

CELEBRATING 24 YEARS



24TH ANNUAL SYMPOSIUM ON SPORTS MEDICINE



JANUARY 16-18, 1997

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

Continuing Medical Education 039-7
**24th ANNUAL SYMPOSIUM
ON SPORTS MEDICINE**

January 16-18, 1997

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:

Thursday Jan. 16 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: Foot and Ankle

_____ Workshop II: Shoulder and Elbow

_____ Workshop III: Spine: Diagnosis and
Rehab Modalities

_____ Workshop IV: Sports Medicine Case Presentations

_____ I will not be attending workshops

FEES: _____ \$75 Coaches, Nurses, Physical Therapists,
Trainers, EMTs, Residents

_____ \$150 Physicians

_____ \$25 CPR Recertification

\$_____ TOTAL ENCLOSED

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

or Charge to: VISA MasterCard Discover

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Card Number _____ Expiration _____

Mail to: UTHSCSA Continuing Medical Education
7703 Floyd Curl Drive
San Antonio, Texas 78284-7980
PHONE (210) 567-4491 • FAX (210) 567-6964

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. This 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. This year's symposia include: shoulder, upper extremity, general sports medicine, foot and ankle, rehabilitation, and knee. The format will include illustrated lectures, panels, and discussions. Special workshops will include foot and ankle, shoulder and elbow, spine, and sports medicine case presentations, 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 be offered on Thursday evening.

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 Medical School 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 Medical School designates this continuing medical education activity for 16 credit hours in Category 1 of the Physician's Recognition Award of the American Medical Association.

The University of Texas Health Science Center at San Antonio will issue 1.6 CEUs (Continuing Education Units) for completion of this course.

Application has been made with the Texas State Board of Physical Therapy Examiners for PT Certification.

This Program has been approved by the National Athletic Trainers' Association, Inc. for 1.6 CEU's. Provider code A469.

AMA category 1 credit is acceptable for EMS and EMT credit and for Nursing Type 2 Credit.

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 at San Antonio for information about other professional specialty credits which will be available at (210) 567-4491.

HOTEL INFORMATION

Rooms have been reserved at several hotels close to the Health Science Center. All except the Marriott Courtyard 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. After that date, reservations will be accepted on a space available basis.

Omni San Antonio Hotel
9821 Colonnade Boulevard
San Antonio, Texas 78230
Rate: \$70 Single or Double
(800) 460-8881

Embassy Suites
7750 Briaridge
San Antonio, Texas 78230
Rate: \$90 Single or Double
(210) 340-5421
(Transportation not guaranteed)

Sumner Suites Crossroads
3636 NW Loop 410
San Antonio, Texas 78201
Rates: \$65 Single or Double
(800) 74-SUITE
(includes deluxe continental breakfast)

Marriott Courtyard Medical
8585 Marriott Drive
San Antonio, Texas 78229
Rates: \$62 Single or Double
(800) 321-2211



COURSE REGISTRATION

Advance registration is requested. Fees are \$150 for physicians and \$75 for coaches, nurses, physical therapists, and trainers, EMTs and residents. Fee for the CPR course is \$25. Late registration at the meeting, on January 16 or 17, 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 10, 1997. A \$35 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 will be refunded in full.



EMERGENCY PHONE NUMBERS

Auditorium:
(210) 567-1831

University Police:
(210) 567-2801

PROGRAM

Thursday, January 16, 1997

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

Friday, January 17, 1997

- 7:00-7:20 a.m. Registration
Continental Breakfast
- 7:20-7:30 Introduction
James D. Heckman, MD
- Welcoming Remarks
Jesse C. DeLee, MD
- Symposium: Shoulder**
Moderator: Jesse C. DeLee, MD
- 7:30-7:50 Anatomy and Physical Examination of the Shoulder
Michael A. Wirth, MD
- 7:50-8:10 Instability of the Shoulder: Diagnosis and Treatment
Ralph J. "Bud" Curtis, Jr., MD
- 8:10-8:30 AC and SC Joint Injuries
Michael A. Wirth, MD
- 8:30-8:50 Rotator Cuff Injuries: Diagnosis and Treatment
Joe W. Tippett, MD
- 8:50-9:10 Fractures of the Clavicle and Ribs
Fred G. Corley, MD
- 9:10-9:30 The Principles of Shoulder Rehabilitation
Linda Wells, LPT
- 9:30-9:50 Panel Discussion
- 9:50-10:10 *Break*

