

9th annual SYMPOSIUM ON SPORTS MEDICINE

January 28-31, 1982

The University of Texas
Health Science Center
at San Antonio Auditorium



The University of Texas Health Science Center
at San Antonio
Medical School
Continuing Education Services
7703 Floyd Curl Drive
San Antonio, Texas 78284

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General Information

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 upper and lower extremities will be reviewed. The format will include illustrated lectures, panels, and discussions. There will be videotape 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. A certification course in Cardiopulmonary Resuscitation will also be offered.

Objectives

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

- Develop the concept of one's position on the Sports Medicine Team.
- Develop logical approaches to the prevention of injury by conditioning and utilization of proper protective equipment.
- Diagnose commonly occurring injuries and advise the athletes regarding their treatment.
- Initiate logical primary treatment following injury.
- 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 designates that this continuing medical education offering meets the criteria for 20 credit hours in Category 1 of the Physician's Recognition Award of the American Medical Association.

The program has been reviewed and is acceptable for 20 elective hours by the American Academy of Family Physicians. In addition, the program is acceptable for 20 hours of Category 2D, American Osteopathic Association.

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

Acknowledgement

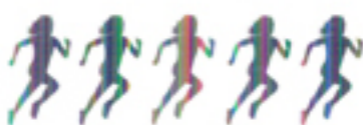
Grateful acknowledgement is made to the following contributors for their support of this seminar.

Eli Lilly and Company
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Special Feature

Cardiopulmonary Resuscitation

A certification course in cardiopulmonary resuscitation will be included in this year's program. Please note that this is a certification course for those who have *and* have not previously been certified in CPR. Please indicate on the registration form whether you wish to participate in this course.



Faculty

Champ L. Baker, M.D.

Director, Sports Medicine
Service

Brooke Army Medical Center
Team Physician: U.S. Modern
Pentathlon Team

Donald E. Baxter, M.D.

Associate Professor of
Orthopaedic Surgery and
Director, Foot Service

The University of Texas Health
Science Center at Houston,
Director of Sports Medicine

The Houstonian

Henry Birdwell, M.Ed., L.A.T.

Head Athletic Trainer

Winston Churchill High School
San Antonio, Texas

Becky Bludaux, C.A.T., L.A.T.

Head Athletic Trainer

Department of Women's
Inter-Collegiate Athletics

The University of Texas at Austin

Thomas E. Cain, M.D.

Associate Professor
of Orthopaedics

Baylor College of Medicine,

Associate Professor

of Orthopaedics

The University of Texas Health
Science Center at Houston,

Chief Surgeon for Shrine

Crippled Children's

Hospital, Houston Unit.

Charles W. Craven, M.Ed.

Associate Professor of

Physical Instruction and

Clinical Consultant to

Inter-Collegiate Athletics

and Physical Rehabilitation

The University of Texas at Austin

Jesse C. DeLee, M.D.

(Course Director)

Associate Professor

of Orthopaedics

The University of Texas Health
Science Center at San Antonio

Byron A. Donzis

Athletic Equipment Designer

Donzis Protective Equipment

Houston, Texas

David J. Drez, Jr., M.D.

Associate Clinical Professor

of Orthopaedic Surgery

Louisiana State University

School of Medicine

Lake Charles, Louisiana

Ted L. Edwards, Jr., M.D.

Founder and Medical Director

The Hills Medical/Sports

Complex

Austin, Texas

J. Pat Evans, M.D.
Orthopaedic Surgeon
Sports Medicine Clinic
of North Texas
Team Physician for
The Dallas Cowboys
Dallas, Texas

Larry Gardner, L.P.T., L.A.T.
Director of Rehabilitation,
Sports Medicine Clinic
of North Texas
Dallas, Texas

Charles E. Garoni
Instructor
Emergency Medical Service
Education
The University of Texas Health
Science Center at San Antonio
John A. Genung, M.D.
Orthopaedic Surgeon
Austin, Texas
James D. Heckman, M.D.
Associate Professor
of Orthopaedics
The University of Texas Health
Science Center at San Antonio

Jack H. Henry, M.D.
Clinical Assistant Professor
of Orthopaedics
The University of Texas Health
Science Center at San Antonio
Jean E. Holt, M.D.
Associate Professor
of Ophthalmology
The University of Texas Health
Science Center at San Antonio

Jerry D. Julian, M.D.
Clinical Associate Professor
of Orthopaedics
The University of Texas Health
Science Center at San Antonio
Team Orthopaedic Surgeon
Athletic Department
The University of Texas at Austin
Allen F. Kingman, Jr., M.D.
Clinical Professor
of Neurosurgery
The University of Texas Health
Science Center at San Antonio

PROGRAM



Thursday, January 28, 1982

6:30 p.m. Final Registration for CPR
Auditorium Foyer
7:00-10:00 p.m. Certification Course in Cardiopulmonary
Resuscitation — *Charles E. Garoni*

