

CELEBRATING EIGHTEENTH  
ANNUAL  
SYMPOSIUM ON SPORTS MEDICINE

18<sup>TH</sup> Annual  
Symposium  
on  
**SPORTS  
MEDICINE**



**JANUARY 17-19, 1991**

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

**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 as well as knee and shoulder anatomy dissection laboratories. 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 December 24, 1990. After that date, reservations will be accepted on a space available basis.**

**Embassy Suites**  
7750 Briaridge  
San Antonio, Texas 78230  
Rate: \$65 Single or Double  
(512) 691-8888

**Marriott Courtyard at  
Medical Center**  
8585 Marriott Drive  
San Antonio, Texas 78229  
Rate: \$49 Single, \$59 Double  
1-800-321-2211

**Medical Center  
GuestHouse**  
7500 Louis Pasteur  
San Antonio, Texas 78229  
Rates: \$41.95 Single or 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

JANUARY 1991						
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6	7	8	9	10	11	12
13	14	15	16	17	18	19
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27	28	29	30	31		

**18th Annual Symposium  
on Sports Medicine**  
January 17-19, 1991

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

Mark your  
calendar today!

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San Antonio, Texas

# PROGRAM

## Thursday, January 17, 1991

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. Geroni, EMT-P*

## Friday, January 18, 1991

7:00-7:20 Registration  
Continental Breakfast  
**Symposium: The Shoulder and Cervical Spine**  
**Moderator: Paul C. Trickett, M.D.**

7:20-7:30 Introduction  
*James D. Heckman, M.D.*  
Welcoming Remarks  
*Jesse C. DeLee, M.D.*  
7:30-7:50 On The Field Emergencies  
*James D. Heckman, M.D.*  
7:50-8:10 Results of TMA ULL Sponsored Injury Report  
*Jesse C. DeLee, M.D.*  
8:10-8:30 Cervical Spine Injuries: Evaluation and Guidelines To Return To Play  
*Jacob F. Patterson, M.D.*  
8:30-8:50 Brachial Plexus Injury: Diagnosis and Treatment  
*Fred G. Corley, M.D.*  
8:50-9:10 Head Injury: Evaluation And Criteria To Play  
*Thomas A. Kingman, M.D.*  
9:10-9:30 Shoulder Instability: Diagnosis and Treatment  
*Michael Wirth, M.D.*  
9:30-9:50 Rehabilitation And Protective Bracing Of The Shoulder  
*Ralph J. "Bud" Curtis, M.D.*  
9:50-10:10 Panel Discussion  
10:10-10:30 Coffee Break

**Symposium: The Upper Extremity**  
**Moderator: Jacob F. Patterson, M.D.**

10:30-10:45 Rotator Cuff Injuries In The Athlete  
*Glenn C. Terry, M.D.*  
10:45-11:25 Elbow Injuries in Sports  
*Frank C. McCue, M.D.*  
11:25-11:50 AC Joint Injuries In Sports  
*Glenn C. Terry, M.D.*  
11:50-12:00 Panel Discussion  
12:00-1:00 p.m. Lunch

**Symposium: Nutrition, Heat, and Medication**  
**Moderator: Jerry D. Julian, M.D.**

1:00-2:15 Nutrition and Athletics  
*Eleanor Young, Ph.D.*  
*Ted L. Edwards, M.D.*  
2:15-2:35 Heat Illness: Diagnosis And Prevention  
*Peter L.J. McGanity, M.D.*  
2:35-2:55 Analgesics and Non-Steroidal Drugs In Sports  
*David J. Jones, Ph.D.*  
2:55-3:15 Sudden Cardiac Death Syndrome  
*Hector Villasenor, M.D.*  
3:15-3:30 Panel Discussion  
3:30-3:50 Coffee Break

**Laboratory: Anatomy Dissection**

3:50-4:40 A. Group I: The Knee  
Group II: The Shoulder  
4:40-5:50 B. Group I: The Shoulder  
Group II: The Knee

## Saturday, January 19, 1991

**Symposium: Rehabilitation**  
**Moderator: Michael K. "Spanky" Stephens, CAT, LAT**

7:30-7:50 a.m. Drug Testing In Athletics  
*Joe Geick, Ed.D., A.T.C., L.A.T.*  
7:50-8:10 Infectious Diseases In Athletics  
*James J. Gaspard, M.D.*  
8:10-8:30 Flexibility Training  
*Larry Gardner, A.T.C., L.A.T.*  
8:30-8:50 Isometric, Isotonic, and Isokinetic Exercise Techniques  
*John Krusenklous, R.P.T., A.T.C.*  
8:50-9:10 Concentric and Eccentric Training  
*Joe Geick, Ed.D., A.T.C., L.A.T.*

9:10-9:30 Traction as a Modality  
*Bobby Patton, Ed.D., A.T.C., L.A.T.*  
9:30-9:50 Low Back Pain In The Athlete  
*Jacob F. Patterson, M.D.*  
9:50-10:10 Biomechanical Evaluation and Treatment Of The Lumbar Spine  
*Robert Frieberg, Ph.D.*  
10:10-10:30 Coffee Break

**Symposium: The Lower Extremity**  
**Moderator: Charles W. Craven, M.Ed.**

10:30-10:50 Diagnosis And Treatment Of Midfoot And Ankle Sprains  
*Thomas Clanton, M.D.*  
10:50-11:10 Hip Injury In The Athlete  
*Jack H. Henry, M.D.*  
11:10-11:30 The Effect Of Playing Surfaces On Injury  
*Thomas Clanton, M.D.*  
11:30-12:00 Panel Discussion  
12:00-1:00 p.m. Lunch

