7th Annual
Sports Medicine Update

Presented by Washington University Orthopedics

Focusing on the School-aged to College Athlete

July 20-21, 2012 • Drury Plaza Hotel at the Arch
Course Chair: Mark Halstead, MD
The activity is designed for pediatricians, family physicians, internal medicine physicians, sports medicine physicians, emergency medicine physicians, orthopedic surgeons, physical therapists, athletic trainers, physician assistants, nurse practitioners, chiropractors and nurses. The intended result of this activity is to provide current and state-of-the-art evaluation and management of common sports medicine topics by increasing competence and performance in caring for the school-aged to college athlete.

At the conclusion of this activity, participants should be able to:
1. Develop an appropriate concussion management plan specific to the injured athlete for school personnel.
2. Demonstrate an age-appropriate knee and hip exam.
3. List common skin conditions affecting the athlete.
4. Interpret lower-extremity and ankle radiographs of a young athlete.
5. Discuss stress fractures of the lower extremity of the young athlete.

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### Conference Agenda

**Topics are focused on the school-aged to college athlete**

**Friday, July 20th**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>12:30 – 1:00pm</td>
<td>Registration</td>
</tr>
<tr>
<td>1:00 – 1:05pm</td>
<td>Introduction/Opening Remarks – <em>Mark Halstead, MD</em></td>
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**Skin, Bugs and Drugs, Part I**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>1:05 – 1:40pm</td>
<td>MRSA – <em>C. Buddy Creech, MD</em></td>
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<tr>
<td>1:40 – 2:20pm</td>
<td>Supplements and Energy Drinks – <em>K. Brooke Pengel, MD</em></td>
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<tr>
<td>2:20 – 2:30pm</td>
<td>Questions &amp; Answers</td>
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<tr>
<td>2:30 – 2:50pm</td>
<td>Refreshment Break &amp; Exhibits</td>
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**Exam Workshop**

<table>
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<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>4:10 – 5:00pm</td>
<td>Hip Exam – <em>Mark Halstead, MD</em>; <em>K. Brooke Pengel, MD</em>; <em>Kevin Walter, MD</em></td>
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**Skin, Bugs and Drugs, Part II**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>2:50 – 3:20pm</td>
<td>Mononucleosis and the Athlete – <em>C. Buddy Creech, MD</em></td>
</tr>
<tr>
<td>3:20 – 4:00pm</td>
<td>Skin Conditions in the Athlete – <em>Kevin Walter, MD</em></td>
</tr>
<tr>
<td>4:00 – 4:10pm</td>
<td>Questions &amp; Answers</td>
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### Breakout Session 1 (All)

<table>
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<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>1:10 – 2:00pm</td>
<td>Exam Workshop: Knee – <em>Mark Halstead, MD</em>; <em>K. Brooke Pengel, MD</em>; <em>Kevin Walter, MD</em></td>
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</tbody>
</table>

### Breakout Session 2 (Choose one)

1. **Physical Therapy Track:** Physical Therapist Assessment of Hip Disorders – *Gregory Holtzman, PT, DPT*
2. **Medical Track:** Problem-based Learning–Evaluation of the Athlete with Syncope – *Jennifer Silva, MD*

<table>
<thead>
<tr>
<th>Time</th>
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<tbody>
<tr>
<td>2:00 – 2:45pm</td>
<td>Refreshment Break &amp; Exhibits</td>
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**Saturday, July 21st**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7:30 – 7:55am</td>
<td>Registration and Breakfast</td>
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<tr>
<td>7:55 – 8:00am</td>
<td>Introduction to Day 2 – <em>Mark Halstead, MD</em></td>
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**Orthopedic Issues in the Young Athlete**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>8:00 – 8:30am</td>
<td>Shoulder Instability in the Young Athlete – <em>Robert Brophy, MD</em></td>
</tr>
<tr>
<td>8:30 – 9:00am</td>
<td>Labral Tears of the Hip in Young Athletes – <em>John Clohisy, MD</em></td>
</tr>
<tr>
<td>9:00 – 9:30am</td>
<td>Disorders of the AC Joint, SC Joint and Clavicle – <em>Matthew Smith, MD</em></td>
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<tr>
<td>9:30 – 9:45am</td>
<td>Questions &amp; Answers</td>
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### Lower Extremity Issues

