

Continuing Medical Education 034-6
**23rd ANNUAL SYMPOSIUM
ON SPORTS MEDICINE**

January 11-13, 1996
Location: The University of Texas Health
Science Center at San Antonio, Medical
School Auditorium

Please print or type:
Name _____
Social Security# _____
Office Phone _____
Profession: MD DO Coach Trainer PT
 PT-A RN OT EMT
 Other _____
Specialty _____
Address _____
City, State, Zip _____
County _____
Federal Tax ID# _____
(if company pays fee)

Check here for optional activities:

Friday Evening Reception Yes No
Thursday Jan. 11 CPR Recert Course (\$25 fee) Yes No

- I have special requirements. (A staff person will contact you to see how we can assist.)
 I will drive to 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 NOT be made if selections are not given. Workshops may be limited in attendance.

- _____ Workshop I: Knee Bracing
_____ Workshop II: The Spine
_____ Workshop III: The Shoulder and Elbow
_____ Workshop IV: Sports Medicine Case Presentations
_____ I will not be attending workshops

FEES: _____ \$60 Coaches, Nurses, Physical Therapists,
Trainers, EMTs, Residents
_____ \$140 Physicians
_____ \$25 CPR Recertification

\$ _____ TOTAL ENCLOSED

Make checks payable to "UTHSCSA-CME"
(Continuing Medical Education)

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 American Express

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Mail to: UTHSCSA Continuing Medical Education
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San Antonio, Texas 78284-7980
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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 11-13, 1996**

CELEBRATING 23RD ANNUAL
SYMPOSIUM ON SPORTS MEDICINE

23RD ANNUAL
SYMPOSIUM ON
SPORTS
MEDICINE



JANUARY 11-13, 1996

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 charged)

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.

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, 1995. 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: \$84 Single or Double
(210) 340-5421
(includes breakfast and evening social hour)
(Transportation not guaranteed)

**Best Western
Oak Hills Motor Inn**
7401 Wurzbach Road
San Antonio, Texas 78229
Rates: \$50 Single or \$55 Double
(210) 614-9900
(includes full breakfast)

**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 \$30. Late registration at the meeting, on January 11 or 12, 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 5, 1996. 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 11, 1996

6:00 - 7:00 p.m. Final Registration for CPR
7:00 - 10:00 p.m. Recertification Course in CPR

Friday, January 12, 1996

7:00 - 7:20 a.m. Registration
Continental Breakfast

Symposium: General Sports Medicine
Moderator: J. Pat Evans, M.D.

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

7:30 - 7:50 Athletic Training: The Future
T.R. St. Charles, LAT

7:50 - 8:10 AIDS and Athletics: An Update
Charles J. Lerner, M.D.

8:10 - 8:30 Dermatology in the Training Room: Prevention and Treatment
Raul Vela III, M.D.

8:30 - 8:50 Dental Emergencies On The Field
Steven B. Buckley, D.D.S.

8:50 - 9:10 On The Field Management of Eye Injuries
Gilberto Aguirre, M.D.

9:10 - 9:30 Ear, Nose & Throat Injuries
Richard K. Newman, M.D.

9:30 - 9:50 Panel Discussion
9:50 - 10:10 *Coffee Break*

Symposium: The Head & Spinal Column

Moderator: J. Pat Evans, M.D.

10:10 - 10:30 On The Field Evaluation of Head Injuries
Thomas A. Kingman, M.D.

10:30 - 10:50 Cervical Spine Injury: Evaluation and Criteria To Return To Play
Pablo Vasquez, M.D.

10:50 - 11:10 Brachial Plexus Injury: Criteria To Return To Play
Fred G. Corley, M.D.

11:10 - 11:30 Stress Fractures of the Lumbar Spine
Earl A. Stanley, M.D.

11:30 - 12:00 Panel Discussion
12:00 - 1:00 p.m. *Lunch*

Symposium: The Shoulder
Moderator: Fred G. Corley, M.D.

1:00 - 1:20 Physical Examination of the Shoulder
Michael A. Wirth, M.D.

1:20 - 1:40 Rotator Cuff Problems in the Athlete
Ralph J. Curtis, Jr., M.D.

1:40 - 2:00 Instability of the Glenohumeral Joint: Diagnosis and Treatment
Michael A. Wirth, M.D.

2:00 - 2:20 Rehabilitation of the Shoulder
Linda Wells, P.T.

2:20 - 2:40 Panel Discussion

Symposium: Nutrition, Vitamins and Electrolytes

Moderator: Peter L.J. McGanity, M.D.

2:40 - 3:00 Nutrition and Athletic Performance
David M. Player, M.D.

3:00 - 3:20 Vitamin and Diet Supplements
James W. Ogletree, M.D.

3:20 - 3:40 Fluid, Electrolytes and Heat Illness
Dan Schweigert, M.D.

3:40 - 4:00 *Coffee Break*

Laboratory: Anatomic Dissection

4:00 - 4:45 A. Group I - The Knee
Jesse C. DeLee, M.D.
John A. Evans, M.D.

