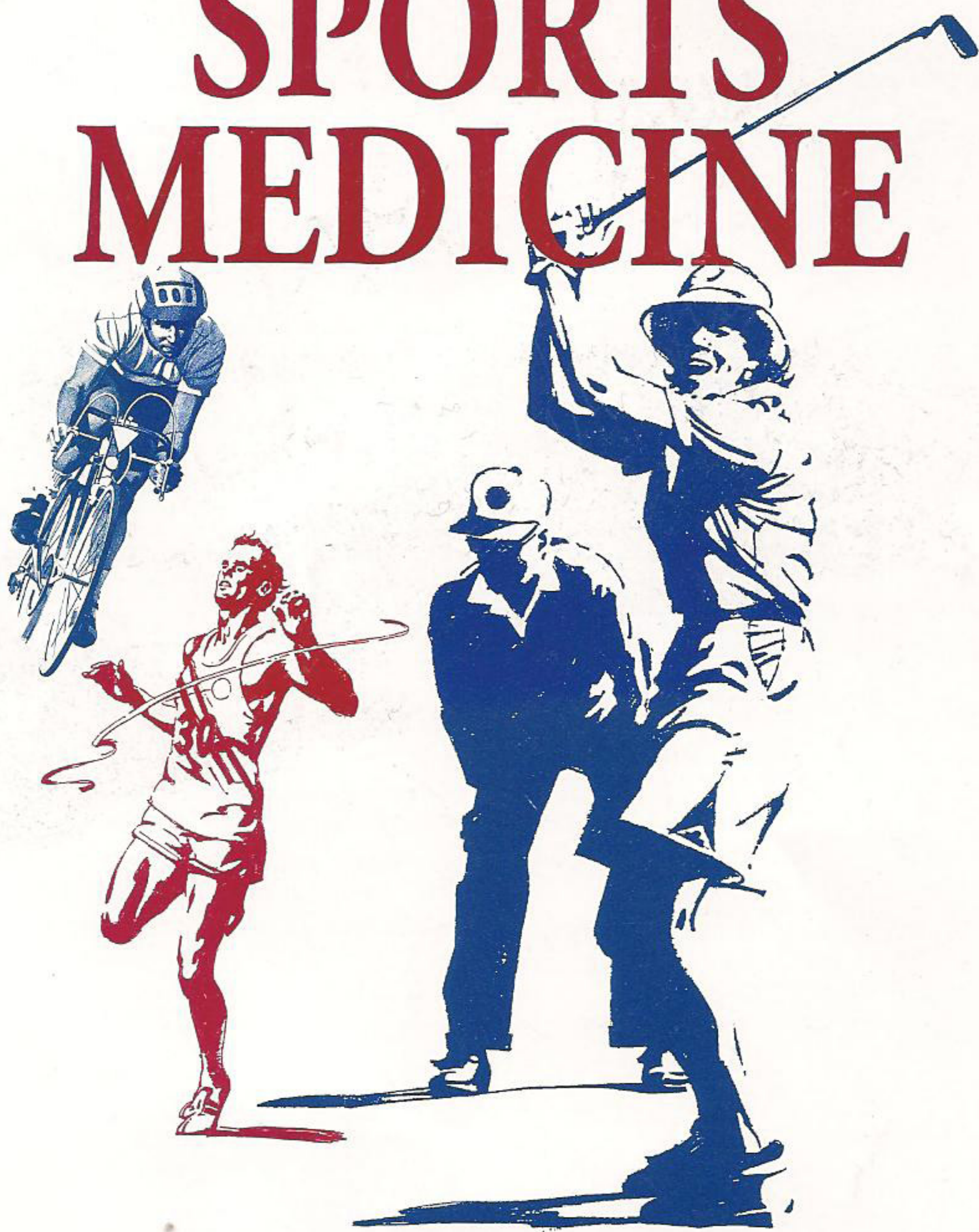


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**CELEBRATING 30 YEARS**

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**30TH ANNUAL  
SYMPOSIUM ON  
SPORTS  
MEDICINE**



**JANUARY 16-18, 2003**

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

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

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# 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; cranial and spinal column; shoulder and upper extremities; foot and ankle; rehabilitation; the female athlete; and the knee. The format will include lectures, panels, and discussions. Special workshops will include braces for sports participation; physical therapy modalities and rehabilitation; taping; and sports medicine case conference, as well as anatomy dissections of the knee and the foot and ankle. 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.

