22nd Annual VCU Health Sports Medicine Update in Primary Care & Pediatrics

December 2 – 4, 2016

Sports Related Challenges in Pediatrics and Primary Care

Friday, December 2, 2016 - Pediatric Topics Begin
1:00 p.m. - 6:30 p.m. (includes dinner)
Saturday, December 3 and Sunday, December 4, 2016 -
General Primary Care Topics
Optional Workshops Friday Evening & Saturday Afternoon

Presenting renowned clinician experts and featuring
Graham Smith, GradDip Phys, FCSP, DipTP, CertEd

Kingsmill Resort • Williamsburg, Virginia
This program provides an intensive update of sports medicine topics of specific interest to physicians in primary care, pediatrics, internal medicine, sports medicine, physician assistants, athletic trainers, nurse practitioners and other health care professionals. Faculty panels each day, optional skills workshops, continental breakfasts, lunch, coffee breaks and instructional materials will be provided. Please note that the optional Friday evening and Saturday afternoon workshops require additional registration fees.

Course Objectives

At the conclusion of this conference the successful learner should be better able to:

• collaborate with your high school’s ATC;
• determine best methods for the student athlete to transition from high school sports to college athletics;
• recognize pediatric and adolescent athlete conditions such as: heart problems, back pain, sprains/strains & traumatic brain injury, healthy eating and sports performance, mental health and well-being of the athlete;
• review the diagnosis and treatment of medical conditions that affect athletes and their participation in sports;
• discuss when to use joint injections in the treatment of arthritis;
• review key imaging findings on knee x-ray, MRI & CT for acute knee injuries;
• discuss the evaluation of the hip and sacroiliac, knee & back;
• recognize when joint pain is a rheumatoid condition and how to treat;
• recognize common skin problems and care in athletes;
• review lower GI and abdominal concerns in athletes;
• discuss labral tears and other problems of the shoulder & when to refer to an orthopaedic surgeon;
determine non-neurogenic thoracic outlet syndrome;
learn to mobilize joints and soft tissue injuries in athletes;
discuss occupational and physical therapy treatments of the child/adolescent with concussion;
review the factors contributing to skin problems.

(Refresher topics)
discuss current guidelines for assessment and management of concussions;
demonstrate skills for improved history, physical examination, and treatment of sports medicine injuries;
determine which injuries can be cared for by primary care physicians and which injuries should be referred;
recognize the need for sideline medical coverage and obtain the skills needed to cover events including improved “return to play” decisions;
determine joint injuries and best methods for treatment;
determine when knee injuries need surgery.

Optional Workshops
SMART Workshop • Joint Injection • Manual Therapy and Mobilisations for Hip, Knee and Ankle • Managing Osteoarthritis – New Expert Consensus Protocols & Innovative Biomechanical Solutions

Accreditation and Educational Credit

Physicians
University Health Services Professional Education Programs (UHS-PEP) of Virginia Commonwealth University Health System is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.
UHS-PEP designates this live activity for a maximum of 20.25
AMA PRA Category 1 Credits™ (provided that the learner takes
all optional workshops). Physicians should claim only the credit
commensurate with the extent of their participation in the activity.

This continuing medical education activity has been reviewed by
the American Academy of Pediatrics and is acceptable for a
maximum of 20.25 AAP credits. These credits can be applied
toward the AAP CME/CPD Award available to Fellows and
Candidate Members of the American Academy of Pediatrics.

Application for CME credit has been filed with the American
Academy of Family Physicians. Determination of credit is pending.

**Nurses**
ANCC accepts AMA PRA Category 1 Credits™ from
organizations accredited by the ACCME for your CNE contact
hour requirements for recertification. ANCC recognizes credit
in terms of hours so 1.0 Category 1 Credit is equal to ANCC
60 minutes (1 hour) of learning. Check with your credentialing
center or state board of nursing on how to report your credit
received from this activity.

**Physician Assistants**
AAPA accepts certificates of participation for educational
activities certified for AMA PRA Category 1 Credits™ from
organizations accredited by the ACCME or a recognized state
medical society.

This continuing education activity meets the criteria of Virginia
Commonwealth University and the Southern Association of
Colleges and Schools. 2.0 CEUs will be awarded and recorded
with the University.

