

CELEBRATING TWENTIETH ANNUAL  
SYMPOSIUM ON SPORTS MEDICINE

# 20<sup>TH</sup> Annual Symposium on SPORTS MEDICINE



**JANUARY 14-16, 1993**

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

JAMES D. HECKMAN, M.D.  
UTHSCSA/ORTHOAEDICS DEPT  
SAN ANTONIO, TX 78284

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

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

## 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. Special workshops will include hands-on experience in taping, rehabilitation, and examinations as well as foot, ankle, elbow, and wrist anatomy dissection laboratories. Participants are encouraged to bring problem cases and situations for discussion by the faculty during the question-and-answer periods. A Recertification course in Cardiopulmonary Resuscitation will also be offered.

### SPECIAL FEATURE

#### *Cardiopulmonary Resuscitation Recertification*

A recertification course in cardiopulmonary resuscitation will be included in this year's program. Please note that this is a recertification course for those who have previously been certified in CPR. Please indicate on the registration form whether you wish to participate in this course.

### 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.

### 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.

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.

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, (210) 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 15, 1992. After that date, reservations will be accepted on a space available basis.**

**Wyndham San Antonio**  
9821 Colonnade Boulevard  
San Antonio, Texas 78230  
Rate: \$65 Single or Double  
(210) 691-8888

**Embassy Suites**  
7750 Briaridge  
San Antonio, Texas 78230  
Rate: \$74 Single or Double  
(210) 340-5421

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

**Medical Center  
Guest House**  
7500 Louis Pasteur  
San Antonio, Texas 78229  
Rates: \$48.95 Single or  
\$53.95 Double  
(includes continental  
breakfast)  
(210) 616-0030

**Oak Hills Motor Inn**  
7401 Wurzbach Road  
San Antonio, Texas 78229  
Rates: \$48 Single or \$52 Double  
(210) 614-9900

### COURSE REGISTRATION

Advance registration is requested. Fees are \$140 for physicians and \$60 for coaches, nurses, physical therapists, and trainers. Fee for the CPR course is \$25. Late registration at the meeting, on January 15 or 16, 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 8, 1993. A \$20 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.

**Emergency  
Phone  
Numbers:**

**Auditorium:  
(210) 567-1831**

**University Police:  
(210) 567-2801**

## PROGRAM

### Thursday, January 14, 1993

6:00-7:00 p.m. **Final Registration for CPR Registration for Symposium**  
Auditorium Foyer

7:00-10:00 **Recertification Course in CPR**  
Charles Garoni, B.A., EMT-P

### Friday, January 15, 1993

7:00-7:20 **Registration**  
*Continental Breakfast*

#### Symposium: The Spine in Athletics

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

7:20-7:30 **Introduction and Welcoming Remarks**  
Jesse C. DeLee, M.D.

7:30-7:50 **Assessing the Injured Athlete**  
Don Gordon, M.D.

7:50-8:10 **Dental Injuries in Athletes: Prevention and Treatment**  
Robert M. Morrow, D.D.S.

8:10-8:30 **Ear, Nose, and Throat Injuries in the Athlete**  
Allen Noorily, M.D.

8:30-8:50 **Cervical Spine Injury: Evaluation and Criteria to Return to Play**  
Gilbert Meadows, M.D.

8:50-9:10 **Brachial Plexus Injury: Diagnosis and Criteria to Return to Play**  
Keith L. Markey, M.D.

9:10-9:30 **Lumbar Spine Injury in the Athlete**  
Arvo Neidre, M.D.

9:30-9:50 **Principles of Spinal Rehabilitation**  
Gerald Q. Greenfield, M.D.

9:50-10:10 **Panel Discussion**

10:10-10:30 **Coffee Break**

#### Symposium: The Shoulder

**Moderator: Robert Schenck, M.D.**

10:30-10:45 **Anatomy and Clinical Evaluation of the Shoulder**  
Michael Wirth, M.D.

10:45-11:00 **Shoulder Instability: Diagnosis and Treatment**  
Ralph J. Curtis, Jr., M.D.

11:00-11:15 **Rotator Cuff Injuries in the Athlete**  
Carey Windler, M.D.

11:15-11:30 **Acromioclavicular Joint Injuries in Sports**  
Scott L. Sledge, M.D.

