

CELEBRATING SEVENTEENTH
ANNUAL
SYMPOSIUM ON SPORTS MEDICINE

17TH Annual
Symposium
on
**SPORTS
MEDICINE**



JANUARY 18-20, 1990

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

Sponsored by

Department of Orthopaedics
The University of Texas Health Science
Center at San Antonio

and

The University of Texas at Austin

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

**17th Annual Symposium
on Sports Medicine**
January 18-20, 1990

JANUARY 1990						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

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 educa-

tion 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 15.5 prescribed hours by the American Academy of Family Physicians.

In addition, the program is acceptable for 16 hours of Category 2A, 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.

This program has been approved for 1.6 CEUs by the American Board for Certification in Orthotics and Prosthetics, Inc.

This Program has been approved by the National Athletic Trainers' Association, Inc. for 1.6 CEU's.

The Administrative Services Committee of the Texas Department of Health, Athletic Trainer Licensure Program has valued this program for 16 hours.

The UTHSCSA School of Nursing, provider #88-0002-A, has been awarded provider status by the Texas Nurses Association which is accredited by the Western Regional Accrediting Committee of the American Nurses Association.

1.84 CEU's have been awarded by the UTHSCSA

School of Nursing for 18.4 contact hours (one contact hour = 50 minutes of instruction).

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 5, 1990. After that date, reservations will be accepted on a space available basis.

The Wyndham Hotel
9821 Colonnade
San Antonio, Texas 78230
Rate: \$58 Single or Double
(512) 691-8888

**Marriott Courtyard at
Medical Center**
8585 Marriott Drive
San Antonio, Texas 78229
Rate: \$49 Single or Double
1-800-321-2211

**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: \$35 Single,
\$38 Double
(512) 696-9900

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

PROGRAM

Thursday, January 18, 1990

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, EMT-P

Friday, January 19, 1990

7:00 a.m. Registration Continued
Continental Breakfast
Auditorium Foyer

7:30 a.m. Introduction:
James D. Heckman, M.D.
Welcoming Remarks: Jesse C. DeLee, M.D.

Symposium: Head, Neck and Shoulder

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

7:40 - 8:00 Head Injury: Classification and Criteria to Return to Play
Karl W. Swann, M.D.

8:00 - 8:20 Cervical Spine Injury: On the Field Evaluation and Criteria to Return to Play
Jacob F. Patterson, M.D.

8:20 - 8:40 Brachial Plexus Injury: Diagnosis, Treatment and Criteria to Return to Play
Fred G. Corley, Jr., M.D.

8:40 - 9:00 Rotator Cuff Dysfunction and the Impingement Syndrome
Jesse C. DeLee, M.D.

9:00 - 9:20 Shoulder Instability: Diagnosis and Treatment
Charles W. Rockwood, Jr., M.D.

9:20 - 10:00 Shoulder Rehabilitation and Bracing: Physicians and Trainers Aspects
Ralph J. "Bud" Curtis, Jr., M.D.
Charles Cortez, L.A.T.

10:00 - 10:15 Panel

10:15 - 10:40 Coffee Break

10:40 - 11:00 Common Hand Injuries: Diagnosis and Aids to Return to Play
David P. Green, M.D.

11:00 - 11:15 Elbow Injury: Diagnosis and Treatment
Marty Ivey, M.D.

11:15 - 11:30 Taping and Splinting of the Hand, Elbow, and Wrist
Joe Gieck, Ed.D., R.P.T., A.T.C.

11:30 - 11:50 Heat Injury and Electrolytes
Tom Wells, Ph.D.

11:50 - 12:00 Panel

12:00 - 1:00 Lunch

Symposium: Nutrition and Steroids

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

1:00 - 2:00 Nutrition in Athletics
Eleanor A. Young, Ph.D., R.D., L.D.
Ted L. Edwards, Jr., M.D.

2:00 - 2:20 Eating Disorders in the Female Athlete
Laura Flawn, M.D.

2:20 - 2:40 Anabolic Steroids: Effects and Abuse
Richard A. Becker, M.D., F.A.C.P.

2:40 - 3:00 Drug Testing in Athletes: Philosophy and Technique
Joe Gieck, Ed.D., R.P.T., A.T.C.

3:00 - 3:20 Coffee Break

Symposium: Controversy in Athletic Medicine

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

3:20 - 3:40 The AIDS Epidemic and Athletics
Luis A. Cisneros, M.D.

3:40 - 4:00 Stress Injury in the Female Athlete
Laura Flawn, M.D.

4:00 - 4:20 The Diabetic Athlete
Richard A. Becker, M.D., F.A.C.P.

4:20 - 4:40 Pre-Season Screening and "Silent" Injury
Carey Windler, M.D.

4:40 - 5:00 The Effect of Body Composition on Conditioning the Female Athlete
Tom Wells, Ph.D.

5:00 - 5:20 Panel

5:20 - 7:00 Cocktail Party

Saturday, January 20, 1990

Symposium: Rehabilitation Principles
Moderator: **Charles W. Craven, M.Ed.**

7:30 - 7:45 The Principles of Athletic Conditioning
Bobby Patton, Ed.D., A.T.C., L.A.T.

7:45 - 8:00 Hamstring Tears as a Model of Muscle Injury
Peter J. McGanity, M.D.

8:00 - 8:20 Bicycle, Elastic Cords, and Slide Board
Russ Paine, P.T.

8:20 - 8:40 Electrical Modalities (TENS, Muscle Stimulator):
Indications and Results
Larry Gardner, L.P.T., L.A.T.

