PLEASE JOIN US

39TH ANNUAL

UNIVERSITY OF WISCONSIN

Sports Medicine Symposium

May 4–6, 2016
American Family Insurance Campus, East Madison
(Pre-conference evening workshop May 4)

Provided by
University of Wisconsin Sports Medicine
uwsportsmedicine.org
and
University of Wisconsin School of Medicine and Public Health
Office of Continuing Professional Development in Medicine and Public Health
ocpd.wisc.edu

39TH ANNUAL
CONNECT WITH US!

facebook.com/uwhealthsports    @uwhealthsports    instagram.com/uwhealthsports

#UWSMS39
The purpose of this symposium is to provide the latest information on the diagnosis, prevention and treatment of athletic-related medical conditions and musculoskeletal injuries. Its content is based on comments from past participants as well as faculty and clinical perception of current trends and issues in sports medicine. The conference will focus on practical and clinically relevant information for participants to use in their daily practice.

INTENDED AUDIENCE AND SCOPE OF PRACTICE
Team physicians, primary care physicians, athletic trainers, physical therapists, nurses, physician assistants and other health professionals who provide care for athletic and active populations

OBJECTIVES
Upon completion of the symposium, participants will:

• Improve ability to evaluate, diagnose and treat common sports and orthopedic injuries in active populations.
• Identify age-specific differential diagnosis for musculoskeletal injuries.
• Apply management and return-to-play guidelines for athletes who have sustained a concussion.
• Describe management and participation criteria for patients with diabetes involved in sport or activity.
• Discuss treatment options for common pediatric knee injuries including OCD lesions.
• Recognize appropriate radiological and surgical techniques for managing common injuries to the shoulder.
• Analyze systems to evaluate, diagnose and treat common hip and pelvic disorders.

ELEMENTS OF COMPETENCE
This CME activity has been designed to change learner competence and focuses on the American Board of Medical Specialties areas of medical knowledge, and patient care and procedural skills.

2016 SPORTS MEDICINE SYMPOSIUM PROGRAM: WEDNESDAY, MAY 4

5:00 – 7:30 pm  OPTIONAL PRE-CONFERENCE WORKSHOP
UW Health at The American Center Sports Performance
What is Core Strength?
Dave Knight, MA, LAT, USAW, TPI-MP3J2

Incorporating Principles of Yoga into Sports Rehab and Sports Performance
Sue Falsone, PT, MS, SCS, ATC, CSCS, COMT, RYT
7:15 am – 5:15 pm  REGISTRATION DESK OPEN
8:20 am  WELCOME
8:25 am – 10:20 pm  Session 1: Pelvic and Hip Pain
The Subtle Signs of Serious Hip Injuries in Athletes
James Keene, MD
Groin Pain in Athletes
John Wilson, MD, MS
Lumbopelvic Pain in Female Athletes
Kathleen Carr, MD
Imaging the Hip and Pelvis
Donna Blankenbaker, MD
Panel Discussion
10:20 am – 10:30 am  BREAK
10:30 am – 11:25 am  Session 2: Working with Special Populations
Diabetic Athletes
Lauren Kanner, MD
Exercise and the Disabled Athlete: Commit to Inclusion
David Bernhardt, MD
Panel Discussion
11:25 am – 12:15 pm  Session 3: Shari Khaja Dorresteijn Lecture
Best Practices for the Integration of AT, PT, MD, Strength Coaches, Sport Coaches
Sue Falsone, PT, MS, SCS, ATC, CSCS, COMT, RYT
12:15 pm – 1:15 pm  LUNCH
1:15 pm – 2:45 pm  Session 4: Research Updates
Limiting Full Contact Practice: Incidence of Sport-Related Concussion in High School Athletes
Tim McGuine, PhD, LAT
Evidence for Sport Participation Recommendations
David Bell, PhD, ATC
Later Life Consequences of Youth Exposure to Repeated Head Impacts
Julie Stamm, PhD, ATC
Badger Sport Performance Updates
Jennifer Sanfilippo, MS, LAT
Injury and Illness Prevention Through In-Season Monitoring
Andrew Watson, MD, MS
MARS/MOON Knee Project Updates
Warren Dunn, MD
Panel Questions
2:50 pm – 3:00 pm  BREAK
3:00 pm – 4:00 pm  Session 5: Concurrent Seminars
(Please choose one)
Seminar 1: The Pregnant and Postpartum Runner: What Changed?
Elizabeth Chumanov, PT, DPT, PhD
Seminar 2: Screening the Lumbopelvic Region
Joe Tupta, PT
Seminar 3: Concussion Updates
Alison Brooks, MD, MPH
Concussion Rehabilitation Updates
Dan Enz, PT, SCS, LAT
4:10 pm – 5:10 pm  Session 6: Concurrent Sessions
(Please choose one)
Seminar 1: The Pregnant and Postpartum Runner: What Changed?
Elizabeth Chumanov, PT, DPT, PhD
Seminar 2: Screening the Lumbopelvic Region
Joe Tupta, PT
Seminar 3: Common Pediatric Fractures
Blaise Nemeth, MD
Overuse Injuries in the Skeletally Immature Athlete
Erin Hammer, MD
5:10 pm    ADJOURN FOR THE DAY
2016 SPORTS MEDICINE SYMPOSIUM PROGRAM: FRIDAY, MAY 6

