# 46TH ANNUAL SYMPOSIUM ON SPORTS MEDICINE

# UT Health San Antonio (Main Campus), San Antonio, Texas January 18-19, 2019

#### **COURSE LOCATION**

UT Health San Antonio (Main Campus) Holly Auditorium 7703 Floyd Curl Drive San Antonio, Texas 78229

#### REGISTRATION

Registration is available online at **UT-SportsSymposium.org**. If you are unable to register online, please download the registration form online at **UT-SportsSymposium.org**.

REGISTRATION FEES	On or before 12/28/18	After 12/28/18
CPR Recertification (held 1/17/19)	\$60	\$65
Physicians	\$330	\$350
Other Healthcare Professionals	\$180	\$200

The registration fee includes access to all sessions, anatomy labs, and workshops; breakfast, breaks and lunch for both days; and access to downloadable handouts from the UT Health San Antonio CME website. Hard copy handouts will <u>not</u> be available. There is a separate registration fee for the Thursday evening, January 17, 2019 CPR Re-certification course.

The Office of Continuing Medical Education reserves the right to limit enrollment and cancel any course no less than one week prior to the activity. Should circumstances make this necessary, your registration fee would be refunded in full. If you must cancel, the registration fee will be refunded less a \$50 handling charge if notice is received by December 28, 2018. Cancellations received after December 28, 2018 will not be refunded. For additional information, call the office of Continuing Medical Education at (210) 567-4491 or 1-866-601-4448.

#### **HOTEL INFORMATION**

A block of rooms has been reserved at several hotels in the Medical Center area at special rates. A complete list of participating hotels is listed in the website: **UT-SportsSymposium.org**.

Early reservations are encouraged; sleeping rooms will be available until the room blocks are full. When making phone reservations, please specify that you will be attending the "Sports Medicine Symposium" to qualify for the special rates.



T Health San Antonio ontinuing Medical Education 703 Floyd Curl Drive, MC 79 an Antonio, Texas 78229-390

# 46th Annual Symposium on Sports Medicine

<mark>January 18-19, 2019</mark> UT-SportsSymposium.org



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UT Health San Antonio (Main Campus) Holly Auditorium San Antonio, Texas January 18-19, 2019

Sponsored by:



UT-SportsSymposium.org

Joe R. & Teresa Lozano Long School of Medicine Department of Orthopaedics

2018\_10 FP2345 SB

# 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 in sports, foot and ankle, the skeletally immature athlete, upper extremity, lower and upper extremity biomechanics and rehabilitation, and the knee.

#### ANATOMY DISSECTION DEMONSTRATION

This year's anatomy dissection demonstrations focus on the Shoulder and the Elbow and Hand.

#### WORKSHOPS

In addition, there will be special workshops on cutting-edge topics: Biomechanics in Rehabilitation, Concussions, and Sports Medicine Care.

#### TARGET AUDIENCE

The 46th Annual Symposium on Sports Medicine is designed for orthopedic surgeons, primary care physicians, physician assistants, nurse practitioners, physical therapists, 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 condition and utilization of proper protective equipment

#### CPR RECERTIFICATION

A recertification course in cardiopulmonary resuscitation (CPR) will be held on Thursday, January 17, 2019. Please note that this is a recertification course for those who have previously been certified in CPR. Separate registration is required for this course which is available for an additional fee. See registration form or our Web site www.UT-SportsSymposium.org for details.

#### CONTINUING EDUCATION STATEMENTS

#### CME:

The Long School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The Long School of Medicine designates this live activity for a maximum of 14.0 AMA PRA Category 1 Credits™. Physicians should claim only the 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. Pending review/approval.

#### ATC:

The Long School of Medicine (BOC AP#: P469) is approved by the Board of Certification, Inc. to provide continuing education to Certified Athletic Trainers. This program is eligible for a maximum of 14.0 Category A hours/CEUs.

LAT:

The Long School of Medicine (500796) is approved and registered by the Texas State Board for Educator Certification (SBEC) as a continuing education provider. Application has been made for continuing education for LATs.



### **FACULTY LIST**

#### **UT HEALTH SAN ANTONIO FACULTY**

#### Julie B. Barnett, PT, DPT, MTC

Director of PT The Non-Surgical Center of San Antonio Clinical Assistant Professor Department of Physical Therapy

Fred G. Corley, MD Professor, Hand Service Department of Orthopaedics

Jesse C. DeLee, MD Clinical Professor Sports Medicine and Hip & Knee Reconstruction Department of Orthopaedic Surgery

Anil K. Dutta, MD Associate Professor Shoulder and Elbow Reconstruction and Trauma Department of Orthopaedics

Mayo J. Galindo Jr., MD Associate Professor Department of Orthopaedic Surgery

John R. Green, III, MD Professor and Chief of Sports Medicine Sports Medicine Fellowship Program Director Department of Orthopaedics

#### Grant D. Hogue, MD

Assistant Professor Chief of Pediatric Orthopaedics and Spinal Deformity President's Council / Dielmann Endowed Chair in Pediatric Orthopaedic Surgery Department of Orthopedics

