



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

program overview and general information

Objectives

This live CME 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.

Sponsored By

This live activity is being sponsored by Washington University School of Medicine, Continuing Medical Education.

Accreditation

Washington University is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Credit

Washington University designates this live activity for a maximum of 10 AMA PRA Category 1 credits™. Physicians should claim only credit commensurate with the extent of their participation in the activity.

Washington University is recognized by the NATA Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program has been approved for a maximum of 10 hours of Category A continuing education. Certified Athletic Trainers are responsible for claiming only those hours actually spent participating in the continuing education activity. According to the educational levels described by the CEC Committee of the NATA, the following continuing education course is considered to be Advanced.



Washington University School of Medicine is an approved provider of continuing nursing education by the Missouri Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Participants can receive 10 contact hours

Disclosure

It is the policy of Washington University School of Medicine, Continuing Medical Education, to ensure balance, independence, objectivity and scientific rigor in all its educational activities. All faculty participating in this activity are expected to disclose to the audience any financial interest or other relationship he/she has with the manufacture(s) of any commercial product(s) discussed in an educational presentation.

Presentations are expected to be based on evidence that is accepted within the profession of medicine as adequate justification for their indication in the care of patients. All scientific research should conform to the generally accepted standards of experimental design, data collection and analysis.

Location

Drury Plaza Hotel at the Arch
2 South 4th Street
St. Louis, MO 63102

Parking

Complimentary parking is provided for conference days in the Stadium East Parking Garage at 200 South Broadway.

Please note: If you are attending the evening networking baseball game (see below for more information), parking for that evening will be at your expense.

Hotel Accommodations

A special rate of \$125/night for a single room and \$145/night for a suite will be honored based on room availability. Be sure to identify yourself as an attendee of the Washington University Orthopedics Conference, group number 2137432. For reservations, please call 314-231-3003 by June 20th. After June 29th, the room rate will be honored based on room availability. A special parking rate of \$7 is available for overnight guests. To reserve online, visit: <http://www.druryhotels.com/Reservations.aspx?groupno=2137432>

Networking Event



Registration/Payment Policy

When registering online, you will receive acknowledgement of your registration immediately after placing the transaction. For registrations by check, you will receive confirmation by email once your check is received.

Please note: Washington University is not responsible for airline or hotel reservations.

Please confirm registration acceptance prior to purchase of nonrefundable or penalty airline tickets. If cancellation is received in writing by Wednesday, July 11th registration fee is refundable, minus a \$30 administrative charge.

Special Needs

Washington University Department of Orthopaedic Surgery fully complies with the legal requirements of the Americans with Disabilities Act and rules and regulations thereof. If any participant of this meeting is in need of accommodations, please do not hesitate to submit written requests at least one month prior to seminar date.

Evening at the Ballpark

Bring a friend and join us after the conference on Friday, July 20th for a St. Louis Cardinals baseball game vs the Chicago Cubs. Game time is 7:15pm.

Regular Cardinals tickets are \$35 each, located in Leftfield Box in Section 167. All inclusive tickets are \$65 each, located in Homer's Landing or Leftfield Landing. All inclusive tickets include food and drink and an excellent view of the game.

Please limit 2 tickets per person. Tickets are sold on a first-come, first-served basis. Limited amount of tickets are available. Tickets will be distributed on the day of the conference.

conference agenda

topics are focused on the school-aged to college athlete

Friday, July 20th

12:30 – 1:00pm Registration
1:00 – 1:05pm Introduction/Opening Remarks – *Mark Halstead, MD*

Skin, Bugs and Drugs, Part I

1:05 – 1:40pm MRSA – *C. Buddy Creech, MD*
1:40 – 2:20pm Supplements and Energy Drinks – *K. Brooke Pengel, MD*
2:20 – 2:30pm Questions & Answers

2:30 – 2:50pm Refreshment Break & Exhibits

Skin, Bugs and Drugs, Part II

2:50 – 3:20pm Mononucleosis and the Athlete – *C. Buddy Creech, MD*
3:20 – 4:00pm Skin Conditions in the Athlete – *Kevin Walter, MD*
4:00 – 4:10pm Questions & Answers

