

31st ANNUAL SYMPOSIUM ON SPORTS MEDICINE

January 15-17, 2004

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

Please print or type:
 Name _____
 ME or License # _____
 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. 15 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:** Workshops are one hour each and you may attend both. Assignments will NOT be made if selections are not given. Workshops may be limited in attendance.

- Workshop I: Prevention of ACL Injuries
 Workshop II: Sports Medicine Case Conference
 I will not be attending workshops

FEES: (early/late—after January 8, 2004)

- \$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 ExpressCard 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) 567-6964The University of Texas Health Science Center
at San Antonio
Continuing Medical Education—MSC 7980
7703 Floyd Curl Drive
San Antonio, Texas 78229-3900SPORTS MEDICINE SYMPOSIUM
JANUARY 15 - 17, 2004
31ST ANNUAL SYMPOSIUM

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CELEBRATING 31 YEARS

31ST ANNUAL SYMPOSIUM ON SPORTS MEDICINE



JANUARY 15-17, 2004

THE UNIVERSITY OF TEXAS
HEALTH SCIENCE CENTER
AT SAN ANTONIO
MEDICAL SCHOOL AUDITORIUMSponsored 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 and upper extremity; foot and ankle; rehabilitation; the female athlete; and the knee. The format will include lectures, panels, and discussions. Special workshops will include Functional Training Progressions for the Prevention of ACL injury and Sports Medicine Case Conference, as well as anatomy dissections of the shoulder, and 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 CEUs (Continuing Education Units) for completion of this course.

Application has been made to The Texas Board of Physical Therapy Examiners for continuing education for PTs and PTAs.

This Program has been approved by the National Athletic Trainers' Association, Inc. for 1.65 CEU's. Provider code A469.

Application has been made to the State Board for Educator Certification for State provider registration.

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 4, 2004)
9821 Colonnade Boulevard
San Antonio, Texas 78230
Rate: \$80 Single or Double
(210) 691-8888 or
(800) 843-6664

AmeriSuites
(Rooms blocked until Jan 12, 2004)
4325 Amerisuites Drive
San Antonio, Texas 78230
Rate: \$67 Single or Double
(210) 561-0099
(includes deluxe continental breakfast)

**Oak Hills Medical Center
Inn and Suites**
(Rooms blocked until Jan 5)
7401 Wurzbach Road
San Antonio, Texas 78229
Rate: \$45 Single or \$55 Double
(210) 614-9900 • 1-800-468-3507
Web: www.samedcenterhotel.com
(includes full complimentary breakfast)

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, breaks, continental breakfasts and course syllabus. Canceled registrations will be refunded if received prior to January 12, 2004. 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) 567-1831UNIVERSITY
POLICE:
(210) 567-2801

PROGRAM

31st Annual Symposium on Sports Medicine

Thursday, January 15, 2004

7:00-9:00 pm CPR Recertification

Friday, January 16, 2004

7:00-7:20 am Registration and Continental Breakfast

7:20 - 7:25 am Introduction
Ronald P. Williams, MD

7:25 - 7:30 am Welcoming Remarks
Jesse C. DeLee, MD

Symposium Moderator: General Sports Medicine
Paul S. Saenz, DO

7:30 - 7:50 am On the Field Emergencies
Paul S. Saenz, DO

7:50 - 8:10 am Nutrition in Athletes
Annette M. Zaharoff, MD

8:10 - 8:30 am Supplements and Athletic Performance
David Player, MD

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

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

9:10 - 9:30 am Epiphyseal Plate Injury in the Pediatric Athlete
Jorge Gomez, MD

9:30 - 9:50 am Panel Discussion

9:50 - 10:10 am Coffee Break

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

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

10:30 - 10:50 am Cervical Spine Injury
Pablo Vázquez-Seoane, MD

10:50 - 11:10 am Brachial Plexus Injury
William Randall Schultz, MD

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

11:30 - 12:00 noon Panel Discussion

12:00 - 1:00 pm Lunch

Symposium Moderator: The Shoulder and Upper Extremity
Philip M. Jacobs, MD

1:00 - 1:15 pm Physical Examination of the Shoulder
Gregory Gilot, MD

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

1:35 - 1:50 pm Rotator Cuff: Diagnosis and Treatment
Stephen S. Burkhart, MD

1:50 - 2:05 pm AC & SC Joint Injury & Clavicle Fractures
Ralph J. Curtis, Jr., MD

2:05 - 2:20 pm The Hand in Athletics
Fred G. Corley, MD

2:20 - 2:40 pm Panel Discussion

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

2:40 - 3:00 pm Anatomy and Physical Examination of the Foot and Ankle
Marvin R. Brown, MD

3:00 - 3:20 pm The Diagnosis and Treatment of Ankle Sprains
Mark M. Casillas, MD

3:20 - 3:40 pm Shoe Inserts
Marque A. Allen, DPM

3:40 - 4:00 pm Panel Discussion

Laboratory: Anatomy Dissection

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

Group II: The Elbow and Hand
Fred G. Corley, MD
Clark C. Duchene, MD

B. Group I: Repeated

Group II: Repeated

Saturday, January 17, 2004

Symposium Moderator: Rehabilitation
Jorge E. Gomez, MD

7:30 - 7:50 am Weight Training in the Pediatric Athlete
Earl A. Stanley, MD

7:50 - 8:10 am Isotonic, Isometric and Isokinetic Exercises
Russell Paine, PT, LAT

8:10 - 8:30 am Using the Swiss Ball in Rehabilitation
Renée Thiebaud, PhD, PT

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

8:50 - 9:10 am Proprioception: Training and Techniques
Linda Wells, PT

9:10 - 9:30 am Quadriceps Inhibition
Russell Paine, PT, LAT

9:30 - 9:50 am Panel Discussion

9:50 - 10:20 am Coffee Break

Symposium Moderator: The Female Athlete
John Pearce, MD

10:20 - 10:40 am Eating Disorders in the Female Athlete
Timothy S. Palomera, MD

10:40 - 11:00 am Menstrual Irregularities in the Female Athlete: Significance and Treatment
Bryan Kahl, MD

11:00 - 11:20 am Bone Stress Injury
John V. Puig, II, MD

11:20 - 11:40 pm Asthma in Athletes: Diagnosis and Treatment
Jorge Gomez, MD

11:40 - 12:00 noon Panel Discussion

12:00 - 1:00 pm Lunch

Symposium Moderator: The Knee
Jesse C. DeLee, MD

1:00 - 1:20 pm Medial and Lateral Collateral Ligament Injuries
John A. Evans, MD

1:20 - 1:40 pm Patellofemoral Pain: A Rational Approach
Brad S. Tolin, MD

1:40 - 2:00 pm Meniscal Injury: Diagnosis & Treatment
John Pearce, MD

2:00 - 2:20 pm The ACL: Current Trends in Treatment
Jesse C. DeLee, MD

2:20 - 2:40 pm PCL Injury: Diagnosis and Treatment
E. Carey Windler, MD

2:40 - 3:00 pm Panel Discussion

3:15 - 5:15 pm **Workshops**
(Note: Workshops are one hour each, you will attend both of them)

WORKSHOP I: Functional Training Progressions for the Prevention of ACL Injury
Tina Bonci, MS, LTC, LAT
DeAnn Koehler, MS, LTC, LAT

WORKSHOP II: Sports Medicine Case Conference
Jesse C. DeLee, MD
John C. Pearce, MD
Philip M. Jacobs, MD

FACULTY

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