SPORTS Medicine Symposium
Tuesday, August 6, 2013

Penn State Milton S. Hershey Medical Center
University Conference Center
Hershey, PA

7:30AM – 5PM

A continuing education service of Penn State College of Medicine and Penn State Hershey Bone and Joint Institute—in collaboration with CPRS Physical Therapy.
Audience
Athletic Trainers • Physical Therapists • Orthopaedic Surgeons
Physicians • Physician Assistants • Nurse Practitioners

Planning Committee
Lynn Boutin, MA, ATC
Education Coordinator/Certified Athletic Trainer
Red Land High School
Central PA Rehabilitation Services

Course Director
Robert Gallo, MD
Assistant Professor of Orthopaedics and Rehabilitation
Penn State Hershey Bone and Joint Institute

Jeff Shields, MEd, ATC
Director of Athletic Training Services
Director of Wellness
Central PA Rehabilitation Services

Credit
6.25 AMA PRA Category 1 Credit(s)™
Application has been made to the PA State Board of Physical Therapy
Recognized by NATA for Certified Athletic Trainers

Penn State College of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Penn State College of Medicine designates this live activity for a maximum of 6.25 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Application has been made to the PA State Board of Physical Therapy for continuing education credits.

Penn State is recognized by the NATA Board of Certification, Inc., to offer continuing education for Certified Athletic Trainers.

It is our policy to ensure balance, independence, objectivity, and scientific rigor in all of our sponsored educational programs. Faculty and course directors have disclosed relevant financial relationships with commercial companies, and Penn State has a process in place to resolve any conflict of interest. Complete faculty disclosure will be provided to program participants at the beginning of the activity.
Program

7:00  Registration

7:30  Welcome and Opening Remarks

7:45  Sports Medicine in a Changing Health-Care System

• Review how financial pressures can impact the field of sports medicine
• Review how the development of health systems and networks of care impact sports medicine
• Review the evolving roles of different types of health care professionals in sports medicine
  
  Kevin Black, MD

8:15  Evaluation and Treatment of Hip Injuries

• Identify pathologies that cause groin and hip pain
• Understand the high incidence of asymptomatic labral tears
• Understand how to identify hip morphologic differences

  Scott Lynch, MD

8:45  Abdominal and Thoracic Athletic Injuries

• Recognize how to appropriately triage athletes with blunt abdominal trauma
• Define return-to-play criteria for blunt abdominal injuries of the liver, kidney and spleen
• Describe the spectrum of pulmonary and cardiac injuries secondary to blunt thoracic trauma

  Matthew Silvis, MD

9:15  The Diabetic Athlete

• Gain a general understanding of metabolism and physiology of exercise in patients with both Type 1 and 2 diabetes
• Introduce critical thinking strategies in improving glucose control in diabetic patients during physical activity

  Daniel Stone, DPT, CSCS, CES, CEAS

9:45  Break/Exhibits

10:00  Concussion Recognition and Management Update

• Define concussion and recognize signs and symptoms of concussion
• Approach the treatment of concussion and better understand cognitive and physical rest during symptomatic period
• Identify the return-to-play process

  Cayce Onks, DO, MS, ATC

10:30  Shoulder Injuries in Overhead Athlete

• Describe normal mechanics of common overhead sporting activities
• Differentiate between normal variations and pathologic entities in overhead athlete
• Review expected treatment outcomes following non-operative and operative treatment

  Robert Gallo, MD
11:00 In-Season Management of Shoulder Dislocations and Separations
- Identify the pathology associated with shoulder dislocations and separations
- Recognize the need for urgent or early surgical consultation for shoulder dislocations and separations
- Relate the non-operative treatment of shoulder dislocations and separations and be able to recognize the failure of that treatment
- Identify the restrictions necessary with shoulder dislocations and separations
Matthew J. Kelly, MD

11:30 Neurologic Lesions of the Upper Extremity
- Identify common neurologic lesions
- Review exam findings
- Review treatment methods
Hyun-Min (Mike) Kim, MD

12:00 Lunch

1:00 BREAKOUT SESSION 1:
(Pick One)
- Spine Board and Emergent On-Field Treatments
  Speaker TBA
- More Than Skin Deep: Dermatologic Conditions in Athletes
  George G. A. Pujalte, MD, CAQSM

2:00 BREAKOUT SESSION 2:
(Pick One)
- Hydration
  Speaker TBA
- Common Eye Injuries Encountered in Athletic Activities
  Speaker TBA

3:00 BREAKOUT SESSION 3:
(Pick One)
- ACL Reconstruction: Returning-to-Play After Rehabilitation Ends
  John Wawrzyniak, PT, MS, ATC, CSCS
  Mark Brown, MSPT, OCS, Cert. MDT
  Robert Kelly, PT, ATC
- Shoulder Physical Exam
  April D. Armstrong, BScPT, MD, MSc, FRCSC

4:00 Reception

5:30 Adjournment

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Fee
$75 per person
Athletic Trainers: No Charge

Includes:
Instruction • Handout Materials
Refreshments • Lunch • Reception

Cancellation Policy
Cancellations received later than July 23, 2013 will incur a $25 processing fee.

No refunds
After August 2, 2013
Substitutes are accepted at any time.

The University reserves the right to cancel or postpone any course or activity because of insufficient enrollment or other unforeseen circumstances.

Please provide a cell phone number so we can reach you in the event of last-minute changes or cancellation. If a program is canceled or postponed, the University will refund registration fees but cannot be held responsible for any related costs, charges, or expenses, including cancellation/change charges assessed by airlines or travel agencies. Preregistered participants will be notified if a program is filled or canceled.

Accommodations
Accommodations are the responsibility of the program participant. A list of Hershey area lodging is available upon request or online at: pennstatehershey.org/web/guest/patientcare/patientvisitorinformation/lodging.

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Registration
Registrations will be confirmed by email upon receipt of payment, authorization to bill, or a credit card guarantee.

If you do not receive a confirmation within two weeks, call 717-531-6483 to confirm your registration. Walk-ins and late registrations will be accepted if space is available.

Call 717-531-6483
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Email ContinuingEd@hmc.psu.edu
Mail Registrar, Penn State Hershey Continuing Education, G220 P. O. Box 851, Hershey, PA 17033

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**Choose one selection from each Breakout Session:**

### Breakout Session 1
- ☐ Spine Board and Emergent On-Field Treatments
- ☐ More Than Skin Deep

### Breakout Session 2
- ☐ Hydration
- ☐ Common Eye Injuries

### Breakout Session 3
- ☐ ACL Reconstruction: Returning-to-Play After Rehabilitation Ends
- ☐ Shoulder Physical Exam

**Fee $75 per person**
- Athletic Trainers: No Charge

**Indicate method of payment:**
- ☐ Check enclosed payable to Penn State
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- ☐ HMC/COM employee—bill department budget

**Cost center/budget #**

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