

Sixth Annual Symposium on Sports Medicine

March 30, 31 & April 1, 1979



Sixth Annual Symposium On Sports Medicine

The University of Texas
Health Science Center at San Antonio
Auditorium

March 30, 31 & April 1, 1979

General Information

The Course

This year's symposium, designed for team physicians, coaches and trainers, will concentrate on injuries of the lower extremities and back, including prevention and rehabilitation. Pre-season and general conditioning, protective equipment and rehabilitation of the injured player will also be covered. The course has been expanded an extra half-day to allow for a recertification course in cardiopulmonary resuscitation for trainers. Simultaneously, a half-day of subjects pertinent to physicians will be covered. The format will include illustrated lectures, panels, and discussions. There will also be video-tape demonstrations of taping, protective equipment, and rehabilitation. Participants are encouraged to bring problem cases and situations for discussion by the faculty during the question-and-answer periods.

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 injuries, followed by appropriate 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 preventing injury by conditioning and the use of proper equipment. Commonly occurring problems and injuries relating to the lower limb, the back, as well as dermatological problems will also be reviewed. The major portion of the course will consist of structured lectures with ample opportunity for interchange with the faculty following each didactic session and during informal group associations. A recertification course in cardiopulmonary resuscitation will also be offered to all interested.

The Objectives

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

1. Develop the 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 15 credit hours in Category I of the Physician's Recognition Award of the American Medical Association, provided it is used and completed as designed. The program is acceptable for 15 prescribed hours by the American Academy of Family Physicians. In addition, the program is acceptable for 15 hours of Category 2D, American Osteopathic Association.

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

Merck Sharp & Dohme
Schering Corporation
Technimed: Distributors for
Wright-Dow Corning

Sponsors

Division of Orthopaedics
The University of Texas Health Science Center at
San Antonio
The Department of Athletic Medicine
The University of Texas at Austin

Special Features

Cardiopulmonary Resuscitation

By request, a recertification course in cardiopulmonary resuscitation has been added to this year's program. Please note that this is a recertification course for those who have previously been certified in CPR.

Please indicate on the registration form whether you wish to participate in this course.

Program

Friday, March 30, 1979

- 11:00 a.m. Registration: Auditorium Foyer, The University of Texas Health Science Center at San Antonio
- 12:30 p.m. Welcome and Opening Remarks

Program A: Auditorium Foyer

- 1:00-5:00 p.m. Recertification Course in Cardiopulmonary Resuscitation

Program B: Auditorium

- 1:00 p.m. Problems of the Jogger - John A. Genung, M.D.
- 1:30 p.m. Problems of Racquet Sports - J. Pat Evans, M.D.
- 2:00 p.m. Ballet Injuries - Arvo Neidre, M.D.
- 2:30 p.m. COFFEE BREAK
- 3:00 p.m. Does Exercise Prevent Myocardial Infarction? - Timothy N. Caris, M.D.
- 3:30 p.m. The Female Athlete - Paul C. Trickett, M.D.
- 4:00 p.m. Problems of the Aging Athlete - Fred Corley, M.D.

Saturday - March 31

- 8:30 a.m. Nutrition in Athletics: Facts and Fallacies - Eleanor Young, Ph.D.
- 9:00 a.m. Conditioning for Prevention of Injury - Fred Corley, M.D.
- 9:30 a.m. Dermatologic Problems in Athletics - Darl VanderPleog, M.D.
- 10:00 a.m. COFFEE BREAK
- 10:30 a.m. The Team Approach to Sports Medicine - John A. Genung, M.D.
- 11:00 a.m. The Changing Attitude Toward the Pre-Adolescent Athlete - Melvin L. Thornton, M.D.
- 11:30 a.m. Physical Modalities and Their Use in Athletics - Donald M. Currie, M.D.
- 12:00 noon LUNCH (Dental School Cafeteria)
- 1:00 p.m. Diagnosis and Treatment of Injuries Around the Ankle - Jack H. Henry, M.D.
- 1:30 p.m. The Back in Athletics - Arvo Neidre, M.D.
- 2:00 p.m. Problems of the Marathon Runner - Karl K. Klein, M.D.
- 2:30 p.m. COFFEE BREAK
- 3:00 p.m.- Symposium on Soft Tissue Injuries - Jerry Julian, M.D.; John Evans, M.D.; James Heckman, M.D.; Charles Craven, M.Ed.
- 4:30 p.m.

