Mayo Clinic School of Continuous Professional Development

3rd Annual
SPORTS MEDICINE SUMMIT

Care for the Athlete

ARIZONA STATE UNIVERSITY
ED AND NADINE CARSON STUDENT-ATHLETE CENTER
TEMPE, ARIZONA
FEBRUARY 21–22, 2020

COURSE DIRECTORS

Matthew B. Anastasi, M.D.

Anikar Chhabra, M.D., M.S.

CE.MAYO.EDU/SPORTSMEDSUMMIT2020

$75 DISCOUNT IF YOU REGISTER ON OR BEFORE JAN 10, 2020
**COURSE HIGHLIGHTS**

- Current sports medicine topics featuring evidence-based, cutting-edge diagnostic and treatment strategies for sports-related and musculoskeletal conditions with a special focus on the upper extremity, shoulder, elbow and concussion
- Didactic and case presentations, interactive Q & A sessions, and live ultrasound demonstrations
- Faculty represent various fields of sports medicine including orthopedics, physical medicine and rehabilitation, radiology, neurology and physical therapy

**TARGET AUDIENCE**

This course is designed for primary care physicians, physical therapists, athletic trainers and physiatrists. Other healthcare professionals interested in sports medicine may benefit from this program.

**LEARNING OBJECTIVES**

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

- Demonstrate how to accurately diagnose and treat common shoulder pathologies in athletes.
- Summarize the basics of ultrasound for diagnosis in shoulder and elbow pathology.
- Describe in-season treatment of shoulder instability.
- Identify current uses of ortho-biologics in shoulder and elbow pathologies.
- State current guidelines for concussion management and how to incorporate them into your practice.
- Apply different rehabilitation modalities to concussion treatment for athletes.

**REGISTRATION**

<table>
<thead>
<tr>
<th>Registration</th>
<th>On or before 01/10/2020</th>
<th>After 01/10/2020</th>
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</thead>
<tbody>
<tr>
<td>Physicians, Scientists</td>
<td>$375.00</td>
<td>$450.00</td>
</tr>
<tr>
<td>Allied Health, Athletic Trainers, Physical Therapists, Residents, Other</td>
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Please visit ce.mayo.edu/cancellation for more information.

**SCHOLARSHIP OPPORTUNITIES**

A limited number of scholarships are available for athletic trainers and medical school students interested in attending this activity. Please visit the course website, ce.mayo.edu/sportsmedsummit2020, for complete details and application form. The application deadline is January 22, 2020.

**MEETING LOCATION**

Arizona State University
Ed and Nadine Carson Student-Athlete Center
500 East Veterans Way | Tempe, Arizona 85281
https://tours.asu.edu/tempe/carson-student-athlete-center
PROGRAM-AT-A-GLANCE
A complete program schedule is available at: CE.MAYO.EDU/SPORTSMEDSUMMIT2020

Friday, February 21, 2020

SESSION I: SHOULDER – PART I
• Physical Examination of the Shoulder: Where’s the Evidence?
• Rotator Cuff Pathology in the Athlete
• AC Joint Pathology: Current Concepts
• Shoulder Instability: Current In-Season Management
• Not All Impingement is Subacromial
• Live Ultrasound: Shoulder
• Thoracic Outlet Syndrome: Diagnosis and Management
• Case-Based Diagnostic Imaging Pearls of Shoulder Pathology
• Case Presentations from the Audience and Panel Discussion

SESSION II: SHOULDER – PART II
• Biceps Pathology: Current Management
• What’s New in the Evaluation and Treatment of the Thrower’s Shoulder
• Shoulder Injury Prevention Strategies
• Anterior Shoulder Instability: Why Arthroscopy is Better than Open
• Anterior Shoulder Instability: Why Open is Better than Arthroscopy
• In-Season PT Treatment of Shoulder Instability
• Case Presentations from the Audience and Panel Discussion

SESSION III: ELBOW
• Live Ultrasound: Elbow
• Physical Exam of the Elbow: What’s the Evidence?
• Case-Based Diagnostic Imaging Pearls of Elbow Pathology
• Treatment for Elbow Tendinopathy: What Are My Options?
• UCL Tears in the Throwing Athlete: Current Concepts
• Ortho-Biologics and the Athlete’s Elbow
• Elbow Dislocations: Management in the Athlete
• Case Presentations from the Audience and Panel Discussion

ACCOMMODATIONS
Homewood Suites by Hilton – Tempe – ASU
2104 E. Rio Salado Parkway | Tempe, Arizona 85281 | Phone: 480-966-2780
Online Reservations Link

Homewood Suites by Hilton is a bright and modern extended stay hotel adjacent to Tempe Marketplace with more than 75 shops and 25 restaurants. It is conveniently located near the 101 Freeway and 202 Red Mountain Loop and just two miles from Arizona State University. The hotel offers complimentary hot full breakfast daily as well as complimentary shuttle service to Arizona State University, Phoenix Sky Harbor International Airport (PHX), and other nearby attractions.

