21st ANNUAL
VCU Sports Medicine Update in Primary Care

Sports Medicine
Conference

December 4 – 6, 2015
Sports Related Challenges in Pediatrics and Primary Care

Co-Presented by

CHILDREN'S
HOSPITAL OF RICHMOND AT VCU

Friday, December 4 from 1:30- 6:30 (includes optional dinner)

Friday 5:30-8:30
Main Sessions Saturday and Sunday Morning
Optional Workshops Saturday Afternoon

Kingsmill Resort
Williamsburg, Virginia

Presented by:
VCU Continuing Medical Education
In collaboration with the Department of Orthopaedic Surgery
Virginia Commonwealth University School of Medicine

Topics include an update on concussion management, pediatric physical and occupational therapy, splinting, physical exam skills, musculoskeletal ultrasound & joint injections, sideline management assessment response techniques and joint mobilizations

Presenting renowned clinician experts and Featuring special guest:

Graham Smith, Grad Dip Phys, FCSP, Dip TP, CertEd

Join us at Colonial Williamsburg’s Grand Illumination Weekend
CHILDREN’S HOSPITAL OF RICHMOND (CHoR)
FACULTY

Charles Dillard, MD, MSHA
Assistant Professor
Medical Director: Pediatric TBI Program
Richmond, VA

Joanna Horstmann, MD
Assistant Professor
Richmond, VA

Aileen Jones, DPT
Richmond, VA

Victoria Kuester, MD
Associate Professor
Richmond, VA

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
Richmond, VA

Ron Williams, MD
Assistant Professor
Richmond, VA

Allison Wolf, OT
Richmond, VA

SPECIAL GUEST SPEAKER

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

GUEST FACULTY

Steve Cole, M.Ed, 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

Thomas Howard, MD, FACSM
Assistant Professor
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

Lara Quinlan, MD, CAQSM
TPMG Orthopaedics
Williamsburg, VA

Amity Rubeor, DO
Assistant Professor
Assistant Fellowship Director
Brown University/MHRI Primary Care Sports Medicine Fellowship

FACULTY and PLANNING COMMITTEE

Virginia Commonwealth University
School of Medicine

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

Charles Dillard, MD
Program Co-Chair
Assistant Professor
CHoR Medical Director:
PEDIATRIC TBI Program
Richmond, VA

Thomas Loughran, MD
Program Co-Chair
Associate Professor of Orthopaedic Surgery
Medical Director,
VCU Sports Medicine Center
Richmond, VA

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

Katherine Dec, MD, CAQ
Professor, Departments of Physical Medicine & Rehabilitation and Orthopaedic Surgery Team Physician,
Longwood University
Richmond, VA

Michael Pitzer, MD, CAQ
Assistant Professor
MCV Physicians

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

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

Sherry Black, MBA
CHoR Business Manager

John Boothby, MSW
VCU Continuing Medical Education
Richmond, VA

VCU is an equal opportunity/affirmative action employer. If special accommodations are needed, please contact us at (804) 828-3640 or (800) 413-2872.
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 with ADA standards, with rooms and suites available upon request for any persons with disabilities. Nearby attractions include Busch Gardens (ChristmasTowne). The shuttle will take you anywhere on the property and also goes to 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.

VCU Continuing Medical Education in collaboration with Children’s Hospital of Richmond at VCU and the Department of Orthopaedic Surgery at Virginia Commonwealth University (VCU) School of Medicine is pleased to offer the 21st Annual Sports Medicine Update in Primary Care Conference, December 4 – 6, 2015 at the Kingsmill Resort in 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 healthcare 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 involve additional registration fees.

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

- 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;
- learn latest splinting techniques;
- recognize pediatric and adolescent athlete conditions such as: asthma, back pain, sprains/strains & traumatic brain injury;
- review the diagnosis and treatment of medical conditions that affect athletes and their participation in sports;
- demonstrate latest approaches to help dancers and athletes;
- recognize the need for sideline medical coverage and obtain the skills needed to cover events including improved "return to play" decisions;
- discuss current guidelines for assessment and management of concussions;
- learn to mobilize joints in athletes;
- review the indications and technique for landmark-guided common joint injections;
- discuss occupational and physical therapy treatments of the child/adolescent with concussion;
- review factors contributing to increasing numbers of young people with complex congenital illness.
OPTIONAL WORKSHOPS

