

## 22nd ANNUAL SYMPOSIUM ON SPORTS MEDICINE

January 19-21, 1994

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

### FEES:

- \_\_\_\_\_ \$60 Coaches, Nurses, Physical Therapists, Trainers, EMTs
- \_\_\_\_\_ \$140 Physicians
- \_\_\_\_\_ \$35 CPR Recertification
- \_\_\_\_\_ TOTAL ENCLOSED

Make checks payable to "UTHSCSA, Continuing Medical Education"

### Charge to my:

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Profession \_\_\_\_\_

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

County \_\_\_\_\_

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

### Check here for specific options:

- Yes    No   Friday evening reception
- Yes    No   Thursday, Jan. 19 CPR course (fee)
- I have special requirements. (A staff person will contact you to see how we can assist you.)
- I will drive to the campus. (Parking is limited and distant.)
- I will take the bus from hotel to campus.

### 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: Athletic Training in the 1990s: A Symposium
- \_\_\_\_\_ Workshop II: Physical Therapy Modalities and Rehabilitation
- \_\_\_\_\_ Workshop III: The Upper Extremity: Diagnosis and Treatment
- \_\_\_\_\_ Workshop IV: The Lower 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

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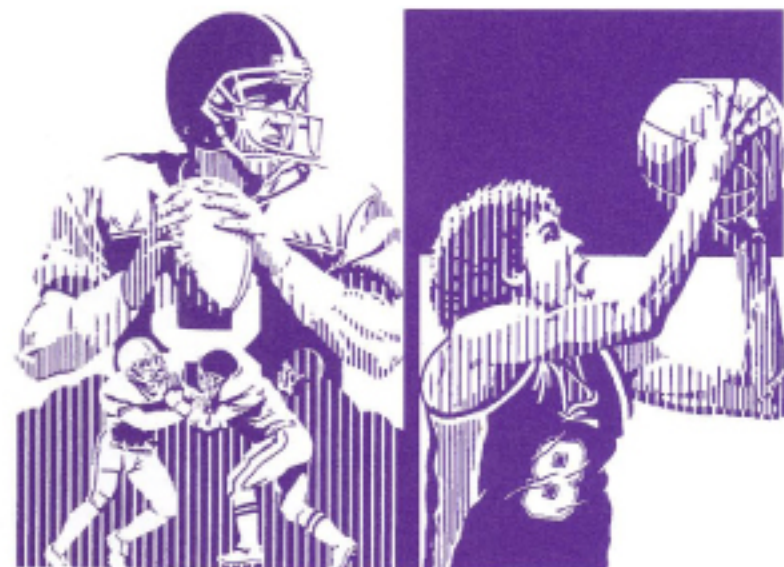
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The University of Texas Health Science Center  
at San Antonio  
Continuing Medical Education  
7703 Floyd Curl Drive  
San Antonio, Texas 78284-7980

**SPORTS MEDICINE SYMPOSIUM**  
**JANUARY 19-21, 1995**

## CELEBRATING 22ND ANNUAL SYMPOSIUM ON SPORTS MEDICINE

# 22ND ANNUAL SYMPOSIUM ON SPORTS MEDICINE



**JANUARY 19-21, 1995**  
**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. Special workshops will include a symposium on athletic training in the 1990s, an update of physical therapy modalities and rehabilitation techniques, and diagnosis and treatment of upper and lower extremities, as well as elbow 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 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. (Additional fee)

### OBJECTIVES

- By the end of this course, participants should be able to:
- Develop their 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 for physicians.

The University of Texas Health Science Center at San Antonio designates this continuing medical education activity for 16.25 credit hours in Category 1 of the Physician's Recognition Award of the American Medical Association. In addition, the program is acceptable for 16.25 hours of Category 2A, American Osteopathic Association.

The University of Texas Health Science Center at San Antonio will issue 1.625 CEUs (Continuing Education Units) for completion of this course.

This is a continuing education offering for physical therapists and physical therapists assistants approved by the Texas State Board of Physical Therapy Examiners, and meets the requirements for 1.625 Continuing Education Units.

This Program has been approved by the National Athletic Trainers' Association, Inc. for 1.65 CEU's. Provider code A469.