7:30 am  CONTINENTAL BREAKFAST
8:00 am – 9:45 am  Session 7: The Shoulder
  MRI of the Shoulder  
  John Orwin, MD
  Shoulder Instability  
  Tamara Scerpella, MD
  Rehab of the Unstable Shoulder  
  Kelcie Wittman, DPT
  Panel Discussion

9:45 am – 10:00 am  BREAK
10:00 am – 11:15 am  Session 8: Pediatric Knee Injuries
  Pediatric Orthopedic Knee Injuries – OCD  
  Ben Graf, MD
  Rehab for Common Pediatric Knee Injuries  
  Marc Sherry, DPT, LAT, CSCS, PES
  Panel Discussion

11:15 am – 12:20 pm  Session 9: Case Presentations
  Orthopedic Case 1  
  Brian Walczak, MD
  Rehab Case 1  
  Ryan Stromberg, DPT
  Primary Care Sports Case  
  Erin Hammer, MD
  Rehab Case 2  
  Christa Wille, DPT
  Orthopedic Case 2  
  Geoff Baer, MD
  Panel Discussion

12:20 pm – 12:30 pm  Assessment and Closing Comments

12:30 pm  ADJOURN REGULAR PROGRAM

1:30 pm – 3:30 pm  OPTIONAL POST-CONFERENCE SEMINARS AND WORKSHOPS

(Please choose one)

What is Athletic Strength Training?
Sean Casey, CSCS, RDN, CISSN and Alison Regal, MS, CSCS
Location: UW Health at The American Center Performance Area

Runners Clinic
Jennifer Kempf, MPT
Location: UW Health at The American Center Sports Movement Room

Evidence-Based Update on the Clinical Exam of the Hip and Shoulder
Brian Walczak, MD
Location: American Family Insurance Campus, Main Lecture Hall

12:30 pm – 1:15 pm  LUNCH FOR POST-CONFERENCE WORKSHOP ATTENDEES
SYMPOSIUM FACULTY

GUEST FACULTY
Sue Falsone, PT, MS, SCS, ATC, CSCS, COMT, RYT
Physical Therapist; Certified Athletic Trainer,
Owner, Structure and Function, Owner, Dr. Ma Systemic
Dry Needling

M. Alison Brooks, MD, MPH
Assistant Professor, Departments of General Pediatrics and
Adolescent Medicine, and Orthopedics and Rehabilitation,
Division of Sports Medicine; Team Physician, University of
Wisconsin Athletics