The College of William & Mary (BOC AP #P769-2000) is
approved by the Board of Certification, Inc. to provide continuing
education to Athletic Trainers. This program is eligible for a
maximum of 2.0 hours of EBP CEUs. Certified Athletic Trainers
are responsible for claiming only those hours actually spent
participating in the CE activity.

Credit approval pending from the Board of Certification, Inc. to
provide Athletic Trainer continuing education credits for the rest
of the conference.
Colonial Williamsburg Information
Call (757) 253-2277 or 1-800-HISTORY (1-800-447-8679)
Go online for your Colonial Williamsburg Vacation Planner at www.history.org

Grand Illumination at Colonial Williamsburg—Sunday, December 4, 2016
Enjoy one of the highlights of Colonial Williamsburg’s Christmas season—Grand Illumination—featuring candles, cressets, fireworks and music. The celebration begins at 4:45 p.m. on outdoor stages throughout the Historic Area. Colonial Williamsburg’s Fifes and Drums provide 18th-century music as costumed performers present holiday entertainment found in Williamsburg two centuries ago. At 5:45 p.m., the Fifes and Drums signal the beginning of the Grand Illumination. At 6:15 p.m., candles are lit in public buildings, shops, and homes and fireworks are launched at three Historic Area locations: the Governor’s Palace, Magazine and Capitol. After the fireworks, entertainment resumes on the outdoor stages, continuing until 7:30 p.m.

Program Registration
The registration fee of $395.00 does not include optional sessions, ($325.00 for physicians in training, athletic trainers and other health care professionals) includes tuition, program materials, and transcript of credit hours, continental breakfast each morning, lunch with the exhibitors on Saturday and coffee breaks. Registration will increase by $50 for plenary and any workshops AFTER OCTOBER 1, 2016.
You can register online at cme.vcuhealth.org

Cancellation
Registration fee, less a $60.00 non-refundable administrative fee, will be refunded only if written notice of cancellation is received on or before November 17, 2016.

To receive additional information, please contact:
VCU Health Continuing Medical Education
PO Box 980048
Richmond, VA 23298-0048
Telephone: (804) 828-3640 or (800) 413-2872
Fax: (804) 828-7438
Email for more information: cmeinfo@vcuhealth.org
Conference Location – Kingsmill Resort

Kingsmill Resort is located at 1010 Kingsmill Road, Williamsburg, VA 23185 on the James River. Each of the recently updated 425 guest rooms and suites at Kingsmill Resort is villa-style. Choose from a James River, Warham’s Pond, Golf Course or Tennis Center view, all with proximity to the fitness center, the marina and the Spa. Kingsmill Resort is compliant with ADA standards, with rooms and suites available upon request for any persons with disabilities. The resort shuttle will take you anywhere on the property and also goes to nearby attractions including Colonial Williamsburg and Busch Gardens.

The two closest airports are Richmond International Airport (RIC) in Richmond, VA., and Williamsburg–Newport News International Airport (PHF) in Newport News, VA.

Accommodations and Reservations

A block of rooms is being held at the Kingsmill Resort in Williamsburg, Virginia. The cutoff date for reservations is November 20, 2016. Any room not reserved by this time will be available on a space available basis and may not be available at the conference rate. Check-in time is 4:00 p.m. and check-out time is 11:00 a.m. Complimentary parking is provided for hotel guests and those not staying at the hotel but attending the meeting. For more information on this property go to www.kingsmill.com

The room rate is $139.00 plus tax for single or double occupancy plus 11% State and Occupancy tax and $2.00 per room night guest room tax. This room rate will be honored for two days prior and two days after the conference dates based on availability to allow you to enjoy all the festivities of Grand Illumination.

