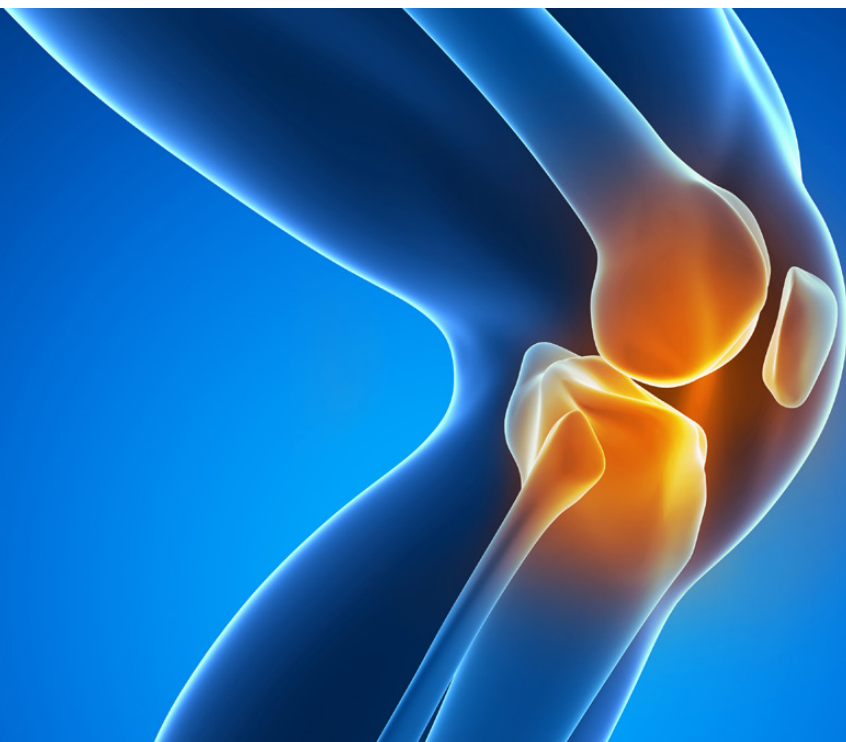




Mayo Clinic School of Continuous Professional Development

15TH ANNUAL ACL WORKSHOP AT MAYO CLINIC SQUARE



MAY 19-20, 2017

Mayo Clinic Square

600 Hennepin Avenue
Minneapolis, MN 55403

COURSE DIRECTOR

Timothy Hewett, Ph.D.

REGISTER NOW!

ce.mayo.edu/aclworkshop2017



Course Description

The 15th Annual ACL workshop is dedicated to the prevention, training and rehabilitation of athletes who are at risk for ACL injuries. This is the 2nd year the workshop has been offered at Mayo Clinic Square. The Sports Medicine Team at Mayo Clinic and Mayo Clinic Square will detail the latest prevention programs for athletes. The course will detail and demonstrate that screening for and intervening against primary and secondary ACL injury in high risk populations such as females, adolescents and professional athletes is both efficacious and timely. Practicing clinicians will learn about differential effects of trunk- and hip-based neuromuscular training (NMT) on high risk profile groups. The course will provide greater understanding of the interaction between biomechanical and neuromuscular risk factors for both primary and secondary ACL injury, and can help explain the relationship(s) between underlying mechanics of ACL injury and specific risk factors.

Course Learning Objectives

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

- Recognize and describe the need for and appropriate timing of ACL injury prevention programs in at-risk athletes.
- Describe and utilize screening tests that can be used to target athletes who may be at higher risk of ACL injury
- Identify indications for conservative management of ACL injuries
- Review evidence-based interventions for surgical vs conservative management of ACL injuries, including single vs double bundle grafts for ACL reconstruction
- Review the risks of primary versus secondary ACL injury
- Describe how to incorporate an evidence based progression of post-surgical rehabilitation for ACL patients from acute injury management through return to sport
- Describe different methods used in screening athletes for injury and demonstrate techniques used to train for injury prevention

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.

