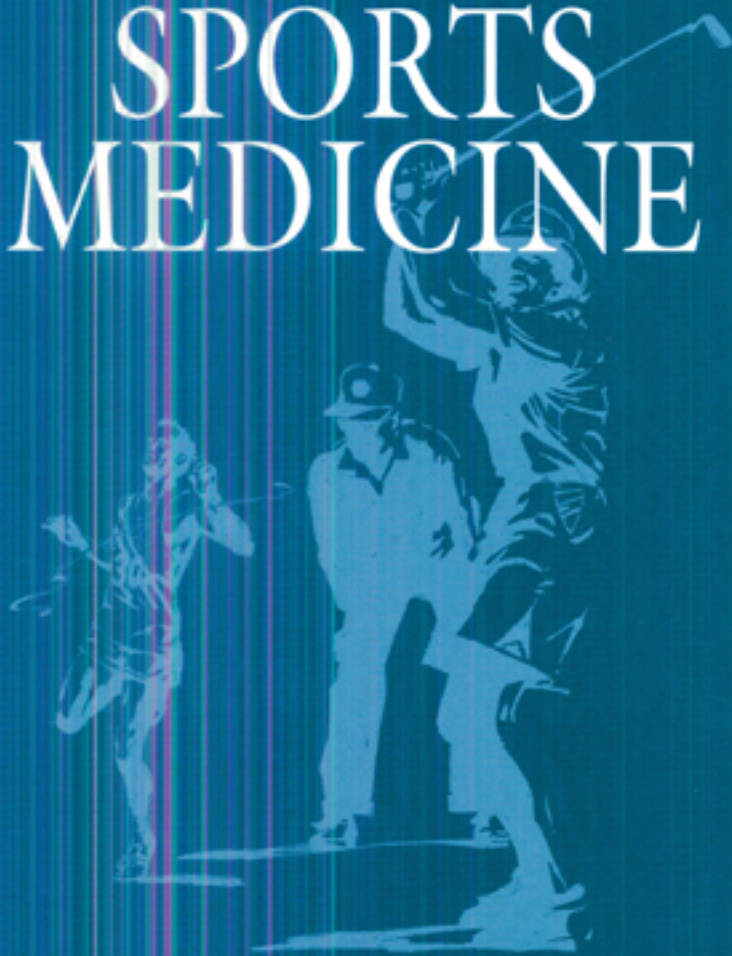


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CELEBRATING 34 YEARS

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34TH ANNUAL  
SYMPOSIUM ON  
SPORTS  
MEDICINE



January 18-20, 2007

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SPONSORED BY  
THE UNIVERSITY OF TEXAS  
HEALTH SCIENCE CENTER  
AT SAN ANTONIO  
SCHOOL OF MEDICINE  
MAIN AUDITORIUM

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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 year's course provides a forum for the Sports Medicine Team to discuss problems and concepts relating to general sports medicine, 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; rehabilitation; and the foot and knee. The format will include lectures, panels, and discussions. Special workshops will include "Physical Therapy Modalities and Braces" 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. This year the course will cover the 2006 guidelines published by the American Heart Association. (Additional fee charged.)

Thursday, January 18, 2007

UTHSCSA Auditorium

6:00 - \*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 School of Medicine 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 School of Medicine designates this educational activity for a maximum of 13.75 *AMA PRA Category 1 Credits*. Physicians should only claim credit commensurate with the extent of their participation in the activity.

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 13.75 hours of continuing education for certified athletic trainers.

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

Athletic Trainers can receive a maximum of 16.5 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 two 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. Please visit <http://cme.uthscsa.edu> for parking and shuttle information.

AmeriSuites  
4303 AmeriSuites Drive  
San Antonio, Texas 78230  
Rate: \$85 Single or Double  
(210) 561-0099  
Cutoff Date: December 28, 2006

Marriott Courtyard  
8585 Courtyard  
San Antonio, Texas 78229  
Rate: \$74 Single or Double  
(800) 321-2211  
Cutoff Date: January 9, 2007

Springhill Suites Marriott  
3636 NW Loop 410  
San Antonio, Texas 78201  
Rate: \$80 Single or Double  
(210) 737-6086  
Cutoff Date: January 5, 2007

## REGISTRATION

The registration fee for physicians is \$235/265 and \$140/160 for coaches, nurses, physical therapists, trainers, EMTs, and residents. The fee for the Thursday evening CPR course is \$40. Late fees will be applied for those registering after January 4. Fees include breaks, continental breakfast, lunch, and course materials.

