



CHANGING MEDICINE.
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University of Iowa Health Care, Department of Orthopedics
and Rehabilitation, and UI Sports Medicine

35th ANNUAL
**University
of Iowa
Sports
Medicine**
SYMPOSIUM

Thursday and Friday
December 12 – 13, 2019
(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, 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 return to play and preventive care decisions for sports participants
- Describe best practices providing care for shoulder dislocations, scapular dyskinesia, ACL and ankle syndesmosis sprains, medial elbow pain, and abdominal injury
- Discuss differing approaches to treatment and management for joint pain, sprains, and neuromuscular dysfunctions
- Develop approaches to sports medicine practice that will add to successful professional development through cross-discipline experiences

Symposium Location

Coralville Marriott Hotel and Conference Center
300 East 9th Street, Coralville, IA
Phone: 319-688-4000
Web: 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, December 4, 2019. 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 12.75 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

December 12: 8.5 *AMA PRA Category 1 Credits*[™]

December 13: 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. Application for EBP Category hours/CEUs has been filed. Determination of credit is pending.

EMS Continuing Education

The University of Iowa Health Care Emergency Medical Services Learning Resources Center (EMSLRC) awards 11.5 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

Syllabus materials will be online and emailed as a link to registered participants prior to the symposium. 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 \$105 plus taxes. Reservations must be received on or before November 20, 2019. Participants are responsible for making their own hotel reservations and may do so by contacting the Marriott Hotel at 319-688-4000. 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.

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.

FOR FURTHER INFORMATION

CALL: 319-335-8599

EMAIL: cme@uiowa.edu

ONLINE: medicine.uiowa.edu/cme/

Program Agenda

| THURSDAY, DECEMBER 12, 2019 |

7:15 AM REGISTRATION / CONTINENTAL BREAKFAST / VISIT VENDOR EXHIBITS

7:50 WELCOME / OPENING REMARKS / OVERVIEW OF COURSE
Brian Wolf, MD, MS

SESSION 1: 20 Y.O. MALE COLLEGE FOOTBALL PLAYER TRAUMATIC SHOULDER DISLOCATION - IN SEASON

MODERATOR: *Kyle Duchman, MD*

8:00 – 10:00

WHY DID THIS HAPPEN TO ME? *Brett Owens, MD*
HOW ARE WE GOING TO TREAT THIS? *Matthew Bollier, MD*
WILL I HAVE THIS PROBLEM FOR LIFE? *Brett Owens, MD*
WHICH SURGERY SHOULD I HAVE? *Brian Wolf, MD, MS*
WHAT REHAB SHOULD I DO AFTER THE SURGERY? *Bryce Gaunt, PT, SCS*
WHY IS MY REHAB PROGRAM DIFFERENT? *Bryce Gaunt, PT, SCS*
I'VE ALWAYS HAD LOOSE JOINTS. WILL THIS HAPPEN ON THE OPPOSITE SIDE? *Brett Owens, MD*
QUESTION / ANSWER
CASE EXAMPLES: 1) BANKART, 2) BONE LOSS, 3) FAILED SURGERY, 4) HYPER-LAX
MODERATOR: *Kyle Duchman, MD*
PANEL: *Brian Wolf, MD, MS; Brett Owens, MD; Matthew Bollier, MD; Bryce Gaunt, PT, SCS*

10:00 – 10:15 BREAK / VISIT VENDOR EXHIBITS

SESSION 2: 10 Y.O. MALE WITH ABDOMINAL INJURY PLAYING TACKLE FOOTBALL

MODERATOR: *Britt Marcussen, MD*

10:15 AM – 11:45

HIS MOTHER ASKS, “SHOULD HE BE PLAYING TACKLE FOOTBALL?”
Cynthia LaBella, MD
THE SIDELINE EXAMINATION IN THIS SCENARIO. *Britt Marcussen, MD*
DOES IMAGING IMPROVE THE EXAMINATION OF ABDOMINAL INJURIES?
Tim Thomsen, MD
WHEN SHOULD HE GO BACK TO PLAY? WHEN SHOULD HE NEVER PLAY COLLISION SPORTS AGAIN? *Andy Peterson, MD, MSPH*
SPECIAL CIRCUMSTANCES WITH ABDOMINAL INJURY. *Lisa Woodroffe, MD*
PREPARING FOR AN ABDOMINAL/ THORACIC INJURY. *Matt Doyle, MS, LAT, ATC*
QUESTION / ANSWER
PANEL: FOOTBALL? FLAG VS. TACKLE? US TRANSFORMING EXAM? RETURN TO PLAY? PEARLS?
MODERATOR: *Britt Marcussen, MD*
PANEL: *Cynthia LaBella, MD; Tim Thomsen, MD; Andy Peterson, MD, MSPH; Lisa Woodroffe, MD; Matt Doyle, MS, LAT, ATC*

11:45 LUNCH / VISIT VENDOR EXHIBITS

SESSION 3: 17 Y.O. FEMALE HIGH SCHOOL JUNIOR—TEARS HER ACL IN SPRING SOCCER; WANTS TO RETURN TO HER PRIMARY SPORT OF BASKETBALL NEXT SEASON

