

3<sup>rd</sup> Annual Sports Medicine for the Primary Care Clinician 2019  
 March 1-3, 2019  
 The Ritz-Carlton, Orlando, Florida

<b>Friday, March 1, 2019</b>	
7:15 a.m.	Registration/Continental Breakfast/Exhibit Hall Electronic Poster Presentations
7:45	Introduction/Pretest
	<b>Moderator:</b> Mark Friedrich B. Hurdle, M.D. <b>Discussing the “Medicine” in “Sports Medicine”</b>
8:00	Mind Over Matter: Psychiatric Conditions in Sports <i>Mohit Chauhan, M.B.B.S.</i>
8:30	Finding the Sweet Spot: Keeping the Athlete with Type 2 Diabetes Going <i>Shon E. Meek, M.D., Ph.D.</i>
9:00	Handling the Pressure: Management of the Hypertensive Athlete <i>Pragnesh P. Parikh, M.D.</i>
9:30	It’s All Heart: Approach to the Active Individual with Coronary Artery Disease <i>Pragnesh P. Parikh, M.D.</i>
10:00	Q&A Panel
10:20	Break/Exhibit Hall
10:30	In and Out: Athletes and Active Individuals with Breathing Conditions <i>Raul A. Rosario Concepcion, M.D.</i>
11:00	All The Hype: Thyroid Conditions in Athletes and Active Individuals <i>Shon E. Meek, M.D., Ph.D.</i>
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>
Noon	“Can I Take This?” Medications with Implications in Sports <i>Walter C. Taylor, III, M.D., C.A.Q.S.M.</i>
12:30 p.m.	Posttest/Q&A Panel
12:50	Adjourn
<b>Workshops – Additional Fee</b>	
1:30–3:30	The Very Basics of Musculoskeletal Ultrasound for Primary Care <i>James C. Presley, M.D.</i>
1:30–2:30	You Said “Yes” to Covering a Game; Now What? Basics of Sideline Coverage <i>Kristina F. DeMatas, D.O., Stephan M. Esser, M.D. and Scott Haak P.T., D.P.T., M.T.C., C.S.C.S.</i>
1:30–2:30	The Physical Examination of the Cervical and Lumbar Spine in Sports <i>Mark Friedrich B. Hurdle, M.D.</i>
2:30-3:30	Differentiating Common Lower Extremity Injuries Through Physical Exam <i>Sara E. Filmalter, M.D., C.A.Q.S.M. and Edsel B. Bittencourt, P.T.</i>
3:30-4:30	Dry-Needling and Trigger Point Injections <i>Edsel B. Bittencourt, P.T. and Mark Friedrich B. Hurdle, M.D.</i>
4:40 p.m.	Adjourn

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<b>Saturday, March 2, 2019</b>	
7:30 a.m.	Continental Breakfast/Exhibit Hall Electronic Poster Presentations
7:55	Introduction/Pretest
	<b>Moderator:</b> George G.A. Pujalte, M.D., F.A.C.S.M., C.A.Q.S.M. <b>Not Just “Little Adults”: Considerations in the Care of Child and Adolescent Athletes</b>
8:00	Not Quite Broken: Evaluation and Management of Pediatric Fractures <i>David B. Soma, M.D.</i>
8:50	When “Ow” is the Chief Complaint: Approach to Suspected Injuries in a Preverbal Child <i>Richard O. White, M.D.</i>
9:40	Q&A Panel
9:50	Break/ Exhibit Hall
10:00	Straight Talk: Scoliosis Evaluation and Approach <i>Mark Friedrich B. Hurdle, M.D.</i>
10:50	“Math Makes My Head Hurt!” Return-to-School for the Concussed Athlete <i>Jennifer R. Maynard, M.D., C.A.Q.S.M.</i>
11:40	Posttest/Q&A Panel
Noon	Adjourn
<b>Workshops – Additional Fee</b>	
1:00–2:00 p.m.	“Home Physical Therapy:” For Your Patients Who Cannot Go to Formal Physical Therapy <i>Edsel B. Bittencourt, P.T.</i>
1:00–3:00	Musculoskeletal Injections: Hands-On is the Best Way to Learn <i>Daniel P. Montero, M.D., C.A.Q.S.M., F.A.A.F.P.</i>
1:00-3:00	Differentiating Common Upper Extremity Injuries Through Physical Exam <i>Walter C. Taylor, III, M.D., C.A.Q.S.M. and George G.A. Pujalte, M.D., C.A.Q.S.M., F.A.C.S.M.</i>
2:00-3:00	Exercise Dosing, Prescription, and Pitfalls of Strength Training in the Pediatric Athlete <i>Scott Haak P.T., D.P.T., M.T.C., C.S.C.S.</i>
3:00-4:00	“Heads-Up” Football; Tactics to Reduce Concussion and Spine Injuries <i>Scott Haak P.T., D.P.T., M.T.C., C.S.C.S.</i>
3:00-4:00	Functional Motion Screening: What It Is, and How It Can Help You Take Care of Patients <i>Stephan M. Esser, M.D.</i>
4:00 p.m.	Adjourn

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<b>Sunday, March 3, 2019</b>	
7:30 a.m.	Continental Breakfast/Exhibit Hall Electronic Poster Presentations
7:55	Introduction/Pretest
	<b>Moderator:</b> <i>Daniel P. Montero, M.D., C.A.Q.S.M., F.A.A.F.P.</i> <b>You Haven't Seen It But It Has Seen You: Diagnoses Not to Miss and What to Do</b>
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 <i>James C. Presley, M.D.</i>
9:40	Q&A Panel
9:50	Break/Exhibit Hall
10:00	Avoiding "Uh-Ohs": Orthopedic Conditions Not To Miss <i>Cedric J. Ortiguera, M.D.</i>
10:50	The "Common Uncommons": Going Deeper into Orthopedic Differentials for Common Presentations <i>Shane A. Shapiro, M.D., C.A.Q.S.M.</i>
11:40	Posttest/Q&A Panel
Noon	Adjourn

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