

Continuing Medical Education 025-9  
**26th ANNUAL SYMPOSIUM ON  
 SPORTS MEDICINE**

**January 14-16, 1999**  
**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  LVN  
 Other \_\_\_\_\_  
 Specialty \_\_\_\_\_  
 Address \_\_\_\_\_  
 City, State, Zip \_\_\_\_\_  
 County \_\_\_\_\_  
 Federal Tax ID# \_\_\_\_\_  
 (if company pays fee)

**Check here for optional activities:**  
 Thursday, Jan. 14 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 very 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: Nutrition and Supplements  
 \_\_\_\_\_ Workshop IV: Sports Medicine Case Presentations  
 \_\_\_\_\_ I will not be attending workshops

**FEES:** \_\_\_\_\_ \$85 Coaches, Nurses, Physical Therapists, Trainers, EMTs, Residents  
 \_\_\_\_\_ \$195 Physicians  
 \_\_\_\_\_ \$30 CPR Recertification

\$\_\_\_\_\_ TOTAL ENCLOSED

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

or Charge to:  VISA  MasterCard  Discover  
 American Express

Card Number \_\_\_\_\_  
 Expiration \_\_\_\_\_  
 Signature \_\_\_\_\_

Mail to: UTHSCSA Continuing Medical Education  
 7703 Floyd Curl Drive  
 San Antonio, Texas 78284-7980  
 PHONE (210) 567-4446 • FAX (210) 567-6964

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 14-16, 1999  
 26TH ANNUAL SYMPOSIUM**

January 1999		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 26 YEARS**

**26TH ANNUAL  
 SYMPOSIUM ON  
 SPORTS  
 MEDICINE**



**JANUARY 14-16, 1999**

**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. 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: head and cervical spine; shoulder; general sports medicine; the foot and ankle; rehabilitation; nutrition, fluid and electrolytes; and knee. The format will include illustrated lectures, panels, and discussions. Special workshops will include foot and ankle, shoulder and elbow, nutrition and supplements; and sports medicine case presentations, as well as anatomy dissections of the shoulder and the elbow. 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.)

**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) 567-4446.

**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 blocks will be held as indicated at each hotel. After that date, reservations will be accepted on a space-available basis.

**Omni San Antonio Hotel**  
 (rooms blocked until Dec 28)  
 9821 Colonnade Boulevard  
 San Antonio, Texas 78230  
 Rate: \$84 Single or Double  
 (210) 691-8888

**Embassy Suites**  
 (Rooms blocked until Dec 23)  
 7750 Briaridge  
 San Antonio, Texas 78230  
 Rate: \$99 Single or Double  
 (210) 340-5421 • 1-800-Embassy  
 (Transportation times not guaranteed)

**AmeriSuites**  
 (Rooms blocked until Jan 11)  
 4325 Amerisuites Drive  
 San Antonio, Texas 78230  
 Rate: \$70 Single or Double  
 (210) 561-0099  
 (includes deluxe continental breakfast)

**Homegate**  
 (Room blocked until Jan 11)  
 10950 Laureate Drive  
 San Antonio, Texas 78249  
 Rate: \$49 Single or Double  
 (210) 246-6301



**COURSE  
 REGISTRATION**

Advance registration is requested. Fees are \$195 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 7, 1999. 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

## 26th Annual Symposium on Sports Medicine

Thursday, January 14, 1999

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 15, 1999

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

7:20-7:30 Introduction  
James E. Heckman, M.D.

Welcoming Remarks  
Jesse C. DeLee, M.D.

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

7:30-7:50 Concussion: Diagnosis, Treatment, and Criteria  
to Return to Play  
Thomas A. Kingman, M.D.

7:50-8:10 Ocular Injuries  
Gilberto Aguirre, M.D.

8:10-8:30 Dental Injuries  
Jaime Garza, M.D., D.D.S.

8:30-8:50 On the Field Evaluation of Cervical Spine Injury  
Pablo Vazquez-Seone, M.D.

8:50-9:10 Ear, Nose, and Throat Injuries  
Jaime Garza, M.D., D.D.S.

9:10-9:30 Dermatology in Sports  
Mark B. Weinstein, M.D.

9:30-9:50 Panel Discussion

9:50-10:10 Coffee Break, Visit Exhibits

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

10:10-10:30 Anatomy and Physical Examination of the Shoulder  
Stephen S. Burkhart M.D.

10:30-10:50 AC and SC Injuries  
Charles A. Rockwood, Jr., M.D.

10:50-11:10 Instability of the Shoulder  
Ralph J. Curtis, Jr., M.D.

11:10-11:30 Rotator Cuff in the Throwing Athlete  
Philip M. Jacobs, M.D.

11:30-11:50 Panel Discussion

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



**Symposium: General Sports Medicine**  
Moderator: Walter L. Calmbach, M.D.

1:00-1:20 Elbow Injuries in Throwers  
Eugene T. O'Brien, M.D.

1:20-1:40 Abdominal Injuries in Sports  
George E. Mimari, M.D.

1:40-2:00 Urological Injuries in Sports  
Timothy Hlavinka, M.D.

2:00-2:20 Growth Plate Injuries  
Earl A. Stanley, M.D.

**Symposium: The Foot and Ankle**  
Moderator: Mark M. Casillas, M.D.

2:20-2:40 Diagnosis and Treatment of Ankle Sprain  
Thomas DeBerardino, M.D.

2:40-3:00 Common Fractures of the Foot in Sports  
Mark M. Casillas, M.D.

3:00-3:20 Shin Splints and Stress Fractures of the Tibia  
Peter L. J. McGanity, M.D.

3:20-3:40 Orthotics: Fact and Fiction  
Lawrence A. Czelusta, D.P.M.

3:40-4:00 Coffee Break, Visit Exhibits

**Laboratory: Anatomy Dissection**

4:00-4:45 A. Group I: The Shoulder  
Jesse C. DeLee, M.D.  
Philip M. Jacobs, M.D.

Group II: The Elbow  
Fred C. Corley, M.D.  
Robert C. Schenck, Jr., M.D.

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

5:30 - 7:00 Reception—Auditorium Foyer

Saturday, January 16, 1999

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

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

**Symposium: Rehabilitation**  
Moderator: Peter L. J. McGanity, M.D.

7:30-7:50 Principles of Rehabilitation  
Thomas C. Turturro, M.Div., P.T., O.C.S

7:50-8:10 Flexibility in Prevention and Treatment of Injury  
Lisa Hingst-Lopez, P.T.

8:10-8:30 Proprioceptive Training Methods  
Meg Jacobs, P.T.

8:30-8:50 Water Fit: A Deep Water Running Program as an Alternative  
Teresa Triche, M.Ed.

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