

CHANGING MEDICINE.  
CHANGING LIVES.®

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

34<sup>th</sup> ANNUAL  
**University  
of Iowa  
Sports  
Medicine**  
SYMPOSIUM

Thursday and Friday  
December 6 – 7, 2018  
(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](http://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 treatment in the field and for return to play decisions for sports participants
- Discuss and draw conclusions about best practices in spine care both pre-hospital and post-injury including, spine-boarding, transport, exercise, and pain management
- Discuss differing approaches to treatment and management for muscle injury and spine management as well as develop approaches to sports medicine practice 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

Web: [coralvillemarriott.com](http://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 28. 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 Carver College of Medicine designates this live activity for a maximum of 12.0 *AMA PRA Category 1 Credits*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

December 6: 8.0 *AMA PRA Category 1 Credits*<sup>™</sup>

December 7: 4.0 *AMA PRA Category 1 Credits*<sup>™</sup>

## Family Physician

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



## Athletic Trainer

The 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 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 12.0 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 \$115 plus taxes. Reservations must be received on or before November 15, 2018. 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 "UI Sports Medicine Symposium".

## 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.

# Program Agenda

## | THURSDAY, DECEMBER 6, 2018 |

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

7:50 WELCOME / OPENING REMARKS / OVERVIEW OF COURSE

*Brian Wolf, MD, MS*

### SESSION 1: ATHLETIC TRAINING ROOM TOPICS

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

8:00 – 10:00

**EVIDENCE BASED STRATEGIES FOR A SAFE RETURN TO SPORT FOLLOWING ACL INJURY** – *Darin Padua, PhD, ATC*

**PANEL: CAN THEY PLAY? YES OR NO – TELL ME NOW!**

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

PANEL: *Christopher Larson, MD; Britt Marcussen, MD; Thomas Best, MD, PhD; Matthew Bollier, MD; Jesse Donnenwerth, PhD, LAT*

**QUESTION / ANSWER**

**MASSAGE – WHAT DOES THE EVIDENCE TELL US?** – *Thomas Best, MD, PhD*

**BLOOD FLOW RESTRICTION THERAPY – SCIENCE AND APPLICATION**

*Tony Berger, M.Ed, ATC*

**DRY NEEDLING** – *Doug West, PhD, ATC, LAT, CSCS*

**SHOCKWAVE THERAPY** – *Paul Pursley, MPT, PT, CSC, CSCS*

**QUESTION / ANSWER**

**PANEL: HOW DO YOU EDUCATE YOUR PATIENT WHILE TREATING THEM?**

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

PANEL: *Mark McEleney, MD; Doug West, PhD, ATC, LAT, CSCS; Megan Lundstrom, EdD, LAT, ATC; Darin Padua, PhD, ATC*

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

### SESSION 2: MUSCLE INJURIES

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MODERATOR: *Britt Marcussen, MD*

10:15 AM – 12:15 PM

**THE BASIC SCIENCE BEHIND MUSCLE AND TENDON INJURIES**

*Thomas Best, MD, PhD*

**BIOLOGICS FOR MUSCLE INJURY: PRO** – *Mederic Hall, MD*

**BIOLOGICS FOR MUSCLE INJURY: CON** – *Thomas Best, MD, PhD*

**QUESTION / ANSWER**

**“BAD” MID SUBSTANCE QUAD AND HAMSTRING INJURIES – WHY ARE THEY DIFFERENT?** – *Mederic Hall, MD*

**HAMSTRING INJURIES – A SURGEON’S PERSPECTIVE** – *Christopher Larson, MD*

**MUSCLE LOADING IN INJURY AND REHABILITATION PROGRESSION**

*Darin Padua, PhD, ATC*

**ATHLETIC PUBALGIA: DIAGNOSIS AND MANAGEMENT** – *Christopher Larson, MD*

**QUESTION / ANSWER**

**PANEL: WHAT’S THE PROGNOSIS, BEST MANAGEMENT AND WHEN WILL THEY RETURN?**

MODERATOR: *Kyle Duchman, MD*

PANEL: *Mederic Hall, MD; Darin Padua, PhD, ATC; Thomas Best, MD, PhD; Christopher Larson, MD; Matthew Bollier, MD*

**12:15 LUNCH / VISIT VENDOR EXHIBITS**

**SESSION 3: SPINE INJURIES**

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MODERATOR: *Kyle Duchman, MD*

