Tuesday, August 4, 2015
3rd Annual Central PA SPORTS Medicine Symposium

Register Online Today!
pennstatehershey.org/ce

Hershey Lodge
325 University Drive
Hershey, PA 17033

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
Purpose
To update health-care providers, including athletic trainers, physical therapists, and physicians, on conditions commonly encountered in the care of high school and college athletes.

Course Directors
Lynn Brumbach, MA, LAT, ATC
Education Coordinator
Certified Athletic Trainer
Red Land High School
Central PA Rehabilitation Services (CPRS)

Robert Gallo, MD*
Associate Professor of Orthopaedics and Rehabilitation
Penn State Hershey Bone and Joint Institute

Planning Committee
Jeff Shields, MEd, LAT, AT, CEAS
Director of Athletic Training Services
CPRS Board of Directors

Yvonne Powers, CCMEP*
Continuing Medical Education Specialist

*Penn State Milton S. Hershey Medical Center
Penn State College of Medicine
Credit

**AMA**

6.25 AMA PRA Category 1 Credit(s)™

**Physical Therapy**

Application has been made

**NATA–BOC**

3.0 hours of EBP Category and 3.0 hours of category A continuing education

Thank you to CPRS for securing EBP credits

**AMA**

Penn State College of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) 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.

**Physical Therapy**

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

**National Athletic Trainers’ Association (NATA–BOC)**

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

Penn State University is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program has been approved for a maximum 3.0 hours of EBP Category and 3.0 hours of category A continuing education. Certified Athletic Trainers are responsible for claiming only those hours actually spent participating in the continuing education activity.

**BOC Approved EBP Provider #: P2856 - 2001**
Faculty

Gregory Billy, MD*
Assistant Professor of Orthopaedics and Rehabilitation
Physical Medicine and Rehabilitation
State College, PA

Michael E. Lehr, PT, DPT, OCS, CSCS
Clinical Associate Professor of Physical Therapy
Lebanon Valley College
Annville, PA

Mark Brown, MSPT, OCS, Cert. MDT, CAES
Regional Vice President
Residency Director
Clinic Manager
Orthopedic Certified Specialist
Certified Mechanical Diagnosis and Therapy CPRS

Aman Dhawan, MD++
Assistant Professor of Orthopaedics and Rehabilitation

Robert Gallo, MD++
Associate Professor of Orthopaedics and Rehabilitation

Bret Jacobs, DO++
Assistant Professor of Family and Community Medicine and Orthopaedics and Rehabilitation

Robert Kelly, PT, ATC+
Department of Orthopaedics and Rehabilitation
Team Physical Therapist
Hershey Bears Hockey Club

Scott Lynch, MD++
Associate Professor of Orthopaedics and Rehabilitation
Director of Sports Medicine Service

Cayce Onks, DO, MS, ATC**
Assistant Professor of Family and Community Medicine and Orthopaedics and Rehabilitation

Shawn Phillips, MD**
Assistant Professor of Family and Community Medicine and Orthopaedics and Rehabilitation

Wayne Sebastianelli, MD+
Kalennak Professor in Orthopaedics and Rehabilitation
Medical Director
Penn State Orthopaedics; State College
Associate Dean for Clinical Affairs
University Park Regional Medical Campus
State College, PA

Elizabeth V. Seiverling, MD*
Assistant Professor of Dermatology

Matthew Silvis, MD**
Associate Professor of Family and Community Medicine and Orthopaedics and Rehabilitation
Program Director
Penn State Primary Care Sports Medicine Fellowship

Jeff Shields, Med, LAT, AT, CEAS
Director of Athletic Training Services
CPRS Board of Directors

Peter H. Seidenberg, MD, FAAFP, FACSM, RMSK+
Associate Professor of Orthopaedics and Rehabilitation
Family and Community Medicine
Program Director
Primary Care Sports Medicine Fellowship
State College, PA

James Rory Tucker, MD**
Assistant Professor of Family and Community Medicine and Orthopaedics and Rehabilitation

John Wawrzyniak, MA, ATC, PT, CSCS+
Department of Orthopaedics and Rehabilitation
Strength Coach
Hershey Bears Hockey Club

* Penn State Milton S. Hershey Medical Center
Penn State College of Medicine
+ Penn State Hershey Bone and Joint Institute
Schedule / 7:00 a.m.–4:00 p.m.