Philip M. Jacobs, MD Assistant Professor Department of Orthopaedics

Ravi A. Karia, MD Associate Professor Vice Chairman Clinical Affairs Trauma and Post-trauma Reconstruction Department of Orthopaedics

Hanna E. Mendez, MD PGY-5 Resident Department of Orthopedics

#### Robert H. Quinn, MD

Chair and Professor John J. Hinchey M.D. and Kathryn Hinchey Chair in Orthopaedics Department of Orthopaedics Musculoskeletal Oncology

#### **VISITING & GUEST FACULTY**

Steven B. Buckley, DDS, MD **Private Practice** Alamo Maxillofacial Surgical Associates, P.A. San Antonio, Texas

Mark M. Casillas, MD Orthopaedic Foot & Ankle Surgeon The Orthopaedic Specialists of South Texas San Antonio, Texas

Jeremy L. Dickerson, MD Sports Medicine The Orthopaedic Specialists of South Texas San Antonio, Texas

Jorge E. Gomez, MD

Associate Professor Adolescent Medicine & Sports Medicine Texas Children's Hospital/Baylor College of Medicine Houston, Texas

Margaret A. (Meg) Jacobs, PT Staff Physical Therapist Momentum Physical Therapy and Sports Rehab, PLLC San Antonio, Texas

#### Ajeya P. Joshi, MD

Adult and Pediatric Spine Surgery Clinical Associate Professor Department of Orthopedic Surgery UT Health San Antonio South Texas Spinal Clinic San Antonio, Texas

Michael D. Loeb, MD

Orthopedic Surgeon Texas Orthopedics, Sports & Rehabilitation Associates Austin, Texas

#### Bernard Morrey, MD

Professor of Orthopaedics, UT Health San Antonio Professor of Orthopaedics, Mayo Clinic Rochester, Minnesota

#### Matthew C. Murray, MD

Ortho San Antonio Sports Medicine/Arthroscopy San Antonio, Texas

Rodolfo R. Navarro, MD Ortho San Antonio **CHRISTUS Orthopedics & Sports Medicine** San Antonio, Texas

John C. Pearce, MD Orthopedic Surgeon Austin Bone & Joint Clinic Austin, Texas

Manuel C. Sanchez, PT, MPT, ATC, LAT Owner/Physical Therapist/Athletic Trainer Castroville Physical Therapy & Sports Medicine Rehabilitation Castroville, Texas

W. Randall Schultz, MD, MS Orthopedic Surgeon Texas Orthopedics, Sports & Rehabilitation Associates Austin, Texas

John R. Seals, MD Pediatric Neurologists Private Practice San Antonio, Texas

#### Jennifer E. Swart, MD

Orthopaedic Imaging/Musculoskeletal Radiology South Texas Radiology Imaging Centers (STRIC) San Antonio, Texas

K. Renee Thiebaud, PhD, PT Director of Physical Therapy The Orthopedic Store San Antonio, Texas

Brad S. Tolin, MD Orthopedic Surgeon The San Antonio Orthopaedic Group San Antonio, Texas

Pablo Vazquez-Seoane, MD Orthopedic Surgeon South Texas Spinal Clinic, P.A. San Antonio, Texas

Linda Wells, PT, DPT Physical Therapist

The Orthopedic Store San Antonio, Texas

# AGENDA

#### THURSDAY **JANUARY 17, 2019**

4:00 - 6:30 p.m. Conference Registration

6:00 - 10:00 p.m. **CPR Re-Certification** 

#### FRIDAY **JANUARY 18, 2019**

9:00 - 9:20 a.m. **Registration & Coffee** 

9:20 - 9:30 a.m. Introduction & Welcoming Remarks Robert H. Quinn, MD Jesse C. DeLee, MD

#### SYMPOSIUM: General **Sports Medicine** Moderator:

Jorge E. Gomez, MD 9:30 - 9:45 a.m.

The Pre-participation Physical Speaker: Jeremy L. Dickerson, MD

9:45 - 10:00 a.m. Heat Illness Speaker: Jorge E. Gomez, MD

10:00 - 10:15 a.m. Dental and Facial Injuries Speaker: Steven B. Buckley, DDS, MD

10:15 - 10:30 a.m. Sudden Cardiac Death Speaker: Jorge E. Gomez, MD

#### SYMPOSIUM: Head and Neck In Sports Moderator:

John R. Seals, MD

10:30 - 10:50 a.m. Chronic Traumatic Encephalopathy Speaker: John R. Seals, MD

10:50 - 11:10 a.m. Elbow Injuries in Athletes Speaker: Bernard Morrey, MD

11:10 - 11:30 a.m. Cervical Spine Injury Speaker: Pablo Vazquez-Seoane, MD

11:30 - 11:45 a.m. Lumbar Spine: Stress and Traumatic Lesions Speaker: Ajeva P. Joshi, MD

11:45 - 12:00 p.m. Panel Discussion

12:00 - 1:00 p.m. Lunch

#### SYMPOSIUM: Foot and

Ankle Moderator: Mark M. Casillas, MD

1:00 - 1:15 p.m. The High Ankle Sprain: Diagnosis and Treatment Speaker: Mark M. Casillas, MD

1:15 - 1:30 p.m. Achilles Tendon: Lesions in the Athlete Speaker: Mayo J. Galindo, Jr., MD

1:30 - 1:50 p.m. Diagnosis and Treatment of Mid Foot Iniuries Speaker: Mark M. Casillas, MD

1:50 - 2:10 p.m. Compartment Syndrome in Athletes Speaker: Ravi A. Karia, MD

2:10 - 2:30 p.m. Lower Extremity Stress Fract Speaker Jeremy L. Dickerson, MD

2:30 - 2:45 p.m. Panel Discussion

2:45 - 3:00 p.m.