**1:15 – 3:15**

**ACUTE NECK INJURY ON THE FIELD: WHAT'S THE PLAN?**

*MaryBeth Horodyski, EdD, LAT, ATC, FNATA*

**CATASTROPHIC NECK INJURIES IN ATHLETES – *John Albright, MD***

**SPINE BOARDING AND EXTRICATION FROM THE EVENT**

*MaryBeth Horodyski, EdD, LAT, ATC, FNATA*

**QUESTION / ANSWER**

**EVOLVING EMS STANDARDS IN THE SPINE INJURED ATHLETE**

*Timothy Thomsen, MD*

**SPINE INJURY CASES IN ATHLETES – *Cass Igram, MD***

**PANEL: MANAGEMENT OF SPINE INJURY / BACK PAIN IN ATHLETES:  
THE SPECTRUM (INJECTION, CHIROPY, BRACING, REHAB, ETC.)**

MODERATOR: *Kyle Duchman, MD*

PANEL: *Cass Igram, MD; John Albright, MD; Matthew Howard, MD PhD;  
MaryBeth Horodyski, EdD, LAT, ATC, FNATA; Barbara Van Gorp, PT, DPT, OCS,  
CSCS; Timothy Thomsen, MD*

**QUESTION / ANSWER**

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

**SESSION 4: CONCUSSION SYMPOSIUM**

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MODERATOR: *Timothy Thomsen, MD*

**3:30 – 5:30**

**ACUTE CONCUSSION MANAGEMENT 2018 UPDATE – *Andrew Peterson, MD***

**SPORTS CONCUSSIONS: A NEUROSURGEON'S PERSPECTIVE**

*Matthew Howard, MD*

**RETURN TO PLAY PROTOCOL AFTER SPORT CONCUSSION – *Doug West, PhD,***  
*ATC, LAT, CSCS*

**LEDDY/BUFFALO PROTOCOL – *Mike Shaffer, PT, MS, ATC, OCS***

**WHEN TO DISQUALIFY? WHAT'S THE EVIDENCE? – *Andrew Peterson, MD***

**PANEL: MANAGEMENT OF SPORT RELATED CONCUSSION**

MODERATOR: *Timothy Thomsen, MD*

PANEL: *Thomas Best, MD, PhD; Matthew Howard, MD; Doug West, PhD, ATC, LAT,  
CSCS; Mike Shaffer, PT, MS, ATC, OCS*

**UI COACH'S SPOTLIGHT: *Joey Woody, MS, CSCS, USATF Level 2 Certified,***  
*USTFCCCA Masters Certification – Long Sprints/Hurdles*  
*Director of Track and Field and Cross Country, University of Iowa*

**5:30 ADJOURN**

**| FRIDAY, DECEMBER 7, 2018 |**

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

**7:50 WELCOME / OPENING REMARKS / OVERVIEW OF COURSE**

*Brian Wolf, MD, MS*

**SESSION 5: PAIN MANAGEMENT**

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MODERATOR: *Brian Wolf, MD, MS*

**8:00 – 10:00**

**THE OPIOID EPIDEMIC – *Robert Westermann, MD***

**MODERNIZING PAIN MANAGEMENT IN THE SURGICAL PATIENT**

*Matthew Bollier, MD*

**THE PSYCHOLOGY OF PAIN IN THE ATHLETE – *Carmen Tebbe, PhD***

**QUESTION / ANSWER**

**HOW DOES PHYSICAL THERAPY TREAT MY PAIN?**

*Barbara Van Gorp, PT, DPT, OCS, CSCS*

**HOW SAFE ARE THESE MEDS THE ATHLETES TAKE ALL THE TIME?**

*Lee Kral, PharmD, CPE Clinical Pharmacy Specialist Pain Management*

**THE CHALLENGE FOR THE TEAM DOC: WHAT'S LEGAL ACROSS STATE LINES? – *Andrew Peterson, MD***

**PANEL: ATHLETIC TRAINING ROOM AND GAME DAY PAIN MANAGEMENT**

MODERATOR: *Brian Wolf, MD, MS*

PANEL: *Christopher Larson, MD; Andrew Peterson, MD; Robert Westermann, MD;*

*Lee Kral, PharmD, CPE Clinical Pharmacy Specialist Pain Management*

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

**SESSION 6: CHALLENGING TOPICS IN SPORTS MEDICINE**

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MODERATOR: *Robert Westermann, MD*