This course has been approved by The Texas Board of Physical Therapy Examiners as meeting continuing education requirements for PTs and PTAs. ID Number 33634A.

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 Jan 6)  
9821 Colonnade Boulevard  
San Antonio, Texas 78230  
Rate: \$80 Single or Double  
(210) 691-8888

**AmeriSuites**  
(Rooms blocked until Jan 6)  
4325 Amerisuites Drive  
San Antonio, Texas 78230  
Rate: \$62 Single or Double  
(210) 561-0099  
(includes deluxe continental breakfast)

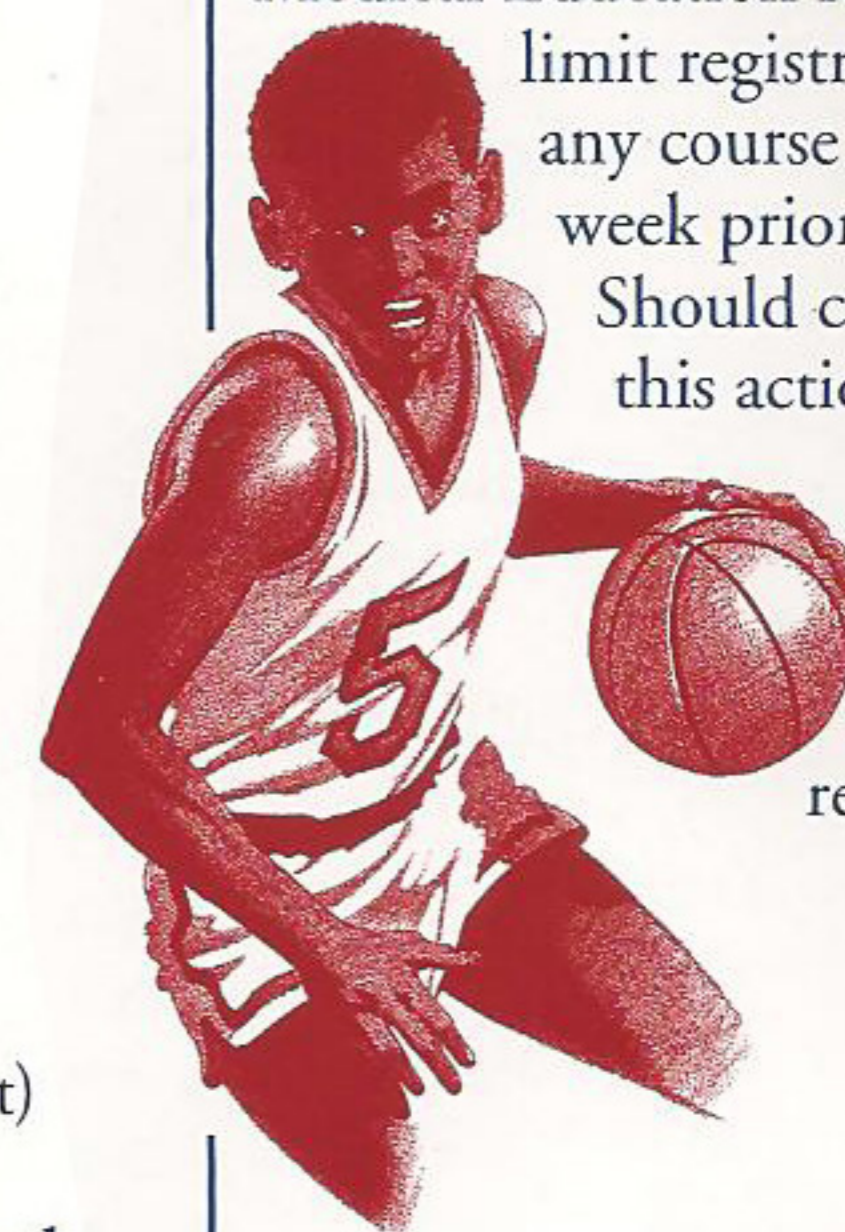
**Oak Hills Medical Center Inn and Suites by Howard Johnson**  
(formerly Oak Hills Inn)  
(Rooms blocked until Jan 5)  
7401 Wurzbach Road  
San Antonio, Texas 78229  
Rate: \$50 Single or \$55 Double  
(210) 614-9900 • 1-800-468-3507  
Web:www.samedcenterhotel.com  
(includes full complimentary breakfast)

**Hampton Inn Six Flags**  
(Rooms blocked until Jan 1)  
11010 IH 10 West  
San Antonio, Texas 78230  
Rate: \$59 Single  
or Double  
(210) 561-9058



## 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 10, 2003. 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. UTHSCSA is obligated to refund tuition only.

