

Continuing Medical Education 023-2

29th ANNUAL SYMPOSIUM ON SPORTS MEDICINE

January 10-12, 2002

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. 10 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: Functional Training Progression for the Prevention of ACL Injuries
 _____ Workshop II: Physical Therapy Modalities and Braces
 _____ Workshop III: Taping Symposium
 _____ Workshop IV: Sports Medicine Case Presentations
 _____ I will not be attending workshops

FEES: (early/late—after January 7, 2002)

_____ \$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 78229-3900

PHONE (210) 567-4446 • FAX (210) 567-6964

Marriott Courtyard
 U.S. Package
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 Permit No. 1941
 San Antonio, Texas

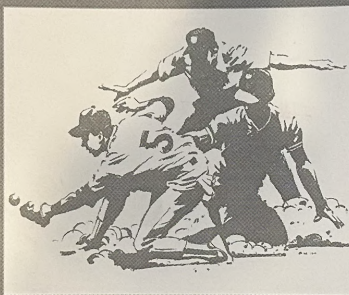
The University of Texas Health Science Center
 at San Antonio
 Continuing Medical Education—MSC 7980
 7703 Floyd Curl Drive
 San Antonio, Texas 78229-3900

SPORTS MEDICINE SYMPOSIUM
 JANUARY 10 - 12, 2002
 29TH ANNUAL SYMPOSIUM

January 2002						
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 29 YEARS

29TH ANNUAL SYMPOSIUM ON SPORTS MEDICINE



JANUARY 10-12, 2002

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

Sponsored by
 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 and pediatric athlete; and the knee. The format will include illustrated lectures, panels, and discussions. Special workshops will include functional training for prevention of ACL injuries; physical therapy modalities and braces; taping and sports medicine case presentations, as well as anatomy dissections of the shoulder and the elbow and hand. 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 CEU's (Continuing Education Units) for completion of this course. Application has been made with the Texas Physical Therapy Association for PT Certification.

This Program has been approved by the National Athletic Trainers' Association, Inc. for 1.65 CEU's. Provider code A169.

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 30)
 9821 Colonnade Boulevard
 San Antonio, Texas 78230
 Rate: \$79 Single or Double
 (210) 691-8838

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)

Oak Hills Medical Inn Center and Suites by Howard Johnson
 (formerly Oak Hills Inn)
 (Rooms blocked until Jan 3)
 7401 Wurzbach Road
 San Antonio, Texas 78229
 Rate: \$50 Single or \$55 Double
 (210) 614-9900 • 1-800-468-3507
 (includes full complimentary breakfast)

Marriott Courtyard Medical Center
 (Rooms blocked until Jan 3)
 8585 Marriott Drive
 San Antonio, Texas 78229
 Rate: \$62 Single or Double
 (210) 614-7100

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, breaks, continental breakfasts and course syllabus. Canceled registrations will be refunded if received prior to January 3, 2002. 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

29th Annual Symposium on Sports Medicine

Thursday, January 10, 2002

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

Friday, January 11, 2002

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, Attorney

7:50-8:10 On the Field Emergencies
Tim Palomera, MD

8:10-8:30 Dental and Facial Injuries
Steven B. Buckley, DDS, MD

8:30-8:50 Management of Hand Injuries
David Green, MD

8:50-9:10 Dermatology in Sports
Scott Duncan, MD

9:10-9:30 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
David Roberts, MD

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

11:10-11:30 Low Back Pain: Diagnosis and Treatment
Pablo Vazquez-Scoane, MD

11:30-12:00 Panel Discussion

12:00-1:00 Lunch (provided)

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

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



1:20-1:40 Rotator Cuff and Biceps Tendon Problems in the Athlete
Philip M. Jacobs, MD

1:40-2:00 Instability of the Glenohumeral Joint
Charles A. Rockwood, Jr., MD

2:00-2:20 AC and SC Joint Injury
Martin Gillespie, 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 Turf Toe
Marque Allen, DPM

4:10-4:30 Panel Discussion

Laboratory: Anatomy Dissection

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

Group II: The Elbow and Hand
Dr. Corley
Dr. Mess

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

Group II: Repeated

Saturday, January 12, 2002

Symposium: Rehabilitation
Moderator: Jorge E. Gomez, MD

7:30-7:50 Principles of Prevention of Throwing Injuries
Philip M. Jacobs, MD

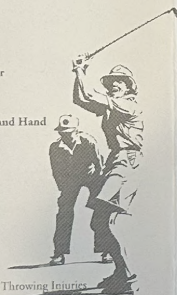
7:50-8:10 Open vs Closed Chain Exercises
Russell Paine, PT

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

8:30-8:50 Flexibility Training
Renée Thiebaut, PT

8:50-9:10 Proprioceptive Training: Techniques for the Training Room
Russell Paine, PT

9:10-9:30 Osteochondral Defects: Management and Rehabilitation
David R. Schmidt, MD



9:30-9:50 Sudden Cardiac Death Syndrome in Athletes
Paul S. Saenz, DO

9:50-10:10 Panel Discussion

10:10-10:40 Coffee Break

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

10:40-11:00 Menstrual Irregularities in Athletes: Significance and Treatment
Kristen Kocurek, MD

11:00-11:20 Diabetes in the Athlete
Robert Dons, MD

11:20-11:40 Epiphyseal Plate Injury in the Pediatric Athlete
Jorge Gomez, MD

11:40-12:00 Panel Discussion

12:00-1:00 Lunch (provided)

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

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

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

1:40-2:00 PCL Injuries: Diagnosis and Treatment
John Pearce, MD

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

2:20-2:40 Principles of Knee Rehabilitation
John Malfer, PT

2:40-3:00 Panel Discussion

3:00-3:15 Coffee Break

3:15-5:00 Workshops

Workshop I **Functional Training Progressions for the Prevention of ACL Injuries**

Tina Bonci
DeAnn Koehler
Lisa Lowe

Workshop II **Physical Therapy Modalities and Braces**

Renée Thiebaut, PT
Linda Wells, PT

Workshop III **Taping Symposium**

Latissa Eisenberg, ATC
Southwest Texas State University

Workshop IV **Sports Medicine Case Presentations**

Jesse C. DeLee, MD
John C. Pearce, MD

FACULTY

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