8:40 - 9:00 Isokinetic Rehabilitation Techniques
Russ Paine, P.T.

9:00 - 9:20 Flexibility and Injury Prevention
Marty Ivey, M.D.

9:20 - 9:40 Shoe Wear and Playing Surfaces
Tom D. Clanton, M.D.

9:40 - 10:00 Panel

10:00 - 10:20 Coffee Break

Symposium: Lower Extremity
Moderator: **John A. Evans, M.D.**

10:20 - 10:40 Mid-Foot and Ankle Sprains: Diagnosis, Treatment
and Return to Play
David Schmidt, M.D.

10:40 - 11:00 Forefoot Injuries
Tom Clanton, M.D.

11:00 - 11:20 Thigh and Leg Injuries
Frank C. McCue, III, M.D.

11:20 - 11:40 Weight Lifting in the Child Athlete
Earl A. Stanley, M.D.

11:40 - 12:00 Panel

12:00 - 1:00 Lunch

Symposium: The Knee

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

1:00 - 1:20 Examination of the Acutely Injured Knee
J. Pat Evans, M.D.

1:20 - 1:40 Synthetic Ligaments and Allografts: An Update
David Drez, Jr., M.D.

1:40 - 2:00 The Meniscus: Diagnosis and Treatment
Frank C. McCue, III, M.D.

2:00 - 2:20 Injuries of the Posterior Cruciate Ligament:
Diagnosis and Treatment Goals
David Drez, Jr., M.D.

2:20 - 2:40 The Anterior Cruciate Ligament: Diagnosis
and Treatment Goals
Jesse C. DeLee, M.D.

2:40 - 3:00 Principles of Knee Rehabilitation
Kevin O'Neill, L.A.T.

3:00 - 3:15 Panel

3:15 - 3:30 Coffee Break

3:30 - 5:00 Workshop

WORKSHOP I: The Spine

Laura Flawn, M.D.
Jacob F. Patterson, M.D.
Gerald Adcock, P.T.

WORKSHOP II: Controversy in Sports Medicine: An Open Forum

Peter J. McGanity, M.D.
Ricky Mestayer, A.T.C.
Russ Paine, P.T.
Michael K. "Spanky" Stephens, C.A.T., L.A.T.
Carey Windler, M.D.

WORKSHOP III: The Lower Extremity

Jesse C. DeLee, M.D.
John A. Evans, M.D.
Rex Hartwig, L.A.T.
Kevin O'Neill, L.A.T.
John Krusenklus, P.T.

WORKSHOP IV: The Upper Extremity

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

FACULTY

Gerald Adcock, P.T.
Spine Program Coordinator
HealthSouth Sports Medicine and
Rehabilitation Center

Richard A. Becker, M.D., F.A.C.P.
Clinical Associate Professor
Department of Medicine/Division of
Endocrinology
The University of Texas Health
Science Center at San Antonio

Luis A. Cisneros, M.D.
Infectious Disease Specialist
San Antonio, Texas

Tom Clanton, M.D.
Team Orthopaedic Surgeon
Rice University
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Head Athletic Trainer
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(Course Director)
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School of Medicine
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Medical Director
Hills Medical Sports Complex
Austin, Texas

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Dallas, Texas

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Director of Rehabilitation
Sports Medicine Clinic of North Texas
Dallas, Texas

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Emergency Medical Technology
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Head Trainer
Director of Graduate Programs
University of Virginia
Charlottesville, Virginia

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Science Center at San Antonio

Rex Hartwig, L.A.T.
Head Athletic Trainer
San Antonio Independent School District

James D. Heckman, M.D.
Professor and Chairman
Department of Orthopaedics
The University of Texas Health
Science Center at San Antonio

Marty Ivey, M.D.
Associate Professor of Orthopaedic Surgery
University of Texas Medical Branch
Galveston, Texas

Jerry D. Julian, M.D.
Consultant to the Department
of Intercollegiate Athletics
The University of Texas at Austin

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Director of Physical Therapy,
HealthSouth Sports Medicine and
Rehabilitation Center

Frank C. McCue, III, M.D.
Alfred Rives Shands Professor
of Orthopaedic and Hand Surgery
University of Virginia
Charlottesville, Virginia

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Science Center at San Antonio

Ricky Mestayer, A.T.C.
Head Athletic Trainer
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Lake Charles, Louisiana

Kevin O'Neill, A.T.C., L.A.T.
Head Athletic Trainer
Dallas Cowboys

Russ Paine, P.T.
Director Rehab Services of Lake Charles
Lake Charles, Louisiana

Jacob F. Patterson, M.D.
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of San Antonio
Clinical Instructor of Orthopaedics
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Science Center at San Antonio

**Bobby Patton, Ed.D.,
A.T.C., L.A.T.**
Interim Chairman and Director of Sports
Medicine Health, Physical Education and
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Kerrville, Texas

Carey Windler, M.D.
Consultant to Department of Intercollegiate
Athletics
The University of Texas at Austin

Eleanor A. 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



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 11, 1990. 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
**17th ANNUAL SYMPOSIUM ON
SPORTS MEDICINE
January 18-20, 1990**

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 name tag)

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. 18 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: The Spine
___ Workshop II: Controversy in Sports Medicine:
An Open Forum
___ Workshop III: The Lower Extremity
___ Workshop IV: The Upper Extremity
___ I will not be attending workshops

Mail to: UTHSCSA ■ Continuing Medical Education
7703 Floyd Curl Drive ■ San Antonio, Texas 78284-7980
(512) 567-4444