## EMERGENCY PHONE NUMBERS

**AUDITORIUM:**  
(210) 567-1831

**UNIVERSITY POLICE:**  
(210) 567-2801

# PROGRAM

## 30th Annual Symposium on Sports Medicine

### Thursday, January 16, 2003

7:00-9:00 pm CPR Recertification

### Friday, January 17, 2003

7:00-7:15 am Registration  
7:15-7:20 **Introduction**  
Ronald P. Williams, MD

**Welcoming Remarks**  
Jesse C. DeLee, MD

#### **Symposium** **Moderator:** **General Sports Medicine** **Jerry Julian, MD**

7:20-7:40 **On the Field Emergencies**  
Timothy S. Palomera, MD

7:40-7:55 **Exercise-Induced Asthma**  
Paul Saenz, DO

7:55-8:10 **Vitamins, Minerals, and Dietary Supplements**  
John D. Hernandez, MD

8:10-8:30 **Nutrition and Athletic Performance**  
David Player, MD

8:30-8:50 **Acute Management of Eye Injuries**  
Gilberto Aguirre, MD

8:50-9:10 **Acute Management of Dental and Facial Injuries**  
Steven B. Buckley, MD

9:10-9:30 **Pain Management for Athletic Injuries**  
John V. Puig, II, MD

9:30-9:50 **Panel Discussion**

9:50-10:10 Coffee Break

#### **Symposium** **Moderator:** **Cranial and Spinal Column** **J. Pat Evans, MD**

10:10-10:30 **Head Injury: Evaluation and Criteria to Return to Play**  
Thomas A. Kingman, MD

10:30-10:50 **Cervical Spine Injury: Evaluation and Criteria to Return to Play**  
Pablo Vazquez-Seoane, MD

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

11:10-11:30 **Lumbar Spine Evaluation and Treatment**  
Alan E. Hibberd, MD

11:30-12:00 n **Panel Discussion**

12:00-1:00 Lunch

#### **Symposium** **Moderator** **The Shoulder and Upper Extremities** **Philip M. Jacobs, MD**

1:00-1:15 pm **Physical Examination of the Shoulder**  
Michael A. Wirth, MD

1:15-1:35 **Instability of the Glenohumeral Joint**  
Philip M. Jacobs, MD

1:35-1:50 **Rotator Cuff: Diagnosis and Treatment**  
Martin J. Gillespie, MD

1:50-2:05 **AC and SC Joint Injury**  
Michael A. Wirth, MD

2:05-2:20 **The Hand in Athletics**  
David P. Green, MD

2:20-2:40 **Panel Discussion**

#### **Symposium** **Moderator** **The Foot and Ankle** **Charles Craven, MD**

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

3:00-3:20 **The Diagnosis and Treatment of Ankle Sprains**  
Clifford L. DePrang, MD

3:20-3:40 **The Diagnosis and Treatment of Midfoot and Forefoot Injuries**  
Marque A. Allen, DPM