Credit

Mayo Clinic College of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Mayo Clinic College of Medicine designates this live activity for a maximum of 12 *AMA PRA Category 1 Credits*TM. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

AMA Credit Breakdown: General Session: 8.0 *AMA PRA Category 1 Credits*TM
 Certification Course: 4.0 *AMA PRA Category 1 Credits*TM

BOC

General Session (Friday and Saturday AM)

Mayo Clinic College of Medicine is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program has been approved for a maximum of 8 hours of Category A continuing education. Certified Athletic Trainers are responsible for claiming only those hours actually spent participating in the continuing education activity.



Certification Course (Saturday PM)

Mayo Clinic College of Medicine is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program has been approved for a maximum of 4 hours of Category A continuing education. Certified Athletic Trainers are responsible for claiming only those hours actually spent participating in the continuing education activity.

Physical Therapy

This course meets the criteria for up to 12 hours category I Continuing Education Units per Minnesota Physical Therapy Rules 5601.2400, 5601.2500.

Other Health Care Professionals

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

Grants and Exhibits

At the time of this printing, a complete listing of commercial supporters (financial or in-kind) was not available. Appropriate acknowledgment will be given to all supporters at the time of the meeting.

Exhibits will be available for viewing at all scheduled breaks.

Date and Location

The 15th Annual ACL Workshop will be held May 19 – 20, 2017. Course headquarters will be located in Mayo Clinic Sports Medicine located on the 3rd floor at Mayo Clinic Square in downtown Minneapolis, MN.

Registration

Visit ce.mayo.edu/aclworkshop2017 to register online. The registration fee includes tuition, breakfast, break refreshments, add lunch on Saturday, and tour. Although it is not Mayo School of Continuous Professional Development (CPD) policy to limit the number of registrants for a course, conference room facilities may necessitate closing of enrollment; therefore, early registration is advised. A confirmation is provided upon receipt of payment. Please present the confirmation letter when checking in at the meeting registration desk.

Registration Fees:

Physicians/Scientists	\$249.00 USD
Athletic Trainer, Physical Therapist, Mid-level Provider, Resident, Physician Assistant and Nurse Practitioner	\$225.00 USD
Physical Therapy and Athletic Trainer Student	\$99.00 USD
Course Examination / Certification	\$249.00 USD

For additional information, contact:

Mayo School of Continuous Professional Development
Plummer 2-60
200 First Street SW
Rochester, MN 55905
Website: ce.mayo.edu
E-mail: cme@mayo.edu
Phone number: 800-323-2688 or 507-284-2509
Fax: 507-284-7234

Cancellation Policy

If you cancel your participation in this course, your registration fee, less a \$75 administrative fee, will be refunded when written notification is received by Mayo School of CPD before May 5, 2017 (cme@mayo.edu). No refunds will be made on or after May 5, 2017. Canceled registrations are non-transferable.

Mayo School of CPD reserves the right to cancel or postpone any course due to unforeseen circumstances. In the unlikely event Mayo School of CPD must cancel or postpone this course, Mayo School of CPD will refund the registration fee, but is not

responsible for any related costs, charges, or expenses to participants, including fees assessed by airline/travel/lodging agencies.

Lodging Accommodations

Please see the course website for a list of lodging options.

Lodging arrangements are the sole responsibility of the individual registrant.

Mayo School of CPD is not responsible for expenses incurred by an individual who is not confirmed and for whom space is not available at the meeting. Costs incurred by the registrant such as airline or hotel fees or penalties are the responsibility of the registrant.

Parking

Parking is available in hotel, city, and Mayo Clinic Square patient/visitor ramps. The cost for parking is not included in the registration fee. Please see the course website for parking options.

Faculty Disclosure

As a provider accredited by ACCME, Mayo Clinic College of Medicine (Mayo School of Continuous Professional Development) must ensure balance, independence, objectivity and scientific rigor in its educational activities. Course director(s), planning committee, faculty, and all others who are in a position to control the content of this educational activity are required to disclose all relevant financial relationships with any commercial interest related to the subject matter of the educational activity. Safeguards against commercial bias have been put in place. Faculty also will disclose any off-label and/or investigational use of pharmaceuticals or instruments discussed in their presentation. Disclosure of this information will be published in the course materials so those participants in the activity may formulate their own judgments regarding the presentation.

National Physician Payment Transparency Program

Mayo Clinic College of Medicine complies with the requirements of the National Physician Payment Transparency Program OPEN PAYMENTS (Physician Payments Sunshine Act).