* Hands-On Physical Exam Skills * Joint Injection * Skills Practice
* Pediatric PT/OT Rehab of Concussions * Introduction to MSK Ultrasound
* Splinting * SMARTWorkshop * Concussion Evaluation * Joint Mobilization

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 20.00 AMA PRA Category 1 Credits ™. 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 20.00 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 American Academy of Family Physicians Determination of credit 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 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. 0.5 CEUs will be awarded and recorded with the University.
FRIDAY, DECEMBER 4, 2015

12:30 pm  Registration Open
1:30-2:30  Breathing Difficulty with Exercise – Is it Asthma?
           Ronald Williams, MD
2:30-3:30  Why Lifelong Care for Patients with Congenital Heart
           Defects is Important
           William Moskowitz, MD, FAAP, FACC, FSCAI, FAHA
3:45-4:30  Back Pain in Pediatric Athletes
           Victoria Kuester, MD
4:30-5:15  Common Knee and Ankle Injuries in Pediatric Athletes
           Joanna Horstmann, MD
5:30-6:30  Return to Learn After Pediatric TBI
           Chad Dillard, MD, MSHA
           **Dinner served with this workshop

POST DINNER OPTIONAL – HANDS-ON SKILLS WORKSHOPS
(SESSIONS A, B, C and D)

PM
5:45 – 7:00  Registration Open

6:30 – 8:30  SESSION A
           Physical Exams Skills of the Shoulder, Elbow, Knee,
           Foot and Ankle
           Jeff Roberts, MD, CAQSM, Michael Pitzer, MD, CAQ,
           Amity Rubeor, DO, Lara Quinlan, MD, CAQSM
           • Please wear comfortable, loose attire for examinations

6:30 – 8:30  SESSION B
           Introduction to Musculoskeletal Ultrasound and
           Joint Injections
           Thomas Howard, MD, FACSM, Frances O’Connor, MD

6:30 – 8:30  SESSION C
           Evaluation and Treatment of the Child/Adolescent with
           Concussion:
           OT and PT Roles Within presented by CHOR
           Aileen Jones, DPT, Allison Wolf, OT

6:30 – 8:30  SESSION D
           Sprains and Strains Splinting Workshop presented
           by CHOR
           Joanna Horstmann, MD

Minimum registration of 6 people required for each workshop. VCU Office of CME reserves the right to cancel any workshops with less than 6 people.
SATURDAY, DECEMBER 5, 2015

AM
6:15  Registration & Continental Breakfast with Exhibits

7:00  Welcome & Announcements
      *Michael Petrizzi, MD, CAQ
      Program Chairman and Moderator

PRIMARY CARE ASPECTS OF SPORTS INJURIES

7:10  Management of Overuse Injuries 2015
      *Frances O’Connor, MD, MPH

7:40  Shoulder Injuries
      *Michael Petrizzi, MD, CAQ

8:10  Evaluation of the Elbow
      *Thomas Howard, MD, FACSM

8:40  Most Common Closed Hand, Wrist and Finger Injuries
      *Jeff Roberts, MD, CAQSM

9:10  Questions & Answers

9:30  Break with Exhibits

10:00 Evaluation of Hip Pain and Introduction to Osteopathic Principles
      *Amy Rubeor, DO

10:30 Treatment of Knee Injuries
      *Michael Petrizzi, MD, CAQ

11:00 Evaluation and Treatment of Leg, Ankle and Foot Injuries
      *Jeff Roberts, MD, CAQSM

11:30 Ankle Ligament Disruption – A Clinical and Functional Dilemma
      *Graham Smith, Grad Dip Phys, FCSP, DipTP, CertEd

12:15 Questions & Answers

PM
12:30 - Buffet Lunch with Exhibitors – An extended opportunity to meet
1:15  our exhibitors who generously help support this conference.

OPTIONAL AFTERNOON WORKSHOPS (SESSIONS E, F and G)

PM
1:20-2:50  SESSION E
E. S.M.A.R.T. (Sideline Management Assessment
Response Techniques) Hands-On Skills and Practice with
Athletes in Uniform
      *Steve Cole, M.Ed, ATC, John Mitrovic, PT, SCS, ATC, CSCS,
      Michael Petrizzi, MD, CAQ

3:05 -  3:50  SESSION F
F. Concussion Assessment Skills
      *Steve Cole, M.Ed, ATC, and Michael Petrizzi, MD, CAQ
OPTIONAL AFTERNOON WORKSHOPS (SESSIONS E, F and G) - Cont’d

