

JANUARY 1989						
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**16th Annual Symposium
on Sports Medicine**
January 26-28, 1989

The University of Texas Health Science Center
at San Antonio
Continuing Medical Education
7703 Floyd Curl Drive
San Antonio, Texas 78284-7980

CELEBRATING SIXTEENTH ANNUAL
SYMPOSIUM ON SPORTS MEDICINE

16TH Annual Symposium on SPORTS MEDICINE



JANUARY 26-28, 1989

THE UNIVERSITY OF TEXAS HEALTH
SCIENCE CENTER AT SAN ANTONIO
Medical School Auditorium

Sponsored by

Department of Orthopaedic Surgery
The University of Texas Health Science
Center at San Antonio

and

The University of Texas at Austin

GENERAL INFORMATION

CONCEPT

Care of the injured athlete demands the full attention and concern of the entire Sports Medicine Team: the coach, trainer, physical therapist, and physician. Foremost in the minds of this team approach 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. Special workshops will include hands-on experience in taping, rehabilitation, and examination. 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.

**Emergency
Phone Number:
(512) 567-6502**

**University
Police Number:
(512) 567-2801**

OBJECTIVES

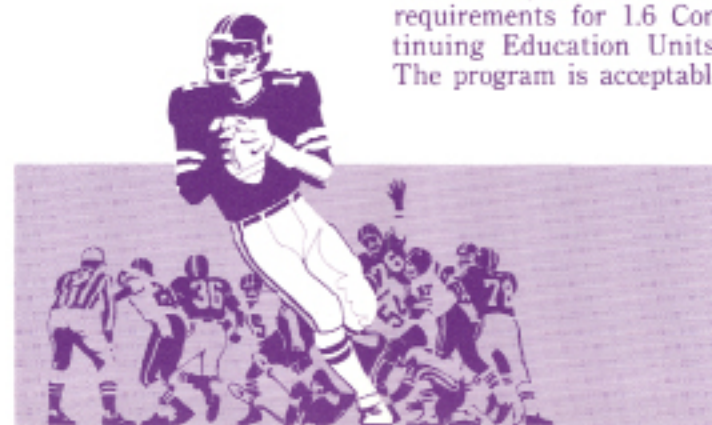
By the end of this course, participants should be able to:

- 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.

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.



CREDIT

The University of Texas Health Science Center at San Antonio is accredited by the Accreditation Council for Continuing Medical Education to sponsor continuing medical education to physicians.

The University of Texas Health Science Center at San Antonio designates this continuing medical education activity for 16 credit hours in Category I of the Physician's Recognition Award of the American Medical Association.

The program has been reviewed and is acceptable for 16.5 prescribed hours by the American Academy of Family Physicians.

In addition, the program is acceptable for 16 hours of Category 2D, American Osteopathic Association.

The University of Texas Health Science Center at San Antonio will issue 1.6 CEUs (Continuing Education Units) for completion of this course.

This symposium has also been approved for 12.5 hours of Advanced Academic Training (TEA #65) by the Texas Education Agency.

This is a continuing education offering for physical therapists and physical therapist assistants approved by the Texas State Board of Physical Therapy Examiners, and meets the requirements for 1.6 Continuing Education Units. The program is acceptable

for 1.6 CEUs for occupational therapists.

This course has been approved for 3 hours in CPR and 12 hours in lectures for EMS continuing education credit.

Please contact the Office of Continuing Medical Education Services at the University of Texas Health Science Center for information about the other professional specialty credits which will be available, (512) 567-4444.

HOTEL INFORMATION

Rooms have been reserved at several hotels close to the Health Science Center. All offer complimentary transportation to and from the Health Science Center. Please make your own reservation directly with the hotel of your choice and indicate that you are attending the Sports Medicine Symposium to receive the special rate. Room reservations must be made by January 10, 1989. After that date, reservations will be accepted on a space available basis.