**10:15 AM – 12:15 PM**

**EXERCISE IS MEDICINE – *Thomas Best, MD, PhD***

**BONE HEALTH IN THE ATHLETE – *Lisa Woodroffe, MD***

**INJURY PREVENTION PROGRAMS: WHAT WORKS? WHAT DOESN'T?**

*Darin Padua, PhD, ATC*

**QUESTION / ANSWER**

**STRESS FRACTURES OF THE FOOT AND ANKLE – *Kyle Duchman, MD***

**FACT OR FICTION: ELBOW ULNAR COLLATERAL LIGAMENT REPAIR?**

*Brian Wolf, MD, MS*

**THE ATHLETE'S HIP: SPORT SPECIFIC ANATOMY – *Christopher Larson, MD***

**HIP ARTHROSCOPY (VIDEO) – *Robert Westermann, MD***

**QUESTION / ANSWER**

**12:15 ADJOURN**

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.

For further information, please contact:

Continuing Medical Education Division  
University of Iowa Carver College of Medicine  
100 Medicine Administration Building  
Iowa City, Iowa 52242-1101  
Voice: 319-335-8599

# Symposium Faculty

## Guest Speakers



**Thomas Best, MD, PhD**

Professor of Sports Medicine, Department of Orthopedics  
Research Director of UHealth Sports Medicine Research  
University of Miami Health System  
Miami, FL



**MaryBeth Horodyski, EdD, LAT, ATC, FNATA**

Professor/Director of Research, Department of Orthopaedics & Rehabilitation  
University of Florida  
Gainesville, FL



**Christopher M. Larson, MD**

Orthopedic Sports Medicine Surgeon  
Twin Cities Orthopedics/Minnesota Orthopedic Sports Medicine Institute  
Vikings NFL Team Physician  
Edina and Eagan, MN



**Darin A. Padua, PhD, ATC**

Chair and Professor  
Department of Exercise and Sport Science  
Director of the Sports Medicine Research Laboratory  
University of North Carolina  
Chapel Hill, NC

## University of Iowa Faculty and Staff

John Albright, MD\*

Tony Berger, M.Ed, ATC

Matthew Bollier, MD\*

Matt Doyle, MS, LAT, ATC\*

Jesse Donnenwerth, PhD, LAT

Kyle Duchman, MD

Danny Foster, PhD, AT\*

Mederic Hall, MD

Matthew Howard, MD, PhD

Cass Igram, MD

Lee Kral, PharmD, *CPE Clinical Pharmacy Specialist Pain Management*

Megan Lundstrom, EdD, LAT, ATC

Britt Marcussen, MD

Mark McEleney, MD

Andrew Peterson, MD, MSPH\*

Paul Pursley, MPT, PT, SCS, CSCS

Mike Shaffer, PT, MS, ATC, OCS, *Symposium Co-Director\**

Carmen Tebbe, PhD

Timothy Thomsen, MD

Barbara Van Gorp, PT, DPT, OCS, CSCS

Gail Wadley, AT\*

Doug West, PhD, ATC, LAT, CSCS

Robert Westermann, MD

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

Lisa Woodroffe, MD

Joey Woody, MS, CSCS, USATF Level 2 Certified, USTFCCCA Masters Certification

*\*University of Iowa Sports Medicine Symposium Committee Member*

UNIVERSITY OF IOWA SPORTS MEDICINE SYMPOSIUM

# Registration

34<sup>th</sup> Annual University of Iowa Sports Medicine Symposium  
Thursday – Friday, December 6 – 7, 2018

**Please print clearly.**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ ZIP \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Primary Degree \_\_\_\_\_

Specialty \_\_\_\_\_

**For Office Use Only**      PN: 23643

## REGISTRATION FEES:

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

<b>Physician</b>	@ \$425	\$ _____
<b>Allied Health Professional</b> (Physical Therapists, Athletic Trainers, Nurses/MAs/EMTs/Coaches, General Public)	@ \$300	\$ _____
<b>Student</b>	@ \$35	\$ _____
	<b>TOTAL</b>	\$ _____

## 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](http://medicine.uiowa.edu/cme) and click on Upcoming Programs



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