Exam Workshop

4:10 – 5:00pm Hip Exam – *Mark Halstead, MD; K. Brooke Pengel, MD; Kevin Walter, MD*

Saturday, July 21st

7:30 – 7:55am Registration and Breakfast
7:55 – 8:00am Introduction to Day 2 – *Mark Halstead, MD*

Orthopedic Issues in the Young Athlete

8:00 – 8:30am Shoulder Instability in the Young Athlete – *Robert Brophy, MD*
8:30 – 9:00am Labral Tears of the Hip in Young Athletes – *John Clohisy, MD*
9:00 – 9:30am Disorders of the AC Joint, SC Joint and Clavicle – *Matthew Smith, MD*
9:30 – 9:45am Questions & Answers

continued from previous page

9:45 – 10:00am Refreshment Break & Exhibits

Hot Topic: Concussions in Sports

10:00 – 10:25am Concussion Update 2012 – *Mark Halstead, MD*
10:25 – 10:45am Concussion Management: The Colorado REAP Project – *K. Brooke Pengel, MD*
10:45 – 11:10am Returning to School following a Concussion – *Kevin Walter, MD*
11:10 – 11:25am Vestibular Therapy for the Concussed Athlete – *Missy Loder, PT*
11:25 – 11:50am Computerized Neuropsychological Testing: Fact or Fiction – *Mark Halstead, MD*
11:50 – 12:10pm Questions & Answers

12:10 – 1:10pm Lunch & Exhibits

Breakout Session 1 (All)

1:10 – 2:00pm Exam Workshop: Knee – *Mark Halstead, MD; K. Brooke Pengel, MD; Kevin Walter, MD*

Breakout Session 2 (Choose one)

2:00 – 2:45pm 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*

2:45 – 3:00pm Refreshment Break & Exhibits

Lower Extremity Issues

3:00 – 3:30pm Radiographic Evaluation of the Ankle – *Jennifer Demertzis, MD*
3:30 – 4:00pm Stress Fractures of the Lower Extremity in the Athlete – *Mark Halstead, MD*
4:00 – 4:15pm Questions & Answers/Closing Remarks

aphs • staphylococcus • shoulder instability • physical therapy • radiographs • syncope • radiographs • stap
ions • mononucleosis • hip labral tears • nutrition • stress fractures • concussions • mononucleosis • hip dy



faculty speakers

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

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

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

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

registration form

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
smart phone to be taken directly
to the online registration form
or visit: wustl.edu/etransact

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

	Saturday Only	Both Days
<input type="radio"/> Physician	\$175	\$195
<input type="radio"/> Allied Health Professional requesting CME Credit (PA, NP, DC)	\$175	\$195
<input type="radio"/> Allied Health Professional (RN, PA, NP, ATC, PT, DC)	\$75	\$95
<input type="radio"/> Resident/Fellow (with letter from Program Director)	\$75	\$95

***After July 9, there is an additional \$30 fee for registration**

Please indicate your attendance at the Breakout Session on Saturday:

- A. Physical Therapy Track: Physical Therapist Assessment of Hip Disorders
- B. Medical Track: Problem Based Learning-Evaluation of the Athlete with Syncope

Conference syllabus will be provided on a CD to all registered participants.

Parking Information

- Complementary Parking for the conference is available at the Stadium East Garage. Please check the circle if you plan to park here. **If you are attending the evening networking baseball game, parking for that evening will be at your expense.*

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.

First Name _____ Initial _____

Last Name _____

ATC / PT Certificate # _____

Degree _____ Specialty _____

Address _____

City/State/Zip _____

Office Phone _____ Fax _____

Email Address _____ Company _____

optional



Washington University in St. Louis

SCHOOL OF MEDICINE

Department of Orthopaedic Surgery

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Chesterfield, MO 63017

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7th Annual Sports Medicine Update

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