To make your reservation call the hotel directly at (800) 832-5665 and request the group name VCU Sports Medicine Conference 2016 to obtain the group rate. Reservations must be guaranteed with a credit card number or by a first night’s deposit. Cancellations may be made until 72 hours prior to the date of arrival to avoid any penalty.
Children’s Hospital of Richmond (CHoR)
Richmond, VA Faculty

Joanna Horstmann, MD
Assistant Professor

Aileen Jones, DPT

Eugenio Monasterio, MD
Assistant Professor
Department of Physical Medicine and Rehabilitation
Division Chief Pediatric Rehabilitation

William Moskowitz, MD, FAAP, FACC, FSCAI, FAHA
Professor, Pediatrics and Medicine
Chair, Pediatric Cardiology
Vice Chair, Clinical Operations, Department of Pediatrics
Director, Pediatric Cardiac Catheterization Laboratory

Allison Wolf, DPT, OT/L
Rehabilitation Manager

Brianne Steigleder, PT, DPT

Special Guest Speaker

Graham Smith, Grad Dip Phys, FCSP, DipTP, CertEd
Professor
PhysioTech
Rehabilitation & Sports Injury Clinic
Edinburgh, Scotland, United Kingdom

Guest Faculty

Steve Cole, MEd, ATC
Associate Athletic Director
The College of William and Mary
Williamsburg, VA

B. Kent Diduch, MD
Family Practice Team Physician and Associate Professor
James Madison University
Harrisonburg, VA

Karen Hensley, MS, RDN, CSSD
Registered Dietitian
Richmond, VA

Thomas Howard, MD, FACSM, FACSM
Associate Director of Medical Services
North Carolina State University
Raleigh, NC
John Mitrovic, PT, SCS, ATC, CSCS  
Vice President  
Tidewater Physical Therapy, Inc.  
Williamsburg, VA

Francis O’Connor, MD, MPH, COL  
Professor and Chair  
Military and Emergency Medicine  
Associate Director  
Consortium for Health and Military Performance (CHAMP)  
Uniformed Services University of the Health Sciences  
Bethesda, MD

Jeffrey Roberts, MD, CAQSM  
Assistant Clinical Professor  
Department of Family Medicine  
St. Francis Family Medicine Center  
Midlothian, VA

Faculty and Planning  
Committee VCU  
School Of Medicine

Michael Petrizzi, MD, CAQ  
Program Chairman  
Clinical Professor of Family Medicine  
Hanover Family Physicians, PC  
Mechanicsville, VA

Katherine Dec, MD, FAAPMR, CAQ  
Program Co-Chair  
Professor  
Department of Physical Medicine and Rehabilitation  
Department of Orthopaedic Surgery  
Head Team Physician  
Longwood University  
First Vice President  
AMSSM
VCU School of Medicine Faculty

Dana R. Blackmer, PhD, CC-AASP
Clinical and Sport Psychologist
VCU Athletics

Seth Cheatham, MD
Associate Professor
Department of Orthopaedic Surgery
VCU Sports Medicine Center

Gregory Golladay, MD
Associate Professor
Department of Orthopaedic Surgery
Fellowship Director
Adult Reconstruction

Kevin Hoover, MD, PhD
Director
Musculoskeletal Imaging and Intervention
VCU Health Department of Radiology
Director
Clinical Optimization VCU Health Neuroscience, Orthopaedic and Wellness Center

Thomas Loughran, MD
Associate Professor
Department of Orthopaedic Surgery
Medical Director
VCU Sports Medicine Center

Michael Messer, PT, DPT, SCS
VCU Sports Medicine

Beth Rubinstein, MD
Associate Professor
Department of Internal Medicine
Division of Rheumatology, Allergy and Immunology

Administration

Sagé Blaska, MFA, GradDip
Conference Manager
VCU Continuing Medical Education

Sherry Black, MBA
CHoR Business Manager

John Boothby, MSW
Director
VCU Continuing Medical Education

VCU is an equal opportunity/affirmative action employer. If special accommodations are needed, please contact us at (804) 828-3640 or (800) 413-2872.
Friday, December 2, 2016

PEDIATRICS

1:00 – 1:45 p.m.  The Heart and Sports
William Moskowitz, MD, FAAP, FACC, FSCAI, FAHA

1:45 – 2:15 p.m.  Healthy Eating and Sports Performance
Karen Hensley, MS, RDN, CSSD

2:15 – 2:45 p.m.  Mental Health and Well Being of the Scholar Athlete
Dana Blackmer, PhD, CC-AASP

2:45-3:15 p.m.  Collaborating with Your High School’s ATC: How Can You Ease the Transition from High School Sports to College Athletics?
Steve Cole, MEd, ATC

3:30 – 5:30 p.m.  Physical Exam Pearls and Common Injuries of the Upper and Lower Extremities
Joanna Horstmann, MD, Michael Petrizzi, MD, CAQ and Jeff Roberts, MD, CAQSM