A block of suites at a special group rate of $194, per night, plus applicable state/local taxes (currently 14.07%) is available for registrants and guests. To ensure accommodations, make your reservation before the room block fills or the cut-off date, January 20, 2020. Reservations received after this date may be accepted on a rate- and space-available basis. When making your reservation, identify yourself as a participant of “Mayo Clinic Sports Medicine.”

Lodging arrangements are the sole responsibility of the individual registrant. The standard hotel reservation cancellation policy will apply to individual reservations unless otherwise specified.
Saturday, February 22, 2020

SESSION IV: CONCUSSION – PART I
• What’s the Latest and Greatest in Concussion Testing
• Biomarkers and Concussions: Are We Making Any Progress?
• On-Field Evaluation of Concussion
• RTP After Concussion: What is the Standard of Care?
• Sequelae of Concussion and Repetitive Head Impact

SESSION V: CONCUSSION – PART II
• Post-Concussion PT
• Vestibular Assessment and Management
• Neuropsychology Evaluation and Assessment
• Concussion / MTBI Imaging
• Concussion Roundtable

SESSION VI: CONCUSSION – PART III
• NCAA: DoD CARE Consortium / Berlin Concussion Consensus: Points to Ponder
• The Evolving Landscape of CTE
• Age and Gender Differences in Management and Treatment of Sports-Related Concussion
• Medical-Legal Considerations of Concussion: How to Protect Yourself!
• The Effectiveness of Head Protection Equipment in Concussion
• Case Presentations from the Audience and Panel Discussion

CREDIT
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 13.50 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

AAFP: Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

AOA: This program has been accredited by the American Osteopathic Association for 13.50 credits of AOA Category 2-A.

BOC: Mayo Clinic School of Continuous Professional Development (BOC AP#: P476) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of 13.5 EBP Category hours/CEUs. ATs should claim only those hours actually spent in the educational program.

Physical Therapy: The course is sponsored by Mayo Clinic College of Medicine and Science and meets the criteria for category A Continuing Education in Arizona pursuant to the administrative rules of the Arizona Board of Physical Therapy [A.A.C. R4-24-402(A)(2)].

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.
FACULTY

Course Directors
Matthew B. Anastasi, M.D., C.A.Q.S.M. Anikar Chhabra, M.D., M.S.

Guest Faculty

Javier Cardenas, M.D.
Director, Barrow Concussion Network
Director, Barrow Concussion & Brain Injury Center
St. Joseph’s Hospital and Medical Center
Dignity Health
Phoenix, Arizona

Ken Crenshaw
Director of Sports Medicine & Performance
Arizona Diamondbacks
Phoenix, Arizona

Steven Erickson, M.D.
Co-Chief,
Banner Health Sports Medicine Center
Phoenix, Arizona

Destin Hill, M.D.
Arizona Sports Medicine Center
Scottsdale, Arizona

Shayn Lancaster, M.D., F.A.A.F.P.
Chief of Sports Medicine
ASU Health Services and Head Team Physician
Sun Devil Athletics
Arizona State University
Tempe, Arizona

Evan S. Lederman, M.D.
Chief of Sports Medicine Banner Healthcare
Clinical Associate Professor of Orthopedic Surgery
University of Arizona College of Medicine
Phoenix
Banner University Medical Center
Phoenix, Arizona

Shelden L. Martin, M.D.
Orthopaedic Surgeon
OrthoArizona
Scottsdale, Arizona

Roger L. McCoy, II, M.D., M.A., C.A.Q.S.M.
Senior Lead Team Physician
Arizona State University
Tempe, Arizona

Steven K. Poon, M.D.
Sports Medicine Physician
Sun Devil Athletics and Sport Clubs
Tempe, Arizona

Michael Puchowicz, M.D.
Lead Sports Medicine Physician
Arizona State University Health Services
Tempe, Arizona

Tamara C. Valovich McLeod, Ph.D., A.T.C., F.N.A.T.A.
Professor and Director,
Athletic Training Programs
John P. Wood, D.O.,
Endowed Chair for Sports Medicine
Research Professor, School of Osteopathic Medicine in Arizona
A.T. Still University
Mesa, Arizona

Gary L. Waslewski, M.D.
Arizona Sports Medicine Center
Scottsdale, Arizona

Mayo Clinic Faculty

Charles H. Adler, M.D., Ph.D.
Jamie M. Bogle, Au.D., Ph.D.
Catherine D. Chong, Ph.D.
Arthur J. (Jason) De Luigi, D.O., M.H.A.
Kostas J. Economopoulos, M.D.
Michael G. Fox, M.D., M.B.A.
Bryan K. Ganter, M.D.
Steven J. Hattrup, M.D.
Jeremiah R. Long, M.D.
Daniel P. McGurren, P.T., D.P.T.
Julie L. Pohlad, P.T., C.H.T.
Amaal J. Starling, M.D.
J.T. Tokish, M.D.
Jennifer V. Wethe, Ph.D.
John M. Zajac, P.T., D.P.T., S.C.S.