Friday, January 29, 1982

7:00 a.m. Bus from Oak Hills Motor Inn to The University
of Texas Health Science Center
7:00 a.m. Final Registration
Auditorium Foyer
8:00-8:15 a.m. The Coach, Trainer and Team Physician —
Ronnie Thompson
8:15-8:45 a.m. On the Field Emergencies: Equipment and
Treatment — *James D. Heckman, M.D.*

Symposium: Nutrition, Vitamins, Electrolytes

Moderator: *Jesse C. DeLee, M.D.*

8:45-9:15 a.m. Nutritional Needs of the Athlete —
Elavor A. Young, Ph.D.
9:15-9:45 a.m. Nutritional Evaluation of the High School
Athlete — *Teal L. Edwards, Jr., M.D.*
9:45-10:10 a.m. Electrolytes and Heat Illness —
Melvin L. Thornton, M.D.

Symposium: Injuries of the Head and Neck

Moderator: *Paul C. Trickett, M.D.*

10:30-11:00 a.m. Injuries of the Eye and Orbit —
Jean E. Holt, M.D.
11:00-11:30 a.m. Head Injuries in Sports — *Allen F. Kingman, Jr., M.D.*
11:30-12:00 noon Cervical Spine and Brachial Plexus Injuries —
Arvo Neidre, M.D.

Symposium: The Female Athlete

Moderator: *Jerry D. Julian, M.D.*

1:00-1:30 p.m. Female Athlete: Special Considerations —
Becky Blumenz, C.A.T., L.A.T.
1:30-2:00 p.m. Knee Problems in the Female Athlete —
Champ L. Baker, M.D.
2:00-2:30 p.m. Overuse Syndromes in the Female Athlete —
Jerry D. Julian, M.D.
2:30-3:00 p.m. Coffee Break
Moderator: *Paul C. Trickett, M.D.*
3:00-3:30 p.m. Common Shoulder Injuries and Their
Rehabilitation — *Charles A. Rockwood, Jr., M.D.*
3:30-4:00 p.m. Athletic Injuries of the Hand and Wrist —
Eugene T. O'Brien, M.D.
4:00-4:30 p.m. Update in Oral Protection Devices —
Robert M. Morrow, D.D.S.
4:30-5:00 p.m. Liability in Sports Medicine —
Robert C. Scott (Attorney-at-Law)

Symposium: Rehabilitation Techniques and Protective Equipment

Moderator: *Larry Gardner, L.P.T., L.A.T.*

5:00 p.m. Reception
Auditorium Foyer
6:00 p.m. Bus Returns to Oak Hills Motor Inn
Saturday, January 30, 1982
7:30 a.m. Bus from Oak Hills Motor Inn to The University
of Texas Health Science Center
Symposium: Rehabilitation Techniques and Protective Equipment
Moderator: *Larry Gardner, L.P.T., L.A.T.*
8:00-8:30 a.m. Principles in Rehabilitation of the Athlete —
Charles W. Craven, M.Ed.

8:30-9:00 a.m. Modalities in Rehabilitation —
Jim Murphy, C.A.T., L.P.T.
9:00-9:30 a.m. Isokinetic, Isometric, and Isotonic Exercise
Techniques — *Bernie LaRosa, C.A.T., L.A.T.*
9:30-10:00 a.m. Pain Management in Rehabilitation —
Larry Gardner, L.P.T., L.A.T.
10:00-10:30 a.m. Coffee Break
10:30-11:00 a.m. Conditioning Techniques for the Athlete —
John A. Genung, M.D.
11:00-11:30 a.m. Considerations in Athletic Equipment —
Michael K. Stephens, C.A.T., L.A.T.
11:30-12:00 noon New Designs in Athletic Equipment —
Byron A. Donzis
12:00-12:30 p.m. Panel: Rehabilitation Techniques
12:30-1:30 p.m. Lunch
Symposium: Running Injuries:
Forum Open to the Public
Moderator: *Jesse C. DeLee, M.D.*
1:30-2:00 p.m. Footwear and Orthotics for the Runner —
David J. Drez, Jr., M.D.
2:00-2:30 p.m. Warmup, Stretching, Running Geography —
Larry Gardner, L.P.T., L.A.T.
2:30-3:00 p.m. Overuse Syndromes in the Runner:
Diagnosis and Treatment —
David J. Drez, Jr., M.D.
3:00-3:30 p.m. Rehabilitation of the Injured Ankle
in the High School Athlete —
Henry Birdwell, M.Ed., L.A.T.
3:30-4:00 p.m. Coffee Break
4:00-4:30 p.m. Forefoot Problems in Runners —
Donald E. Baxter, M.D.
4:30-4:45 p.m. Functional Problems in the Lower Extremity
in Runners — *Donald E. Baxter, M.D.*
4:45-5:15 p.m. Training Techniques for Runners —
James McMichael, M.D.
5:15-5:30 p.m. Experiences of the San Antonio Marathon Clinic —
Philip S. Kline, M.D.
5:30-6:00 p.m. Panel: Runners' Injuries
6:00 p.m. Bus returns to Oak Hills Motor Inn