3:50-4:10  Break

4:10-5:30  SESSION G
G. Joint Mobilizations
Graham Smith, Grad Dip Phys, FCSP, DipTP, CertEd

SUNDAY, DECEMBER 6, 2015

AM
6:45  Registration & Continental Breakfast with Exhibits

7:25  Announcements
Michael Petrizzi, MD, CAQ

FOCUS ON THE FEMALE ATHLETE AND MEDICAL ASPECTS OF SPORTS MEDICINE

7:30  Dance Medicine and Sports Medicine Management
Katherine Dec, MD, CAQ

8:15  Problems Above the Belt: Headaches and Respiratory
Kent Diduch, MD

9:00  Relative Energy Deficiency (RED-S): Beyond F.A.T.
Katherine Dec, MD, CAQ

9:30  Questions & Answers

9:45  Break/Hotel Checkout and Exhibits

ADVANCED TOPICS IN SPORTS MEDICINE: THE ORTHOPAEDIC PERSPECTIVE

10:15  Comprehensive Look at Traumatic Injuries Encountered as a Team Physician
Seth Cheatham, MD

11:00  Shoulder: Orthopaedic Perspective. When Do You Need to Refer Your Patients to Me?
Thomas Loughran, MD

11:45  Knee: Orthopaedic Perspective. When Do You Need to Refer Your Patients to Me?
Seth Cheatham, MD

12:15  Questions & Answers

12:30  Conference Adjourns
COLONIAL WILLIAMSBURG

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 6, 2015
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 NOVEMBER 1, 2015. You can register on-line by going to www.vcuhealth.org/cme/register

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 20, 2015.

To receive additional information, please contact:
VCU 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@vcu.edu

ACCOMMODATIONS & RESERVATIONS

A block of rooms is being held at the Kingsmill Resort in Williamsburg, Virginia. The cutoff date for reservations is November 20, 2015. 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 11am. 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

To make your reservation call the hotel directly at (800) 832-5665 and request the group name VCU Sports Medicine Conference 2015 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. The room rate is $134.00 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.
COURSE REGISTRATION FORM  MCA-32105
21st Annual VCU Sports Medicine Update in Primary Care
December 4-6, 2015
Kingsmill Resort, Williamsburg, VA

REGISTRATION ON-LINE PREFERRED

FIRST NAME ______________________________ LAST NAME ______________________________

MAILING ADDRESS FOR CREDIT CARD

CITY ______________________________ STATE ___________ ZIP ______________________________

PROVINCE / COUNTRY ____________________________________________________________

( ____ ) ______________________________ ( ____ ) ______________________________
TELEPHONE WORK ______________________________ HOME ______________________________

FIRM ________________________________________________________________

E-MAIL ______________________________ Required ______________________________

DEGREE SPECIALTY / CERTIFICATION

Register On-line: www.vcuhealth.org/cme
Registrations will be accepted by fax at (804) 828-7438 or mail with this
completed registration form to:
UHS-PEP, Inc.
P.O. Box 980048
Richmond, VA 23298-0048

☐ $150 Children’s Hospital of Richmond Registration Fee + DINNER
   (1:30-6:30pm Friday, 12/4)
☐ $395 MD/DO Registration Fee (for Sat / Sun Conference)
☐ $325 Physician-in-Training, other Health Care Professionals and
   Athletic Trainers Registration Fee
   $125 For one optional Session □ A □ B □ C □ D 6:30-8:30pm Friday, 12/4
   (choose only 1)
☐ $125 For optional Session E (1:20-2:50pm Saturday, 12/5)
☐ $75 For optional Session F (3:05-3:50pm Saturday, 12/5)
☐ $125 For optional Session G (4:10-5:30pm Saturday, 12/5)
☐ $250 fee to attend only ONE DAY without sessions
   □ Saturday □ Sunday

Please select one of the following to obtain syllabus:
☐ $25 USB Card w/ 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 by 11/23/2015

LATE REGISTRATION FEE AFTER Nov. 23rd: $50.00

$ ___________ TOTAL ENCLOSED

Make check payable to UHS-PEP, or you may pay by Credit Card
☐ MasterCard ☐ Visa ☐ AMEX ☐ Discover

CARD # ______________________________

BILLING ADDRESS

______________________________________________________________

EXP. DATE ___________ SECURITY CODE ______________________________

For more information call us at (804) 828-3640 or (800) 413-2872