

NAME \_\_\_\_\_

FOURTEENTH ANNUAL SYMPOSIUM ON

# Sports Medicine

January 29-31, 1987

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



# PROGRAM

THURSDAY, January 29, 1987

- 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 30, 1987

- 7:00 a.m. Registration Continued  
Auditorium Foyer
- 7:25 a.m. Introduction: Charles A. Rockwood, Jr., M.D.  
Welcoming Remarks: Jesse C. DeLee, M.D.

## Symposium: Neck and Shoulder

Moderator: Paul C. Trickett, M.D.

- 7:30-7:50 a.m. Athletic Emergencies  
*James D. Heckman, M.D.*
- 7:50-8:15 a.m. Cervical Spine Injuries: Acute Management and  
Criteria to Return to Play  
*Scott H. Kischel, M.D.*
- 8:15-8:35 a.m. Anatomy and Pathology of the Shoulder: An  
Arthroscopic Overview  
*Robert G. Stone, M.D.*
- 8:35-9:00 a.m. Instability of the Shoulder  
*Charles A. Rockwood, Jr., M.D.*
- 9:00-9:25 a.m. Differential Diagnosis of Shoulder Pain in the  
Throwing Athlete  
*Ralph J. Curtis, Jr., M.D.*
- 9:25-9:45 a.m. Principles of Shoulder Rehabilitation  
*John Krusenklaw, R.P.T., A.T.C.*
- 9:45-10:05 a.m. Panel Discussion
- 10:05-10:25 a.m. COFFEE BREAK
- 10:25-10:50 a.m. Brachial Plexus Injuries  
*Frank C. McCue, M.D.*
- 10:50-11:10 a.m. The Elbow in the Throwing Athlete  
*Jerry D. Julian, M.D.*
- 11:10-11:30 a.m. Common Hand Injuries In Sports  
*Fred G. Corley, Jr., M.D.*
- 11:30-11:50 a.m. Taping and Protection: Splinting In the Wrist  
and Hand  
*Joe Giuck, Ed.D., R.P.T., A.T.C.*
- 11:50-12:00 noon Panel Discussion
- 12:00-1:00 p.m. LUNCH (PROVIDED)

## Symposium: Drugs in Athletics

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

- 1:00-1:15 p.m. The University Interscholastic League and  
Drug Screening Programs in the Public Schools  
*Bill Farney, Ph.D.*
- 1:15-1:30 p.m. Implementing Drug Screening in a Collegiate  
Athletic Program  
*Bernie LaReau, C.A.T., L.A.T.*
- 1:30-1:50 p.m. Legal Ramifications of Drug Screening in  
Public Schools  
*John F. Younger, Attorney-at-Law*
- 1:50-2:10 p.m. Laboratory Drug Screening Methods, Accuracy,  
and Security  
*Charles W. Robinson, M.D.*

- 2:10-2:35 p.m. Substance Abuse in the High School Athlete  
*Susan Dalterio, Ph.D.*
- 2:35-3:00 p.m. Why Trained Athletes Die From Cocaine  
*David J. Jones, Ph.D.*
- 3:00-3:15 p.m. Anabolic Steroids: Medicine's Stand on Their Use  
*Prter L. J. McGanity, M.D.*
- 3:15-3:30 p.m. Panel Discussion
- 3:30-4:00 p.m. COFFEE BREAK

### Symposium: Lumbar Spine and The Lower Extremity

**Moderator:** Fred G. Corley, Jr., M.D.

- 4:00-4:25 p.m. Stress Reactions in The Lower Extremity  
*James D. Heckman, M.D.*
- 4:25-4:45 p.m. Low Back Pain in Athletes  
*Scott H. Kitchel, M.D.*
- 4:45-5:05 p.m. Athletic Performance Testing: Technique and Results  
*John R. Seals, M.D.*
- 5:05-5:20 p.m. Taping the Knee for Medial Collateral Ligament and Anterior Cruciate Ligament Laxities  
*Jim Murphy, C.A.T., L.P.T.*
- 5:20-5:40 p.m. Panel Discussion
- 5:40-7:00 p.m. COCKTAIL RECEPTION  
Auditorium Foyer
- 6:00-7:00 p.m. Bus Shuttle to Wyndham Hotel

## SATURDAY, January 31, 1987

### Symposium: Rehabilitation

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

- 7:45-8:05 a.m. The Theory and Practice of Eccentric Exercise  
*Russell Paine, L.P.T.*
- 8:05-8:30 a.m. Isometric, Isotonic, and Isokinetic Exercise: Techniques and Results  
*Jesse C. DeLee, M.D.*
- 8:30-8:55 a.m. Biomechanical Considerations in Rehabilitation  
*Fred G. Corley, Jr., M.D.*
- 8:55-9:20 a.m. Electrical Modalities in the Treatment of Athletic Injuries  
*Russell Paine, L.P.T.*
- 9:20-9:45 a.m. Functional Testing to Evaluate When to Return to Play  
*David J. Dres, M.D.*
- 9:45-10:00 a.m. Panel Discussion
- 10:00-10:30 a.m. COFFEE BREAK

### Symposium: The Adolescent Athlete

**Moderator:** Charles W. Craven, M.D.

- 10:30-10:55 a.m. Physiological Considerations in the Growing Athlete  
*Earl Stanley, M.D.*
- 10:55-11:20 a.m. Overuse Injuries in the Skeletally Immature Athlete  
*Robert M. Campbell, M.D.*
- 11:20-11:45 a.m. The Use of Psychologic Training in Adolescent Athletes  
*George Block*
- 11:45-12:00 noon Panel: The Adolescent Athlete
- 12:00-1:00 p.m. LUNCH (PROVIDED)

## Symposium: The Knee

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

- 1:00-1:20 p.m. Arthroscopic Evaluation of Normal and Pathological Knee Anatomy  
*Robert G. Stone, M.D.*
- 1:20-1:40 p.m. Clinical Examination of the Injured Knee  
*Frank C. McCue, M.D.*
- 1:40-2:00 p.m. Diagnosis and Treatment Considerations in the Acute Anterior Cruciate Ligament Injury  
*David J. Drez, M.D.*
- 2:00-2:20 p.m. Diagnosis and Treatment of the Acute Posterior Cruciate Ligament Injury  
*Jesse C. DeLee, M.D.*
- 2:20-2:40 p.m. Allografts in Ligament Reconstruction  
*David J. Drez, M.D.*
- 2:40-3:00 p.m. Evaluation and Treatment of Patellar Pain Syndromes  
*Jerry D. Julian, 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 five workshops. Please indicate your choices on the registration form.

### **Workshop I:** *Examination and Rehabilitation of the Athletic Back*

Laura Flawn, M.D.  
Scott Kitchel, M.D.  
Steven Stratton, Ph.D.

### **Workshop II:** *Modalities in Rehabilitation*

Fred G. Corley, Jr., M.D.  
Charles W. Craven, M.Ed.  
David J. Drez, M.D.  
John Kruskenklaus, R.P.T., A.T.C.  
Russell Paine, L.P.T.

### **Workshop III:** *Construction of Customized Protective Padding*

Kevin Benton, L.P.T., L.A.T.  
Larry Gardner, L.P.T., L.A.T.  
Jim Murphy, C.A.T., L.P.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.  
John A. Evans, M.D.  
Rex Hartwig, L.A.T.

### **Workshop V:** *The Upper Extremity: Diagnosis and Treatment*

Ralph J. 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.