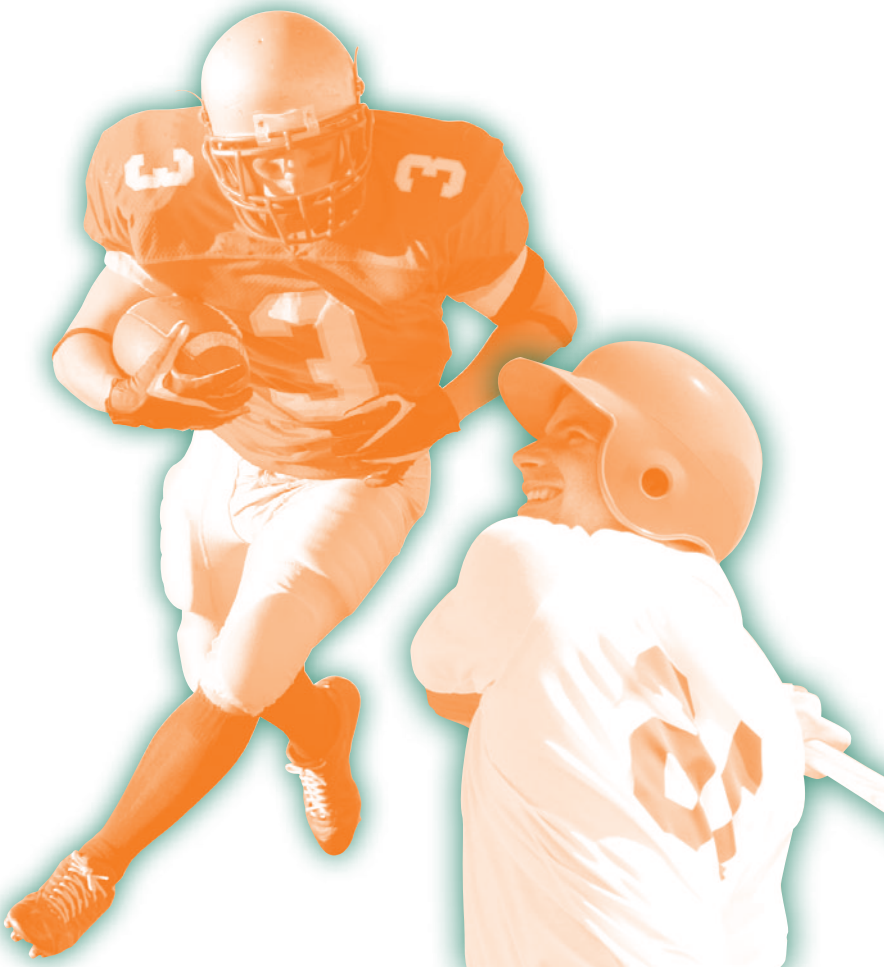


Celebrating **37** *Years*

**37TH ANNUAL SYMPOSIUM ON
SPORTS MEDICINE
FEBRUARY 4-6, 2010
AT&T EXECUTIVE EDUCATION AND
CONFERENCE CENTER
AUSTIN, TEXAS**



SPONSORED BY

**THE UNIVERSITY OF TEXAS AT AUSTIN
DEPARTMENT OF ATHLETICS**

&

**THE UNIVERSITY OF TEXAS HEALTH SCIENCE CENTER
SAN ANTONIO - SCHOOL OF MEDICINE
DEPARTMENT OF ORTHOPAEDICS**

<http://cme.uthscsa.edu>
<http://cme.uthscsa.edu/sms10.asp>

COURSE DESCRIPTION

This course provides a forum for Sports Medicine Specialists to discuss problems and concepts related to preventing, treating and rehabilitating injured athletes. The Symposium topics will include: general sports medicine; head, neck and spinal column; shoulder and upper extremity; the leg, foot, and ankle; the knee; and rehabilitation. The format includes lectures, panels and discussions. In addition, there will be special workshops on cutting-edge topics including "AED and Sudden Death in Athletes", "Challenges In Rehabilitation", "The Female Athlete" and "Sports Medicine Case Conference". This year's anatomy dissection demonstrations focus on the knee, foot, and ankle. Participants are encouraged to bring problem cases for discussion by the faculty during the question and answer periods. Exhibits by a number of sports related companies will be featured.