If you must cancel your registration, tuition will be refunded less a \$40 administrative fee, provided notice is received by January 4, 2007. The University of Texas Health Science Center at San Antonio School of Medicine, Continuing Medical Education reserves the right to limit enrollment or cancel any course no less than one week prior to the course. Should circumstances make this action necessary, tuition will be refunded in full.

## PROGRAM

# 34TH ANNUAL SYMPOSIUM ON SPORTS MEDICINE

**Thursday, January 18, 2007**

5:30-7:30 pm Conference Registration

6:00-9:00 pm CPR Certification (additional fee required)

**Friday, January 19, 2007**

11:00-11:20 am Registration & Snack

11:20-11:25 am Introduction  
Ronald P. Williams, MD

11:25-11:30 am Welcoming Remarks  
Jesse C. DeLee, MD

**Symposium:** General Sports Medicine  
**Moderator:** C. Mark Chassay, MD

11:30-11:50 am On-the-Field Emergencies  
C. Mark Chassay, MD

11:50 - 12:10 pm Infectious Diseases in Athletes:  
MRSA to HIV  
Richard J. Fetchick, MD

12:10 - 12:30 pm Dietary Supplements and  
Vitamins in Sports  
Annette M. Zaharoff, MD

12:30 - 12:50 pm Diabetes in the Athlete:  
A Practical Approach  
Christina M. Bonci, MS, ATC

12:50 - 1:10 pm Acute Management of Dental  
& Facial Injuries  
Steven B. Buckley, DDS, MD

1:10 - 1:30 pm AEDs in Public Schools:  
Procurement and Implementation  
of Usage  
Hondo Schneider, MS, LAT

1:30 - 1:50 pm Panel Discussion

1:50 - 2:10 pm Break

**Symposium:** Head and Neck Injuries in Athletes  
**Moderator:** Fred G. Corley, Jr., MD

2:10 - 2:30 pm Eye Injuries in Sports  
Gilberto Aguirre, MD

2:30 - 2:50 pm Evaluation of Head Injury and Criteria  
to Return to Play  
Thomas A. Kingman, MD

2:50 - 3:10 pm Cervical Spine Injury in Sports  
Pablo Vazquez-Seoane, MD

3:10 - 3:30 pm Brachial Plexus Injury  
Fred G. Corley, Jr., MD

3:30 - 3:50 pm Panel Discussion

3:50 - 4:00 pm Break



4:00 - 5:30 pm	Anatomy Workshops
Anatomy I	The Knee Jesse C. DeLee, MD Greg Gordon, MD
Anatomy II	The Foot and Ankle Mark M. Casillas, MD Russell C. McKissick, MD

**Saturday, January 20, 2007**

7:00 - 7:30 am Continental Breakfast

**Symposium**  
**Moderator:** **The Shoulder & Upper Extremity**  
**Brad S. Tolin, MD**

7:30 - 7:50 am Physical Examination of the Shoulder  
Charles A. Rockwood, Jr., MD

7:50 - 8:10 am Anterior and Posterior Instability:  
Diagnosis and Treatment  
Brad S. Tolin, MD

8:10 - 8:30 am AC and SC Joint Injuries  
Michael D. Loeb, MD

8:30 - 8:50 am Rotator Cuff & SLAP Lesions  
Anil K. Dutta, MD

8:50 - 9:10 am The Elbow in Throwing Sports  
Alex Rowland, MD

9:10 - 9:30 am Hand Injuries in Sports  
David P. Green, MD

9:30 - 9:50 am Panel Discussion

9:50 - 10:10 am Break

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

10:10 - 10:25 am Isometric, Isotonic, and Isokinetic  
Exercises: Definition and Indications  
John Malfer, PT, ATC

10:25 - 10:40 am Flexibility Training in Athletes  
K. Renee Thiebaud, PhD, PT

10:40 - 11:00 am Indications and Practical Examples of  
Proprioceptive Training  
Russell Paine, PT