Sunday, January 31, 1982

7:30 a.m. Bus from Oak Hills Motor Inn to The University
of Texas Health Science Center
Symposium: Knee Injuries
Moderator: *Jesse C. DeLee, M.D.*
8:00-8:30 a.m. Recognition of Knee Ligament Instabilities —
J. Pat Evans, M.D.
8:30-9:00 a.m. Evaluation of the Injured Knee and Nonoperative
Treatment — *Jerry D. Julian, M.D.*
9:00-9:30 a.m. Rehabilitation of the Non-Surgical Knee Injury —
Charles W. Craven, M.Ed.
9:30-10:00 a.m. Restoration of Range of Motion in the
Injured Knee — *Jim Murphy, C.A.T., L.P.T.*
10:00-10:30 a.m. Coffee Break
10:30-11:00 a.m. Diagnosis and Treatment of Internal
Derangements of the Knee — *Jack H. Henry, M.D.*
11:00-11:30 a.m. Performance of the Athlete with Posterior
Cruciate Instability — *Thomas E. Cain, M.D.*
11:30-12:00 noon Knee Ligament Repairs and Reconstructions —
J. Pat Evans, M.D.
12:00-12:30 p.m. Rehabilitation of the Surgically Repaired
Knee Injury — *Larry Gardner, L.P.T., L.A.T.*
12:30-1:00 p.m. Panel: Knee Injury, Treatment,
and Rehabilitation
1:00 p.m. Bus returns to Oak Hills Motor Inn

Philip S. Kline, M.D.
Radiologist, Southeast
Baptist Hospital
San Antonio, Texas.

Director, San Antonio
Marathon Clinic
San Antonio, Texas

Bernie LaReau, C.A.T., L.A.T.
Head Athletic Trainer
Instructor in Physical Education
The University of Texas
at San Antonio

James McMichael, M.D.
Clinical Associate Professor
of Anesthesiology
The University of Texas Health
Science Center at San Antonio

Robert M. Morrow, D.D.S.
Associate Dean for
Advanced Education
The University of Texas Health
Science Center at San Antonio
School of Dentistry

Jim Murphy, C.A.T., L.P.T.
Head Athletic Trainer
McNeese State University
Lake Charles, Louisiana

Arvo Neidre, M.D.
Clinical Assistant Professor
of Orthopaedics
The University of Texas Health
Science Center at San Antonio

Eugene T. O'Brien, M.D.
Clinical Associate Professor
of Orthopaedics
The University of Texas Health
Science Center at San Antonio

Charles A. Rockwood, Jr., M.D.
Professor and Chairman
Division of Orthopaedic Surgery
The University of Texas Health
Science Center at San Antonio

Robert C. Scott, J.D.
Law Firm of Tinsman &
Houser, Inc.
San Antonio, Texas

**Michael K. (Spanky) Stephens,
C.A.T., L.A.T.**
Head Athletic Trainer
Department of Inter-Collegiate
Athletics
The University of Texas at Austin

Ronnie Thompson
Head Coach and Athletic
Director
Thomas Jefferson High School
Port Arthur, Texas

Melvin L. Thornton, M.D.
Clinical Professor of Pediatrics
The University of Texas Health
Science Center at San Antonio

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

Eleanor A. Young, Ph.D.
Co-Director, Division
of Human Nutrition
Department of Medicine
The University of Texas Health
Science Center 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 with Oak Hills Motor Inn by January 6, 1982. Specify that you are attending the Sports Medicine Symposium. Although the Inn is within walking distance of the campus, transportation will be provided from the hotel to the Medical Center. Please indicate your need for transportation on the registration form.

Course Registration

Advanced registration is essential. Registrations will be honored in the order they are received. Advance registration fee is \$125 for physicians and \$55 for coaches and trainers. Fee for the Cardiopulmonary Resuscitation Course is \$10. Late registration at the meeting, on January 29, 1982, will be \$135 for physicians and \$60 for coaches and trainers. The fee includes a luncheon and evening cocktails on Friday. Refunds will be paid with notification prior to January 20, 1982.

Course Registration Form

Clip registration form, fill out and mail with check (payable to "UTHSCSA") to Medical School, Continuing Education Services, The University of Texas Health Science Center at San Antonio, 7703 Floyd Curl Drive, San Antonio, Texas 78284. Telephone: (512) 691-6295.



Symposium on Sports Medicine

January 28-31, 1982

CME 015-2

The University of Texas

Health Science Center Auditorium

San Antonio, Texas

- \$55.00 — Physical Therapists, Nurses, Coaches & Trainers
 \$125.00 — Physicians
 \$10.00 — CPR

TOTAL AMOUNT ENCLOSED _____

Name _____

Profession _____

Address _____

City, State, Zip _____

Social Security Number _____
(for recordkeeping purposes)

Telephone Number _____

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

YES NO

I will attend the Friday evening cocktail reception.

YES NO

I will participate in the CPR Course on Thursday,
January 28, 1982 (Enclosed is an additional \$10 if YES).

YES NO