

THIRTEENTH ANNUAL SYMPOSIUM ON

# Sports Medicine

January 30 - February 1, 1986

*The University of Texas Health Science Center  
at San Antonio*



# PROGRAM

## THURSDAY, January 30, 1986

- 6:30 p.m. Final Registration for CPR  
Auditorium Foyer
- 7:00-10:00 p.m. Certification Course in Cardiopulmonary  
Resuscitation  
*Charles E. Garoni*
- 7:00-8:00 p.m. Registration for Symposium  
Auditorium Foyer

## FRIDAY, January 31, 1986

- 7:00 a.m. Registration Continued  
Auditorium Foyer

**Introduction:** Charles A. Rockwood, Jr., M.D.

**Welcoming Remarks:** Jesse C. DeLee, M.D.

- 7:30-7:45 a.m. Sports Medicine: Where Are We Today?  
*Frank M. Inry, M.D.*
- 7:45-8:05 a.m. Athletic Emergencies  
*James D. Heckman, M.D.*
- 8:05-8:20 a.m. Respiratory and Cardiac Emergency  
Procedures: Importance and Frequency of Use  
by High School Coaches  
*Lance Bland & Steven Furney, Ph.D.*
- 8:20-8:40 a.m. Sports Medicine and the Rodeo Cowboy  
Athlete  
*Dale Kueck, L.P.T., L.A.T.*
- 8:40-9:00 a.m. Artificial Turf: Friend or Foe?  
*J. Pat Evans, M.D.*
- 9:00-9:20 a.m. Drug Abuse in Sports  
*Peter L.J. McGarity, M.D.*
- 9:20-9:40 a.m. Liability in Sports Medicine  
*Robert Scott, Attorney-at-Law*
- 9:40-10:00 a.m. COFFEE BREAK

**Symposium: Nutrition and the Athlete**

**Moderator:** Eleanor Young, Ph.D., R.D., L.D.

- 10:00-10:30 a.m. Basic and Selected Nutrient Needs for the  
Athlete: Too Little, Too Much, and Just Right  
*Ted L. Edwards, Jr., M.D.*
- 10:30-11:00 a.m. Cardiovascular Disease: Exercise and Nutrition  
*Thomas B. Wells, Ph.D.*
- 11:00-11:30 a.m. Diabetes: Nutrition and Exercise  
*James F. Duon, M.D.*
- 11:30-12:00 PANEL
- 12:00-1:00 p.m. LUNCH (PROVIDED)

**Symposium: The Shoulder**

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

- 1:00-1:20 p.m. The Differential Diagnoses and Physical  
Examination of the Throwing Shoulder  
*Ralph "Bud" Curtis, M.D.*
- 1:20-1:40 p.m. Sternoclavicular and Acromioclavicular Joint  
Injuries  
*Charles A. Rockwood, Jr., M.D.*
- 1:40-2:00 p.m. Brachial Plexus: Evaluation and Treatment  
*Fred G. Corley, Jr., M.D.*
- 2:00-2:20 p.m. Subluxation and Dislocation of the Shoulder  
*Charles A. Rockwood, Jr., M.D.*
- 2:20-2:40 p.m. Arthroscopy of the Shoulder: Uses and Abuses  
*Jesse C. DeLee, M.D.*

- 2:40-2:50 p.m.     **The Myth of the Rotator Cuff in Young Athletes**  
*Charles A. Rockwood, Jr., M.D.*
- 2:50-3:10 p.m.     **Principles of Shoulder Rehabilitation**  
*Ralph "Bud" Curtis, M.D.*
- 3:10-3:40 p.m.     **COFFEE BREAK**
- Symposium: The Adolescent Athlete**  
**Moderator:** Kaye E. Wilkins, M.D.
- 3:40-4:00 p.m.     **Psychological Impact of Youth Sports Participation**  
*Frank M. Ivey, M.D.*
- 4:00-4:20 p.m.     **The Effect of Exercise on the Growing Athlete**  
*Earl Stanley, M.D.*
- 4:20-4:40 p.m.     **Training Methods for the Adolescent Swimmer**  
*George Block*
- 4:40-5:00 p.m.     **Cervical Spine Injuries in the Adolescent**  
*Earl Stanley, M.D.*
- 5:00-5:20 p.m.     **The Adolescent Knee**  
*Peter L.J. McGanity, M.D.*
- 5:20-5:40 p.m.     **PANEL**
- 5:40-7:00 p.m.     **COCKTAIL RECEPTION**  
Auditorium Foyer
- 6:00-7:00 p.m.     **Bus Shuttle to Wyndham Hotel**

