

33rd ANNUAL SYMPOSIUM ON SPORTS MEDICINE

January 19-21, 2006

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

Please print or type:
 Name _____
 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, January 19 CPR Recertification Course (\$35 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/shuttle from hotel to campus.

WORKSHOPS: Assignments will not be made if selections are not given. Workshops may be limited in attendance.
 _____ Workshop I: The Shoulder
 _____ Workshop II: The Elbow and Hand
 _____ Workshop III: Physical Therapy Modalities and Braces
 _____ Workshop IV: Taping Symposium
 _____ Workshop V: Sports Medicine Case Presentations
 _____ I will not be attending workshops

FEES: (early/late—after January 11, 2006)
 _____ \$215/245 Physicians
 _____ \$140/160 Coaches, Nurses, Physical Therapists, Athletic Trainers, EMTs, Residents
 _____ \$35 CPR Recertification
 \$_____ TOTAL ENCLOSED

_____ Check Enclosed
 _____ Please charge my Visa Mastercard Discover AMEX
 Name on Card _____
 Card Number _____ Exp. Date _____
 Signature _____

REGISTRATION METHODS
ONLINE at <http://cme.uthscsa.edu>

MAIL (or fax with credit card payments) this registration form and payment to:
 UTHSCSA Continuing Medical Education—MSC 7980
 7703 Floyd Curl Drive
 San Antonio, Texas 78229-3900

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

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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 19 - 21, 2006
33RD ANNUAL SYMPOSIUM

JANUARY 2006		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 33 YEARS

33RD ANNUAL SYMPOSIUM ON SPORTS MEDICINE



JANUARY 19-21, 2006

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; central nervous system in sports; shoulder and upper extremity; the foot and ankle; rehabilitation; the female athlete; and the knee. The format will include lectures, panels, and discussions. Special workshops will include "Physical Therapy Modalities and Braces" "Taping Symposium" 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**

GENERAL INFORMATION

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.)
Thursday, January 19, 2006
UTHSCSA Auditorium
 7:00 - *9:00 pm CPR Recertification
 *actual length will vary depending on the number of those attending.

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.

CONTINUING EDUCATION STATEMENTS

The University of Texas Health Science Center at San Antonio 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 designates this educational activity for a maximum of 17.25 Category 1 credits towards Physician's Recognition Award.
 Application has been made to The Texas Board of Physical Therapy Examiners for continuing education for PTs and PTAs.

The University of Texas Health Science Center at San Antonio (P469) is recognized by the Board of Certification, Inc., to offer 17.25 hours of continuing education for certified athletic trainers.

The University of Texas Health Science Center at San Antonio (500795) is approved and registered by the Texas State Board for Educator Certification (SBEC) as a continuing professional education provider.

Athletic Trainers can receive a maximum of 20.7 continuing education credits as described by the Advisory Board of Athletic Trainers of the Texas Department of State Health.

HOTEL INFORMATION

Rooms have been reserved at three 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. All room blocks will be held until January 5, 2006. After that date, reservations will be accepted on a space-available basis.



Marriott Courtyard San Antonio Medical Center
 8585 Marriott Drive
 San Antonio, Texas 78229
 Rate: \$69 Single or Double
 (210) 614-7100

Springhill Suites Marriott
 3636 NW Loop 410
 San Antonio, Texas 78201
 Rate: \$80 Single or Double
 (210) 737-6086

DoubleTree
 37 NE 410 Loop (at McCullough)
 San Antonio, Texas 78216
 Rate: \$85 Single or Double
 (210) 366-2424

COURSE REGISTRATION

Advance registration is requested. Fees are \$215/245 for physicians and \$140/160 for coaches, nurses, physical therapists, trainers, EMTs, and residents. Fee for the CPR course is \$35. Late fees will be applied for those registering after January 11, 2006. Fees include breaks, continental breakfast, 2 lunches, and course syllabus. Canceled registrations will be refunded if received prior to January 11, 2006. A \$40 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. The University of Texas Health Science Center at San Antonio is obligated to refund tuition only.



PROGRAM

33rd Annual Symposium on Sports Medicine

Thursday, January 19, 2006

7:00 - 7:30 pm Conference Registration
CPR Certification (additional fee required)

Friday, January 20, 2006

7:00 - 7:20 am Registration

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

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

Symposium
Moderator:
7:30 - 7:50 am
General Sports Medicine
C. Mark Chassay, MD
On-the-Field Emergencies
C. Mark Chassay, MD

7:50 - 8:10 am Nutrition in Athletes
David Player, MD

8:10 - 8:30 am Skin Lesions in Athletes
Mark B. Weinstein, MD

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

8:50 - 9:10 am Acute Management of Dental and Facial Injuries
Robert P. Johnson, DDS, MSD

9:10 - 9:30 am Weight Lifting in the Pediatric Athlete
Earl A. Stanley, MD

9:30 - 9:50 am Panel Discussion

9:50 - 10:10 am Break/Visit Exhibits

Symposium:
Moderator:
10:10 - 10:30 am
The Central Nervous System in Sports
Fred G. Corley, Jr., MD
Evaluation of Head Injury in Sports & Criteria for Return to Play
Thomas A. Kingman, MD