MODERATOR: *Tim Thomsen, MD*

12:45 – 3:15 PM

HOW TO MAKE SPORTS SAFER? *Cynthia LaBella, MD*
WHICH GRAFT IS BEST? *Robert Westermann, MD*
DOES THE BRAIN HAVE AN ACL PROBLEM? *Dustin Grooms, PhD, ATC, CSCS*
BASKETBALL IS HER PRIMARY SPORT, WHAT ARE THE CHANCES THIS WILL HAPPEN AGAIN? *Paul Pursley, PT, OCS, CSCS*
WHAT SHOULD SHE “FOCUS” ON IN REHAB? HINT- IT’S NOT HER KNEE.
Dustin Grooms, PhD, ATC, CSCS
WHAT DO I NEED TO DO TO BE “CLEARED” FOR BASKETBALL?
Jeff Fleming, DPT, OCS, ATC, CSCS
WHEN CAN I PLAY BASKETBALL AGAIN? *Jennie Sertterh, ATC*
UGH! SHE HAS RE-TORN HER ACL, MY RATIONALE FOR REVISION GRAFT CHOICE. *Brett Owens, MD*
SHE RE-TORE DURING BASKETBALL. SHOULD SHE GIVE UP TRYING TO PLAY IN COLLEGE? *Brian Wolf, MD, MS*
QUESTION / ANSWER
PANEL: GRAFT CHOICES, RETURN TO PLAY SCENARIOS, REHAB PEARLS
MODERATOR: *Tim Thomsen, MD*
PANEL: *Cynthia LaBella, MD; Robert Westermann, MD; Dustin Grooms, PhD, ATC, CSCS; Paul Pursley, PT, OCS, CSCS; Jennie Sertterh, ATC; Brian Wolf, MD, MS*

3:15 – 3:30 BREAK / VISIT VENDOR EXHIBITS

SESSION 4: 16 Y.O. FEMALE VOLLEYBALL PLAYER WITH SCAPULAR DYSKINESIA, DOMINANT ARM

MODERATOR: *Matthew Bollier, MD*

3:30 – 5:15

DO YOU TREAT HER LIKE A CHILD OR LIKE AN ADULT? *Cynthia LaBella, MD*
MY SHOULDER BLADE POPS. SNAPPING SCAPULA, HOW I THINK ABOUT IT.
Matthew Bollier, MD
DX = “SCAPULAR DYSKINESIA.” WELL THAT’S JUST GREAT!
Mike Shaffer, PT, MS, ATC, OCS
REHABILITATION OF SCAPULAR DYSKINESIA. 17 MUSCLES! WHAT’S HARD ABOUT THAT? *Bryce Gaunt, PT, CSC*
TOO MANY MOVING PARTS! *Brett Owens, MD*
GRANDPA HAD A SHOT IN HIS SHOULDER AND IT WORKED GREAT!
Mederic Hall, MD
YOU’RE INJECTING A 16 Y.O.!? *Andy Peterson, MD, MSPH*
PANEL: CASES = SCAPULA – CAUSE OR EFFECT, REHAB?
MODERATOR: *Matthew Bollier, MD*
PANEL: *Dustin Grooms, PhD, ATC, CSCS; Cynthia LaBella, MD; Mike Shaffer, PT, MS, ATC, OCS; Bryce Gaunt, PT, SCS; Brett Owens, MD; Mederic Hall, MD; Andy Peterson, MD, MSPH*
5:15 BONUS SESSION: GENDER, SEX AND SPORTS
MODERATOR: *Andy Peterson, MD, MSPH*
6:00 ADJOURN

| FRIDAY, DECEMBER 13, 2019 |

7:15 AM REGISTRATION / CONTINENTAL BREAKFAST / VISIT VENDOR EXHIBITS

7:50 WELCOME / OPENING REMARKS / OVERVIEW OF COURSE

Brian Wolf, MD, MS

SESSION 5: 14 Y.O. MALE BASEBALL PITCHER WITH MEDIAL ELBOW PAIN

MODERATOR: *Lisa Woodroffe, MD* _____

8:00 – 10:15

WHAT'S MORE EFFECTIVE? PITCH COUNT LIMITATIONS VS AN INJURY PREVENTION PROGRAM? *Cynthia LaBella, MD*

WHAT I THINK ABOUT FOR MEDIAL ELBOW PAIN IN A YOUNG PITCHER.

Brian Wolf, MD, MS

MY U/S IS BETTER THAN YOUR MRI! *Mederic Hall, MD*

MY ELBOW HURTS WHEN I THROW? DO YOU THINK IT'S MY MECHANICS?

