



Mayo Clinic School of Continuous Professional Development

3rd Annual

SPORTS MEDICINE

FOR THE PRIMARY CARE CLINICIAN 2019

18.25
AMA PRA
CATEGORY 1
CREDITS™

18.25
ANCC NURSING
CONTACT HOURS

18.25
AOA CATEGORY 2-A
CME CREDITS

APPROVED
FOR 18.25 AAFP
PRESCRIBED
CREDITS

THE RITZ CARLTON
ORLANDO, FLORIDA
MARCH 1–3, 2019

CE.MAYO.EDU/SPORTSMEDPRIMCARE2019

COURSE HIGHLIGHTS

- This conference will give attendees the confidence to accurately diagnose and treat sports-related conditions and the knowledge to determine appropriate testing and referral criteria
- This conference will supplement skills learned in residency and allow participants to fill in gaps in their training
- Didactics will reinforce existing knowledge of musculoskeletal conditions' diagnosis and treatment
- Topics discussed include musculoskeletal conditions and procedural techniques primary care clinicians can utilize for athletes and active individuals

TARGET AUDIENCE

This course is designed for athletic trainers, NPs, PAs, sports medicine physicians, family physicians, physiatrists, internists, pediatricians, ER physicians, orthopedists and medical providers involved in the care and management of athletes and active individuals in clinic or non-operative/non-surgical/non-invasive settings.

LEARNING OBJECTIVES

Upon conclusion of this program, participants should be able to:

- Review diagnostic modalities to address sports medicine injuries with the ability to correctly diagnosis and treat the patient with the most useful information at the least cost
- Improve skills in determining an athlete's ability to return to sports and regular activities after injury
- Determine physical exams and testing appropriate for sports injuries commonly seen in the primary care setting
- Treat sports injuries commonly encountered in the primary care setting, with consideration given to athletes and active individuals and the need for additional expeditious testing or referral to specialists

Attendance at this Mayo Clinic course does not indicate nor guarantee competence or proficiency in the performance of any procedures which may be discussed or taught in this course.

COURSE DIRECTORS

Daniel P. Montero, M.D., C.A.Q.S.M., F.A.A.F.P.
George G.A. Pujalte, M.D., C.A.Q.S.M., F.A.C.S.M.



CO-COURSE DIRECTORS

Edsel B. Bittencourt, P.T.
Mark Friedrich B. Hurdle, M.D.



REGISTRATION FEES

\$595	Physicians and Scientists
\$495	Residents, Fellows, PAs, Nurses, Allied Health and Retirees
\$75/\$100 each	Additional Workshops

CANCELLATION POLICY Visit ce.mayo.edu/cancellation for more information.

FACULTY**Mayo Clinic Faculty**

Etsel B. Bittencourt, P.T.	Daniel P. Montero, M.D., C.A.Q.S.M., F.A.A.F.P.
Mohit Chauham, M.B.B.S.	Cedric J. Ortiguera, M.D.
Kristina F. DeMatas, D.O., C.A.Q.S.M.	Pragnesh P. Parikh, M.D.
Sara E. Filmlalter, M.D., C.A.Q.S.M.	James C. Presley, M.D.
Hillary W. Garner, M.D.	George G.A. Pujalte, M.D., C.A.Q.S.M., F.A.C.S.M.
Irvin (Scott) S. Haak, D.P.T., M.T.C., C.S.C.S.	Shane A. Shapiro, M.D., C.A.Q.S.M.
Renamae R. Howell, R.N.	Walter C. Taylor, III, M.D., C.A.Q.S.M.
Mark Friedrich B. Hurdle, M.D.	David B. Soma, M.D.
Jennifer R. Maynard, M.D., C.A.Q.S.M.	Richard O. White, M.D.
Shon E. Meek, M.D., Ph.D.	

ABSTRACTS

Visit ce.mayo.edu/sportsmedprimcare2019 or email FLACMEABSTRACTS@mayo.edu for more information.

LODGING ACCOMMODATIONS**The Ritz Carlton**

To receive the discounted rate, [book online](#) or call 1-800-266-9432 and identify yourself as a participant of the Mayo Clinic Sports Medicine Course.

Rooms are reserved for attendees and their guests at the group rate starting at \$269 per night plus applicable taxes. In order to receive the special rate, reservations must be made before the room block sells out or before the expiration date of February 14, 2019, whichever comes first.

CREDIT

JOINT ACCREDITATION
INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, Mayo Clinic College of Medicine and Science is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

AMA

Mayo Clinic College of Medicine and Science designates this live activity for a maximum of 9.75 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

ANCC

Mayo Clinic College of Medicine and Science designates this live activity for a maximum of 18.25 ANCC nursing contact hours. Nurses should claim only the credit commensurate with the extent of their participation in the activity.

AOA

This program has been accredited by the American Osteopathic Association for 18.25 credits of AOA Category 2-A.

Other Healthcare Professionals

A certificate of attendance will be provided to other healthcare professionals for requesting credits in accordance with state nursing boards, specialty societies, or other professional associations.