11:30-11:50 **Shoulder Rehabilitation: Principles and Practice**  
Bernie LaReau, L.A.T.

11:50-12:00 **Panel Discussion**

12:00-1:00 p.m. **Lunch**

#### Symposium: The Hand and Elbow

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

1:00-1:15 **Anatomy and Examination of the Hand**  
Donna Boehme, M.D.

1:15-1:35 **Sports Related Injuries of the Wrist and Hand**  
James H. Dobyns, M.D.

1:35-2:00 **Diagnosis and Treatment of Elbow Injuries**  
Eugene T. O'Brien, M.D.

2:00-2:15 **Panel Discussion**

#### Symposium: Nutrition and Drugs in Sports

**Moderator: J. Pat Evans, M.D.**

2:15-2:30 **Heat Illness**  
Mark Hutchens, M.D.

2:30-3:00 **Basics of Nutrition**  
Marsha Beckermann, R.D.

3:00-3:15 **Instituting a Drug Screening Program at the College Level**  
Stephen S. Burkhart, M.D.  
Janet R. Bristor, L.A.T., A.T.C.

3:15-3:30 **Control of Medications in the Training Room**  
Spanky Stephens, C.A.T., L.A.T.

3:30-3:50 **Panel Discussion**

3:50-4:05 **Coffee Break**

**Laboratory: Anatomy Dissection**

4:05-5:00 **A. Group I: Foot and Ankle**  
Jesse C. DeLee, M.D.  
Peter L. McGanity, M.D.

**Group II: Elbow and Wrist**  
Fred Corley, M.D.  
Eugene T. O'Brien, M.D.

5:00-5:50 **B. Group I: Elbow and Wrist**  
Fred Corley, M.D.  
Eugene T. O'Brien, M.D.

**Group II: Foot and Ankle**  
Jesse C. DeLee, M.D.  
Peter L. McGanity, M.D.

5:50 **Cocktail Reception**

### Saturday, January 16, 1993

#### Symposium: Rehabilitation and The Adolescent Athlete

##### Moderator: John A. Evans, M.D.

7:30-7:50 a.m. **Scientific Bases of Heat, Cold, Electricity, and Ultrasound**  
Alan Bucknell, M.D.

7:50-8:10 **Cost Effectiveness of Physical Therapy of Physical Modalities**  
Barry Morgan, L.P.T.

8:10-8:30 **Tips for the Training Room on a Limited Budget**  
Larry Gardner, L.P.T.

8:30-8:50 **Lower Extremity Injuries in the Adolescent Athlete**  
Robert Campbell, M.D.

8:50-9:10 **Upper Extremity Injuries in the Adolescent Athlete**  
Earl A. Stanley, M.D.

9:10-9:30 **The Spine in the Adolescent Athlete**  
Patrick Palmer, M.D.

9:30-9:50 **Panel**

9:50-10:20 **Coffee Break**

#### Symposium: The Lower Extremity

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

10:20-10:35 **Posterior Thigh Pain in the Athlete**  
Phillip R. Craven, M.D.

10:35-10:50 **Acute Ankle Sprains: Clinical Diagnosis and Treatment**  
Mayo Galindo, M.D.

10:50-11:10 **Types of Ankle Reconstructions**  
Peter J. Holmes, M.D.

11:10-11:25 **Diagnosis and Treatment of Midfoot Sprains**  
David Schmidt, M.D.

11:25-11:45 **Injuries of the Forefoot: Diagnosis and Treatment**  
J. Pat Evans, M.D.

11:45-12:00 **Panel Discussion**

12:00-1:00 **Lunch**

#### Symposium: The Knee

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

1:00-1:20 **Patellofemoral Joint: Diagnosis and Treatment**  
Ples Kujawa, M.D.

1:20-1:40 **Posterior Cruciate Ligament: Diagnosis and Treatment Options**  
Jerry Julian, M.D.

1:40-2:00 **The Anterior Cruciate Ligament: An Update of Treatment**  
Jesse C. DeLee, M.D.

2:00-2:20 **Collateral Ligament Injury**  
Robert Schenck, M.D.

2:20-2:40 **Principles of Knee Rehabilitation**  
Steve Stratton, Ph.D.