Kathleen Carr, MD
Associate Professor, Departments of Family Medicine, and
Orthopedics and Rehabilitation, Division of Sports Medicine; Team Physician, University of
Wisconsin Athletics

Sean Casey, CSCS, RDN, CISSN
Sports Performance Specialist ‡

Elizabeth Chumanov, PT, DPT, PhD
Physical Therapist ‡

Warren Dunn, MD, MPH
Associate Professor, Department of Orthopedics and
Rehabilitation, Division of Sports Medicine, Team Physician, University of
Wisconsin Athletics

Dan Enz, PT, SCS, LAT
Manager, Sports Rehabilitation, Research Park ‡

Ben Graf, MD
Professor, Department of Orthopedics and Rehabilitation,
Division of Sports Medicine

Doug Grovergrys, MPT, LAT, SCS, CSCS
Physical Therapist *‡

Erin Hammer, MD
Department of Orthopedics and Rehabilitation, Division of
Sports Medicine; Fellow, Primary Care Sports Medicine

Patrick Hills-Meyer, MA, LAT, CSCS
Coordinator, Sports Medicine Education * ‡

Lauren Kanner, MD
Department of Pediatrics; Fellow, Division of Endocrinology

James Keene, MD
Professor Emeritus, Department of Orthopedics and
Rehabilitation, Division of Sports Medicine

Jennifer Kempf, MPT, CSCS
Physical Therapist ‡

David Knight, MA, LAT, USAW, TPI-MP3J2
Licensed Athletic Trainer; Sports Performance
Program Manager ‡

Maria Kostichka, MS, LAT
Licensed Athletic Trainer *‡

Tim McGuine, PhD, ATC
Senior Scientist UW School of Medicine and Public Health ‡

Blaise Nemeth, MD, MPH
Associate Professor, Department of Orthopedics and
Rehabilitation, Division of Pediatrics

UNIVERSITY OF WISCONSIN AND
UW HEALTH SYMPOSIUM FACULTY
* Planning Committee
‡ UW Health Sports Medicine, Madison, WI

Geoffrey Baer, MD, PhD
Assistant Professor, Department of Orthopedics and
Rehabilitation, Division of Sports Medicine; Team
Physician, University of Wisconsin Athletics

David Bell, PhD, ATC
Assistant Professor, Departments of Kinesiology and
Orthopedics and Rehabilitation

David Bernhardt, MD
Professor, Departments of General Pediatrics
and Adolescent Medicine, and Orthopedics and
Rehabilitation, Division of Sports Medicine; Team
Physician, University of Wisconsin Athletics *

Donna Blankenbaker, MD
Professor, Department of Radiology, Division of
Musculoskeletal Imaging and Intervention
SYMPOSIUM FACULTY

John Orwin, MD  
Professor, Department of Orthopedics and Rehabilitation, Division of Sports Medicine; Team Physician, University of Wisconsin Athletics

Alison Regal, MS, CSCS  
Sports Performance Specialist ‡

Jennifer Sanfilippo, MS, LAT  
Sports Performance Coordinator, Badger Athletic Performance, University of Wisconsin-Madison

Tamara Scerpella, MD  
Professor, Department of Orthopedics and Rehabilitation, Division Chairperson Sports Medicine; Team Physician, University of Wisconsin Athletics

Marc Sherry, PT, DPT, LAT, CSCS, PES  
Manager, Sports Rehabilitation * ‡

Julie Stamm, PhD, ATC  
Postdoctoral Research Associate, Department of Radiology

Ryan Stromberg, DPT  
Physical Therapy Resident ‡

Joe Tupta, PT  
Physical Therapist ‡

Brian Walczak, MD  
Department of Orthopedics and Rehabilitation, Division of Sports Medicine; Fellow Orthopedics

Andrew Watson, MD, MS  
Assistant Professor, Departments of Pediatrics, and Orthopedics and Rehabilitation, Division of Sports Medicine; Team Physician, University of Wisconsin Athletics