Group II - The Ankle
Fred G. Corley, M.D.
Robert C. Schenck, Jr., M.D.

Group I - The Ankle
Fred G. Corley, M.D.
Robert C. Schenck, Jr., M.D.

Group II - The Knee
Jesse C. DeLee, M.D.
John A. Evans, M.D.

4:45 - 5:30 B. Group I - The Ankle
Fred G. Corley, M.D.
Robert C. Schenck, Jr., M.D.

Group II - The Knee
Jesse C. DeLee, M.D.
John A. Evans, M.D.

Symposium: The Female Athlete
Moderator: John C. Pearce, M.D.

8:30 - 8:50 Injuries of the Mid-Foot: LisFranc's Joint, Metatarsal Fractures and Turf Toe
Peter L.J. McGanity, M.D.

8:50 - 9:10 Stress Reactions of the Tibia
Robert B. Kimmel, M.D.

9:10 - 9:30 Rehabilitation of The Foot and Ankle
Marion E. Schmitz, P.T.

9:30 - 9:50 Panel Discussion
9:50 - 10:15 *Coffee Break*

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Symposium: The Female Athlete
Moderator: John C. Pearce, M.D.

10:15 - 10:35 Common Injuries of Female Athletes
John C. Pearce, M.D.

10:35 - 10:55 PreSeason Screening and Injury Prevention
Tina Bonci, A.T.

10:55 - 11:15 Mental Health Care Needs of the Female Athlete
Randa Ryan, Ph.D.

11:15 - 11:35 Gynecological Considerations In The Female Athlete
Margaret Thompson, M.D.

11:30 - 12:00 Panel Discussion
11:30 - 1:00 *Lunch*

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

1:00 - 1:20 p.m. Physical Examination of the Acutely Injured Knee
Jesse C. DeLee, M.D.

1:20 - 1:40 ACL and PCL Injuries: Diagnosis and Treatment
Ron Jones, M.D.

1:40 - 2:00 Meniscus Injury: Diagnosis & Treatment
Marty Ivey, M.D.

2:00 - 2:20 Knee Bracing: Fact or Fiction
Robert C. Schenck, Jr., M.D.

2:20 - 2:40 Techniques of Knee Rehabilitation
Meg Jacobs, P.T.

2:40 - 3:00 Panel Discussion
3:00 - 3:15 *Coffee Break*

3:15 - 5:00 Workshops

Workshop I
Knee Bracing: Indications and Functions
James W. Ogletree, M.D.
Robert C. Schenck, Jr., M.D.

Workshop II
The Spine: Rehabilitation Techniques
Pablo Vasquez, M.D.
Earl A. Stanley, M.D.

Workshop III
The Shoulder and Elbow
Ralph Curtis, Jr., M.D.
Fred Corley, M.D.

Workshop IV
Sports Medicine Case Presentations
Jesse C. DeLee, M.D.
John A. Evans, M.D.



FACULTY

Gilberto Aguirre, M.D.
Clinical Professor
Ophthalmology Department
The University of Texas Health Science Center at San Antonio

Tina Bonci, M.S., A.T.C., L.A.T.
Head Athletic Trainer
Assistant Athletic Director for Sports Medicine
Womens Athletics
The University of Texas at Austin
Austin, TX

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The University of Texas Health Science Center at San Antonio

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

Ralph J. "Bud" Curtis, Jr., M.D.
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The University of Texas Health Science Center at San Antonio

Jesse C. DeLee, M.D. (Course Director)
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The University of Texas Health Science Center at San Antonio

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The University of Texas Health Science Center at San Antonio

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Medical Director
Mobil Sports Medicine and Justin Sports Medicine
Dallas, TX

James D. Heckman, M.D.
John Jay Hinchey Professor and Chairman
Department of Orthopaedics
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

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Professor
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Galveston, TX

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Staff Physical Therapist
Health South Sports Medicine and Rehabilitation Center
San Antonio, TX

Lt. Col. Ron Jones, M.D.
Chief, Orthopaedic Sports Medicine
Wilford Hall Medical Center
Lackland AFB, TX

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Peter L.J. McGanity, M.D.
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The University of Texas Health Science Center at San Antonio

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Department of Family Practice
The University of Texas Health Science Center at San Antonio

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Orthopaedic Consultant
Women's Intercollegiate Athletics
The University of Texas at Austin
Austin, TX

David M. Player, M.D.
Private Practice
San Antonio, TX

Randa Ryan, Ph.D.
Assistant Athletic Director
Womens Athletics
The University of Texas at Austin
Austin, TX

T.R. St. Charles, M.D., A.T.C., L.A.T.
Head Athletic Trainer
Taft High School
San Antonio, TX

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Please print or type:
Name _____
Social Security # _____
Office Phone _____
Profession: MD DO Coach Trainer PT
 PT-A RN OT EMT
 Other _____
Specialty _____
Address _____
City, State, Zip _____
County _____
Federal Tax ID# _____ (if company pays fee)

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