2:40-3:00 **Panel Discussion**

3:00-3:15 **Coffee Break**

3:15-5:00 **Workshops**

## FACULTY

**Marsha Beckermann, R.D., L.D.**  
Sports Nutritionist  
University of Texas Men's Athletics  
Austin, Texas

**Donna Boehme, M.D.**  
Private Practice  
Orthopaedics and Hand Surgery  
San Antonio, Texas

**Janet R. Bristor, L.A.T., A.T.C.**  
Head Athletic Trainer  
Trinity University  
San Antonio, Texas

**Allan Bucknell, M.D.**  
Chief of Orthopaedic Surgery Services  
Brooke Army Medical Center  
Fort Sam Houston, Texas

**Stephen S. Burkhart, M.D.**  
Clinical Assistant Professor  
Department of Orthopaedics  
The University of Texas Health Science Center at San Antonio

**Robert M. Campbell, Jr., M.D.**  
Assistant Professor  
Department of Orthopaedics  
The University of Texas Health Science Center at San Antonio

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

**Phillip R. Craven, Jr., M.D.**  
Clinical Assistant Professor  
Department of Orthopaedics  
The University of Texas Health Science Center at San Antonio

**Ralph J. "Bud" Curtis, Jr., M.D.**  
Clinical Assistant Professor  
Department of Orthopaedics  
The University of Texas Health Science Center at San Antonio

**Jesse C. DeLee, M.D. (Course Director)**  
Clinical Associate Professor  
Department of Orthopaedics  
The University of Texas Health Science Center at San Antonio

**James H. Dobyns, M.D.**  
Consultant Physician, Private Practice (Retired)  
San Antonio, Texas

**J. Pat Evans, M.D.**  
Team Physician, The Dallas Mavericks  
Medical Director of the Tom Landry Sports Medicine and Research Center  
Dallas, Texas

**John A. Evans, M.D.**  
Clinical Associate Professor  
The University of Texas Health Science Center at San Antonio

**Mayo Galindo, Jr., M.D., P.A.**  
Consultant Physician  
Department of Orthopaedics  
The University of Texas Health Science Center at San Antonio

**Larry Gardner, L.P.T., L.A.T.**  
Director of Rehabilitation  
Baylor Sports Rehabilitation  
Dallas, Texas

**Charles E. Garoni, B.A., EMT-P**  
Assistant Professor of Emergency Medical Technology  
Department of Emergency Medical Technology  
The University of Texas Health Science Center at San Antonio

**Donald J. Gordon, M.D.**  
Associate Professor  
Chairman, Department of Emergency Medical Technology  
The University of Texas Health Science Center at San Antonio

**Gerald Q. Greenfield, M.D.**  
Assistant Clinical Professor  
Department of Orthopaedics  
The University of Texas Health Science Center at San Antonio

**Jerry Greason, L.A.T.**  
Head Athletic Trainer, Department of Athletics  
The University of Texas at San Antonio

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

**Clayton Holmes, L.A.T., L.P.T.**  
Assistant Professor  
Department of Physical Therapy  
The University of Texas Health Science Center at San Antonio

**Peter F. Holmes, M.D.**  
Clinical Assistant Professor  
Department of Orthopaedics  
The University of Texas Health Science Center at San Antonio

**Mark Hutchens, M.D.**  
Director of Athletic Medicine  
The University of Texas  
Austin, Texas

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

**Ples Kujawa, M.D.**  
Clinical Associate Professor  
Department of Orthopaedics  
The University of Texas Health Science Center at San Antonio

**Bernie LaReau, L.A.T.**  
Sports Medicine Outreach  
San Antonio, Texas

**Peter L. J. McGanity, M.D.**  
Associate Professor  
Department of Orthopaedics  
The University of Texas Health Science Center at San Antonio

**Keith L. Markey, M.D.**  
Clinical Assistant Professor  
Department of Orthopaedics  
The University of Texas Health Science Center at San Antonio

**Gilbert R. Meadows, M.D.**  
Clinical Assistant Professor  
Department of Orthopaedics  
The University of Texas Health Science Center at San Antonio

