

University of Iowa

Carver College of Medicine

The University of Iowa Sports Medicine Center
and The Department of Orthopaedics and
Rehabilitation Announce

26th Annual

Hawkeye Sports Medicine Symposium

& Iowa Orthopaedic
Society Fall Meeting

December 3 – 4, 2010

Friday and Saturday

**Marriott Hotel and Conference Center
300 East 9th Street
Coralville, Iowa**

Sponsored by: University of Iowa Sports Medicine
Center, Department of Orthopaedics and Rehabilitation,
University of Iowa Roy J. and Lucille A. Carver College of
Medicine



UI Sports Medicine

University of Iowa
Hospitals and Clinics



General Information

Purpose

The program is designed to present health care professionals with up-to-date 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. In addition to lectures, case presentations and panel discussions will be offered to enhance the participant's understanding of the topics presented.

Statement of Need

Primary care physicians, orthopaedic surgeons and allied health care providers ranging from EMS providers to physical therapists to coaches are involved in the care of injured athletes on the field or in the clinic. Injury prevention strategies and treatment algorithms for injuries are changing as the evidence base for treatment of the athletic injury improves.

Intended Audience

The format of the symposium allows it to be attractive to individuals with a variety of backgrounds and interests. Orthopaedic surgeons, family physicians, team physicians, athletic trainers, physical therapists, physician assistants, nurses, coaches, and persons involved with emergency medicine services are encouraged to attend.

Objectives

Upon completion of this program, the participant should be able to:

- Describe the contributing factors and treatment approaches to common running injuries.
- Explain the on-field evaluation and treatment of concussions, c-spine and eye injuries in athletes.
- Identify upper extremity injuries and related operative and non-operative treatment options in athletes.
- Discuss the management of shoulder dislocations and instability including complications of surgery.
- Describe the non-operative management of the ACL deficient knee.
- Review current surgical techniques for treating large and massive rotator cuff tears or failed prior rotator cuff repairs.

Symposium Location

The Symposium will be held at the Coralville Marriott Hotel & Conference Center, 300 East 9th Street, Coralville, Iowa, 52241. Phone 319-688-4000 or 1-888-236-2427, Fax 319-688-4040. www.coralvillemarriott.com

Registration Fees

Registration fees include: CME and CEU recording, registration, instruction, educational materials, continental breakfasts, refreshment breaks, Friday's lunch, Friday evening reception including 2 drink tickets, and hotel parking. All but \$35 of the registration fee is refundable if the inability to attend the Symposium is made known on or before **Wednesday, November 24th**. No refunds will be made for later notification.

Special Events:

Wine/Cheese/Beer Reception

Friday, December 3, 5:30 – 7:30 PM (following the afternoon sessions)

You are welcome to join the Symposium faculty for this special event.

Iowa Hawkeye Athletic Events

Friday, December 3	Iowa - Iowa State Wrestling Meet, TBA
Friday and Saturday, December 3-4	Iowa Men's and Iowa Women's Swimming Invitational Finals, TBA
Saturday, December 4	Iowa Men's Basketball – Idaho State, 12:35 PM
Saturday, December 4	Iowa Women's Gymnastics – 2 PM
Saturday, December 4	Iowa Men's Gymnastics – TBA

You may purchase tickets online at hawkeyesports.com, over the phone (1-800 IA-HAWKS) or at the UI Athletic Ticket Office in Carver-Hawkeye Arena. For more information go online to www.hawkeyesports.com.

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 University of Iowa Carver College of Medicine designates this live activity for a maximum of 11.25 *AMA PRA Category 1 Credits*[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Nurse: This program is offered in cooperation with the University of Iowa College of Nursing, an Iowa Board of Nursing Approved Provider, number 1. Full time attendance will award 15.4 contact hours. Program number 10 327 93 has been assigned.

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 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.

EMS: The University of Iowa Health Care Emergency Medical Services Learning Resources Center (EMSLRC), approved provider awards CEHs to certified EMS providers for completion of this entire program. The EMSLRC requires full-time attendance for CEH award. This conference has been approved for 6.0 Formal Continuing Education Hours (CEHs) and 6.0 Optional CEHs.

Physical Therapist: A certificate of attendance will be sent to you after the Symposium. This letter of certification can be used to submit to your licensing board for re-certification.

Marriott Hotel Accommodations

A limited number of rooms have been reserved at the Coralville Marriott Hotel & Conference Center. Room rates are \$106 plus taxes. Reservations by attendees must be received on or before 6:00 pm on **November 18, 2010**. Attendees 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 "Hawkeye Sports Medicine Symposium," when making reservations to receive the discounted group rate.

Parking

Parking is available in the City of Coralville's parking ramp adjacent to the Marriott Hotel. Parking passes will be provided to Symposium registrants who park in the ramp. Please bring your parking ticket to the Symposium Registration Desk to receive a one-day parking pass. Hotel guests receive free parking.