**Symposium: The Knee**  
**Moderator: Jesse C. DeLee, M.D.**

1:00-1:20 p.m. Anatomy And The Clinical Examination  
*Robert G. Stone, M.D.*  
1:20-1:40 The Meniscus: Current Concepts In Treatment  
*Robert G. Schenck, M.D.*  
1:40-2:00 Diagnosis And Treatment Of Medial Knee Ligament Injury: An Update  
*J. Pat Evans, M.D.*  
2:00-2:20 The Anterior Cruciate Ligament: Diagnosis And Treatment Rationale  
*Jesse C. DeLee, M.D.*  
2:20-2:40 Principles Of Knee Rehabilitation  
*Jerry D. Julian, M.D.*  
2:40-3:00 Panel Discussion  
3:00-3:15 Coffee Break  
3:15-5:00 Workshops

### WORKSHOP I: The Spine

Robert B. Kimmel, M.D.  
Jacob F. Patterson, M.D.  
Robert Frieberg, Ph.D.

### WORKSHOP II: Biomechanical Evaluation Of The Lower Extremity

John Krusenklous, L.A.T., L.P.T.  
Peter J. McGanity, M.D.

### WORKSHOP III: The Knee And Ankle: Clinical Exam And Treatment

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

### WORKSHOP IV: The Upper Extremity: Clinical Exam And Treatment

Fred G. Corley, M.D.  
Frank C. McCue, III, M.D.  
Ralph C. Curtis, M.D.  
Charles Cortez, L.A.T.

## 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 18 or 19, 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, 1991. 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.

## FACULTY

**Thomas O. Clanton, M.D.**  
Team Orthopaedic Surgeon  
Rice University  
Houston, Texas

**Fred G. Corley, M.D.**  
Associate Professor  
Department of Orthopaedics  
The University of Texas Health  
Science Center at San Antonio

**Charles Cortez, L.A.T.**  
Head Athletic Trainer  
St. Mary's University  
San Antonio, Texas

**Charles W. Craven, M.Ed.**  
Associate Professor  
Physical Instruction, Clinical Consultant  
Inter-Collegiate Athletics and  
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**Ralph J. "Bud" Curtis, Jr., M.D.**  
Clinical Assistant Professor  
Department of Orthopaedics  
The University of Texas Health  
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**Jesse C. DeLee, M.D.**  
(Course Director)  
Clinical Associate Professor  
Department of Orthopaedics  
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**Ted L. Edwards, Jr., M.D.**  
Medical Director  
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**J. Pat Evans, M.D.**  
Team Physician, Dallas Cowboys  
Director, Sports Medicine Clinic  
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Science Center at San Antonio

**Larry Gardner, L.P.T., L.A.T.**  
Director of Rehabilitation  
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**Charles E. Geroni, EMT-P**  
Emergency Medical Technology  
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**James J. Gaspard, M.D.**  
Director, Family Practice Medical Group  
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**Joe Geick, Ed.D., R.P.T., A.T.C.**  
Head Trainer  
Director of Graduate Programs  
University of Virginia  
Charlottesville, Virginia

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

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

**Jack H. Henry, M.D.**  
Clinical Professor  
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The University of Texas Health  
Science Center at San Antonio

**David J. Jones, Ph.D.**  
Professor, Department of Anesthesia  
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**Jerry D. Julian, M.D.**  
Consultant to the Department  
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**John Krusenklous, P.T.**  
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San Antonio, Texas

**Frank C. McCue, III, M.D.**  
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**Peter L.J. McGanity, M.D.**  
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**Jacob F. "Jake" Patterson, M.D.**  
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**Bobby Patton, Ed.D.,  
A.T.C., L.A.T.**  
Interim Chairman and Director of Sports  
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**Robert C. Schenck, M.D.**  
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**Michael K. "Spanky" Stephens,  
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Head Athletic Trainer  
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**Glenn C. Terry, M.D.**  
Clinical Associate Professor  
Tulane University School of Medicine  
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**Paul C. Trickett, M.D.**  
Director of Athletic Medicine  
The University of Texas at Austin

**Hector A. Villasenor, M.D.**  
Cardiology, Private Practice  
San Antonio, Texas

**Michael Wirth, M.D.**  
Instructor  
Department of Orthopaedics  
The University of Texas Health  
Science Center at San Antonio

**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

## REGISTRATION FORM

Continuing Medical Education 021-1  
**18th ANNUAL SYMPOSIUM ON  
SPORTS MEDICINE  
January 17-19, 1991**

**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 # \_\_\_\_\_

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Discover # \_\_\_\_\_

Expiration Date \_\_\_\_\_

Name \_\_\_\_\_  
(as it will appear on name tag)

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Social Security # \_\_\_\_\_  
(for recordkeeping purposes)

or  
Federal Tax ID # \_\_\_\_\_  
(if company pays fee)

Office Phone \_\_\_\_\_

Profession \_\_\_\_\_

### Check here for specific options:

Yes  No  Friday evening cocktail reception  
Yes  No  Thursday, Jan. 17 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: Biomechanical Evaluation of The  
Lower Extremity  
\_\_\_ Workshop III: The Knee And Ankle: Clinical Exam  
And Treatment  
\_\_\_ Workshop IV: The Upper Extremity: Clinical  
Exam 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 ■ FAX (512) 567-6964