Symposium: The Upper Extremity
Moderator: Robert C. Schenck, Jr., MD

- 10:10-10:20 On The Field Evaluation of Cervical Spine Injuries
Brad B. Hall, MD
- 10:20-10:40 Anatomy and Physical Examination of the Elbow
Robert B. Kimmel, MD
- 10:40-11:00 Elbow Injuries in the Throwing Athlete
Robert C. Schenck, Jr., MD
- 11:00-11:20 Soft Tissue Injuries of the Hand and Wrist
Eugene T. O'Brien, MD
- 11:40-12:00 Panel Discussion
- 12:00-1:00 p.m. *Lunch*

Symposium: General Sports Medicine
Moderator: Walter L. Calmbach, MD

- 1:00-1:20 The Role of the Team Physician
Mark Hutchens, MD
- 1:20-1:40 Abdominal Injuries in Sports
George E. Mimari, MD
- 1:40-2:00 Urological Injuries in Sports
Timothy C. Hlavinka, MD
- 2:00-2:20 Growth Plate Injuries in the Adolescent Athlete
Earl A. Stanley, MD

Symposium: The Foot and Ankle
Moderator: David Schmidt, MD

- 2:20-2:40 Shin Splints: Diagnosis and Treatment
Marvin R. Brown, MD
- 2:40-3:00 Diagnosis and Treatment of Ankle Sprains
David R. Schmidt, MD
- 3:00-3:20 Common Fractures of the Foot in Sports
Marvin R. Brown, MD
- 3:20-3:40 Orthotics: Fact and Fiction
Brad S. Tolin, MD
- 3:40-4:00 *Break*
- Laboratory: Anatomy Dissection**
- 4:00-4:45 A. Group I: The Shoulder
Ralph J. "Bud" Curtis, Jr., M.D.
Jesse C. DeLee, MD
- Group II: The Elbow
Michael A. Wirth, MD
Robert C. Schenck, Jr., MD
Fred G. Corley, MD
- 4:45-5:30 B. Group I: Repeated
Group II: Repeated

Saturday, January 18, 1997

- 7:00-7:30 a.m. Registration
Continental Breakfast
- Symposium: Rehabilitation**
Moderator: Randy Craven, MD
- 7:30-7:50 a.m. Athletic Training: Where Are We Headed?
Bobby Patton, PhD
- 7:50-8:10 The Principles of Rehabilitation
Thomas C. Turturro, MDiv, PT
- 8:10-8:30 The Role of Flexibility in Injury Prevention
Jerry Gresson, LAT, ATC
- 8:30-8:50 Proprioception: Training Methods
Meg Jacobs, LPT

8:50-9:10	Cost Control: Tricks in the High School Training Rooms T.R. St. Charles, LAT	3:15-5:00
9:10-9:30	Rehabilitation: Prescription and Criteria to Return to Play Jorge E. Gomez, MD	
9:30-9:50	Panel Discussion	
9:50-10:10	<i>Break</i>	
Symposium:	Nutrition, Fluid and Electrolytes	
Moderator:	Eleanor Young, PhD	
10:10-10:40	Nutritional Consideration in Athletes Eleanor A. Young, PhD	
10:40-11:00	Fluid and Electrolytes Walter L. Calenbach, MD	
11:00-11:20	Smokeless Tobacco Paul Saenz, DO	
11:20-11:40	Ocular Injuries Gilberto Aguirre, MD	
11:40-12:00	Panel Discussion	
12:00-1:00 p.m.	<i>Lunch</i>	
Symposium:	The Knee	
Moderator:	Jesse C. DeLee, MD	
1:00-1:20	Injuries of the Patellofemoral Joint John Pearce, MD	
1:20-1:40	Diagnosis and Treatment of Meniscal Lesions Robert C. Schenck, Jr., MD	
1:40-2:00	Collateral Ligament Injuries: Diagnosis and Treatment Ples L. Kujawa, MD	
2:00-2:20	Posterior Cruciate Ligament Injuries Carey Windler, MD	
2:20-2:40	Anterior Cruciate Ligament Injuries Jesse C. DeLee, MD	
2:40-3:00	Panel Discussion	
3:00-3:15	<i>Break</i>	

Workshops

Workshop I
Foot and Ankle: Diagnosis and Treatment Including Orthosis
Marvin R. Brown, MD

Workshop II
The Shoulder and Elbow
Ralph J. "Bud" Curtis, Jr., M.D.
Fred G. Corley, MD

Workshop III
Spine: Diagnosis and Rehabilitation Modalities
Brad B. Hall, MD
Pablo Vasquez-Seoane, MD

Workshop IV
Sports Medicine Case Presentations
Jesse C. DeLee, MD
Robert C. Schenck, Jr., MD



FACULTY

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