

**27th ANNUAL SYMPOSIUM ON SPORTS MEDICINE**

January 13-15, 2000

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:** (early/late—after January 7, 2000)

- \_\_\_\_\_ \$125/145 Coaches, Nurses, Physical Therapists, Trainers, EMTs, Residents  
 \_\_\_\_\_ \$195/220 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—MSC 7980  
7703 Floyd Curl Drive  
San Antonio, Texas 78229  
PHONE (210) 567-4446 • FAX (210) 567-6964Nonprofit Organization  
U.S. Postage  
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San Antonio, TexasThe University of Texas Health Science Center  
at San Antonio  
Continuing Medical Education—MSC 7980  
7703 Floyd Curl Drive  
San Antonio, Texas 78229

SPORTS MEDICINE SYMPOSIUM

JANUARY 13-15, 2000

27TH ANNUAL SYMPOSIUM

January 2000	S	M	T	W	Th	F	S
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**CELEBRATING 27 YEARS****27TH ANNUAL SYMPOSIUM ON SPORTS MEDICINE****JANUARY 13-15, 2000**THE UNIVERSITY OF TEXAS  
HEALTH SCIENCE CENTER  
AT SAN ANTONIO  
MEDICAL SCHOOL AUDITORIUMSponsored 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: general sports medicine; head and spinal column; shoulder; foot and ankle; rehabilitation; the female athlete; and the knee. The format will include illustrated lectures, panels, and discussions. Special workshops will include braces for sports participation, physical therapy modalities and rehabilitation, taping; 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.**)

**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) 567-4446.

**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 31)  
9821 Colonnade Boulevard  
San Antonio, Texas 78230  
Rate: \$70 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 10)  
4325 Amerisuites Drive  
San Antonio, Texas 78230  
Rate: \$62 Single or Double  
(210) 561-0099  
(includes deluxe continental breakfast)

**Best Western Oak Hills Inn**  
7401 Wurzbach Road  
San Antonio, Texas 78229  
Rate: \$50 Single or \$55 Double  
(210) 614-9000 • 1-800-468-3507

**COURSE REGISTRATION**

Advance registration is requested. Fees are \$195/220 for physicians and \$125/145 for coaches, nurses, physical therapists, trainers, EMTs, and residents. Fee for the CPR course is \$30. Late fees will be applied for those registering after January 7 or at the door. Fees include two luncheons, course syllabus, and Friday evening's reception. Canceled registrations will be refunded if received prior to January 6, 2000. 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) 567-1831University Police:  
(210) 567-2801

## PROGRAM

### 27th Annual Symposium on Sports Medicine

Thursday, January 13, 2000

7:00-9:00 p.m. CPR and Recertification

Friday, January 14, 2000

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

7:20-7:30 Introduction  
Ronald P. Williams, M.D.

Welcoming Remarks  
Jesse C. DeLee, M.D.

**Symposium: General Sports Medicine**  
Moderator: Robert C. Schenck, Jr., M.D.

7:30-7:50 Eating Disorders in the Female Athlete  
Randa Ryan, Ph.D.

7:50-8:10 Dermatology in Sports Medicine  
Mark B. Weinstein, M.D.

8:10-8:30 On The Field Dental Emergencies  
Steven B. Buckley, D.D.S., M.D.

8:30-8:50 Management of Eye Injuries  
Gilberto Aguirre, M.D.

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

9:10-9:30 Nutrition and Athletic Performance  
David M. Player, M.D.

9:30-9:50 Panel Discussion

9:50-10:10 Coffee Break

**Symposium: The Head and Spinal Column**  
Moderator: J. Pat Evans, M.D.

10:10-10:30 Head Injury: On The Field Management and Criteria To Return To Play  
Thomas A. Kingman, M.D.

10:30-10:50 Cervical Spine Injury: Evaluation and Criteria To Return To Play  
David A. Roberts, M.D.

10:50-11:10 Brachial Plexus Injury  
Fred G. Corley, M.D.

11:10-11:30 Lumbar Spine Pain: Diagnosis and Treatment  
Pablo Vasquez-Seoane, M.D.

11:30-12:00 Panel Discussion

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



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

1:40-2:00 Instability of the Glenohumeral Joint  
Phillip M. Jacobs, M.D.

2:00-2:20 AC and SC Joint Injury  
Michael A. Wirth, M.D.

2:20-2:40 Panel Discussion

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

2:40-3:00 Anatomy and Physical Examination of the Foot and Ankle  
Mark M. Casillas, M.D.

3:00-3:20 The Diagnosis and Treatment of Ankle Sprains  
Peter L.J. McGanity, M.D.

3:20-3:40 Injuries of the Midfoot: LisFranc's Joint, Metatarsal Fractures, and Turf Toe  
Darryl Cuda, M.D.

3:40-4:00 Panel Discussion

**Laboratory: Anatomy Dissection**

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

Group II: The Foot  
Mark M. Casillas, M.D.  
Fred C. Corley, M.D.

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

Saturday, January 15, 2000

**Symposium: Rehabilitation**  
Moderator: Jorge E. Gomez, M.D.

7:30-7:50 Weight Training In The Pediatric Athlete  
Jorge E. Gomez, M.D.

7:50-8:10 Isotonic, Isometric, and Isokinetic Methods of Rehabilitation: Indications and Limitations  
Henry I. Bussey, III, P.T.

8:10-8:30 Concentric and Eccentric Methods of Rehabilitation  
Linda Wells, P.T.

8:30-8:50 Flexibility Training  
John Malfer, P.T.

8:50-9:10 Methods of Training In Water  
Teresa Triche, M.Ed.



9:10-9:30 Plyometrics: Uses and Abuses  
Tom Turturro, MDiv, P.T., OCS

9:30-9:50 Panel Discussion

9:50-10:20 Coffee Break, Exhibits

**Symposium: The Female Athlete**  
Moderator: John A. Evans, M.D.

10:20-10:40 Vitamins, Minerals, and Dietary Supplements  
Annette M. Zaharoff, M.D.

10:40-11:00 Stress Injury in the Female Athlete  
Christina Bonci, M.S., A.T.C., L.A.T.

11:00-11:20 Menstrual Irregularities in Athletes: Significance and Treatment  
Richard A. Becker, M.D.

11:20-11:40 Common Injuries in the Female Athlete  
John C. Pearce, M.D.

11:40-12:00 Panel Discussion

12:00-1:00 Lunch

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

1:00-1:20 Physical Examination of the Injured Knee  
Daniel Cooper, M.D.

1:20-1:40 Injuries to the Medial and Lateral Collateral Ligament Systems  
Robert B. Kimmel, M.D.

1:40-2:00 Meniscal Injury: Diagnosis and Treatment  
E. Carey Windler, M.D.

2:00-2:20 Patellofemoral Dislocation: Diagnosis and Treatment  
Brad Tolin, M.D.

2:20-2:40 ACL Injury: Diagnosis and Treatment  
Jesse C. DeLee, M.D.

2:40-3:00 Panel Discussion

3:00-3:15 Coffee Break

3:15-5:00 Workshops

Workshop I Braces for Sports Participation  
Robert C. Schenck, Jr., M.D.

Workshop II Physical Therapy Modalities and Rehabilitation  
John Malfer, P.T.  
Linda Wells, P.T.

Workshop III Taping Symposium  
David Gish, Head Athletic Trainer  
Southwest Texas State University

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

## FACULTY

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