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 "Hawkeye 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

Friday, December 3, 2010

Marriott Hotel and Conference Center, Coralville, Iowa

- 7:15 am Registration, Continental Breakfast, Visit Vendor Exhibits
- 7:50 Welcome: Opening Remarks, Overview of Course, Announcements
John Albright, MD
- SESSION 1: Primary Care Issues**
The Care of Track and Field: Runners Injuries
Moderator: *Glenn Williams, PhD, PT, ATC*
- 8:00 Biomechanical Factors Associated with Running Related Injuries
Reed Ferber, PhD, CAT(C), ATC
- 8:20 The Barefoot Runner – *Andy Peterson, MD, MSPH*
- 8:35 Common Stress Syndromes in Runners – *Andrea Veljkovic, MD*
- 8:50 Clinical and Biomechanical Considerations for the Assessment and Treatment of Patellofemoral Pain Syndrome – *Reed Ferber, PhD, CAT(C), ATC*
- 9:10 Approach to the Freaked Out Runner With Excessive Anterior Knee Pain: Diagnosis + Treatment – *John Albright, MD*
- 9:25 Questions / Answers / Discussion
- 9:45 Break (visit vendor exhibits)
- SESSION 2: Primary Care Issues**
Sideline Assessment of Head/Face/Neck Injuries
Moderator: *George Phillips, MD*
- 10:10 Organization of the Medical Team and Who Makes Decisions
Ned Amendola, MD
- 10:25 On-Field Evaluation and Management of the Athlete
Matt Doyle, MS, ATC, LAT
- 10:40 Sideline Assessment for Possible Concussion – *George Phillips, MD*
- 10:55 On-Field Evaluation for Possible C-Spine Injury – *M Kyle Smoot, MD*
- 11:10 Harmless Hemorrhage to Horrible Hyphema - Eye Injuries in Athletes
Andy Peterson, MD, MSPH
- 11:25 Active Release Techniques - *Terry Noonan, MS, AT, ART*
- 11:40 Questions / Answers / Discussion
- 12:00 Lunch (visit vendor exhibits)
- 12:00 Iowa Orthopaedic Society Business Meeting
(during lunch, room to be announced)
Iowa Orthopaedic Society, President – *Michael Chapman, MD*
- SESSION 3: Orthopaedic Issues**
Moderator: *Matt Bollier, MD*
- 1:00 Shoulder Problems in Throwers – *Brian Wolf, MD, MS*
- 1:15 Management of 1st Time Shoulder Dislocation – *Matt Bollier, MD*
- 1:30 Avoiding Complications in Shoulder Instability Surgery – *Eric McCarty, MD*
- 1:50 Arthroscopic Management of Posterior and MDI of the Shoulder
Felix "Buddy" H Savoie, III, MD
- 2:10 Evaluation and Management of Scapular Dyskinesia
Mike Shaffer, PT, MS, ATC, OCS
- 2:30 Questions / Answers / Discussion
- 2:50 Break (visit vendor exhibits)

SESSION 4: Orthopaedic Issues

Moderator: *Brian Wolf, MD, MS*

- 3:10 Review of Non-operative Care Option for ACLDK: What is it? Who Does Well/Poorly – *John Albright, MD*
- 3:25 The Essentials of the Intensive UI biofeedback Based ACLDK Control Program – *Paul Pursley, PT, SCS, CSCS*
- 3:40 Special Technique for Managing the Large and Massive Rotator Cuff Tears Including Suprascapular Nerve Release – *Felix "Buddy" H Savoie, III, MD*
- 4:00 Complications in Arthroscopic Surgery – *Julie A Dodds, MD*
- 4:20 Failed Rotator Cuff Repair: Where Do We Go in the 21st Century?
James Nepola, MD
- 4:40 Questions / Answers / Discussion
- 5:00 ADJOURN
- 5:30 – Special Event: *Wine/Cheese/Beer Reception*
- 7:30

Saturday, December 4, 2010

Marriott Hotel and Conference Center, Coralville, Iowa

- 7:15 am Registration, Continental Breakfast, Visit Vendor Exhibits
- 7:50 Welcome: Opening Remarks, Overview of Course, Announcements
Michael Chapman, MD, IOS President
- SESSION 5: Orthopaedic Issues**
Moderator: *Ned Amendola, MD*
- 8:00 Clavicle Fractures in the Athlete: Sling it or Fix it? – *Eric McCarty, MD*
- 8:20 Elbow: MCL Injuries in Throwers vs. Other Athletes – *Brian Wolf, MD, MS*
- 8:40 Diagnosis and Management of Distal Biceps Tears – *Felix "Buddy" Savoie, MD*
- 9:00 Platelet Rich Plasma Therapy in the Athlete - *Eric McCarty, MD*
- 9:20 Surgical Management of Patellofemoral Instability – *Matt Bollier, MD*
- 9:40 Questions / Answers / Discussion
- 10:00 Break (visit vendor exhibits)
- CONCURRENT SESSION 6A: Orthopaedic Issues**
Moderator: *Brian Wolf, MD, MS*
- 10:20 Diagnosis and Management of Lateral Elbow Pain
Felix "Buddy" H Savoie, III, MD
- 10:40 Arthroscopic and Non-Arthroplasty Management of Shoulder DJD in the Athlete – *Eric McCarty, MD*
- 11:00 Elbow Arthroscopy in 2010: What can be done?
Felix "Buddy" H Savoie, III, MD
- 11:20 Avoiding Complications in Shoulder Instability Surgery – *Eric McCarty, MD*
- 11:40 MCL Knee Injuries: Does Anything Need to be Done? – *Eric McCarty, MD*
- 12:00 Questions / Answers / Discussion
- 12:20 ADJOURN
- CONCURRENT SESSION 6B: Primary Care Issues**
Moderator: *Dan Foster, PhD, ATC*
- 10:20 Examination of the Hip as a Contributing Factor to Overuse Injuries
Reed Ferber, PhD, CAT(C), ATC
- 11:00 Medical Pearls for Track Coaches and Athletes
Reed Ferber, PhD, CAT(C), ATC
- 11:40 Questions / Answers / Discussion
- 12:20 ADJOURN