5:30 – 6:30 p.m.*  Youth Sports Concussion: What It Is and How Can We Help Doctor Determine?
Eugenio Monasterio, MD accompanied by Allison Wolf, DPT, OT/L and Brianne Steigleder, PT, DPT
*Dinner provided with this workshop sponsored by Children’s Hospital of Richmond

POST DINNER OPTIONAL – HANDS-ON SKILLS WORKSHOP

6:30 – 8:30 p.m.  Workshop A: S.M.A.R.T. Part 1
**Separate fee applies
On Field Management of Upper and Lower Extremity Injuries and Sideline Concussion Assessment
Michael Petrizzi, CAQ and Steve Cole, MEd, ATC & W&M ATC
## GENERAL SPORTS MEDICINE

**Saturday, December 3, 2016**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>6:15 a.m.</td>
<td>Registration &amp; Continental Breakfast with Exhibits</td>
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<tr>
<td>7:00 a.m.</td>
<td><strong>Welcome &amp; Announcements</strong>&lt;br&gt;Michael Petrizzi, MD, CAQ&lt;br&gt;Program Chairman and Moderator</td>
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<tr>
<td>7:10 a.m.</td>
<td>Treatment of Soft Tissue Injuries&lt;br&gt;Graham Smith, Grad Dip Phys, FCSP, DipTP, CertEd</td>
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<td>7:40 a.m.</td>
<td>Where Is the Evidence for Treatment for the Most Common Injuries of Shoulder&lt;br&gt;Michael Petrizzi, MD, CAQ</td>
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<td>8:00 a.m.</td>
<td>Evaluation of the Elbow&lt;br&gt;Jeff Roberts, MD, CAQSM</td>
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<td>8:20 a.m.</td>
<td>Most Common Closed Hand, Wrist and Finger Injuries&lt;br&gt;Jeff Roberts, MD, CAQSM</td>
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<td>8:40 a.m.</td>
<td>Evaluation of the Hip and Sacroiliac&lt;br&gt;Thomas Howard, MD, FACSM</td>
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<td>9:00 a.m.</td>
<td>Evaluation of Lower Back Pain&lt;br&gt;Francis O’Connor, MD, MPH, COL</td>
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<td>9:20 a.m.</td>
<td>Questions &amp; Answers</td>
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<tr>
<td>9:30 a.m.</td>
<td>Break with Exhibits</td>
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<tr>
<td>10:00 a.m.</td>
<td>Acute Knee Injuries &amp; Key Tests: HX &amp; DX in Primary Care Sports Medicine Office&lt;br&gt;Michael Petrizzi, MD, CAQ</td>
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<td>10:20 a.m.</td>
<td>Key Imaging Findings on Knee Xray, MRI, CT for Acute Knee Injuries&lt;br&gt;Kevin Hoover, MD, PhD</td>
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<td>Time</td>
<td>Session Title</td>
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<tr>
<td>10:50 a.m.</td>
<td>Joint Injuries, Subsequent Arthritis Evidence For and Against Operative Approach</td>
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<td>11:20 a.m.</td>
<td>Sports Injuries of the Knee and When to Refer to Ortho</td>
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<tr>
<td>11:50 a.m.</td>
<td>Knee OA: When to Refer the Active Able to Partial (UNI) or Total Knee Replacement</td>
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<tr>
<td>12:20 p.m.</td>
<td>Questions &amp; Answers</td>
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<tr>
<td>12:30 p.m.</td>
<td>Lunch Workshop</td>
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<td><strong>Managing Osteoarthritis – New Expert Consensus Protocols &amp; Innovative Biomechanical Solutions</strong></td>
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<td>Knee osteoarthritis for three separate patient populations: the young patient; the aggressively active patient; and the older patient. Protocols for the conservative management of hip osteoarthritis will be discussed including new biomedical interventions.</td>
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<td><strong>Afternoon Session Begins</strong></td>
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<tr>
<td>2:00 p.m.</td>
<td>Evaluation and Treatment of Leg, Ankle and Foot Injuries</td>
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<td>2:30 p.m.</td>
<td>The Role of Joint Injections in Treatment of Arthritis</td>
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<tr>
<td>3:00 p.m.</td>
<td>Concussion Collaboration between ATCs and Physician</td>
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</table>
3:30 p.m.  Questions & Answers