The Administrative Services Committee of the Texas Department of Health Athletic Trainer Licensure Program has valued this program for 15.25 hours.

Application for EMS credit has been made.

Please contact the Office of Continuing Medical Education Services at The University of Texas Health Science Center for information about 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 19, 1994. After that date, reservations will be accepted on a space available basis.

**Wyndham San Antonio**  
9821 Colonnade Boulevard  
San Antonio, Texas 78230  
Rate: \$70 Single or Double  
(210) 691-8888

**Embassy Suites**  
7750 Briaridge  
San Antonio, Texas 78230  
Rate: \$79 Single or Double  
(210) 340-5421  
(includes breakfast and evening social hour)

**Medical Center Guest House**  
7500 Louis Pasteur  
San Antonio, Texas 78229  
Rates: \$49.95 Single or \$55.00 Double  
(includes continental breakfast)  
(210) 616-0030

**Oak Hills Motor Inn**  
7401 Wurzbach Road  
San Antonio, Texas 78229  
Rates: \$45 Single or \$50 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 \$35. Late registration at the meeting, on January 19 or 20, will be an additional \$10. Fees include two luncheons, course syllabus, and Friday evening's reception. Canceled registrations will be refunded if received prior to January 12, 1995. A \$30 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 19, 1995

6:00-7:00 p.m. **Final Registration for CPR Recertification Course; Early Registration for Symposium**  
Auditorium Foyer, The University of Texas Health Science Center School of Medicine

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

### Friday, January 20, 1995

7:00-7:20 a.m. **Registration - Auditorium Foyer**  
Continental Breakfast

7:20-7:30 **Introduction**  
James D. Heckman, M.D.  
**Opening Remarks**  
Jesse C. DeLee, M.D.

**Symposium: General Sports Medicine**  
**Moderator: Jesse C. DeLee, M.D.**

7:30-7:50 **The Athletic Trainer in High School: "The Challenge of the 1990s and Beyond"**  
Frank E. Walters, Ph.D.

7:50-8:10 **The Student Athletic Trainer: "How I Keep Them Interested"**  
T. R. St. Charles, M.S., A.C.T., L.A.T.

8:10-8:30 **On The Field Management of Dental Injuries**  
Steven B. Buckley, D.D.S., M.D.

8:30-8:50 **Dermatological Problems in the Athlete**  
Stephen Miller, M.D., F.R.C.P. (C.)

8:50-9:10 **Ear, Nose, and Throat Injuries**  
Richard K. Newman, M.D.

9:10-9:30 **Urological Injury: Diagnosis and Treatment**  
Timothy C. Hlavinka, M.D.

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

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

**Symposium: The Female Athlete**  
**Moderator: Fred G. Corley, M.D.**

10:10-10:30 **Eating Disorders in Female Athletes**  
Randa Ryan, Ph.D.

10:30-10:45 **Bone Stress Injury in the Female Athlete**  
Christina Bonci, M.S., A.T.C., L.A.T.

10:45-11:05 **Menstrual Irregularities in the Female Athlete: Significance and Treatment**  
Richard A. Becker, M.D.

11:05-11:20 **Exercise Induced Asthma**  
James W. Ogletree, M.D.

11:20-11:40 **Knee Injury in Women's Basketball: Results of an UIL Sponsored Survey**  
Jesse C. DeLee, M.D.  
Edward E. Gomez, M.D.

11:40-12:00 **Panel Discussion**

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

**Symposium: Injuries To The Spinal Cord and Central Nervous System**

**Moderator: Fred G. Corley, M.D.**  
**Closed Head Injury: Evaluation and Return to Play**  
Thomas A. Kingman, M.D.

1:20-1:40 **Cervical Spine Injury: Evaluation and Criteria for Return to Play**  
Arvo Neidre, M.D.

1:40-2:00 **Lumbar Spine Pain: Diagnosis and Treatment**  
Robert B. Kimmel, M.D.

2:00-2:15 **Stress Fractures of the Lumbar Spine: Diagnosis, Treatment, and Sequelae**  
Pablo Vazquez, M.D.

