



Mayo Clinic School of Continuous Professional Development



2nd Annual

SPORTS MEDICINE SUMMIT

Care for the Athlete

**CARSON STUDENT ATHLETE CENTER
ARIZONA STATE UNIVERSITY
TEMPE, ARIZONA
APRIL 5–6, 2019**

**REGISTER
NOW**

CE.MAYO.EDU/SPORTSMEDSUMMIT2019

COURSE HIGHLIGHTS

- Current sports medicine topics featuring evidence-based and cutting-edge diagnostic and treatment strategies for sports-related and musculoskeletal conditions with a concentrated focus on knee injuries and primary care sports issues
- Didactic and case presentations, interactive Q & A sessions, and knee ultrasound demonstration
- Faculty representing various fields of sports medicine including orthopedics, physical medicine and rehabilitation, cardiology, dermatology, family medicine, and radiology

LEARNING OBJECTIVES

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

- Properly diagnose all knee injuries commonly experienced in sports.
- Review the anatomy and different reconstructive options for various knee ligament injuries.
- Describe the acute management of a knee dislocation.
- Identify proper screening techniques for cardiac conditions in athletes and potential areas for improvement.
- Summarize various infectious processes that are common in athletes and how to treat and prophylax against spread to other teammates/members.

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/SPORTSMEDSUMMIT2019

Registration	Fee
Physicians, Scientists	\$375 USD
Allied Health, Athletic Trainers, Physical Therapists, Residents, Others	\$250 USD

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

MEETING LOCATION

Carson Student Athlete Center

Arizona State University
500 East Veterans Way • Tempe, Arizona 85281

ACCOMMODATIONS

Homewood Suites by Hilton

2104 East Rio Salado Parkway • Tempe, Arizona 85281

Reservations: 480-966-2780 or [Online Reservations](#)

Homewood Suites by Hilton is a bright and modern extended stay hotel adjacent to Tempe Marketplace with over 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 \$189, 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 March 11, 2019. Reservations received after this date will be accepted on a rate and space available basis. When making your reservation, identify yourself as a participant of "Sports Medicine 2019."

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-AT-A-GLANCE

Friday, April 5, 2019

MENISCUS

- Physical Examination for Meniscus and Imaging: When to Order an MRI
- Meniscal Surgery: Repair versus Meniscectomy
- Meniscal Root Tears
- Biologic Enhancement Meniscal Repairs
- Case Presentations and Panel Discussion

ANTERIOR CRUCIATE LIGAMENT (ACL)

- ACL: Epidemiology and Mechanism of Injury
- Preventative Measures for ACL
- Examination of ACL Deficient Knee: Need for MRI
- Imaging
- Why Does ACL Reconstruction Fail?
- Anterolateral Ligament Re-Discovered: Function and Utility of Reconstruction
- ACL with Concomitant Meniscus Tear: Who Gets a Repair/Debridement?
- Functional Testing After ACL Reconstruction for Return to Play (RTP)
- Future of ACL Reconstruction
- Case Presentations and Panel Discussion

KNEE ULTRASOUND DEMONSTRATION

MEDICAL ISSUES IN SPORTS (PART I)

- Performance Enhancing Drugs
- Sports at Elevation
- Heat Illness
- Hydration in Athletes
- Methicillin-Resistant Staphylococcus Aureus (MRSA) and Common Skin Issues in Athletes: Diagnosis and Treatment
- Case Presentations and Panel Discussion



Saturday, April 5, 2019

MULTILIGAMENTOUS KNEE INJURY

- Examination of the Ligaments of the Knee
- Posterior Cruciate Ligament (PCL) Injury
- Posterolateral Corner (PLC) Injury
- Medial Side
- Acute Management of Knee Dislocation
- Operative Approach: All at Once or Staged?
- Rehabilitation After Multiligamentous Knee Reconstruction
- Case Presentations and Panel Discussion

CARDIAC CONDITIONS IN ATHLETES

- Prescreening: What to Do and Why
- Hypertrophic Cardiomyopathy
- Conduction Abnormalities in Athletes
- Case Presentations and Panel Discussion

MEDICAL ISSUES IN SPORTS (PART II)

- Acute Lung Injuries in Athletes: Examination and Management
- Mononucleosis
- Pelvic Floor Disorders in the Female Athlete
- Non-Orthopedic Medical Emergencies
- Case Presentations and Panel Discussion

To encourage participant interaction with faculty, a question-and-answer period will follow each presentation.



FACULTY

Course Directors



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



David E. Hartigan, M.D.

Guest Faculty

Kostas J. Economopoulos, M.D.

*The Orthopedic Clinic Association
Phoenix, Arizona*

Gary L. Waslewski, M.D.

*Arizona Sports Medicine Center
Scottsdale, Arizona*

Douglas B. Freedberg, M.D.

*Arizona Sports Medicine Center
Scottsdale, Arizona*

Mayo Clinic Faculty

Matthew B. Anastasi, M.D.

Natalya Azadeh, M.D., M.P.H.

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Arthur J. De Luigi, D.O., M.H.A.

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Jedediah (Jed) E. Lee, P.T., D.P.T., O.C.S.

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Johnny Yi, M.D.

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 14.0 *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 14.0 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 14 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)]. **Continuing education credits pending.**

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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