

28th ANNUAL SYMPOSIUM ON SPORTS MEDICINE

January 11-13, 2001

Location: The University of Texas Health Science Center at San Antonio, Medical School Auditorium

Please print or type:

Name _____

Social Security # _____

Office Phone _____ Fax _____

Profession: MD DO Coach Trainer PT PT-A RN OT EMT LVN Other _____

Specialty _____

Address _____

City, State, Zip _____

Email _____

Federal Tax ID# _____

(if company pays fee)

Check here for optional activities:Thursday, Jan. 11 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: Braces for Sports Participation
 _____ Workshop II: Physical Therapy Modalities and Rehabilitation
 _____ Workshop III: Taping Symposium
 _____ Workshop IV: Sports Medicine Case Presentations
 _____ I will not be attending workshops

FEES: (early/late—after January 8, 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

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Mail to: UTHSCSA Continuing Medical Education—MSC 7980
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 San Antonio, Texas 78229-3900
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The University of Texas Health Science Center
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 7703 Floyd Curl Drive
 San Antonio, Texas 78229-3900

SPORTS MEDICINE SYMPOSIUM
 JANUARY 11 - 13, 2001

28TH ANNUAL SYMPOSIUM

January 2001		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 28 YEARS

28TH ANNUAL SYMPOSIUM ON SPORTS MEDICINE



JANUARY 11-13, 2001

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: 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.)**

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

AmeriSuites
(Rooms blocked until Jan 4)
 4325 Amerisuites Drive
 San Antonio, Texas 78230
 Rate: \$62 Single or Double
 (210) 561-0099
 (includes deluxe continental breakfast)

Howard Johnson Inn & Suites
 (formerly Oak Hills Inn)
 7401 Wurzbach Road
 San Antonio, Texas 78229
 Rate: \$50 Single or \$55 Double
 (210) 614-9900 • 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 8 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 5, 2001. 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

28th Annual Symposium on Sports Medicine

Thursday, January 11, 2001

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

Friday, January 12, 2001

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

7:20-7:30 Introduction
Ronald P. Williams, MD

Welcoming Remarks
Jesse C. DeLee, MD

Symposium: General Sports Medicine
Moderator: Fred G. Corley, Jr., MD

7:30-7:50 The Law and Sports Medicine
John Younger, Jr., JD, Attorney

7:50-8:10 On the Field Dental Emergencies
Steven B. Buckley, DDS, MD

8:10-8:30 Management of Eye Injuries
Gilberto Aguirre, MD

8:30-8:50 Ear, Nose and Throat Injuries
Kevin Browne, MD

8:50-9:10 Cardiovascular Issues in Athletes
Paul S. Saenz, DO

9:10-9:30 Vitamins, Minerals and Dietary Supplements
Annette M. Zaharoff, MD

9:30-9:50 Panel Discussion

9:50-10:10 Coffee Break

Symposium: The Head and Spinal Column
Moderator: J. Pat Evans, MD

10:10-10:30 Head Injury: On the Field Management and Criteria to Return to Play
Thomas A. Kingman, MD

10:30-10:50 Cervical Spine Injury: Evaluation and Criteria to Return to Play
Gilbert Meadows, MD

10:50-11:10 Brachial Plexus Injury
Fred G. Corley, Jr., MD

11:10-11:30 Effects of the Menstrual Cycle on Female Athletic Performance
Richard A. Becker, MD

11:30-12:00 Panel Discussion

12:00-1:00 Lunch

Symposium: The Shoulder
Moderator: Philip M. Jacobs, MD



1:00-1:20 pm Physical Examination of the Shoulder
Michael A. Wirth, MD

1:20-1:40 Rotator Cuff and Biceps Tendon Problems in the Athlete
Martin Gillespie, MD

1:40-2:00 Instability of the Glenohumeral Joint
Philip M. Jacobs, MD

2:00-2:20 AC and SC Joint Injury
Charles A. Rockwood, Jr., MD

2:20-2:40 Principles of Shoulder Rehabilitation
Linda Wells, PT

2:40-3:00 Panel Discussion

3:00-3:15 Break

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

3:15-3:35 Anatomy, Physical Examination and Treatment of Ankle Sprains
Mark M. Casillas, MD

3:35-3:55 Anatomy, Physical Examination and Treatment of Midfoot and Forefoot Injuries
Marvin Brown, MD

3:55-4:10 Shoe Modifications and Orthotics in Athletes
Marque Allen, DPM

4:10-4:30 Panel Discussion

Laboratory: Anatomy Dissection

4:30-5:15 A. Group I: The Knee
Dr. DeLee
Dr. Jacobs

Group II: The Ankle and Foot
Dr. Casillas
Dr. Mess

5:15-6:00 B. Group I: Repeated

Group II: Repeated

Saturday, January 13, 2001

Symposium: Rehabilitation
Moderator: Jorge E. Gomez, MD

7:30-7:50 Principles of Prevention of Throwing Injuries
Martin Gillespie, MD

7:50-8:10 Isotonic, Isometric, and Isokinetic Methods of Rehabilitation: Indication and Limitations
Russell Paine, PT

8:10-8:30 Modalities in Rehabilitation
Linda Wells, PT

8:30-8:50 Flexibility Training
John Malfer, PT



8:50-9:10 Goals and Methods of Proprioceptive Training
Russell Paine, PT

9:10-9:30 Osteochondral Defects: Management and Rehabilitation
Marc M. DeHart, MD

9:30-9:50 Panel Discussion

9:50-10:20 Coffee Break

Symposium: The Female and Pediatric Athlete
Moderator: John C. Pearce, MD

10:20-10:45 Eating Disorders in the Female Athlete
Randa Ryan, Ph D
Tina Bonci, MS, ATC, LAT

10:45-11:05 Low Back Pain: Diagnosis and Treatment
Pablo Vazquez-Seoane, MD

11:05-11:25 Weight Training in the Pediatric Athlete
Earl Stanley, MD

11:25-11:45 Epiphyseal Plate Injury in the Pediatric Athlete
Jorge Gomez, MD

11:45-12:00 Panel Discussion

12:00-1:00 Lunch

Symposium: The Knee
Moderator: Jesse C. DeLee, MD

1:00-1:20 Injuries to the Medial and Lateral Collateral Ligament Systems
E. Carey Windler, MD

1:20-1:40 Meniscal Injury: Diagnosis and Treatment
John Evans, MD

1:40-2:00 Can Knee Injury Be Prevented?
John Pearce, MD

2:00-2:20 ACL Injury: Diagnosis and Treatment
Jesse C. DeLee, MD

2:20-2:40 Principles of Knee Rehabilitation
Russell Paine, PT

2:40-3:00 Panel Discussion

3:00-3:15 Coffee Break

3:15-5:00 Workshops
Workshop I Braces for Sports Participation
Philip Jacobs, MD

Workshop II Physical Therapy Modalities and Rehabilitation
John Malfer, PT
Linda Wells, PT

Workshop III Taping Symposium
Chris Roy, ATC

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

FACULTY

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