11:00 - 11:15 am Core Strengthening and Its  
Relationship to Injury Prevention in the  
Adolescent Athlete  
Jorge E. Gomez, MD

11:15 - 11:30 am Aquatic Therapy in Rehabilitation  
Kay Harrell, PhD

11:30 - 11:45 Transition from Rehabilitation to  
Pleometrics and Sports  
Specific Training  
Russell Paine, PT

11:45 - 12:00 noon Panel Discussion

12:00 - 1:00 pm Lunch

**Symposium  
Moderator:**

**The Foot & Knee  
Jesse C. DeLee, MD**

- 1:00 - 1:20 pm      The Diagnosis and Treatment  
of Foot and Ankle Sprains  
Mark M. Casillas, MD
- 1:20 - 1:40 pm      MRI of the Knee: The Basics  
Jack Clement, MD
- 1:40 - 2:00 pm      Meniscal Injury: Diagnosis & Treatment  
John A. Evans, MD
- 2:00 - 2:20 pm      Medial & Lateral  
Collateral Ligament Injuries  
John C. Pearce, MD
- 2:20 - 2:40 pm      ACL Update  
E. Carey Windler, MD
- 2:40 - 3:00 pm      PCL Injury: Diagnosis & Treatment  
W. Randall Schultz, MD
- 3:00 - 3:20 pm      Articular Cartilage:  
The REAL Surface on Which We Play  
Jesse C. DeLee, MD
- 3:20 - 3:40 pm      Panel Discussion
- 3:40 - 4:00 pm      Break
- 4:00 - 5:30 pm      Workshops
- Workshop I          Physical Therapy Modalities &  
Case Presentations  
K. Renee Thiebaud, PhD, PT  
Russell Paine, PT
- Workshop II          AED & Cardiac Emergencies  
Bryan Cannon, MD
- Workshop III          Sports Medicine Case Conference  
Jesse C. DeLee, MD  
Philip M. Jacobs, MD  
William Randall Schultz, MD
- Workshop IV          The Female Athlete:  
Epidemiology of Injury  
Lynanne J. Foster, MD

## FACULTY

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Advisory Council  
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Private Practice  
Austin, Texas

Annette M. Zaharoff, MD  
Private Practice  
Physical Medicine/Sports Medicine  
San Antonio, Texas



CONTINUING MEDICAL EDUCATION 123593  
34TH ANNUAL SYMPOSIUM ON SPORTS MEDICINE  
JANUARY 18-20, 2007  
THE UNIVERSITY OF TEXAS HEALTH SCIENCE CENTER AT  
SAN ANTONIO, MAIN AUDITORIUM

Please Print:

Name \_\_\_\_\_

Phone \_\_\_\_\_ Fax \_\_\_\_\_

Profession: MD DO Coach Trainer PT PTA RN LVN  
OT EMT Other \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Email \_\_\_\_\_

Federal Tax ID# \_\_\_\_\_ (if company pays fee)

Check here for optional activities:

Thursday, January 18 CPR Recertification Course (\$40 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.

Please visit the CME website at <http://cme.uthscsa.edu> for more information on parking and shuttle schedules

**FOUR EASY WAYS TO REGISTER**

📧 Online: <http://cme.uthscsa.edu>

☎ Phone: (210) 567-4446 or Toll Free 1 (866) 601-4448  
(credit card payments)

📠 FAX: (210) 567-6964

(include this registration form with credit card information)

✉ Mail: Return your completed registration form and payment:

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

**FEES:** (early/late—after January 4, 2007)

\_\_\_\_\_ \$235/265 Physicians

\_\_\_\_\_ \$140/160 Coaches, Nurses, Physical Therapists,  
Trainers, EMTs, Residents

\_\_\_\_\_ \$40 CPR Recertification

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

Check Enclosed (Please make payable to UTHSCSA CME-123593)

Please charge my:  VISA  MasterCard  Discover  AMEX

Card Number \_\_\_\_\_ Exp. Date \_\_\_\_/\_\_\_\_

Cardholder Name \_\_\_\_\_

Signature Required \_\_\_\_\_

Confirmation: All early registrations are confirmed in writing. If you do not receive a confirmation within 2 weeks of registering, please contact us at (210) 567-4446 or 1 (866) 601-4448.