

Continuing Medical Education 019-8
**25th ANNUAL SYMPOSIUM ON
 SPORTS MEDICINE**
January 15-17, 1998
**Location: The University of Texas Health
 Science Center at San Antonio, Medical
 School Auditorium**

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 PT-A RN OT EMT LVN
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 Specialty _____
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 County _____
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 (if company pays fee)

Check here for optional activities:
 Thursday, Jan. 15 CPR Recert Course (\$30 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: The Middle-Aged Athlete
 _____ Workshop IV: Sports Medicine Case Presentations
 _____ I will not be attending workshops

FEES: _____ \$85 Coaches, Nurses, Physical Therapists,
 Trainers, EMTs, Residents
 _____ \$175 Physicians
 _____ \$30 CPR Recertification

\$ _____ TOTAL ENCLOSED

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Mail to: UTHSCSA Continuing Medical Education
 7703 Floyd Curl Drive
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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 15-17, 1998
 25TH ANNUAL SYMPOSIUM**

January 1998		S	M	T	W	Th	F	S
						1	2	3
4	5	6	7	8	9	10		
11	12	13	14	15	16	17		
18	19	20	21	22	23	24		
25	26	27	28	29	30	31		

CELEBRATING 25 YEARS

**25TH ANNUAL
 SYMPOSIUM ON
 SPORTS
 MEDICINE**



JANUARY 15-17, 1998

**THE UNIVERSITY OF TEXAS
 HEALTH SCIENCE CENTER
 AT SAN ANTONIO
 MEDICAL SCHOOL AUDITORIUM**

Special Saturday morning symposium
 on the Middle-Aged Athlete open to the public

**Sponsored by
 Department of Orthopaedics
 The University of Texas
 Health Science Center at San Antonio
 and
 The University of Texas at Austin**

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: cervical spine and shoulder, upper extremity, lower extremity, and knee. A new symposium, "The Middle-Aged Athlete," has been added this year. This new session, to be held on Saturday morning, will also be open to the public for a minimal fee of \$25, payable at the door. The format will include illustrated lectures, panels, and discussions. Special workshops will include foot and ankle, shoulder and elbow, the middle aged athlete, and sports medicine case presentations, as well as knee and foot and ankle anatomy dissection laboratories. Exhibits by a number of companies will be featured. 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.)

GENERAL INFORMATION

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 a maximum of 16.5 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 a maximum of 1.65 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 1.65 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 16.5 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 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: \$75 Single or Double
 (210) 691-8888

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

AmeriSuites
 4325 Amerisuites Drive
 San Antonio, Texas 78230
 Rate: \$67 Single or Double
 (210) 561-0099
 (includes deluxe continental breakfast)

**COURSE
 REGISTRATION**

Advance registration is requested. Fees are \$175 for physicians and \$85 for coaches, nurses, physical therapists, trainers, EMTs, and residents. Fee for the CPR course is \$30. 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 reception. Canceled registrations will be refunded if received prior to January 8, 1998. 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

25th Annual Symposium on Sports Medicine

Thursday, January 15, 1998

6:00-7:00 p.m. Final Registration for CPR
Early Registration for Symposium

7:00-9:00 p.m. Recertification Course in CPR

Friday, January 16, 1998

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

7:20-7:30 Introduction
Robert C. Schenck, Jr., M.D.

Welcoming Remarks
Jesse C. DeLee, M.D.

Symposium: Cervical Spine and Shoulder
Moderator: Robert C. Schenck, Jr., M.D.

7:30-7:50 Cervical Spine Injury in the Athlete
Pablo Vazquez-Seoane, M.D.

7:50-8:10 Concussion: Diagnosis, Treatment and Criteria to Release to Play
Thomas A. Kingman, M.D.

8:10-8:30 Anatomy and Physical Examination of the Shoulder
Robert C. Schenck, Jr., M.D.

8:30-8:50 Brachial Plexus Injuries
Fred G. Corley, M.D.

8:50-9:10 AC and SC Joint Injuries
Scott L. Sledge, M.D.

9:10-9:30 Shoulder Rehabilitation for Athletes
Linda Wells, P.T.

9:30-9:50 Panel Discussion

9:50-10:10 Coffee Break

Symposium: The Upper Extremity
Moderator: Robert B. Kimmel, M.D.

10:10-10:30 Instability of the Shoulder In the Throwing Athlete
Ralph J. Curtis, Jr., M.D.