AAFP

This Live activity, 3rd Annual Sports Medicine for the Primary Care Clinician 2019, with a beginning date of 03/01/2019, has been reviewed and is acceptable for up to 18.25 Prescribed credit(s) by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

PROGRAM AGENDA

FRIDAY, MARCH 1, 2019

7:15 a.m.	Registration/Continental Breakfast/Exhibit Hall Electronic Poster Presentations	11:30	"Am I Cleared?" Considerations in the Sports Preparticipation Physical Exam <i>Daniel P. Montero, M.D., C.A.Q.S.M., F.A.A.F.P.</i>
7:45	Introduction/Pretest Moderator: <i>Mark Friedrich B. Hurdle, M.D.</i> Discussing the "Medicine" in "Sports Medicine"	Noon	"Can I Take This?" Medications with Implications in Sports <i>Walter C. Taylor, III, M.D., C.A.Q.S.M.</i>
8:00	Mind Over Matter: Psychiatric Conditions in Sports <i>Mohit Chauhan, M.B.B.S.</i>	12:30	Post-test Q&A Panel
8:30	Finding the Sweet Spot: Keeping the Athlete with Type 2 Diabetes Going <i>Shon E. Meek, M.D., Ph.D.</i>	12:50 p.m.	Adjourn
9:00	Handling the Pressure: Management of the Hypertensive Athlete <i>Pragnesh P. Parikh, M.D.</i>	Workshops – Additional Fee	
9:30	It's All Heart: Approach to the Active Individual with Coronary Artery Disease <i>Pragnesh P. Parikh, M.D.</i>	1:30–3:30	The Very Basics of Musculoskeletal Ultrasound for Primary Care <i>James C. Presley, M.D.</i>
10:00	Post-test Q&A Panel	1:30–2:30	You Said "Yes" to Covering a Game; Now What? Basics of Sideline Coverage <i>Kristina F. DeMatas, D.O., C.A.Q.S.M.</i>
10:20	Break/Exhibit Hall	1:30–2:30	The Physical Examination of the Cervical and Lumbar Spine in Sports <i>Mark Friedrich B. Hurdle, M.D.</i>
10:30	In and Out: Athletes and Active Individuals with Breathing Conditions <i>Sara E. Filmlatter, M.D., C.A.Q.S.M.</i>		
11:00	All The Hype: Thyroid Conditions in Athletes and Active Individuals <i>Shon E. Meek, M.D., Ph.D.</i>		

- 2:30-3:30 Differentiating Common Lower Extremity Injuries Through Physical Exam
Sara E. Filmlter, M.D., C.A.Q.S.M. and Edsel B. Bittencourt, P.T.
- 3:30-4:30 Dry-Needling and Trigger Point Injections
Edsel B. Bittencourt, P.T. and Mark Friedrich B. Hurdle, M.D.
- 4:40 p.m. Adjourn

SATURDAY, MARCH 2, 2019

- 7:30 a.m. Continental Breakfast/
Exhibit Hall
Electronic Poster Presentations
- 7:55 Introduction/Pretest
Moderator: *George G.A. Pujalte, M.D., F.A.C.S.M., C.A.Q.S.M.*
Not Just "Little Adults":
Considerations in the Care of Child and Adolescent Athletes
- 8:00 Not Quite Broken: Evaluation and Management of Pediatric Fractures
David B. Soma, M.D.
- 8:50 When "Ow" is the Chief Complaint: Approach to Suspected Injuries in a Verbal Child
Richard O. White, M.D.
- 9:40 Post-test Q&A Panel
- 9:50 Break/ Exhibit Hall
- 10:00 Straight Talk: Scoliosis Evaluation and Approach
Mark Friedrich B. Hurdle, M.D.
- 10:50 "Math Makes My Head Hurt!"
Return-to-School for the Concussed Athlete
Jennifer R. Maynard, M.D., C.A.Q.S.M.
- 11:40 Post-test Q&A Panel
- Noon Adjourn

Workshops – Additional Fee

- 1:00–2:00 "Home Physical Therapy:"
Converting Formal Physical Therapy for Common Musculoskeletal Conditions to a Home Regimen
Edsel B. Bittencourt, P.T.
- 1:00–3:00 Musculoskeletal Injections: Hands-On is the Best Way to Learn
Daniel P. Montero, M.D., C.A.Q.S.M., F.A.A.F.P.

- 1:00-3:00 Differentiating Common Upper Extremity Injuries Through Physical Exam
Walter C. Taylor, III, M.D., C.A.Q.S.M.
- 2:00-3:00 Bench-Pressing Matter: How Much is Too Much Strength Training for a Pediatric Athlete?
Scott Haak P.T., D.P.T., M.T.C., C.S.C.S.
- 3:00-4:00 All in the Head: What is "Heads-Up" Football?
Scott Haak P.T., D.P.T., M.T.C., C.S.C.S.
- 4:00 p.m. Adjourn

SUNDAY, MARCH 3, 2019

- 7:30 a.m. Continental Breakfast/Exhibit Hall
Electronic Poster Presentations
- 7:55 Introduction/Pretest
Moderator: *Daniel P. Montero, M.D., C.A.Q.S.M., F.A.A.F.P.*
You Haven't Seen It But It Has Seen You: Diagnoses Not to Miss and What to Do
- 8:00 "What's That Thing There?" Must-Not-Miss Radiologic Findings and Reading Report Buzzwords in Primary Care
Hillary W. Garner, M.D.
- 8:50 The Nerve! Evaluation and Treatment of Nerve Entrapment Syndromes of the Upper Limb
James C. Presley, M.D.
- 9:40 Q&A Panel
- 9:50 Break/Exhibit Hall
- 10:00 Avoiding "Uh-Ohs": Orthopedic Conditions Not To Miss
Cedric J. Ortiguera, M.D.
- 10:50 The "Common Uncommons": Going Deeper into Orthopedic Differentials for Common Presentations
Shane A. Shapiro, M.D., C.A.Q.S.M.
- 11:40 Post-test Q&A Panel
- Noon Adjourn

Program schedule is subject to change without notice.

MAYO CLINIC

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Jacksonville, FL 32224

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SPORTS MEDICINE FOR THE PRIMARY CARE CLINICIAN 2019

This conference will allow participants to fill in gaps in their residency training, and reinforce their existing knowledge of the diagnosis and treatment of musculoskeletal conditions. Topics discussed include musculoskeletal conditions and procedural techniques that primary care clinicians can use for athletes and active individuals.

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