

General Information

The Course

This year's symposium, designed for team physicians, coaches, and trainers, will concentrate on injuries of the upper extremity, head, neck, and facial injuries, including their prevention and rehabilitation. The topics of preseason and general conditioning, protective equipment and rehabilitation of the injured player will also be covered. The format will be illustrated lectures, panels, and discussion. There will also be demonstrations of taping and protective splinting, as well as close-up views on protective equipment, via video tapes. Participants are encouraged to bring problem cases and situations for discussion by the faculty during the question and answer sessions.

The Concept

Care of the injured athlete demands the full attention and concern of the entire Sports Medicine Team: the trainer, the coach, and the physician. Foremost in the minds of this team should be the prevention of injury, followed by the treatment and rehabilitation of the athlete. The course provides a forum for the Sports Medicine Team to discuss problems and concepts relating to preventing, treating, and rehabilitating injured athletes. Emphasis is placed on the prevention of injury by conditioning and the use of proper equipment. Commonly occurring problems and injuries relating to upper limb, head neck, and face will also be reviewed. The major portion of the course will be devoted to structured lectures, with ample opportunity for interchange with the faculty following each didactic session and during informal group associations.

The Objectives

By the end of the course the participants should be able to:

1. Develop a concept of one's position on the Sports Medicine Team.
2. Develop logical approaches to the prevention of injury by conditioning and utilization of proper protective equipment.
3. Diagnose commonly occurring injuries and advise the athletes regarding their treatment.
4. Initiate logical primary treatment following injury.
5. Develop comprehensive rehabilitation regimens following injuries to athletes.

Credit

As an organization accredited for continuing medical education, the University of Texas Health Science Center at San Antonio certifies that this continuing medical education offering meets the criteria for 12 credit hours in Category I of the Physician's Recognition Award of the American Medical Association, provided it is used and completed as designed. Program is acceptable for 12 Prescribed hours by the American Academy of Family Physicians.

Grateful acknowledgment is made to the following contributors for support for this seminar:

Merck Sharp & Dohme
Schering Corporation

Program

Saturday, April 1, 1978

- 7:30 a.m. Registration, Joe C. Thompson Conference Center
- 8:30 a.m. Welcome and Opening Remarks
- 8:40 a.m. Conditioning for Prevention of Injury — John A. Genung, M.D.
- 9:10 a.m. Warm Weather Conditioning — Melvin L. Thornton, M.D.
- 9:40 a.m. The Do's and Don'ts of Sideline Medicine — Jack H. Henry, M.D.
- 10:00 a.m. Coffee Break
- 10:40 a.m. Symposium on Head and Neck Injuries:
 - Helmets — Jerry D. Julian, M.D.
 - Head Injuries — Jim L. Story, M.D.
 - Neck Injuries — Arvo Neidre, M.D.
 - Conditioning and Rehabilitation of the Neck — Charles Craven
- 11:45 p.m. Panel on Head and Neck Injuries
- 12:15 p.m. Luncheon
- 1:30 p.m. Specific Conditioning for Specific Sports — Melvin L. Thornton, M.D.
- 2:00 p.m. Injuries in Recently Popular Sports — Murray Matthewson, M.D.
- 2:30 p.m. Injuries to the Adolescent Athlete — Kaye E. Wilkins, M.D.
- 3:00 p.m. Coffee Break
- 3:30 p.m. Symposium on Shoulder Injuries:
 - Injuries around the Clavicle and Shoulder Subluxation — Charles A. Rockwood, Jr., M.D.
 - Shoulder Dislocations — Jack H. Henry, M.D.
 - Soft Tissue Injuries around the Shoulder — Jerry D. Julian, M.D.
 - Shoulder Rehabilitation — Charles Craven

- 4:45 p.m. Panel on Shoulder Injuries
- 5:00 p.m. Closing Remarks
- 6:00 p.m. Cocktail Reception at the Sheraton-Crest Inn

Sunday, April 2, 1978

- 9:00 a.m. Cuts, Lacerations, and Abrasions — James Heckman, M.D.
- 9:30 a.m. ENT Problems in Athletics — Douglas E. Mattox, M.D.
- 10:00 a.m. Problems of the Runner — Karl Kline
- 10:30 a.m. Coffee Break
- 11:00 a.m. Symposium on Upper Extremity Injuries:
 - Elbow Injuries — Jerry D. Julian, M.D.
 - Tennis Elbow — John A. Evans, M.D.
 - Hand and Wrist Injuries — Eugene T. O'Brien, M.D.
 - Rehabilitation of Upper Extremity Injuries — Charles Craven
- 12:15 p.m. Panel on Upper Extremity Injuries
- 12:30 p.m. Adjourn

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