TARGET AUDIENCE

The 37th Annual Symposium on Sports Medicine is designed for physicians, physician assistants, physical therapists, nurses, athletic trainers and coaches.

LEARNING OBJECTIVES:

- Develop a concept of one's position on a Sports Medicine Team.
- Diagnose commonly occurring injuries and advise athletes regarding their treatment.
- Initiate logical primary treatment following injuries to athletes.
- Develop logical approaches to the prevention of injury by conditioning and utilization of proper protective equipment.

CPR RECERTIFICATION

A recertification course in cardiopulmonary resuscitation(CPR) will be held on Thursday, February 4, 2010. Please note that this is a recertification course for those who have previously been certified in CPR. Separate registration is required for this workshop which is available for an additional fee. See registration form or our Web site <http://cme.uthscsa.edu/sms10.asp> for details.

CONTINUING EDUCATION STATEMENTS

CME:

The UT Health Science Center San Antonio School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The UT Health Science Center 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.

PT and PTA:

Application has been made to the Texas Physical Therapy Association for continuing education for PTs and PTAs.

ATC:

The University of Texas Health Science Center at San Antonio (P469) is recognized by the Board of Certification, Inc., to offer **16.31** hours of continuing education for certified athletic trainers.

LAT:

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 **19.70** continuing education credits as described by the Advisory Board of Athletic Trainers of the Texas Department of State Health.

HOTEL INFORMATION

A block of rooms has been reserved at the meeting site, the AT&T Executive Education and Conference Center located at 1900 University Avenue in Austin, Texas.

Situated conveniently in the heart of Austin activity and on the university campus, the center offers inspiring views of the university's Tower, the State Capitol, or serene central courtyard.

Walk to exhibits at the Blanton Museum of Art or shows from the collections of the Harry Ransom Center or the LBJ Library, and enjoy a performance at the famed Performing Arts Center. Or explore the Bob Bullock Texas State History Museum, cheer the Longhorns at Texas Memorial Stadium, catch an edgy art film at the Dobie theatre and shop on colorful Guadalupe Street—all within walking distance.

To get the special rate of \$85 single or \$125 double occupancy plus taxes, visit www.meetatatexas.com, then click on Book Now and enter the promo code SPORTM0210. You may also contact by calling 512-404-1900 or toll-free 877-744-8822. Hotel reservations must be made by January 14, 2010 to secure the group rate.

COURSE LOCATION

AT&T Executive Education and Conference Center
1900 University Avenue
Austin, TX 78705
Phone: 512-404-1900
Toll-Free: 877-744-8822
Fax: 512-404-1600

REGISTRATION

The registration fee includes access to all sessions and workshops; continental breakfast, beverage/snack breaks, and lunch; and access to downloadable handouts from the UT Health Science Center CME Website.

There is a separate registration fee for the Thursday evening CPR course. See the registration form for details.

If you must cancel your registration, tuition will be refunded less a \$50 administrative fee, provided notice is received by January 4, 2010. The UT Health Science Center San Antonio School of Medicine, Continuing Medical Education Office reserves the right to limit enrollment or cancel any course no less than one week prior to the activity. Should circumstances make this action necessary, tuition will be refunded in full.

SCHEDULE/AGENDA

Thursday, February 4, 2010

5:30 – 7:30 pm

Conference Registration

6:00 – 9:00 pm

CPR Recertification Course

Friday, February 5, 2010

7:00 – 7:20 am

Registration & Continental Breakfast

7:20 – 7:30 am

Introduction & Welcoming Remarks

**Christine A. Plonsky, BS – Women's Athletics
Director; Senior Associate Athletics Director for
External Affairs, Men's and Women's Athletics;
The University of Texas at Austin**