The Wyndham Hotel
9821 Colonnade
San Antonio, Texas 78230
Rate: \$57
(512) 691-8888

**Marriott Courtyard at
Medical Center**
8585 Marriott Drive
San Antonio, Texas 78229
Rate: \$47
(512) 696-7100

**Medical Center
GuestHouse**
7500 Louis Pasteur
San Antonio, Texas 78229
Rates: \$39.95 Single,
\$43.95 Double (includes continental breakfast)
(512) 690-9328

Oak Hills Motor Inn
7401 Wurzbach Road
San Antonio, Texas 78229
Rates: \$31.95 Single,
\$33.95 Double
(512) 696-9900

Non-Profit Organization
U.S. Postage
PAID
Permit No. 1941
San Antonio, Texas

PROGRAM

Thursday, January 26, 1989

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

Friday, January 27, 1989

7:00 a.m. Registration Continued
Auditorium Foyer
7:25 a.m. Introduction:
James D. Heckman, M.D.
Welcoming Remarks: *Jesse C. DeLee, M.D.*

Symposium: Cervical Spine and Shoulder

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

7:30 - 7:50 On the Field Emergencies
James D. Heckman, M.D.
7:50 - 8:10 Cervical Spine Injuries: Evaluation and Guidelines to
Return to Play
Jacob F. "Jake" Patterson, M.D.
8:10 - 8:30 Shoulder Pain in Throwing Sports: Evaluation and
Treatment
Ralph J. "Bud" Curtis, Jr., M.D.
8:30 - 8:50 Brachial Plexus Injuries: Diagnosis, Treatment and
Return to Play
J. Pat Evans, M.D.
8:50 - 9:10 Shoulder Instability: Diagnosis & Treatment
Charles A. Rockwood, Jr., M.D.
9:10 - 9:30 Rehabilitation and Protective Bracing of the Shoulder
Charles Cortez, C.A.T., L.A.T.
9:30 - 9:50 Liability in Sports Medicine
John F. Younger
9:50 - 10:10 Panel Discussion
10:10 - 10:30 Coffee Break

Symposium: The Upper Extremity

Moderator: *Jacob F. "Jake" Patterson, M.D.*

10:30 - 10:45 Rotator Cuff Injuries in the Athlete
J. Pat Evans, M.D.
10:45 - 11:05 Elbow Injuries in Throwing Sports
Frank C. McCue, M.D.
11:05 - 11:25 Common Hand Injuries in Sports
Fred G. Corley, M.D.
11:25 - 11:45 Taping and Protective Splinting of the Hand, Wrist,
and Elbow
Joe Gieck, Ed.D., R.P.T., A.T.C.
11:45 - 12:00 Panel Discussion
12:00 - 1:00 Lunch

Symposium: Nutrition and Substance Abuse

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

1:00 - 2:15 Nutrition and Exercise: Answers, Questions,
Exchange
Eleanor Young, M.D.
Ted Edwards, M.D.
2:15 - 2:35 ANABOLIC STEROIDS: Fact and Fiction
Susan Dalterio, Ph.D.
2:35 - 2:55 Stimulant Abuse in the Athlete
David J. Jones, Ph.D.
2:55 - 3:15 Drug Testing in an Athletic Setting
Ricky Mestayer, C.A.T., L.A.T.
3:15 - 3:30 Panel Discussion
3:30 - 3:50 Coffee Break

Symposium: The Lumbar Spine and Lower Extremity

Moderator: *Charles Craven, M.Ed.*

3:50 - 4:10 Low Back Pain in the Athlete
Jacob F. "Jake" Patterson, M.D.
4:10 - 4:30 Biomechanics of the Lumbar Spine
Julie Barnett, L.P.T.
4:30 - 4:50 The Differential Diagnosis of Forefoot Pain
Jerry D. Julian, M.D.
4:50 - 5:10 Diagnosis and Treatment of Midfoot and Ankle
Sprains
Peter L. J. McGanity, M.D.
5:10 - 5:30 Orthotics for Lower Extremity Problems: Indications
and Methods of Fabrication
John Krusenklau, L.A.T., L.P.T.
5:30 - 5:45 Panel Discussion
5:45 - 7:00 Cocktail Party

