

# 50th Annual Symposium on Sports Medicine

Virtual Meeting  
February 3-5, 2023



[UT-SportsSymposium.org](https://UT-SportsSymposium.org)

Sponsored by:



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

## COURSE DESCRIPTION

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This course is designed for orthopedic surgeons, primary care physicians, physician assistants, nurse practitioners, physical therapists, athletic trainers, and coaches. 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 & spine in sports, foot and ankle, the skeletally immature athlete, upper extremity, lower extremity, and the knee.

### 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.

### VIRTUAL FORMAT

- Lectures will be broadcasted in “real-time” of the symposium dates
- Live Q&A sessions by our faculty
- Live broadcasted anatomy dissection demonstrations of the shoulder and elbow & hand
- Live broadcasted workshops on cutting-edge topics: Biomechanics in Rehabilitation, Concussions, and Sports Medicine Cases
- Recordings will be accessible for 30 days post-Symposium to registered attendees

### CONTINUING EDUCATION

**CME:** UT Health Science Center San Antonio is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

This activity has been approved for *AMA PRA Category 1 Credits™*.

**PT/ PTA:** This activity is currently under review by the Texas Board of Physical Therapy Examiners.

**ATC:** UT Health Science Center San Antonio (BOC AP#: P469) is approved by the Board of Certification, Inc. to provide continuing education to Certified Athletic Trainers. This program is currently under review for Category A hours/CEUs.

**LAT:** UT Health Science Center San Antonio is approved and registered by the Texas State Board for Educator Certification (SBEC) as a continuing education provider. This program is currently under review for CPE hours as described by the Advisory Board of Athletic Trainers of the Texas Department of State Health.

**Certificate of Attendance:** Other healthcare professionals will receive a certificate of participation for this educational activity and should consult with their licensing board for information on applicability and acceptance.

## FACULTY LIST

### UT HEALTH SAN ANTONIO FACULTY

Katherine (Katie) Bartush, MD  
UT Health San Antonio

Christopher Chaput, MD  
UT Health San Antonio

Marie Charpentier, DPT  
UT Health San Antonio

Fred G. Corley, MD  
UT Health San Antonio

Jesse C. DeLee, MD  
Ortho San Antonio  
UT Health San Antonio

Mayo J. Galindo, Jr., MD  
UT Health San Antonio

Steven Gibbons, MD  
UT Health San Antonio

Thomas Hand, MD  
UT Health San Antonio

Philip M. Jacobs, MD  
UT Health San Antonio

Kenneth O. Kenneth-Nwosa, MD  
UT Health San Antonio

Matthew Landrum, MD  
UT Health San Antonio

Caitlyn Mooney, MD  
UT Health San Antonio

Bernard Morrey, MD  
UT Health SA  
Mayo Clinic

Ryan Rose, MD  
UT Health San Antonio

### GUEST FACULTY

James R. Andrews, MD  
Andrews Institute for Orthopaedics & Sports Medicine

## VISITING FACULTY

Travis Burns, MD  
Ortho San Antonio

Mark M. Casillas, MD  
The Orthopaedic Specialists of South Texas

Jorge E. Gomez, MD  
Texas Children's Hospital

Margaret A. (Meg) Jacobs, PT  
Momentum Physical Therapy and Sports Rehab,  
PLLC

Ajeya Joshi, MD  
South Texas Spinal Clinic, P.A.

Michael D. Loeb, MD  
Texas Orthopedics, Sports & Rehabilitation As-  
sociates

Matthew C. Murray, MD  
Ortho San Antonio

Ramy Noche, MD  
Ortho San Antonio

John C. Pearce, MD  
Austin Bone & Joint Clinic

Jonathan Santana, DO  
Texas Children's Hospital

Shumaila Sarfani, MD  
Ortho San Antonio

Randall Schultz, MD  
Texas Orthopedics Sports & Rehabilitation  
Associates

Jennifer E. Swart, MD  
South Texas Radiology Imaging Centers

K. Renee Thiebaud, PhD, PT  
The Orthopedic Store

Brad S. Tolin, MD  
The San Antonio Orthopaedic Group



# AGENDA

## FRIDAY, FEB. 3, 2023

7:30 am  
Introduction & Welcoming  
Remarks  
Jesse C. DeLee, MD  
Katherine Bartush, MD

### INVITED SPEAKER

7:35-8:15 am  
**Orthopedic Talk**  
*James R. Andrews, MD*

8:15-8:30 am  
**Annual Symposium on Sports  
Medicine: Fifty Years**  
*Jesse C. DeLee, MD*