**Symposium: The Shoulder**  
**Moderator: Robert C. Schenck, Jr., M.D.**

2:15-2:35 **Anatomy and Clinical Evaluation of the Shoulder**  
Michael A. Wirth, M.D.

2:35-2:55 **Rehabilitation Techniques for Rotator Cuff Injuries**  
Stephen S. Burkhart, M.D.

2:55-3:15 **Instability of the Shoulder**  
Ralph J. "Bud" Curtis, Jr., M.D.

3:15-3:30 **AC and SC Joint Injuries**  
Fred G. Corley, M.D.

3:30-3:45 **Panel Discussion**

3:45-4:00 **Coffee Break**

**Laboratory: Anatomy Dissection**  
(Participants will attend each session once)

4:00-4:45 **Group I: The Elbow**  
Robert C. Schenck, Jr., M.D.  
Michael A. Wirth, M.D.

**Group II: The Shoulder**  
Ralph J. "Bud" Curtis, Jr., M.D.  
Jesse C. DeLee, M.D.

4:45-5:30 **Group I: The Elbow, Repeated**  
**Group II: The Shoulder, Repeated**

5:45-7:00 **Reception**  
Auditorium Foyer



### Saturday, January 21, 1995

**Symposium: Rehabilitation**  
**Moderator: Bernie LaReau, L.A.T.**

7:30-7:50 **The Principles of a Rehabilitation Prescription**  
Bobby Patton, Ed.D., A.C.T., L.A.T.

7:50-8:10 **Flexibility Training: Uses and Techniques**  
Donna Dougherty, L.P.T.

8:10-8:30 **Isotonic, Isometric, and Isokinetic Methods of Rehabilitation: Indications and Limitations**  
Russell Paine, P.T.

8:30-8:50 **Closed Chain Exercises and Its Place in Rehabilitation**  
Margaret Jacobs, L.P.T.

8:50-9:10 **Concentric and Eccentric Training Methods**  
Ples L. Kujawa, M.D.

9:10-9:30 **Chronic Fatigue and Overtraining**  
Jorge E. Gomez, M.D.

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

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

**Symposium: Primary Care Sports Medicine**

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

10:20-10:40 **Nutrition in Athletes**  
Eleanor A. Young, Ph.D.

10:40-11:00 **On The Field Evaluation of Ocular Injuries**  
Gilberto Aguirre, M.D.

11:00-11:20 **Heat Illness: Diagnosis, Prevention, and Treatment**  
Mark Hutchens, M.D.

11:20-11:40 **Development and Implementation of an Emergency Action Plan**  
Frank E. Walters, Ph.D.

11:40-12:00 **Panel Discussion**

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

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

1:00-1:20 **Physical Examination of the Injured Knee**  
Jerry D. Julian, M.D., S.A.C.S.

1:20-1:40 **Injuries to the Medial Collateral Ligament System**  
Peter F. Holmes, M.D.

1:40-2:00 **Meniscal Injury and Treatment: Repair vs Excision**  
Jesse C. DeLee, M.D.

2:00-2:20 **Methods of ACL Reconstruction**  
Robert C. Schenck, Jr., M.D.

2:20-2:40 **Principles of Knee Rehabilitation**  
Russell Paine, P.T.

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

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

3:15-5:00 **Workshops**  
(Participants will attend three workshops. Workshops will last 30 minutes each.)

**Workshop I**  
**Athletic Training in the 1990s: A Symposium**  
Bobby Patton, Ed.D., A.T.C., L.A.T.

T.R. St. Charles, M.S., A.T.C., L.A.T.  
Frank E. Walters, Ph.D.

**Workshop II**  
**Physical Therapy Modalities and Rehabilitation Techniques: An Update**  
Donna Dougherty, L.P.T.

Margaret Jacobs, L.P.T.

**Workshop III**  
**The Upper Extremity: Diagnosis and Treatment**  
Ralph J. "Bud" Curtis, Jr., M.D.

Peter F. Holmes, M.D.  
Michael A. Wirth, M.D.

**Workshop IV**  
**The Lower Extremity: Diagnosis and Treatment**  
Jesse C. DeLee, M.D.

Robert C. Schenck, Jr., M.D.

## FACULTY

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