



Mayo Clinic School of Continuous Professional Development

1st Annual
**SPORTS
MEDICINE
SUMMIT**
Care for the Athlete



**MAYO CLINIC EDUCATION CENTER
PHOENIX, ARIZONA
APRIL 6–7, 2018**

CE.MAYO.EDU/SPORTSMEDSUMMIT2018

**\$75 DISCOUNT
IF YOU REGISTER
ON OR BEFORE
MAR 9, 2018**

COURSE HIGHLIGHTS

- Current sports medicine topics featuring evidence-based and cutting-edge diagnostic and treatment strategies for sports-related and musculoskeletal conditions
- Didactic and case presentations, interactive Q & A sessions, and live ultrasound demonstrations
- Faculty representing various fields of sports medicine including orthopedics, physical medicine and rehabilitation, radiology, neurology and physical therapy

LEARNING OBJECTIVES

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

- Discuss the most recent strategies for recognition, diagnosis, and treatment of proximal hamstring tendon tears.
- Assess when to consider the use of orthopedic biologics such as PRP and stem cells.
- Evaluate and begin treatment for hip impingement and instability as well as understand available surgical techniques if they are needed.
- Summarize the treatment of PCL injuries of the knee and when to consider operative and non-operative intervention.
- State indications and treatment for meniscal injuries.
- Review the anatomy, pathophysiology, diagnosis, and treatment of shoulder instability in the athletic population and when to recommend surgery.
- Evaluate and treat acute concussions and identify when further care is needed.
- Illustrate the role of ultrasound in the evaluation of soft tissue injuries.

TARGET AUDIENCE

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

REGISTRATION

CE.MAYO.EDU/SPORTSMEDSUMMIT2018

Registration Fee	On/Before Mar 9, 2018	After Mar 9, 2018
Physicians/Scientists	\$300 USD	\$375 USD
Allied Health, Athletic Trainers, Physical Therapists, Residents, Other	\$225 USD	\$300 USD

Please visit ce.mayo.edu/cancellation for more information.

MEETING LOCATION

Mayo Clinic Education Center • 5777 East Mayo Boulevard • Phoenix, AZ 85054

ACCOMMODATIONS

Residence Inn Desert View at Mayo Clinic

5665 E. Mayo Boulevard • Phoenix, Arizona 85054 • (480) 563-1500 or (800) 331-3131

[Online Reservations](#)

Conveniently located on the Mayo Clinic Hospital campus, the Residence Inn Phoenix Desert View at Mayo Clinic offers spacious suites, complimentary hot buffet breakfast, high-speed internet access, fitness facilities, swimming pool, a business center, and free parking. Check-in time starts at 3 p.m.; check-out time is noon.

A block of rooms, studio suites, at a special group rate of \$189 (USD) per night, plus applicable state/local taxes, is available for course participants and guests. Group rates will apply three days prior to and after the course dates, based upon space and rate availability. Make your reservation by phone or online before the room block is filled or before the cut-off date, Monday, April 2, 2018. Please identify yourself as a participant of Sports Medicine 2018 when making your reservation.

Lodging arrangements are the sole responsibility of the individual registrant.

The standard hotel reservation cancellation policy will apply to individual reservations unless otherwise specified.

PROGRAM

Friday, April 6, 2018

7:00 a.m. Registration, Continental Breakfast and Exhibits

7:45 Welcome and Introductions

SESSION I: KNEE

8:00 Controversies in ACL Surgery

8:12 Meniscus: When to Order an MRI and Treatment

8:24 Treatment of Cartilage Defects in the Knee

8:36 First Time Patellar Dislocations

8:48 Muscular Dysfunction and Knee Pain: Can Dry-Needling Help?

9:00 Injections in the Knee: When and What

9:12 Ultrasound Diagnosis in the Knee with Live Demonstration

9:35 Panel Discussion and Q & A

9:55 Refreshment Break and Exhibits

SESSION II: HIP

10:10 Femoroacetabular Impingement:
Symptoms, Exam, Imaging and Treatment

10:22 Hip Dysplasia

10:34 Greater Trochanteric Pain Syndrome

10:46 Abductor Tendon Tears of the Hip

10:58 Snapping Hip

11:10 Physical Therapy for Young Hip Problems: Non-Op and Post-Op

11:22 Ultrasound Diagnosis in the Hip with Live Demonstration

11:43 Panel Discussion and Q & A

12:08 p.m. Lunch and Exhibits

SESSION III: CONCUSSION MANAGEMENT IN 2018

1:00 Preseason Concussion Testing: What is the Standard of Care?

1:12 Current On-Field Practices for Concussion: Making the Diagnosis

1:24 Current Recommendations for Concussion Treatment After Diagnosis
(Including RTP Decisions)

1:36 Concussion Rehabilitation (Including Vestibular Therapy, Ocular Therapy
and Neuropsychology Treatment)

2:16 Panel Discussion and Q & A

2:40 Refreshment Break and Exhibits

SESSION IV: MEDICAL ISSUES IN SPORTS

2:55 Pre-Season Cardiac Work-Up

3:07 Hypertrophic Cardiomyopathy or a Normal Athlete's Heart:
Is it Safe to Play?

3:20 Skin Issues in Sports

3:32 Heat Illness: Diagnosis, Prevention and Treatment

3:44 Blood Flow Restriction (BFR) Training: Risks and Benefits

3:56 Panel Discussion and Q & A

4:15 p.m. Adjourn

Saturday, April 7, 2018

7:00 a.m. Continental Breakfast and Exhibits

7:55 Opening Comments

SESSION V: UPPER EXTREMITY

8:00 Shoulder Instability in Athletes

8:12 Biceps Pathology

8:24 Distinguishing Neck from Shoulder Pathology

8:36 The Thrower's Shoulder

8:48 Ultrasound Diagnosis of Shoulder Pathology

9:00 Ultrasound-Guided Shoulder Injections

9:12 Physical Therapy for Common Sports Shoulder Injuries in Athletes

9:24 Rotator Cuff Pathology in Athletes

9:36 Common Hand Injuries in Athletes

9:48 Therapeutic Management of Common Sports-Related Hand Injuries

10:00 Live Shoulder Ultrasound Demonstration

10:20 Panel Discussion and Q & A

10:35 Refreshment Break and Exhibits

SESSION VI: BIOLOGICS IN SPORTS MEDICINE

10:55 Platelet-Rich Plasma (PRP) and Stem Cells: What's All the Fuss?

11:07 Biologics Utilization in Arthritis: Is it Warranted?

11:19 Biologic Augmentation of Surgical Repairs/Reconstruction

11:31 Rehabilitation Protocols for Office Biologics Procedures

11:43 Panel Discussion and Q & A

12:08 p.m. Closing Comments, Reflection and Evaluation

12:10 Adjourn



FACULTY

Course Directors



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



David E. Hartigan, M.D.

Guest Faculty

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Concussion Center
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Mayo Clinic Faculty

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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 10.5 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 10.5 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 10.5 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.



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(offer expires March 9, 2018)

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