## **SATURDAY, February 1, 1986**

### **Symposium: Rehabilitation**

**Moderator:** Henry J. Birdwell, M.Ed., L.A.T.

- 7:30-7:50 a.m.     **Isokinetic, Isometric and Isotonic Exercise Techniques**  
*Steven Stratton, Ph.D., P.T., A.T.C.*
- 7:50-8:10 a.m.     **Concentric and Eccentric Muscle Function in Rehabilitation**  
*Jim Allie, L.P.T.*
- 8:10-8:30 a.m.     **"High Tech" Innovations in Rehabilitation**  
*John Krusenklau, R.P.T., A.T.C.*
- 8:30-8:50 a.m.     **"High Tech" Goals Using "Old" Techniques**  
*Jim Murphy, C.A.T., L.P.T.*
- 8:50-9:10 a.m.     **Sideline Equipment and Taping Modifications**  
*Joe Giack, F.D.D., R.P.T., A.T.C.*
- 9:10-9:30 a.m.     **Ankle Sprains: Evaluation, Treatment and Criteria To Return To Play**  
*J. Pat Evans, M.D.*
- 9:30-9:50 a.m.     **Athletic Performance Testing: Goals and Principles**  
*John R. Seals, M.D.*
- 9:50-10:15 a.m.    **Knee Rehabilitation: Goals and Techniques**  
*Larry Gardner, L.P.T., L.A.T. &*  
*Kevin Benton, L.P.T., L.A.T.*
- 10:15-10:30 a.m.   **PANEL**
- 10:30-10:50 a.m.   **COFFEE BREAK**

### **Symposium: The Female Athlete**

**Moderator:** Peter L.J. McGanity, M.D.

- 10:50-11:10 a.m.   **Aerobic Function in the Female Athlete**  
*Fred G. Corley, Jr., M.D.*
- 11:10-11:30 a.m.   **Overuse Syndromes in the Female Athlete**  
*Lori Vogt, L.P.T.*
- 11:30-11:50 a.m.   **Injury Patterns in the Female Athlete**  
*Laura Flawn, M.D.*
- 11:50-12:00       **PANEL**
- 12:00-1:00 p.m.    **LUNCH (PROVIDED)**

**Symposium: The Knee**

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

- 1:00-1:20 p.m. **Clinical Examination of the Knee**  
*Frank C. McCue, M.D.*
- 1:20-1:40 p.m. **The Meniscus: Injury Patterns and Treatment Options**  
*J. Pat Evans, M.D.*
- 1:40-2:00 p.m. **The Anterior Cruciate Deficient Knee**  
*Frank C. McCue, M.D.*
- 2:00-2:20 p.m. **Non-Operative Treatment of Knee Ligament Injuries**  
*David J. Drez, M.D.*
- 2:20-2:40 p.m. **Patellofemoral Disorders**  
*Jesse C. DeLee, M.D.*
- 2:40-3:00 p.m. **Proprioception and Mechano-Receptors In Knee Ligament Rehabilitation**  
*David J. Drez, M.D.*
- 3:00-3:20 p.m. **PANEL: Knee Injuries**
- 3:20-3:45 p.m. **COFFEE BREAK**
- 3:45-5:15 p.m. **Workshops:** Participants will be assigned to groups and can attend three of the six workshops. Please indicate your choices on the registration form.

**Workshop I:** *Examination and Rehabilitation of the Athletic Back*  
Bill Edwards, M.D.  
Laura Flawn, M.D.  
Steven Stratton, Ph.D.

**Workshop II:** *Myofascial Injuries*  
William T. Blessum, M.D.  
John Krukenklaus, R.P.T., A.T.C.  
Jim Murphy, C.A.T., L.P.T.

**Workshop III:** *Taping and Rehabilitation*  
Kevin Benton, L.P.T., L.A.T.  
Charles W. Craven, M.Ed.  
J. Pat Evans, M.D.  
Larry Gardner, L.P.T., L.A.T.  
Michael K. "Spanky" Stephens, C.A.T., L.A.T.

**Workshop IV:** *The Lower Extremity: Diagnosis and Treatment*  
Charles Cortez, L.A.T.  
Jesse C. DeLee, M.D.  
David J. Drez, M.D.  
John A. Evans, M.D.  
Rex Hartwig, L.A.T.

**Workshop V:** *The Upper Extremity: Diagnosis and Treatment*  
Fred G. Corley, Jr., M.D.  
Ralph Curtis, M.D.  
Joe Gieck, Ed.D., R.P.T., A.T.C.  
Bernie LaReau, C.A.T., L.A.T.  
Frank McCue, M.D.