### GENERAL SPORTS MEDICINE

Moderator: Jorge E. Gomez, MD

8:30-8:50 am  
**Heat Illness**  
*Caitlyn Mooney, MD*

8:50-9:10 am  
**Diabetes in the Athlete**  
*Jorge E. Gomez, MD*

9:10-9:25 am  
**Asthma in the Athlete**  
*Ramy Noche, MD*

9:25-9:40  
Panel Discussion

9:40-9:55 Break

### HEAD AND SPINE IN SPORTS

Moderator: Ajeya Joshi, MD

9:55-10:15  
**Concussion Update**  
*Jonathan Santana, DO*

10:15-10:35  
**CTE: Where Are We?**  
*Jorge E. Gomez, MD*

10:35-10:55  
**C-Spine Injuries**  
*Ajeya Joshi, MD*

10:55-11:15  
**Lumbar Spine Injuries**  
*Christopher Chaput, MD*

11:15-11:35  
**Stingers and Burners**  
*Fred G. Corley, MD*

11:35-12:00  
Panel Discussion

12:00-1:00 Lunch

### ANATOMY WORKSHOPS

Moderator: Jesse C. DeLee, MD

1:00-2:15  
**Anatomy I – Shoulder**  
*Philip M. Jacobs, MD*

**Anatomy II - Elbow and Hand**  
*Fred G. Corley, MD*  
*Brandon Stein, MD*

2:15 pm Adjourn

## SATURDAY, FEB. 4, 2023

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

**FOOT AND ANKLE**  
Moderator: Mark M. Casillas, MD

7:35-7:55  
**Mid-Foot Injuries**  
*Shumaila Sarfani, MD*

7:55-8:15  
**Syndesmosis - High Ankle Sprain**  
*Katherine Bartush, MD*

8:15-8:35  
**Stress Fractures in the Lower  
Extremity**  
*Thomas Hand, MD*

8:35-8:55  
**Achilles Tendon Pathology**  
*Mark M. Casillas, MD*

8:55-9:15  
**Compartment Syndrome – Acute  
and Chronic**  
*Mayo Galindo, MD*

9:15-9:40  
Panel Discussion

9:40-9:55 Break

### THE SKELETALLY IMMATURE ATHLETE

Moderator: Matthew Landrum,  
MD

9:55-10:15  
**Upper Extremity Injuries in the  
Adolescent Athlete**  
*Steven Gibbons, MD*

10:15-10:35  
**Lumbar Spine Injuries in the  
Adolescent Athlete**  
*Matthew Landrum, MD*

10:35-10:55  
**Lower Extremity Injuries in the  
Adolescent Athlete**  
*Steven Gibbons, MD*

10:55-11:15  
Panel Discussion

11:15-11:45 Lunch

## UPPER EXTREMITY

Moderator: Fred G. Corley, MD

11:45-12:05

### Examination of the Shoulder

*Katherine Bartush, MD*

12:05-12:25

### Rotator Cuff and Slap Lesions

*Michael D. Loeb, MD*

12:25-12:45

### AC, SC and Clavicle Injuries

*Philip M. Jacobs, MD*

12:45-1:00 Break

1:00-1:20

### Shoulder Instability

*Matthew C. Murray, MD*

1:20-1:40

### Hand Injuries in the Athlete

*Ryan Rose, MD*

1:40-2:00

### Elbow Injuries in the Athlete

*Bernard Morrey, MD*

2:00-2:20

Panel Discussion

2:20 pm Adjourn

## SUNDAY, FEB. 5, 2023

7:30 am

Welcoming Remarks

*Jesse C. DeLee, MD*

## LOWER EXTREMITY

Moderator: Katherine Bartush, MD

7:35-7:55

### Hip Injuries in Athletes

*Travis Burns, MD*

7:55-8:15

### Physical Therapy Following Athletic Injuries to Lower Extremity

*Marie Charpentier, DPT*

8:15-8:35

### Hamstring and Quadriceps Injuries

*Kenneth O. Kenneth-Nwosa, MD*

8:35-8:55

Panel Discussion

## THE KNEE

Moderator: Jesse C DeLee, MD

8:55-9:15

### Knee Imaging

*Jennifer E. Swart, MD*

9:15-9:35

### Meniscal Injury and Repair

*John C. Pearce, MD*

9:35-9:55

### Collateral Ligament Injury

*Randall Schultz, MD*

9:55-10:15

### Patellofemoral Joint

*Matthew C. Murray, MD*

10:15-10:35 Break

10:35-10:55

### Posterior Cruciate Ligament Injury

*Katherine Bartush, MD*

10:55-11:15

### Articular Cartilage Injury

*Brad S. Tolin, MD*

11:15-11:35

### ACL Update

*Jesse C. DeLee, MD*

11:35-12:00

Panel Discussion

12:00-12:30 Lunch

## WORKSHOPS

12:30-2:00

### Biomechanics in Rehabilitation

*K. Renee Thiebaud, PhD, PT*

*Meg Jacobs, PT*

### Concussions

*Jorge E. Gomez, MD*

*Jonathan Santana, DO*

### Sports Medicine Case Presentations

*Jesse C. DeLee, MD*

*Mark M. Casillas, MD*

*Katherine Bartush, MD*

*John C. Pearce, MD*

2:00 pm Adjourn



UT Health  
San Antonio

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School of Medicine

## REGISTRATION

Registration is available online at [UT-SportsSymposium.org](https://UT-SportsSymposium.org).

If you are unable to register online, please download the registration form located online at [UT-SportsSymposium.org](https://UT-SportsSymposium.org).

### Registration Fees

MD/DO	\$180
Other Healthcare Professionals	\$100

**Cancellation Policy:** 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, 2022. Cancellations received after December 28, 2022 will not be refunded.

**Anatomy Lab—Attestation:** If you plan to attend the Anatomy Lab Dissection, you must complete the Attestation for Participating located on the registration site/form.

**Confirmation:** All registrations are confirmed in writing via e-mail. If you do not receive a confirmation, call (210) 567-4491 or 1-866-601-4448, or email [cme@uthscsa.edu](mailto:cme@uthscsa.edu).