Guest Speakers

Michael Chapman, MD
President, Iowa Orthopaedic Society
Medical Associates Clinic
Dubuque, IA

Julie A Dodds, MD
Associate Clinical Professor, Sports Medicine Division
Michigan State University
Research Chair, Arthroscopy Association of North America
Head Team Physician, Lansing Lugnuts (Minor League Affiliate, Toronto Blue Jays)
Director, Sparrow Hospital Sports Medicine
East Lansing, MI

Reed Ferber, PhD, CAT(C), ATC
Director, Running Injury Clinic
Assistant Professor in the Faculties of Kinesiology and Nursing
University of Calgary
Calgary, Alberta, Canada

Eric McCarty, MD
Associate Professor
Chief, Sports Medicine & Shoulder Surgery
University of Colorado
Denver, CO

Felix "Buddy" H Savoie, III, MD
Lee Schlesinger Professor of Shoulder, Elbow and Sports Surgery
Chief, Division of Sports Medicine
Tulane University
New Orleans, LA

The University of Iowa Faculty and Staff

John Albright, MD* Hawkeye Sports Medicine Symposium, Course Director

Ned Amendola, MD* Director, University of Iowa Sports Medicine

Matt Bollier, MD

Matt Doyle, MS, ATC, LAT

Danny Foster, PhD, ATC*

James Nepola, MD

Terry Noonan, MS, AT, ART

Andy Peterson, MD, MSPH

George Phillips, MD*

Paul Pursley, PT, SCS, CSCS

Mike Shaffer, PT, MS, ATC, OCS*

M Kyle Smoot, MD

Andrea Veljkovic, MD

Glenn Williams, PhD, PT, ATC*

Brian Wolf, MD, MS*

**Hawkeye Sports Medicine Symposium Committee Member*

For Further Information, please contact:

Continuing Medical Education Division
University of Iowa Roy J. and Lucille A. Carver College of Medicine
100 Medicine Administration Bldg.
Iowa City IA 52242-1101
Voice: 319-335-8599 FAX: 319-335-8327

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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.

Registration

26th Annual Hawkeye Sports Medicine Symposium
Friday – Saturday, December 3 – 4, 2010

Please print clearly.

Dr/Mr/Ms _____

Address _____

City _____

State _____ ZIP _____

Business Phone _____

FAX _____

Email _____

(Email will be helpful for next year's Symposium "Save the Date Notice")

Specialty/Degree _____

Profession _____

The University of Iowa requests this information for the purpose of processing your registration. No persons outside the University of Iowa are routinely provided this information.

For Office Use Only CEUs _____ AMA 1 _____ PN: 10 337 01
Date _____

REGISTRATION FEES:

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

Physicians @ \$425 \$ _____

Allied Health Professionals @ \$300 \$ _____
(Athletic Trainers, Physical Therapists, Trainers, PAs, Nurses, MAs, EMTs, Coaches, General Public)

Students (AT, PT, Medical, other) @ \$35 \$ _____

Friday Night Reception (Please mark one)

- I will attend
 I am unable to attend

SUBTOTAL \$ _____

TOTAL \$ _____

METHOD OF PAYMENT:

___ Enclosed is my check made payable to:

The University of Iowa for the total amount of \$ _____

___ Please charge my: Mastercard VISA

Cardholder name (please print) _____


Account Number _____

Expiration Date _____ Signature _____

3-digit security code on back _____

FOUR WAYS TO REGISTER:

Continuing Medical Education Division
University of Iowa Carver College of Medicine
100 Medicine Administration Building
Iowa City IA 52242-1101

 Phone: 319-335-8599

 FAX: 319-335-8327

 Online: www.medicine.uiowa.edu/cme and click on *Upcoming Conferences*

For additional information on this program and other upcoming CME events at the UI Carver College of Medicine, please visit <http://www.medicine.uiowa.edu/cme/>.



**UNIVERSITY of IOWA
CARVER COLLEGE
OF MEDICINE**

University of Iowa Health Care
Continuing Medical Education Division
100 Medicine Administration Building
Iowa City, Iowa 52242-1101

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**Save the Date
for 2011!
December 2–3, 2011**