Sunday - April 1	Symposium on Knee Injuries
9:00 a.m.	Anatomy and Examination of the Knee - J. Pat Evans, M.D.
9:30 a.m.	Mechanics of Knee Injuries - Jerry Julian, M.D.
10:00 a.m.	Patellofemoral Problems - Jack H. Henry, M.D.
10:30 a.m.	COFFEE BREAK
11:00 a.m.	Knee Ligament Injuries - J. Pat Evans, M.D.
11:20 a.m.	Meniscal Injuries - John A. Evans, M.D.
11:40 a.m.	Knee Rehabilitation - Jesse C. DeLee, M.D.
12:00 noon	Knee Rehabilitation - Charles Craven, M.Ed.
12:20 p.m.	Panel on Knee Injuries With All Participants
12:40 p.m.	CLOSING

Faculty

Arvo Neidre, M.D., F.R.C.S. (C) (Course Director)
Assistant Professor of Orthopaedics
The University of Texas Medical School at San Antonio

Timothy N. Caris, M.D.
Associate Dean for Continuing Medical Education
Professor of Medicine and Family Practice
The University of Texas Medical School at San Antonio

Fred Corley, M.D.
Instructor of Orthopaedics
The University of Texas Medical School at San Antonio

Charles A. Craven, M.Ed.
Associate Professor of Physical Instruction
Clinical Consultant to Inter-Collegiate Athletics and
Physical Rehabilitation
The University of Texas at Austin

Donald M. Currie, M.D.
Assistant Professor of Physical Medicine and
Rehabilitation
The University of Texas Medical School at San Antonio

Jesse C. DeLee, M.D.
Assistant Professor of Orthopaedics
The University of Texas Medical School at San Antonio

Patricia Delleney, B.F.A.
Director of Ballet Arts School
San Antonio

John A. Evans, M.D., F.R.C.S.(C)
Clinical Assistant Professor of Orthopaedics
The University of Texas Medical School at San Antonio

J. Pat Evans, M.D.,
Orthopaedic Surgeon, Dallas, Texas
Team Physician for Dallas Cowboys

Charles C. Garoni
Instructor for Allied Health
The University of Texas Health Science Center
at San Antonio
Emergency Medical Service Education

John A. Genung, M.D.
Orthopaedic Surgeon
Austin, Texas

James D. Heckman, M.D.
Assistant Professor of Orthopaedics
The University of Texas Medical School at San Antonio

Jack H. Henry, M.D.
Clinical Assistant Professor of Orthopaedics
The University of Texas Medical School at San Antonio

Jerry D. Julian, M.D.
Clinical Assistant Professor of Orthopaedics
The University of Texas Medical School at San Antonio
Team Orthopaedic Surgeon, Athletic Department
at The University of Texas at Austin

Karl K. Kline
Professor, Department of Physical Instruction and
Rehabilitation Laboratory
The University of Texas at Austin

Charles A. Rockwood, Jr., M.D.
Professor and Chairman
Department of Orthopaedic Surgery
The University of Texas Medical School at San Antonio

Michael K. (Spanky) Stephens
Head Athletic Trainer
Department of Inter-Collegiate Athletics
The University of Texas at Austin

Melvin L. Thornton, M.D.
Clinical Professor of Pediatrics
The University of Texas Medical School at San Antonio
Chairman of the American Academy of Pediatrics
Committee on Physical Fitness, Recreation, and Sports

Paul C. Trickett, M.D.
Director of Athletic Medicine
Director of the Student Health Center
The University of Texas at Austin

Darl E. VanderPloeg, M.D.
Professor, Division of Dermatology
The University of Texas Medical School at San Antonio

Eleanor A. Young, Ph.D.
Associate Professor, Division of Gastroenterology
The University of Texas Medical School at San Antonio

Hotel Information

A block of rooms has been reserved at the Oak Hills Motor Inn; 7401 Wurzbach, San Antonio, Texas 78229. Phone: (512) 696-9900. Reservations for the block of rooms must be made by the participants directly with the Oak Hills Motor Inn by March 9, 1979. However, late requests may be able to be accommodated. Although the Inn is within walking distance of the campus, transportation will be provided from the hotel to the Medical Center for those participants who desire it. Please indicate your individual need for this transportation on the registration form.

Course Registration

Advance registration is essential. Registrations will be honored in the order they are received. Advanced registration fee is \$80.00 for physicians and \$40.00 for the coaches and trainers. Late registration at the meeting, on March 30, will be \$100.00 for physicians and \$50.00 for coaches and trainers. The fee includes a luncheon and evening cocktails on Saturday. Refunds will be paid with notification prior to March 16, 1979.

Course Registration Form

Clip registration form, fill out and mail with check (payable to UTHSCSA) to the Office of Continuing Education Services, The University of Texas Health Science Center at San Antonio, 7703 Floyd Curl Drive, San Antonio, Texas 78284. Telephone (512) 691-7291.

SYMPOSIUM ON SPORTS MEDICINE

March 30, 31, and April 1, 1979

The University of Texas Health Science Center Auditorium
San Antonio, Texas

Coaches & Trainers \$40 Physicians \$80

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Profession: _____ SSNo.: _____

(for record keeping purposes)

I will require bus transportation between Oak Hills Motor Inn and The University of Texas Health Science Center Auditorium.

Yes No

I will attend the Saturday evening cocktail reception.

Yes No

I will participate in the CPR Course on Friday, March 30, 1979.

Yes No