3:40-4:00 **Panel Discussion**

Laboratory: **Anatomy Dissection**

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

**Group II** **The Foot and Ankle**  
Mark M. Casillas, MD  
Fred G. Corley, MD

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

**Group II** **Repeated**

### Saturday January 18, 2003

#### **Symposium** **Moderator** **Rehabilitation** **Jorge E. Gomez, MD**

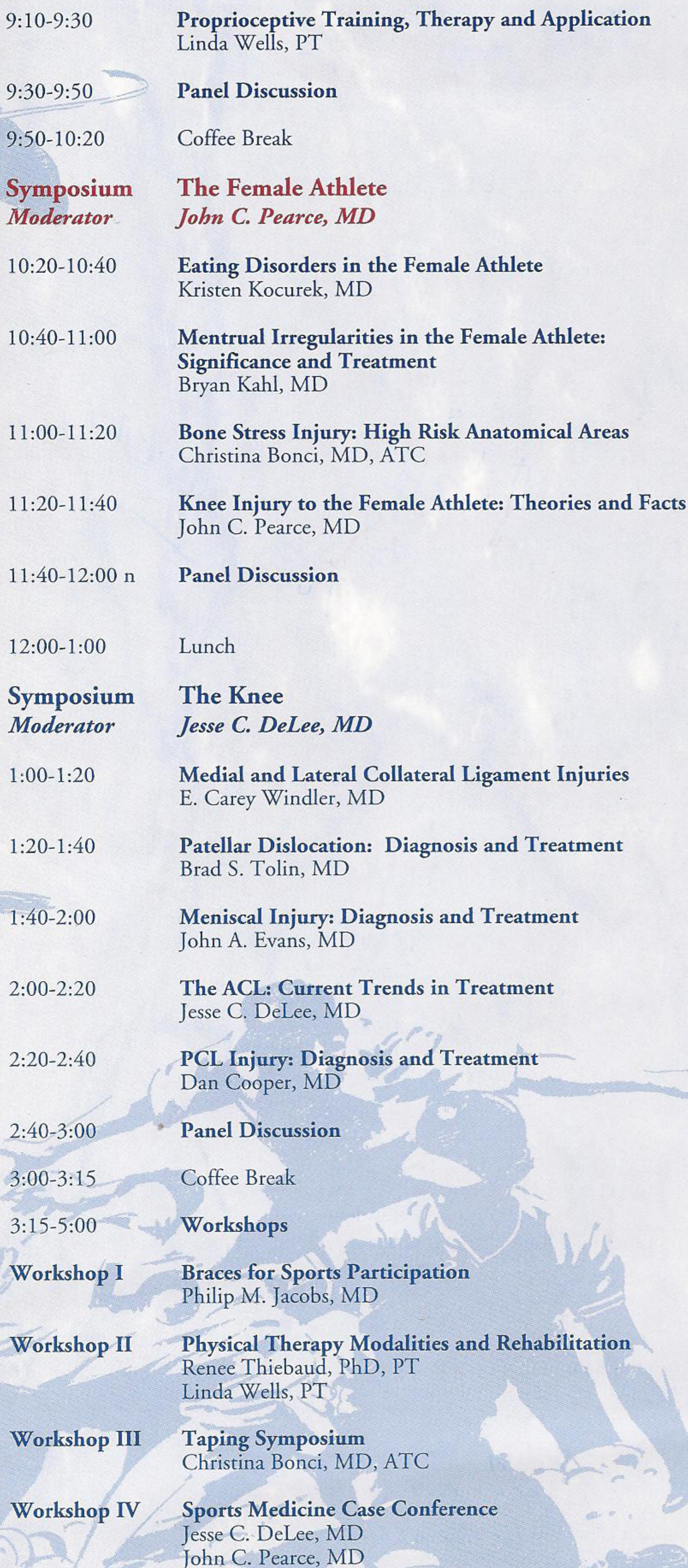
7:30-7:50 **Weight Training in the Pediatric Athlete**  
Jorge E. Gomez, MD

7:50-8:10 **Isotonic, Isometric and Isokinetic Exercises**  
Renee Thiebaud, PhD, PT