Saturday, January 28, 1989

Symposium: Rehabilitation Principles and Practice

Moderator: *Spanky Stephens, C.A.T., L.A.T.*

7:30 - 7:50 Isometric, Isotonic, & Isokinetic Exercise Techniques,
Methods & Application
Russell Paine, C.A.T., C.P.T.
7:50 - 8:10 Pylometrics: Use and Abuse
Larry Gardener, L.P.T., L.A.T.
8:10 - 8:30 Taping and Bracing of the Knee: Indications and
Effectiveness
Frank C. McCue, M.D.
8:30 - 8:50 Concentric and Eccentric Training: Theory Practice
Russell Paine, C.A.T., C.P.T.
8:50 - 9:10 Athletic Conditioning: The Prescription for Success
Marshall Nelson "Chip" McKnight
9:10 - 9:30 Scientific Basis & Use of Heat, Cold, and Ultrasound
Joe Gieck, Ed.D., R.P.T., A.T.C.
9:30 - 9:50 Panel Discussion
9:50 - 10:15 Coffee Break

Symposium: The Female Athlete

Moderator: *Laura Flawn, M.D.*

10:15 - 10:35 Hormonal Variations in the Female Athlete
Richard A. Becker, M.D.
10:35 - 10:55 Conditioning Techniques for the Female Swimmer
George Block
10:55 - 11:15 Common Injuries of the Female Athlete
Laura Flawn, M.D.
11:15 - 11:35 Knee Injury Prevention: Predisposition and Pre-season
Screening
Tina Bonci, L.A.T.
11:35 - 12:00 Panel Discussion
12:00 - 1:00 Lunch

Symposium: The Knee

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

1:00 - 1:20 Anatomy and the Clinical Examination
Edwin C. Windler, M.D.
1:20 - 1:40 The Meniscus: Current Concepts in Treatment
David J. Drez, M.D.
1:40 - 2:00 Diagnosis and Treatment of Medial Knee Ligament
Injury: An Update
John A. Evans, M.D.
2:00 - 2:20 The Anterior Cruciate Ligament: Diagnosis & Treat-
ment Rationale
David J. Drez, M.D.
2:20 - 3:00 Principles of Knee Rehabilitation
Jesse C. DeLee, M.D.
3:00 - 3:20 Panel Discussion
3:20 - 3:40 Coffee Break
3:40 - 5:00 Workshops

WORKSHOP I: Examination and Rehabilitation of the Spine

Laura Flawn, M.D.
Julie Barnett, P.T.
Jacob F. "Jake" Patterson, M.D.
John Krusenklau, L.A.T., L.P.T.

WORKSHOP II: Drugs in Sports: Open Forum

Susan Dalterio, Ph.D.
David Jones, Ph.D.
Peter L. J. McGanity, M.D.
Ricky Mestayer, C.A.T., L.A.T.

WORKSHOP III: The Lower Extremity: Diagnosis and Treatment

Jesse C. DeLee, M.D.
John A. Evans, M.D.
Rex Hartwig, L.A.T.
David J. Drez, M.D.

WORKSHOP IV: The Upper Extremity: Diagnosis and Treatment

Ralph J. "Bud" Curtis, Jr., M.D.
Frank McCue, M.D.
Joe Gieck, A.T.C.
Fred G. Corley, M.D.
Charles Cortez, L.A.T.

FACULTY

Julie Barnett, L.P.T.

Physical Therapist
Director of Back School
Southwest Sports Medicine
and Rehabilitation Center

Richard A. Becker, M.D.

Clinical Associate Professor
Department of Medicine/
Division of Endocrinology
The University of Texas Health
Science Center at San Antonio

George Block, Head Coach

Aquatics Director, Northside Independent
School District
San Antonio, Texas

Tina Bonci, M.S., A.T.C.

Head Womens Athletic Trainer
The University of Texas at Austin

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Charles Cortez, L.A.T.

Head Trainer
Edgewood Independent School District
San Antonio, Texas

Charles W. Craven, M.Ed.