<table>
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<tr>
<th>Time</th>
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<tbody>
<tr>
<td>3:00 – 3:30pm</td>
<td>Radiographic Evaluation of the Ankle – <em>Jennifer Demertzis, MD</em></td>
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<tr>
<td>3:30 – 4:00pm</td>
<td>Stress Fractures of the Lower Extremity in the Athlete – <em>Mark Halstead, MD</em></td>
</tr>
<tr>
<td>4:00 – 4:15pm</td>
<td>Questions &amp; Answers/Closing Remarks</td>
</tr>
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</table>
**Guest Faculty**

**C. Buddy Creech, MD, MPH**  
Assistant Professor of Pediatrics  
Pediatric Infectious Disease Specialist  
Vanderbilt University School of Medicine; Nashville, TN

**K. Brooke Pengel, MD**  
Medical Director, Rocky Mountain Youth Sports Medicine Institute  
Pediatric Sports Medicine Specialist  
Rocky Mountain Hospital for Children; Denver, CO

**Washington University Faculty**

**Mark Halstead, MD**  
Course Chair  
Assistant Professor of Orthopaedic Surgery and Pediatrics  
Sports Medicine Specialist  
St. Louis Children's Hospital; St. Louis, MO

**Robert Brophy, MD**  
Assistant Professor of Orthopaedic Surgery  
Sports Medicine Surgical Specialist  
Barnes-Jewish Hospital; St. Louis, MO

**John Clohisy, MD**  
Daniel C. and Betty B. Viehmann Distinguished Professorship in Orthopaedic Surgery  
Orthopedic Joint Reconstruction Specialist; Barnes-Jewish Hospital; St. Louis, MO

**Jennifer Demertzis, MD**  
Assistant Professor of Radiology  
Barnes-Jewish Hospital; St. Louis, MO

**Kevin Walter, MD**  
Assistant Professor of Orthopedics  
Program Director, Pediatric and Adolescent Sports Medicine  
Children's Hospital of Wisconsin; Milwaukee, WI

**Missy Loder, PT**  
Vestibular Therapist  
St. Luke's Physical Therapy; St. Louis, MO

**Gregory Holtzman, PT, DPT**  
Assistant Professor of Physical Therapy and Orthopaedic Surgery  
Washington University School of Medicine Physical Therapy; St. Louis, MO

**Matthew Smith, MD**  
Assistant Professor of Orthopaedic Surgery  
Sports Medicine Surgical Specialist  
Barnes-Jewish Hospital; St. Louis, MO

**Jennifer Silva, MD**  
Assistant Professor of Pediatrics  
Pediatric Cardiology Specialist  
St. Louis Children’s Hospital; St. Louis, MO

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**Register online**

To register online please visit: www.wustl.edu/etransact, then click on 2012 Sports Medicine Update under Current Events.

Scan this QR Code with your smartphone to be taken directly to the online registration form or visit: wustl.edu/etransact

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**Register by mail**

Please make checks payable to Washington University, and mail checks along with the completed form below to:

Washington University Orthopedics  
Attn: Cheryl Wobbe  
4625 Lindell, Suite 420  
St. Louis, MO 63108

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**Optional**

**Networking Event**

(Networking Event Please see front flap of brochure for more details)

**Evening at the Ballpark: St. Louis Cardinals vs Chicago Cubs**

- Regular Cardinal Tickets  
  Cost: $35 each  
  *Number of tickets: _____

- All inclusive Cardinal Tickets  
  Cost: $65 each  
  *Number of tickets: _____

*Limit 2 tickets per person. Tickets are sold on a first-come, first-served basis. Limited amount of tickets available.

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First Name ____________________________ Initial _____

Last Name ____________________________

ATC / PT Certificate #____________________

Degree _________ Specialty __________________________

Address ______________________________

City/State/Zip __________________________

Office Phone ______________ Fax __________________

Email Address __________________ Company __________________
7th Annual Sports Medicine Update

- syncope
- staphylococcus
- shoulder instability
- physical therapy
- radiographs
- mononucleosis
- hip labral tears
- nutrition
- stress fractures
- concussions
- hip dysplasia
- concussions