GENERAL SPORTS MEDICINE

Moderator: C. Mark Chassay, MD

7:30 – 7:50 am

*Management of Type I Diabetes – Physician's
Perspective*

Speaker: Thomas C. Blevins, MD

7:50 – 8:05 am

*Management of Type I Diabetes – Athletic
Trainer's Perspective*

Speaker: Christine M. Bonci, MS, ATC, LAT

8:05 – 8:25 am

Cardiac Conditions

Speaker: David J. Kessler, MD, FACC

8:25 – 8:45 am

Pre-Participation Cardiac Screening

Speaker: George P. Rodgers, MD

8:45 – 9:05 am

Exercise Induced Asthma

Speaker: Bernard L. Crosby, MD

9:05 – 9:25 am

Exertional Heat Illness

Speaker: J. Allan Hardin, MS, ATC, PT, SCS

9:25 – 9:40 am

Abdominal Conditions

Speaker: C. Mark Chassay, MD

9:40 – 9:55 am

Dermatological Conditions

Speaker: Timothy Vachris, MD

9:55 – 10:15 am

Panel Discussion

10:15 – 10:30 am

Break

HEAD, NECK, & SPINAL COLUMN

Moderator: Christine M. Bonci, MS, ATC, LAT

10:30 – 10:50 am

*Pathomechanics of Football-induced Cervical
Spine Trauma: Return to Play Criteria*

