIFYING AND CORRECTING COMMON FLAWS – *UI Baseball Coach - Rick Heller*
10:55 PRESEASON SCREENING TO IDENTIFY RISK FACTORS FOR INJURY IN THE ADOLESCENT BASEBALL PITCHER – *Jeff Fleming, DPT, OCS, ATC, CSCS*
11:15 COMMON LUMBAR SPINE INJURIES AND PREVENTION MEASURES FOR YOUNG ATHLETES – *Cass Igram, MD*
11:35 DIAGNOSIS AND MANAGEMENT PEARLS FOR THE SPECTRUM OF LITTLE LEAGUERS ELBOW PAIN – *Jay Albright, MD*
11:55 YOUTH ELBOW DISLOCATIONS VS. SUPRACONDYLAR FRACTURES: DIAGNOSIS AND MANAGEMENT – *Jay Albright, MD*
12:10 PM DISCUSSION AND CASE PRESENTATIONS
12:30 ADJOURN

Registration

33rd Annual Hawkeye Sports Medicine Symposium
Thursday – Friday, December 7 – 8, 2017

Please print clearly.

Name _____

Address _____

City _____

State _____ ZIP _____

Primary Degree _____

Business Phone _____

Cell Phone _____

Specialty _____

Email _____

For Office Use Only PN: 166123

AMA PRA Category 1 Credits™ _____ CEUs _____

REGISTRATION FEES:

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

Physician @ \$425 \$ _____

Allied Health Professional @ \$300 \$ _____
(Physical Therapists, Athletic Trainers, Nurses/MAs/EMTs/Coaches,
General Public)

Student @ \$35 \$ _____

TOTAL \$ _____

METHOD OF PAYMENT:

Payment is required at time of registration. We will not consider you registered until payment is received.

____ Enclosed is my check made payable to:

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

____ Please charge my: Mastercard VISA DISCOVER

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: medicine.uiowa.edu/cme and click
on **Upcoming Programs**