10:30 - 10:50 am Cervical Spine Injury in Sports
Pablo Vazquez-Seoane, MD

10:50 - 11:10 am Lumbar Spine Evaluation and Treatment
Ajeya P. Joshi, MD

11:10 - 11:30 am Brachial Plexus Injury: Diagnosis and Treatment
Fred G. Corley, Jr., MD

11:30 - 12:00 noon Panel Discussion

12:00 - 1:00 pm Lunch

Symposium
Moderator:
1:00 - 1:20 pm
The Shoulder and Upper Extremity
Philip M. Jacobs, MD
Physical Examination of the Shoulder
Ralph J. Curtis, MD

1:20 - 1:40 pm Rotator Cuff Diagnosis and Treatment
David P. Huberty, MD

1:40 - 2:00 pm Posterior Shoulder Lesions in Sports
Brad S. Tolin, MD

2:00 - 2:20 pm AC and SC Joint Injuries
Michael Wirth, MD

2:20 - 2:40 pm The Elbow in the Throwing Athlete
Philip R. Jacobs, MD

2:40 - 3:00 pm Hand Injuries in Sports
David P. Green, MD

3:00 - 3:15 pm Panel Discussion

Symposium
Moderator:
3:15 - 3:35 pm
The Foot and Ankle
Mark M. Casillas, MD
Anatomy, Physical Examination, and Treatment of Ankle Sprains
Mark M. Casillas, MD

3:35 - 3:55 pm Anatomy, Physical Examination, and Treatment of Mid Foot and Fore Foot Injuries
Marvin R. Brown, MD

3:55 - 4:15 pm Turf Toe
Michael D. Sander, MD

4:15 - 4:35 pm Panel Discussion

4:35 - 4:45 pm Break/ Visit Exhibits

Workshops
4:45 - 5:30 pm
ANATOMY GROUP I
Anatomy Dissection

The Shoulder
Philip M. Jacobs, MD
Jesse C. DeLee, MD

ANATOMY GROUP II
The Elbow and Hand
Fred G. Corley, Jr., MD
Daniel Boyd, MD

5:30 - 6:15 pm
ANATOMY GROUP I

ANATOMY GROUP II

Saturday, January 21, 2006

7:00 - 7:30 am Continental Breakfast

Symposium
Moderator:
7:30 - 7:50 am
Rehabilitation
Jorge Gomez, MD
The Role of Proprioceptive Training in Knee Rehabilitation
Ron Johnson, PT, ATC

7:50 - 8:10 am Using the Swiss Ball in Rehabilitation
Renee Thiebaut, PhD, PT

8:10 - 8:30 am Open vs. Closed Chain Exercises
John Malfer, PT, ATC

8:30 - 8:50 am Comprehensive Shoulder Rehabilitation
Linda Wells, PT

8:50 - 9:10 am Pleiometrics in Rehabilitation
Ron Johnson, PT, ATC

9:10 - 9:30 am

9:30 - 9:50 am

9:50 - 10:10 am

10:10 - 10:40 am

Symposium:
Moderator:
10:40 - 11:00 am

11:00 - 11:20 am

11:20 - 11:40 am

11:40 - 12:00 noon

12:00 - 1:00 pm

Symposium
Moderator:
1:00 - 1:20 pm

1:20 - 1:40 pm

1:40 - 2:00 pm

2:00 - 2:20 pm

2:20 - 2:40 pm

2:40 - 3:00 pm

3:00 - 3:20 pm

3:20 - 3:40 pm

3:40 - 4:00 pm

4:00 - 5:30 pm

Stretching for Injury Prevention in the Pediatric Athlete
Jorge Gomez, MD

Lumbar Spine Rehabilitation
Renee Thiebaut, PhD, PT

Panel Discussion

Break/Visit Exhibits

The Female Athlete
Amber Luhn, MD
The Female Athlete Triad
Amber Luhn, MD

Current Women's Health Issues in Athletics
Christine M. Bonci, MS, ATC, LAT

Knee Rehabilitation for Patellofemoral Syndrome
Annette M. Zaharoff, MD

Panel Discussion

Lunch

The Knee
Jesse C. DeLee, MD
Injuries to the Medial and Lateral Collateral Ligament Systems
E. Carey Windler, MD

Meniscal Injury: Diagnosis and Treatment
John C. Pearce, MD

MRI of the Shoulder: The Basics
James Gilley, MD

Osteochondritis Dissecans
Randall Schultz, MD

Patellofemoral Instability and Pain
Daniel Boyd, MD

PCL Injuries
Andrew L. Whaley, MD

ACL Injuries Update
Jesse C. DeLee, MD

Panel Discussion

Break/Visit Exhibits

Workshops
III Physical Therapy Modalities and Braces
Renee Thiebaut, PhD, PT
Linda Wells, PT

IV Taping Symposium
David Gish, MEd, ATC, LAT

V Sports Medicine Case Presentations
Jesse C. DeLee, MD
John C. Pearce, MD
Randall Schultz, MD

FACULTY

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