Speaker: Kurt W. Von Rueden, MD

10:50 – 11:10 am

Field Management of Cervical Spine Injuries

Speaker: Kenny Boyd, MA, ATC, LAT

11:10 – 11:25 am

Mild Head Injury: Sideline Screening

Speaker: Andrea Pana, MD

11:25 – 11:45 am

Mild Head Injury: Advanced Testing Techniques

Speaker: Bridgett Wallace, PT, DPT

11:45 – 12:00 Noon

Panel Discussion

12:00 – 1:00 pm

Lunch

THE LEG, FOOT, & ANKLE

Moderator: Jerome Benavides, MD

1:00 – 1:20 pm

Compartment Syndromes

Speaker: Ted D. Spears, MD

1:20 – 1:40 pm

High Ankle Sprains

Speaker: J. Brannan Smoot, MD

1:40 – 2:00 pm

Mid-Foot Sprains: Diagnosis and Treatment

Speaker: Jerome Benavides, MD

2:00 – 2:20 pm

Panel Discussion

2:20 – 2:40 pm

Break

PEDIATRIC SPORTS INJURIES

2:40 – 3:00 pm

Pediatric Injuries: Upper Extremity

Speaker: M. Catherine Sargent, MD

3:00 – 3:20 pm

Pediatric Injuries: Lower Extremity

Speaker: Robert H. Dehne, MD

3:20 – 3:35 pm

Lumbar Spine: Injuries in Adolescents

Speaker: William Koeck, MD

3:35 – 3:50 pm

Panel Discussion

3:50 – 4:10 pm

Break

ANATOMY WORKSHOPS

4:10 – 5:30 pm

Anatomy I – Anatomy of the Knee

John C. Pearce, MD

Randall Schultz, MD

Anatomy II – Anatomy of the Foot and Ankle

Ted D. Spears, MD

J. Brannan Smoot, MD

Saturday, February 6, 2010

7:00 – 7:30 am

Continental Breakfast

THE SHOULDER AND UPPER EXTREMITY

Moderator: Michael D. Loeb, MD

7:30 – 7:50 am

Shoulder Instability

Speaker: Michael D. Loeb, MD

7:50 – 8:10 am

SLAP Lesions

Speaker: Douglas R. Elenz, MD

8:10 – 8:30 am

Rotator Cuff Injuries

Speaker: L. Edward Seade, MD

8:30 – 8:50 am

AC & SC Joint Injuries

Speaker: Stephen M. Pearce, MD

8:50 – 9:10 am

Elbow Injuries

Speaker: Earl J. Kilbride, MD

9:10 – 9:30 am

Hand and Wrist Injuries

Speaker: Fred G. Corley, MD

9:30 – 9:50 am

Panel Discussion

9:50 – 10:10 am

Break

THE HIP AND KNEE

Moderator: Jesse C. DeLee, MD

10:10 – 10:25 am

The Hip

Speaker: Casey Taber, MD

10:25 – 10:40 am

Meniscal Injuries

Speaker: Nathan M. Breazeale, MD

10:40 – 11:00 am

Medial and Lateral Collateral Ligaments

Speaker: John C. Pearce, MD

11:00 – 11:15 am

PCL Injuries: An Update

Speaker: Jesse C. DeLee, MD

11:15 – 11:30 am

Chondral Lesions

Speaker: Randall Schultz, MD

11:30 – 11:45 am

ACL Update

Speaker: E. Carey Windler, MD

11:45 – 12:00 Noon

Panel Discussion

12:00 – 1:00 pm

Lunch

SCREENING/INJURY PREVENTION/REHABILITATION

Moderator: Donald D. Nguyen, MSPT, ATC, LAT

1:00 – 1:20 pm

Hydration Management of the Lumbar Disc

Speaker: Angela J. Rich, ATC, PT

1:20 – 1:40 pm

ACL Injury Prevention in Adolescents

Speaker: Kevin McHorse, PT, SCS, Cert. MDT

1:40 – 2:00 pm

Overtraining

Speaker: Edward F. Coyle, PhD

2:00 – 2:40 pm

*Optimal Nutrition for Health and Injury
Prevention*

Speaker: Amy Culp, RD, CSSD, LD

2:40 – 3:00 pm

*Nutritional Strategies for Prevention and
Treatment of Disordered Eating*

Speaker: Sally Bowman, Med, RD, CSSD, LD

3:00 – 3:20 pm

*Menstrual Irregularities: Significance and
Treatment*

Speaker: Christina Sebestyen, MD, FACOG

3:20 – 3:40 pm

*Body Composition Assessment with Special
Reference to DXA*

Speaker: Philip R. Stanforth, PhD

3:40 – 4:00 pm

Panel Discussion

4:00 – 4:30 pm

Bus to Moncrief-Neuhaus for Workshops

WORKSHOPS

4:30 – 6:00 pm

Workshop I - Case Presentations

John C. Pearce, MD

Jesse C. DeLee, MD

Randall Schultz, MD

Workshop II – Taping Techniques

Gabe A. Perlaza, MS, ATC, LAT

Workshop III – Advanced Stretching Techniques

LaGwyn L. Durden, MS, ATC, LAT

Workshop IV – Manual Therapy Techniques:

Lateral Ankle Sprains

Speaker: Brian R. Farr, MA, ATC, LAT, CSCS

PARTICIPANTS ◀

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Foot and Ankle Center of South Texas,
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REGISTRATION FORM

Continuing Medical Education 128627

37TH ANNUAL SYMPOSIUM ON SPORTS MEDICINE

February 4-6, 2010

UT HEALTH SCIENCE CENTER AT SAN ANTONIO

NOTE: INSTITUTIONS REGISTERING MORE THAN ONE PERSON MUST FILL OUT A SEPARATE REGISTRATION FORM FOR EACH PERSON.

FIRST NAME: _____ **MI:** _____

LAST NAME: _____

CREDENTIALS: (select all that apply)

MD DO PT PTA ATC LAT OT RN

LVN Coach Other _____

INSTITUTION: _____

ADDRESS: _____

CITY, STATE, ZIP: _____

PHONE: _____ **FAX:** _____

EMAIL: _____

Federal Tax ID# (If Institution pays fee): _____

Do you have special requirements? Yes No

If yes, a CME Staff person will contact you to see how we can assist.

FOUR EASY WAYS TO REGISTER:

Online: <http://cme.uthscsa.edu/sms10.asp>

Mail: Send Registration Form and payment to:

UT Health Science Center at San Antonio

Continuing Medical Education
MSC 7980 – 7703 Floyd Curl Drive
San Antonio, TX 78229-3900

REGISTRATION FEES:

		January 4, 2010
Early Registration		
Physician	\$240	\$270
Others	\$140	\$160
CPR Recertification	\$40	\$45
TOTAL	\$	\$

Check enclosed (please make payable to UTHSCSA CME-128627)

Please charge my: Visa Mastercard Discover AMEX

Card number: _____ **Exp. Date:** _____

Cardholder name: _____

(Print as it appears on card)

Signature _____

Confirmation: All 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 or cme@uthscsa.edu.



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Continuing Medical Education — MSC 7980
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San Antonio, Texas 78229 – 3900

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