Christa Wille, DPT  
Physical Therapy Resident ‡

John Wilson, MD, MS  
Assistant Professor, Departments of General Pediatrics and Adolescent Medicine, and Orthopedics and Rehabilitation, Division of Sports Medicine; Team Physician, University of Wisconsin Athletics

Kelcie Wittman, DPT  
Physical Therapist ‡

POLICY ON DISCLOSURE

It is the policy of the University of Wisconsin School of Medicine and Public Health that the faculty, authors, planners and other persons who may influence content of this CME activity disclose all relevant financial relationships with commercial interests in order to allow CME staff to identify and resolve any potential conflicts of interest. Faculty must also disclose any planned discussion of unlabeled/unapproved uses of drugs or devices during their presentation(s). Detailed disclosures will be made in the activity handout materials.
CONFERENCE FEES
The conference registration fee is $395 for physicians and $295 for residents/fellows, athletic trainers, physical therapists and other allied health professionals. This fee does not include the optional Wednesday evening pre-conference or Friday afternoon post-conference seminars (see information below for these workshops and seminars). The registration fee includes the cost of tuition for the main program, course syllabus, conference completion report, breaks, lunch on Thursday, continental breakfast on Friday and a nonrefundable registration fee of $50. If you cancel your registration 72 hours prior to the conference, you will be refunded the conference fee except the nonrefundable $50 registration fee. No refunds will be made after that time. Prepayment is required. We cannot guarantee availability of onsite registration, so please register early.

WEDNESDAY EVENING WORKSHOPS AND FRIDAY AFTERNOON SEMINARS
One Wednesday evening optional workshop and three Friday afternoon optional seminars will be offered. Cost of the optional pre-conference and post-conference seminars is $60. Workshop and seminar enrollment is limited, so register early to assure your place. Detailed location of the workshop and seminars will be included in the registration confirmation email. Lunch is included on Friday for all optional post-conference seminar registrants. You must register for the Symposium to be eligible to register for the workshops or seminars.

COURSE SYLLABUS
Participants will receive a printed course syllabus. An electronic syllabus will not be offered.
REGISTRATION AND CONFIRMATION
See the last page of the brochure for the **FOUR EASY WAYS TO REGISTER**. All registrations are confirmed by email. Your confirmation for the optional Wednesday pre-conference or Friday post-conference workshops and seminars will be sent at the same time. Please call (608) 262-1397 if you do not receive your confirmation.

PARKING
Free parking is available at the American Family Insurance Campus.

HOUSING
A block of rooms has been reserved at Holiday Inn Madison at The American Center. A special rate of $105 per night, plus tax, is available at the Holiday Inn at The American Center for this conference. Call (608) 249-4220 to make your hotel room reservation or use the three letter group code “SMS” when reserving online at holidayinn.com/madisonwi.

NOTE: The special room rate will be available until April 15, or until the block of rooms is sold out, after which the rooms will be released to the public at the regular rate.

FOR FURTHER INFORMATION
For conference information please email Cathy Means at the Office of Continuing Professional Development in Medicine and Public Health at cathy.means@wisc.edu or Patrick Hills-Meyer at phills-meyer@uwhealth.org.

To register, cancel or confirm your registration call (608) 262-1397.
Accreditation Statement:
The University of Wisconsin School of Medicine and Public Health is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

CREDIT DESIGNATION STATEMENT:
The University of Wisconsin School of Medicine and Public Health designates this live activity for a maximum of 15.75 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**The maximum number of hours includes participation in the Wednesday evening pre-conference workshop and one of the three optional post-conference seminars on Friday afternoon.

Board of Certification, Inc.: The UW Health Sports Medicine Program is recognized by the Board of Certification, Inc. (BOC) to offer continuing education for Certified Athletic Trainers. This program is approved for a maximum of 15.75 hours of Category A continuing education. This total includes participation in an optional Wednesday pre-conference workshop or Friday post-conference seminar. Certified Athletic Trainer’s are responsible for claiming only those hours actually spent participating in the continuing education activity. According to education levels described by the CEC Committee of the NATA, this education course is considered to be advanced level. BOC Approved Provider Number is P451.