**Barry Morgan, L.P.T.**  
Spinal Dynamics  
San Antonio, Texas

**Robert M. Morrow, D.D.S.**  
Professor and Head of the Graduate Division  
Department of Prosthodontics  
The University of Texas Health Science Center at San Antonio

**Arvo Neidre, M.D.**  
Clinical Assistant Professor  
Chief, Spinal Surgery Service  
Department of Orthopaedic Surgery  
The University of Texas Health Science Center at San Antonio

**Allen D. Noorily, M.D.**  
Assistant Professor  
Department of Otolaryngology  
The University of Texas Health Science Center at San Antonio

**Eugene T. O'Brien, M.D.**  
Private Practice of Orthopaedics  
San Antonio, Texas

**Patrick M. Palmer, M.D., P.A.**  
Clinical Assistant Professor  
Department of Orthopaedic Surgery  
The University of Texas Health Science Center at San Antonio

**Charles A. Rockwood, Jr., M.D.**  
Professor and Chairman Emeritus  
Department of Orthopaedics  
The University of Texas Health Science Center at San Antonio

**Robert C. Schenck, M.D. (Program Committee)**  
Assistant Professor  
Department of Orthopaedics  
The University of Texas Health Science Center at San Antonio

**Scott L. Sledge, M.D., P.A.**  
Clinical Assistant Professor  
Department of Orthopaedics  
The University of Texas Health Science Center at San Antonio

**Earl A. Stanley, M.D.**  
Clinical Associate Professor  
Department of Orthopaedics  
The University of Texas Health Science Center at San Antonio

**Michael K. "Spanky" Stephens, C.A.T., L.A.T.**  
Head Athletic Trainer  
Department of Intercollegiate Athletics  
The University of Texas at Austin

**Steven Stratton, Ph.D., P.T., A.T.C.**  
Clinical Associate Professor  
Physical Therapy Department  
The University of Texas Health Science Center at San Antonio

**Alamo Physical Therapy Resources**  
San Antonio, Texas

**Carey Windler, M.D.**  
Orthopaedic Surgeon for Men's Intercollegiate Athletics  
The University of Texas  
Austin, Texas

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

## REGISTRATION FORM

Continuing Medical Education 017-3

### 20th ANNUAL SYMPOSIUM ON SPORTS MEDICINE

#### January 14-16, 1993

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

#### FEES:

\_\_\_ \$60 Coaches, Nurses, Physical Therapists, Trainers, EMT's

\_\_\_ \$140 Physicians

\_\_\_ \$25 CPR

\_\_\_ TOTAL ENCLOSED

Make checks payable to  
**"UTHSCSA, Continuing Medical Education"**

Charge to VISA # \_\_\_\_\_

MasterCard # \_\_\_\_\_

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

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

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

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

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

Profession \_\_\_\_\_

Address \_\_\_\_\_

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

County \_\_\_\_\_

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

#### Check here for specific options:

Yes  No Friday evening cocktail reception

Yes  No Thursday, Jan. 14 CPR course  
(please enclose additional \$25)

#### 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: Taping Symposium: Principles and Techniques

\_\_\_ Workshop III: The Knee and Ankle: Clinical Exam and Treatment

\_\_\_ Workshop IV: Basics of Physical Examination, Diagnosis and Treatment of the Shoulder

\_\_\_ I will not be attending workshops

Mail to: UTHSCSA ♦ Continuing Medical Education  
7703 Floyd Curl Drive  
San Antonio, Texas 78284-7980

(210) 567-4444 ♦ FAX (210) 567-6964

<b>WORKSHOP I: The Spine</b> Clayton Holmes, L.A.T., L.P.T. Gilbert Meadows, M.D. Gerald Q. Greenfield, M.D.	<b>WORKSHOP II: Taping Symposium: Principles and Techniques</b> Rex Hartwig, L.A.T. Bernie LaReau, L.A.T. Jerry Greason, L.A.T.	<b>WORKSHOP III: The Knee and Ankle: Clinical Exam and Treatment</b> Jesse C. DeLee, M.D. Jerry D. Julian, M.D. Robert Schenck, M.D.	<b>WORKSHOP IV: Basics of Physical Examination, Diagnosis and Treatment of the Shoulder</b> Charles A. Rockwood, Jr., M.D. Michael Wirth, M.D.
---	--	---	--