Break/Visit Exhibits

#### SYMPOSIUM: The **Skeletally Immature**

Athlete Moderator: Grant D. Hogue, MD

3:00 - 3:20 p.m. Shoulder & Elbow Injuries in the Skeletally Immature Athlete Speaker: Grant D. Hogue, MD

3:20 - 3:40 p.m. Knee Injuries in the Skeletally Immature Athlete Speaker: Hannah E. Mendez, MD

3:40 - 3:55 p.m. Foot and Ankle Injuries in the Matthew C. Murray, MD Immature Athlete Speaker: Grant D. Hogue, MD

3:55 - 4:10 p.m. Panel Discussion

4:10 - 4:30 p.m. Break

#### ANATOMY WORKSHOPS

Moderator: Jesse C. DeLee, MD

4:30 - 5:45 p.m. Anatomy I – The Shoulder Speaker: Philip M. Jacobs, MD

Anatomy II – Elbow and Hand Speaker: Fred G. Corley, MD

#### SATURDAY **JANUARY 19, 2019**

7:00 - 7:30 a.m. Breakfast

# Extremity

#### Moderator:

7:30 - 7:50 a.m. Examination of the Shoulder Speaker:

7:50 - 8:10 a.m. Rotator Cuff & Slap Lesions Speaker:

AC and SC Joints and the Anil K. Dutta, MD

8:30 - 8:50 a.m. Common Hand Injuries in Athletes Speaker: Fred G. Corley, MD

8:50 - 9:10 a.m. Diagnosis and Return to Play Speaker: Rodolfo R. Navarro, MD

9:10 - 9:30 a.m. Shoulder Instability Speaker:

9:30 - 9:50 a.m. Panel Discussion

> 9:50 - 10:10 a.m. Break

SYMPOSIUM: Lower and Upper Extremity Biomechanics and Rehabilita tion Moderator: K. Renee Thiebaud, PhD, PT

10:10 - 10:55 a.m. Lower Extremity Biomechanics 3:20 - 3:40 p.m. and Rehabilitation Speakers: K. Renee Thiebaud, PhD, PT Manuel C. Sanchez, PT, MPT, ATC, LAT Margaret (Meg)Jacobs, PT Julie B. Barnett, PT, DPT, MTC

10:55 - 11:45 a.m. Upper Extremity Biomechanics and Rehabilitation Speakers: K. Renee Thiebaud, PhD, PT

Linda F. Wells, DPT Margaret (Meg) Jacobs, PT 11:45 - 12:00 p.m.

12:00 - 1:00 p.m. Lunch

Panel Discussion

#### SYMPOSIUM: The Knee Moderator: Jesse C. DeLee, MD

1:00 - 1:20 p.m. Knee Imaging Speaker: Jennifer E. Swart, MD

1:20 - 1:40 p.m. Meniscal Injury and Repair Speaker: Matthew C. Murray, MD

1:40 - 2:00 p.m. Collateral Ligament Injury Speaker: John R. Green, III, MD

2:00 - 2:20 p.m. PRP and Stem Cells: Place in the Knee/Surgeons Armamentarium Speaker: W. Randall Schultz, MD, MS

2:20 - 2:40 p.m. Break/Visit Exhibits

2:40 - 3:00 p.m. The Patellofemoral Joint Speaker Brad S. Tolin, MD

3:00 - 3:20 p.m. Posterior Cruciate Ligament Speaker John C. Pearce, MD

ACL Surgery: Current Update Speaker: Jesse C. DeLee, MD

3:40 - 4:00 p.m. Panel Discussion

4:00 - 4:30 p.m. Break/Visit Exhibits

#### **WORKSHOPS**

4:30 - 6:00 p.m. Workshop I – Biomechanics in Rehabilitation Speakers: K. Renee Thiebaud, PhD, PT Margaret (Meg) Jacobs, PT Manuel C. Sanchez, PT, MPT, ATC. LAT

Workshop II - Concussions Speakers: John R. Seals, MD Rodolfo R. Navarro, MD

Workshop III - Sports Medicine Care Speakers: Jesse C. DeLee, MD John C. Pearce, MD Mark M. Casillas, MD Matthew C. Murray, MD

Philip M. Jacobs, MD

Michael D. Loeb, MD

8:10 - 8:30 a.m. Clavicle Speaker:

SYMPOSIUM: Upper Philip M. Jacobs, MD