American Academy of Family Physicians: Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending. Please contact Cathy Means at cathy.means@wisc.edu for further information.

National Strength and Conditioning Association: An Application for Credit is pending with the National Strength and Conditioning Association. Please contact Cathy Means at cathy.means@wisc.edu for further information.

Wisconsin Physical Therapy Association: An Application for Credit is pending with the Wisconsin Physical Therapy Association. Please contact Cathy Means at cathy.means@wisc.edu for further information.

Conference Completion Report: You will be mailed a conference completion letter 4 – 6 weeks after the conference. To ensure this process, please complete and return the attendance verification form provided to you at the conference.

The University of Wisconsin provides equal opportunities in employment and programming, including Title IX requirements.

The University of Wisconsin School of Medicine and Public Health fully complies with the legal requirements of the ADA and the rules and regulations thereof. If any participant in this educational activity is in need of accommodations, please notify Cathy Means at email cathy.means@wisc.edu.
39TH ANNUAL
UNIVERSITY OF WISCONSIN SPORTS MEDICINE SYMPOSIUM • MAY 4–6, 2016 #4030 ame-spor

STEP 1. PARTICIPANT INFORMATION:
Please complete entire form. Please PRINT in block letters.

Name ___________________________________________________________
FIRST MI LAST

Credentials (for Credit and Name Badge):
☐ MD  ☐ DO  ☐ NP  ☐ RN  ☐ PT  ☐ ATC  ☐ PA
☐ Other ________________________________________________________

Employer Name ____________________________________________________

Address __________________________________________________________

Dept/Floor/Suite ____________________________________________________

City _____________________________________________________________

E-mail ____________________________________________________________

State __________________________  Zip ______________________________

Day Phone (______) ________________________________________________

Confirmations/receipts will be sent ONLY via email. Please include email address.
☐ I would like a vegetarian meal for lunch on Thursday.

STEP 2. FEE INFORMATION – PREPAYMENT IS REQUIRED:

A.  ☐ $395 Physician
   ☐ $295 Nurse, Physician Assistant, Resident, Athletic Trainer, Physical Therapist

B.  ☐ $60 Optional WEDNESDAY (MAY 4) PRE-CONFERENCE WORKSHOP
   What is Core Strength/Yoga for Strength Training

C.  ☐ $60 Optional FRIDAY (MAY 6) POST-CONFERENCE WORKSHOP OR SEMINAR
   (Select 1 from below; if interested in attending other workshop if first choice is filled,
   write “2” next to second choice, “3” next to third choice)
   ☐ What is Athletic Strength Training?
   ☐ Runner’s Clinic
   ☐ Evidence Based Update on the Clinical Exam of the Shoulder

Total Fees (A + B + C):  $_____________________

STEP 3. PAYMENT INFORMATION:

☐ Check Enclosed (payable to University of Wisconsin)

☐ Credit Card:  ☐ MasterCard  ☐ Visa  ☐ American Express

Card Number ______________________________________________________

Expiration Date ____________________________________________________

Cardholder’s Name ____________________________________________________

REGISTER:

Phone: Call (608) 262-1397 and pay by VISA, MasterCard or American Express.
FAX: Fax your registration form to (800) 741-7416 (in Madison 265-3163).
Online: www.ocpd.wisc.edu/course_catalog
Mail: Send this form and payment to CME Specialist, Department 101, The Pyle Center, 702 Langdon St., Madison, WI 53706
39TH ANNUAL

UNIVERSITY OF WISCONSIN
Sports Medicine Symposium

May 4–6, 2016
American Family Insurance Campus

CONNECT WITH US!

University of Wisconsin
Sports Medicine
621 Science Drive
Madison, WI 53711