8:10-8:30 **Patellofemoral Rehabilitation Concepts**  
Russell Paine, PT

8:30-8:50 **Open vs Closed Chain Exercises**  
John Malfer, PT

8:50-9:10 **Transition to Plyometrics in Rehab**  
Russell Paine, PT



9:10-9:30	<b>Proprioceptive Training, Therapy and Application</b> Linda Wells, PT
9:30-9:50	<b>Panel Discussion</b>
9:50-10:20	Coffee Break
<b>Symposium</b> <i>Moderator</i>	<b>The Female Athlete</b> <i>John C. Pearce, MD</i>
10:20-10:40	<b>Eating Disorders in the Female Athlete</b> Kristen Kocurek, MD
10:40-11:00	<b>Menstrual Irregularities in the Female Athlete: Significance and Treatment</b> Bryan Kahl, MD
11:00-11:20	<b>Bone Stress Injury: High Risk Anatomical Areas</b> Christina Bonci, MD, ATC
11:20-11:40	<b>Knee Injury to the Female Athlete: Theories and Facts</b> John C. Pearce, MD
11:40-12:00 n	<b>Panel Discussion</b>
12:00-1:00	Lunch
<b>Symposium</b> <i>Moderator</i>	<b>The Knee</b> <i>Jesse C. DeLee, MD</i>
1:00-1:20	<b>Medial and Lateral Collateral Ligament Injuries</b> E. Carey Windler, MD
1:20-1:40	<b>Patellar Dislocation: Diagnosis and Treatment</b> Brad S. Tolin, MD
1:40-2:00	<b>Meniscal Injury: Diagnosis and Treatment</b> John A. Evans, MD
2:00-2:20	<b>The ACL: Current Trends in Treatment</b> Jesse C. DeLee, MD
2:20-2:40	<b>PCL Injury: Diagnosis and Treatment</b> Dan Cooper, MD
2:40-3:00	<b>Panel Discussion</b>
3:00-3:15	Coffee Break
3:15-5:00	<b>Workshops</b>
<b>Workshop I</b>	<b>Braces for Sports Participation</b> Philip M. Jacobs, MD
<b>Workshop II</b>	<b>Physical Therapy Modalities and Rehabilitation</b> Renee Thiebaud, PhD, PT Linda Wells, PT
<b>Workshop III</b>	<b>Taping Symposium</b> Christina Bonci, MD, ATC
<b>Workshop IV</b>	<b>Sports Medicine Case Conference</b> Jesse C. DeLee, MD John C. Pearce, MD

# FACULTY

**Gilberto Aguirre, MD**

Clinical Professor of Ophthalmology  
The University of Texas  
Health Science Center at San Antonio  
San Antonio, Texas

**Marque A. Allen, DPM**

Private Practice of Podiatry  
Clinical Instructor of Podiatry  
The University of Texas  
Health Science Center at San Antonio  
San Antonio, Texas

**Christina Bonci, MS, ATC, LAT**

Assistant Director for Sports Medicine  
Women's Athletics  
University of Texas at Austin  
Austin, Texas

**Steven B. Buckley, DDS, MD**

Alamo Maxillofacial Surgical Associates PC  
San Antonio, Texas

**Mark M. Casillas, MD**

Clinical Instructor of Orthopaedics  
The University of Texas  
Health Science Center at San Antonio  
San Antonio, Texas

**Daniel E. Cooper, MD**

Orthopaedic Surgeon, W.B. Carroll Memorial Clinic  
Head Team Physician for  
Dallas Cowboys Football Team and  
Dallas Stars Hockey Team  
Dallas, Texas

**Fred G. Corley, MD**

Professor of Orthopaedics  
The University of Texas  
Health Science Center at San Antonio  
San Antonio, Texas

**Charles Craven, MEd**

Associate Professor of Kinesiology  
and Health Education  
Director of Physical Rehabilitation  
University of Texas at Austin  
Austin, Texas

**Jesse C. DeLee, MD, Course Director**

Clinical Professor of Orthopaedics  
The University of Texas  
Health Science Center at San Antonio  
San Antonio, Texas

**Clifford L. DePrang, MD**

Fellow, Department of Orthopaedics  
The University of Texas  
Health Science Center at San Antonio  
San Antonio, Texas

**John A. Evans, MD**

Clinical Associate Professor  
The University of Texas  
Health Science Center at San Antonio  
San Antonio, Texas

**J. Pat Evans, MD**

Sports Medicine Clinic of North Texas  
Mobil Sports Medicine and Justin Sports Medicine  
Dallas, Texas

**Martin J. Gillespie, MD**

Clinical Associate Professor  
Department of Orthopaedics  
The University of Texas  
Health Science Center at San Antonio  
San Antonio, Texas

**Jorge E. Gomez, MD**

Director, Sports and Adolescent Clinic  
University Health Center-Downtown  
Assistant Professor of Pediatrics  
The University of Texas  
Health Science Center at San Antonio  
San Antonio, Texas