Jeff Fleming, DPT, OCS, ATC, CSCS

IS THERE AN INJECTION THAT WILL HELP? *Mederic Hall, MD*

FIX IT OR REPLACE IT? *Brian Wolf, MD, MS*

.....#HAB (PRE-HAB, POST-HAB, NON-OP HAB) *Mike Shaffer, PT, MS, ATC, OCS*

ONE STEP FORWARD BY TAKING TWO STEPS BACK. *Bryce Gaunt, PT, SCS*

HEY! DON'T FORGET THE HIP. *Robert Westermann, MD*

PANEL: INJURY PREVENTION, RELATION TO SHOULDER PAIN/ FATIGUE, ALGORITHM FOR TREATMENT, RETURN TO PITCHING

MODERATOR: *Lisa Woodroffe, MD*

PANEL: *Cynthia LaBella, MD; Brian Wolf, MD, MS; Mederic Hall, MD; Jeff Fleming, DPT, OCS, ATC, CSCS; Mike Shaffer, PT, MS, ATC, OCS; Bryce Gaunt, PT, SCS; Robert Westermann, MD*

10:15 – 10:30 BREAK / VISIT VENDOR EXHIBITS

SESSION 6: 21 Y.O. MALE FOOTBALL PLAYER WITH A HIGH ANKLE SPRAIN

MODERATOR: *John Albright, MD* _____

10:30 AM – 12:30 PM

WHAT IS A "HIGH" ANKLE SPRAIN? *John Femino, MD*

IS THIS A CLINICAL OR A RADIOGRAPHIC DIAGNOSIS? DO WE NEED ADVANCED IMAGING? *Cesar de Cesar Netto, MD, PhD*

HOW LONG WILL I BE OUT? *John Albright, MD*

WE CAN TREAT THIS AGGRESSIVELY AND GET YOU BACK. *Kyle Duchman, MD*

THE DOCTOR SAID EARLY MOBILIZATION, BUT IT HURTS WHEN I WALK ON IT!

Paul Pursley, PT, OCS, CSCS

MANAGING THE HIGH ANKLE SPRAIN IN DIVISION I FOOTBALL.

Kammy Powell, MS, ATC

A MAN PROBLEM?

Lisa Woodroffe, MD

PANEL: RETURN TO PLAY TIME FRAMES, DIFFERENCES IN REHAB, MODALITIES VS. TINCTURE OF TIME, TAPING/ BRACING- LATERAL VS. HIGH, "TAPE TEST", WHY DON'T WOMEN GET THIS PROBLEM?

MODERATOR: *John Albright, MD*

PANEL: *John Femino, MD; Cesar de Cesar Netto, MD, PhD; Kyle Duchman, MD; Paul Pursley, PT, OCS, CSCS; Kammy Powell, MS, ATC; Lisa Woodroffe, MD*

12:30 ADJOURN

Symposium Faculty

Guest Speakers



Bryce Gaunt, PT, SCS

Board-Certified Clinical Specialist in Sports Physical Therapy
Fellow of The American Society of Shoulder and Elbow Therapists
Director of Physical Therapy
HPRC at St. Francis Rehabilitation Center – Main Campus
Columbus, GA



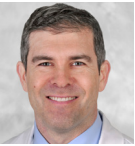
Dustin Grooms, PhD, ATC, CSCS

Associate Professor of Athletic Training
Applied Health Sciences and Wellness
Ohio Musculoskeletal and Neurological Institute
Ohio University
Athens, OH



Cynthia LaBella, MD

Medical Director, Institute for Sports Medicine
Professor of Pediatrics, Northwestern University Feinberg School of Medicine
Ann & Robert H. Lurie Children's Hospital of Chicago
Chicago, IL



Brett D. Owens, MD

Orthopaedic Sports Medicine, Shoulder and Knee Surgery
Professor of Orthopaedic Surgery
Brown University Alpert Medical School
East Providence, RI

University of Iowa Faculty and Staff

John Albright, MD*

Matthew Bollier, MD

Matt Doyle, MS, LAT, ATC*

Kyle Duchman, MD

John Femino, MD

Danny Foster, PhD, AT*

Jeff Fleming, DPT, OCS, ATC, CSCS

Mederic Hall, MD

Kristine Kriener, *Symposium Coordinator**

Britt Marcussen, MD

Cesar de Cesar Netto, MD, PhD

Andrew Peterson, MD, MSPH*

Kammy Powell, MS, ATC

Paul Pursley, PT, OCS, CSCS

Jennie Sertterh, ATC

Michael Shaffer, PT, MS, ATC, OCS, *Symposium Co-Director**

Timothy Thomsen, MD

Gail Wadley, ATC*

Robert Westermann, MD

Brian Wolf, MD, MS, *Symposium Co-Director; Director, University of Iowa Sports Medicine**

Lisa Woodroffe, MD

* University of Iowa Sports Medicine Symposium Committee Member

UNIVERSITY OF IOWA SPORTS MEDICINE SYMPOSIUM

Registration

35th Annual University of Iowa Sports Medicine Symposium

Thursday – Friday, December 12 – 13, 2019

Please print clearly.

Name _____

Address _____

City _____

State _____ ZIP _____

Phone _____

Email _____

Primary Degree _____

Specialty _____

For Office Use Only PN: 28975

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 \$ _____

TWO WAYS TO REGISTER



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



Mail (Checks Only):
University of Iowa Carver College of Medicine
Continuing Medical Education Division
100 Medicine Administration Building
Iowa City, Iowa 52242-1101

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.