10:30-10:50 Elbow Injuries in the Throwing Athlete
Robert B. Kimmel, M.D.

10:50-11:10 Soft Tissue Injuries of the Hand and Wrist
Eugene T. O'Brien, M.D.

11:10-11:30 Fractures of the Hand and Wrist
David P. Green, M.D.

11:30-11:50 Panel Discussion

11:50-1:00 p.m. Lunch



Symposium: The Lower Extremity
Moderator: Walter Calmbach, M.D.

1:00-1:20 Stress Injuries of the Lumbar Spine
Earl A. Stanley, M.D.

1:20-1:40 Stress Fractures of the Hip and Pelvis
Peter L.J. McGanity, M.D.

1:40-2:00 Quadriceps and Hamstring Injuries
Martin J. Gillespie, M.D.

2:00-2:20 Rehabilitation Techniques for Stress and Muscular Injuries
Meg Jacobs, PT

Symposium: The Foot and Ankle
Moderator: Fred G. Corley, M.D.

2:20-2:40 Shin Splints and Stress Fractures of the Tibia
Paul S. Saenz, D.O.

2:40-3:00 Ankle Sprains: Diagnosis and Functional Treatment
David M. Gonzalez, M.D., F.A.C.S.

3:00-3:20 Fractures of the Foot in Sports
Marvin R. Brown, M.D.

3:20-3:40 Principles of Leg and Ankle Rehabilitation
Thomas C. Turturro, MDiv, P.T., O.C.S.

3:40-4:00 Coffee Break

Laboratory: Anatomy Dissection

4:00-4:45 A. Group I: The Knee
Jesse C. DeLee, M.D.
Robert C. Schenck, Jr., M.D.

Group II: The Foot and Ankle
Peter L.J. McGanity, M.D.
Fred G. Corley, M.D.

4:45-5:30 B. Group I: Repeated

Group II: Repeated

5:30 - 7:00 COCKTAIL PARTY: 25th Anniversary of Sports Medicine Symposium

Saturday, January 17, 1998

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

Symposium: The Middle-Aged Athlete
Moderator: John A. Evans, MD

7:20-7:30 a.m. Introduction
Jesse C. DeLee, M.D.

7:30-7:50 Medical Evaluation of the Middle Aged Athlete
David M. Player, M.D.

7:50-8:10 Rotator Cuff Disease and Impingement
Charles A. Rockwood, Jr., M.D.

8:10-8:30 Tennis Elbow: Etiology and Treatment
Brad Tolin, M.D.



8:30-8:50 Low Back Pain
Gilbert R. Meadows, M.D.

8:50-9:10 Degenerative Meniscus and Malalignment
Philip M. Jacobs, M.D.

9:10-9:30 Meniscal and Chondral Grafts
Jesse C. DeLee, M.D.

9:30-9:50 Achilles Tendon Disease
Amy Jo Ptaszek, M.D.

9:50-10:10 Coffee Break

Symposium: The Middle-Aged Athlete
Moderator: Robert C. Schenck, Jr., M.D.

10:10-10:30 Nutritional Supplements and Vitamins: Fact or Fiction
Annette M. Zaharoff, M.D.

10:30-10:50 Nutritional Supplements and Arthritis
Robert C. Schenck, Jr., M.D.

10:50-11:15 Water Fit: A Deep Water Exercise (Running) Program As An Alternative
Teresa Triche, M.Ed.

11:15-11:50 Panel Discussion

11:50-1:00 Lunch

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

1:00-1:20 Anatomy and Physical Examination of the Knee
Edwin C. Windler, M.D.

1:20-1:40 Collateral Ligament Injuries
John C. Pearce, M.D.

1:40-2:00 Patellar Dislocation and Mal-Tracking
David R. Schmidt, M.D.

2:00-2:20 Anterior Cruciate Ligament Injuries
Jesse C. DeLee, M.D.

2:20-2:40 Posterior Cruciate Ligament Injuries
Robert C. Schenck, Jr., M.D.

2:40-3:00 Panel Discussion

3:00-3:15 Coffee Break

3:15-5:00 Workshops

Workshop I Foot and Ankle: Diagnosis, Treatment, Including Orthotics
Amy Jo Ptaszek, M.D.
Marvin R. Brown, M.D.

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

Workshop III The Middle-Aged Athlete
Edwin C. Windler, M.D.

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



FACULTY

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