PROGRAM SCHEDULE

FRIDAY, MAY 19, 2017

- 12:15 p.m. Registration
- 12:50 p.m. Introduction to Workshop *Timothy Hewett, Ph.D.*
- 1:00 p.m. Mechanisms of ACL Injuries: What 20 Years Has Taught Us
Timothy Hewett, Ph.D.
- 1:30 p.m. Measuring Psychological Effects of ACL Injury
Kate Webster, Ph.D.
- 2:00 p.m. Imaging of the Mature and Injured ACL
Mark Collins, M.D.
- 2:30 p.m. Modeling ACL Injury Biomechanics
Nate Schilaty, Ph.D.
Nate Bates Ph.D.

continued on the next page . . .

PROGRAM SCHEDULE

FRIDAY, MAY 19, 2017 *continued*

- 3:00 p.m. Break/Move to Breakout Sessions - Breakout Sessions Participants will attend all three sessions.
- Session 1: 3:10 PM
 - Session 2: 3:50 PM
 - Session 3: 4:30 PM
- Session 1 - Lab (Mondo Corner or Turf)
Injury Prevention Screening
Timothy Hewett, Ph.D. and Christopher Nagelli
- Session 2 - Larger Mondo Individualized Neuromuscular Training to Target Deficits
Nathaniel (Nate) A. Bates, Ph.D., Allison Mumbleau, P.T. and Emily Beyer, P.T., D.P.T., S.C.S.
- Session 3 - Theatre
Team Approaches to ACL Prevention
Eric M. Crowley, A.T.C., Chace Donathan, A.T.R., A.T.C. and Jennifer Noiles, B.S.c., B.A.H., B.P.H.E., S.F.G.1 Instructor, C.S.C.S.
- 5:00 p.m. Adjourn
- 5:00 p.m. –
7:00 p.m. Tours for participants and faculty

Saturday, May 20, 2017

- 7:15 a.m. Breakfast (check in and continental breakfast)
- 8:00 a.m. Prevention of Re-Injury after ACL Reconstruction: When and How Should We Intervene?
Timothy Hewett, Ph.D.
- 8:25 a.m. ACL Reconstruction Outcomes as a Function of Age
Kate Webster, Ph.D.
- 8:50 a.m. Cartilage Injuries and Their Treatment in Athletes
Aaron Krych, M.D.
- 9:10 a.m. Performance after ACL Injury and Reconstruction in Professional Sports
Robby Sikka, M.D.
- 9:30 a.m. Revision ACL
Nancy M. Cummings, M.D.

Saturday, May 20, 2017 *continued*

- 9:50 a.m. Post-Operative Rehabilitation and Return to Sports Decisions Following ACL Reconstruction
Jeff Strauss, P.T., D.P.T., S.C.S.
- 10:10 a.m. Neuroplastic Changes Following ACL Reconstruction Addressing the Athlete's Software
Corey Kunzer, P.T., D.P.T., S.C.S. and Residents
- 10:30 a.m. Break/ Move to Breakout Sessions - Breakout Sessions Participants will attend all three sessions.
- Session 1: 10:40 AM
 - Session 2: 11:20 AM
 - Session 3: 12:00 PM
- Session 1 - Turf
Knee Exam & Injury Diagnosis
Chace Donathan, A.T.R., A.T.C.
- Session 2 - Theatre
Post-ACL Return to Sport Evaluation
Eric M. Crowley, A.T.C., and Emily B. Beyer, P.T., D.P.T., S.C.S.
- Session 3 - Mondo
Rehabilitation to Target Return to Sports
Joe Eischen, P.T., S.C.S., A.T.C.
- 12:40 p.m. Panel Discussion
Moderator: *Timothy Hewett, Ph.D.*
- 1:00 p.m. Adjourn Regular Course
- Certification Course* - Coaches Conference Room set for 15, Theatre as back up
- 1:00 p.m. Lunch (provided)
- 1:30 p.m. -
3:30 p.m. Didactic Review of Primary and Secondary Concepts
- 3:30 p.m. -
5:30 p.m. Course Examination/Certification
- 5:30 p.m. Adjourn Certification Course
- *Additional Course Examination Fee Applies*

MAYO CLINIC
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Rochester, MN 55905

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