**David P. Green, MD**

Clinical Professor  
Department of Orthopaedics  
The University of Texas  
Health Science Center at San Antonio  
San Antonio, Texas

**John D. Hernandez, MD**

The Center for Health and Integrative Medicine  
San Antonio, Texas

**Alan E. Hibberd, MD**

Private Practice of Orthopaedics  
San Antonio, Texas

**Philip M. Jacobs, MD**

Clinical Assistant Professor of Orthopaedics  
The University of Texas  
Health Science Center at San Antonio  
San Antonio, Texas

**Jerry Julian, MD**

Clinical Professor of Orthopaedics, Retired  
Consultant, UT Department of  
Intercollegiate Activities  
Austin, Texas

**Bryan Kahl, MD**

Clinical Assistant Professor Medicine/Endocrinology  
The University of Texas  
Health Science Center at San Antonio  
San Antonio, Texas

**Thomas A. Kingman, MD**

Clinical Assistant Professor of Surgery  
Division of Neurosurgery  
The University of Texas  
Health Science Center at San Antonio  
San Antonio, Texas

**Kristen Kocurek, MD**

Sports Medicine Division  
Department of Family and Community Medicine  
The University of Texas  
Health Science Center at San Antonio  
San Antonio, Texas

**John Malfer, PT, ATC**

HealthSouth  
San Antonio, Texas

**Russell Paine, P.T.**

Texas Institute of Rehabilitation and Research  
Houston, Texas

**Tim S. Palomera, MD**

Private Practice of Primary Care Sports Medicine  
San Antonio, Texas

**John C. Pearce, MD**

Clinical Assistant Professor  
Department of Orthopaedics  
The University of Texas  
Health Science Center at San Antonio  
San Antonio, Texas

**David Player, MD**

Health By Design  
San Antonio, Texas

**John V. Puig, II, MD**

Sports Medicine Fellow  
Department of Family and Community Medicine  
The University of Texas  
Health Science Center at San Antonio  
San Antonio, Texas

**Paul S. Saenz, DO**

Clinical Assistant Professor of  
Family and Community Medicine  
The University of Texas  
Health Science Center at San Antonio  
San Antonio, Texas

**Renee Thiebaud, PhD, PT**

The Orthopedic Store  
San Antonio, Texas

**Brad S. Tolin, MD**

Clinical Assistant Professor of Orthopaedics  
The University of Texas  
Health Science Center at San Antonio  
San Antonio, Texas

**Pablo Vazquez-Seoane, MD**

Clinical Assistant Professor of Orthopaedics  
The University of Texas  
Health Science Center at San Antonio  
San Antonio, Texas

**Linda Wells, PT**

The Orthopedic Store  
San Antonio, Texas

**Ronald P. Williams, MD**

Chairman of Orthopaedics  
Associate Professor of Orthopaedics  
The University of Texas  
Health Science Center at San Antonio  
San Antonio, Texas

**E. Carey Windler, MD**

Clinical Associate Professor of Orthopaedics  
The University of Texas  
Health Science Center at San Antonio  
San Antonio, Texas

**Michael A. Wirth, MD**

Associate Professor of Orthopaedics  
The University of Texas  
Health Science Center at San Antonio  
San Antonio, Texas

Continuing Medical Education 020-3

# 30th ANNUAL SYMPOSIUM ON SPORTS MEDICINE

January 16–18, 2003

**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: Braces for Sports Participation

\_\_\_\_\_ Workshop II: Physical Therapy Modalities  
and Rehabilitation

\_\_\_\_\_ Workshop III: Taping Symposium

\_\_\_\_\_ Workshop IV: Sports Medicine Case Conference

\_\_\_\_\_ I will not be attending workshops

**FEES:** (early/late—after January 10, 2003)

\_\_\_\_\_ \$125/145 Coaches, Nurses, Physical Therapists,  
Trainers, EMTs, Residents

\_\_\_\_\_ \$195/220 Physicians

\_\_\_\_\_ \$30 CPR Recertification

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

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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 16 – 18, 2003**  
**30TH ANNUAL SYMPOSIUM**

<b>JANUARY 2003</b>						
S	M	T	W	Th	F	S
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5	6	7	8	9	10	11
12	13	14	15	<b>16</b>	<b>17</b>	<b>18</b>
19	20	21	22	23	24	25
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