7:00  Check In

Debates
7:30  First-Time Patellar Dislocation: Should We Manage with Surgery?*
   Pro—Robert Gallo, MD
   Con—Aman Dhawan, MD

8:10  Mass Screenings: Should We Routinely Screen Athletes with EKG?*
   Pro—Cayce Onks, DO, MS, ATC
   Con—Matthew Silvis, MD

8:50  ACL Injury Prevention Programs: Do They Work?*
   Pro—John Wawrzyniak, MA, ATC, PT, CSCS
   Con—Mark Brown, MSPT, OCS, Cert. MDT, CAES

9:30  Break

Panel Discussions
9:45  When Can My Athlete Return to Play?
   Aman Dhawan, MD  Bret Jacobs, DO
   Scott Lynch, MD  Wayne Sebastianelli, MD

10:15 Lessons Learned: Advice for the Sports Medicine Provider
   Robert Kelly, PT, ATC
   Wayne Sebastianelli, MD
   Jeff Shields, Med, LAT, AT, CEAS

10:45 Break

Debates
11:00 Should We Brace after ACL Reconstruction?*
   Pro—Robert Gallo, MD
   Con—Scott Lynch, MD

11:30 PRP: Useful Adjunct or Expensive Placebo?*
   Pro—Bret Jacobs, DO
   Con—Gregory Billy, MD

12:00 Lunch

*NATA–BOC – 3.0 hours of EBP category continuing education and 3.0 category A
Breakout Sessions  (Choose one topic from each breakout session; Runtime: 45 min. per session)

1:00  Ultrasound in the Athletic Training Room  
      Peter H. Seidenberg, MD, FAAFP, FACSM, RMSK
      ~OR~  
      Primer on Sports Supplements and Energy Drinks  
      Matthew Silvis, MD

2:00  What Sports Medicine Providers Need to Know About Asthma  
      James Rory Tucker, MD
      ~OR~  
      Optimizing Movement and Performance of the Ankle Complex and Kinetic Chain: Prehab and Rehab Clinical Applications  
      Michael E. Lehr, PT, DPT, OCS, CSCS

3:00  Psychiatric Disorders in Athletes  
      Shawn Phillips, MD
      ~OR~  
      Sun Exposure and Skin Cancer  
      Elizabeth V. Seiverling, MD

4:00  Post-Conference Reception

Agenda subject to change.
Access
Penn State encourages persons with disabilities to participate in its programs. If you anticipate needing any type of special accommodation or have questions about the physical access provided, please contact Continuing Education in advance of your participation.

Accommodations
Accommodations are the responsibility of the program participant. A list of Hershey area lodging is available upon request or online at bit.ly/1DK2adG.

Area Attractions
Hershey is conveniently located in central Pennsylvania, just 90 minutes from Baltimore and Philadelphia, two hours from Washington, DC, and three hours from New York City. Come and visit the town that has been named, “the sweetest place on earth.”

- Hershey Attractions—hersheypa.com
- Tanger® Outlets (Hershey)—tangeroutlet.com/hershey
- Historic Gettysburg—nps.gov/gett
- Pennsylvania Dutch and Amish Country—padutchcountry.com
Cancellation Policy

Cancellations received later than
- July 27, 2015
will incur a $25 processing fee.

No refunds
- After July 31, 2015

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.
Fee
Includes: Instruction, Refreshments, Handout Materials, Lunch & Reception

- $100 per person
- $25 Athletic Trainers
  To receive this special rate, athletic trainers must use coupon code C5737YP when registering.

Registrations received after August 3, 2015, will incur a $25 late fee.

Registration
Register online using COMPASS, Penn State Hershey’s registration and records system. New users are required to set up an account, which will provide access to your CE certificates and conference materials. A tutorial is available on our website.

Questions?
Call 717-531-6483
Email ContinuingEd@hmc.psu.edu
Course # C5737-16-Y
Mail Registrar, Penn State Hershey Continuing Education, G220
P. O. Box 851, Hershey, PA 17033

Register Online Today! pennstatehershey.org/ce
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