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Physical Instruction
Clinical Consultant to
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Physical Rehabilitation

The University of Texas at Austin

Ralph J. "Bud" Curtis, M.D.

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Lecturer in Endocrinology
The University of Texas Health
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Associate Scientist

Southwest Foundation for Biomedical
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San Antonio, Texas

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(Course Director)
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Louisiana State University
School of Medicine
Lake Charles, Louisiana

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

Medical Director
Hills Medical Sports Complex
Austin, Texas

J. Pat Evans, M.D.

Team Physician: Dallas Cowboys
Director
Sports Medicine Clinic
of North Texas
Dallas, Texas

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Sports Medicine Clinic
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Dallas, Texas

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Instructor
Emergency Medical Service Education
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Joe Gieck, Ed.D., R.P.T., A.T.C.

Head Trainer
Director of Graduate Programs
University of Virginia

Rex Hartwig, L.A.T.

Head Athletic Trainer
San Antonio Independent
School District

James D. Heckman, M.D.

Chairman and Professor
Department of Orthopaedics
The University of Texas Health
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David J. Jones, Ph.D.

Professor of Anesthesiology
and Pharmacology
Department of Anesthesiology
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Director, Southwest Sports Medicine and
Rehabilitation Center
San Antonio, Texas

Frank C. McCue, M.D.

Alfred Rives Shands Professor
of Orthopaedic and Hand Surgery
University of Virginia
Medical School
Athletic Department

Marshall Nelson "Chip" McKnight

Exercise Physiologist
Health South Rehabilitation Center
San Antonio, Texas

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Lake Charles, Louisiana

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Consultant to Department of Intercollegiate
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The University of Texas at Austin

Eleanor Young, Ph.D., R.D., L.D.

Co-Director, Division of
Human Nutrition
Department of Medicine
The University of Texas Health
Science Center at San Antonio

John F. Younger, Attorney-at-Law

Tinsman & Houser, Inc.
San Antonio, Texas

COURSE REGISTRATION

Advance registration is requested. Fees are \$130 for physicians and \$55 for coaches, nurses, physical therapists, and trainers. Fee for the CPR course is \$10. Late registration at the meeting, on January 27 or 28, will be an additional \$10. Fees include two luncheons, course syllabus, and Friday evening's cocktail reception. Canceled registrations will be refunded if received prior to January 20, 1989. A \$15 handling charge will be deducted. Continuing Medical Education reserves the right to limit registration and cancel any course no less than one week prior to the course. Should circumstances make this action necessary, tuition would be refunded in full.

REGISTRATION FORM

Continuing Medical Education 018-9

16th ANNUAL SYMPOSIUM ON SPORTS MEDICINE January 26-28, 1989

Location: The University of Texas Health Science Center
at San Antonio, Medical School Auditorium

FEES: _____ \$ 55 Coaches, Nurses, Physical Therapists,
Trainers, EMT's
_____ \$130 Physicians
_____ \$ 10 CPR
_____ TOTAL ENCLOSED

Make checks payable to:

"UTHSCSA, Continuing Medical Education"

Charge to VISA # _____

MasterCard # _____

Expiration Date _____

Name _____

(as it will appear on nametag)

Address _____

City, State, Zip _____

Social Security # _____

(for recordkeeping purposes)

Office Phone _____

Profession _____

Check here for specific options:

Yes No Friday evening cocktail reception

Yes No Thursday, Jan. 26 CPR course

(please enclose additional \$10)

WORKSHOPS:

List in 1, 2, 3 order your preference for the Saturday
afternoon workshops. Assignments will be made if
selections are not given.

___ Workshop I: Examination and Rehabilitation of
the Spine

___ Workshop II: Drugs in Sports: Open Forum

___ Workshop III: The Lower Extremity: Diagnosis
and Treatment

___ Workshop IV: The Upper Extremity: Diagnosis
and Treatment

___ I will not be attending workshops

Mail to: UTHSCSA ■ Continuing Medical Education

7703 Floyd Curl Drive ■ San Antonio, Texas 78284-7980

(512) 567-4444