**Separate fee applies**

3:45 – 5:45 p.m.  Optional

Workshop B: Intro to Ultrasound and Joint Injections
Thomas Howard, MD, FACSM

Optional

Workshop C: Manual Therapy and Mobilisations for Hip, Knee and Ankle
Graham Smith, Grad Dip Phys, FCSP, DipTP, CertEd

Optional

Workshop D: S.M.A.R.T. Part 2
(2.0 EBP CEU credit approved)
On-field Management of the Spine Injured Athlete

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Sunday, December 4, 2016

6:45 a.m.  Registration & Continental Breakfast with Exhibits

7:25 a.m.  Announcements
Michael Petrizzi, MD, CAQ

7:30 a.m.  Rheumatology – When is Joint Pain a Rheumatoid Condition and Workup? Diagnosis and Treatment Recommendations
Beth Rubinstein, MD

8:00 a.m.  Common Skin Problems and Care in Athletes
Kent Diduch, MD

8:30 a.m.  Problems Below the Belt: Lower GI and Abdominal Concerns in Athletes
Kent Diduch, MD

9:00 a.m.  Questions & Answers
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<tr>
<td>9:15 a.m.</td>
<td>Break and Exhibits</td>
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<td>9:45 a.m.</td>
<td>Labral Tears of the Shoulder and Other Problems You Should Refer to Me</td>
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<td>Thomas Loughran, MD</td>
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<td>10:15 a.m.</td>
<td>Non-Neurogenic Thoracic Outlet Syndrome</td>
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<td>Katherine Dec, MD, FAAPMR, CAQ</td>
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<td>10:45 a.m.</td>
<td>Exertional Leg Pain in the High School Runner and Non-operative Treatment</td>
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<td>Katherine Dec, MD, FAAPMR, CAQ</td>
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<tr>
<td>11:00 a.m.</td>
<td>Exertional Leg Pain: The Gait Components of 3D Analysis that Help Us with Impact Loading</td>
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<td>Mike Messer, PT, DPT, SCS</td>
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<tr>
<td>11:30 a.m.</td>
<td>Questions &amp; Answers</td>
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<tr>
<td>12:00 p.m.</td>
<td>Conference Adjourns</td>
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Course Registration

PEDIATRIC SPORTS MEDICINE FEES

- $150 Childre’s Hospital of Richmond Pediatric Sports Medicine (Friday only) Registration Fee includes dinner (1:00 - 6:30 p.m. Friday, December 2)

GENERAL SPORTS MEDICINE FEES

- $395 Physicians (Saturday and Sunday plenary - optional workshops not included)
- $325 Physician-in-Training and other Health Care Professionals (letter of verification for residents must be provided)
- $325 Athletic Trainers Registration Fee
- 6:30 – 8:30 p.m. Friday, December 2
  - $125 For optional Workshop A: S.M.A.R.T.
- 3:45 – 5:45 p.m. Saturday, December 3
  - $125 For optional Workshop B: Intro To Ultrasound and Joint Injections

OR

- 3:45 – 5:45 p.m. Saturday, December 3
  - $125 For optional Workshop C: Manual Therapy and Mobilisations for Hip, Knee and Ankle
- 3:45 – 5:45 p.m. Saturday, December 3
  - $125 For optional Workshop D: S.M.A.R.T. Part 2
- $250 fee to attend only ONE DAY without workshops
  - ☐ Saturday  ☐ Sunday

Please select one of the following to obtain syllabus:

- ☐ $25 USB Card with learning materials
- ☐*Free download of syllabus will be available one week prior to conference

USB Cards are only available to those who have paid in advance

EARLY REGISTRATION FEE ENDS OCTOBER 1, 2016

- ☐ Additional Registration fee after October 1, 2016: $50.00
  - TOTAL DUE __________

Do you plan to attend the optional Lunch Workshop on Saturday, December 3 sponsored by OSSUR

- ☐ Yes - No additional fee  ☐ No

REGISTRATION ON-LINE PREFERRED AT CME.VCUHEALTH.ORG
in conjunction with
University Health Services Professional Education Programs
VCU Office of Continuing Medical Education
P.O. Box 980048
Richmond, Virginia 23298-0048

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