



Mayo School of Continuous Professional Development

# SPORTS MEDICINE FOR THE PRIMARY CARE CLINICIAN 2017

Loews Royal Pacific  
Orlando, FL



**March 24-26, 2017**

Course Directors

*Daniel P. Montero, M.D., C.A.Q.S.M.*

*George G.A. Pujalte, M.D., C.A.Q.S.M.,  
F.A.C.S.M.*

Co-Course Directors

*Jennifer R. Maynard, M.D., C.A.Q.S.M.*

*Walter C. Taylor, III, M.D., C.A.Q.S.M.*

**REGISTER NOW!**

Registration and additional course information can be found on  
our NEW course website: [ce.mayo.edu/node/21637](http://ce.mayo.edu/node/21637)

COURSE DESCRIPTION

This conference will allow participants to fill in gaps in their residency training and reinforce their existing knowledge of diagnosis and treatment for musculoskeletal conditions. Topics discussed include musculoskeletal conditions and procedural techniques that primary care clinicians can use for athletes and active individuals.

This conference will give attendees the confidence to accurately diagnose and treat sports-related conditions and the knowledge to determine appropriate testing and referral criteria.

COURSE LEARNING OBJECTIVES

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

- Develop a more comprehensive understanding of diagnostic modalities to address sports medicine injuries with the ability to correctly order the test(s) that provide the most useful information at the least cost
- Improve skills in determining an athlete's ability to return to sports and regular activities after injury
- Determine physical exams and testing appropriate for sports injuries commonly seen in the primary care setting
- Treat sports injuries commonly encountered in the primary care setting, with consideration given to athletes and active individuals and the need for additional expeditious testing or referral to specialists

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.

INTENDED AUDIENCE

This course is designed for family physicians, internists, sports medicine physicians, ARNPs, PAs, physiatrists, pediatricians, ER physicians and medical providers in a clinic or nonoperative/nonsurgical/noninvasive setting involved in the care and management of athletes and active individuals.

CREDIT

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

Mayo Clinic College of Medicine designates this live activity for a maximum of 17 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 17 credits of AOA Category 2-A.

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.

REGISTRATION

To register online, visit [ce.mayo.edu/node/21637](https://ce.mayo.edu/node/21637). The registration fee includes tuition, comprehensive course syllabus (electronic), continental breakfasts, and break refreshments. 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 letter of confirmation will be sent upon receipt of payment and completed registration form.

Registration Fees	
Physician/Scientists	\$575.00
Residents, Retirees, PAs and NPs	\$475.00
Additional Workshops	\$75/\$100 each

## 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 on/before 03/10/2017 to [cme-jax@mayo.edu](mailto:cme-jax@mayo.edu). No refunds will be made after 3/10/2017. 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.

### For additional information, contact:

Mayo School of Continuous Professional Development

Website: [ce.mayo.edu](http://ce.mayo.edu)

E-mail: [cme-jax@mayo.edu](mailto:cme-jax@mayo.edu)

Phone: 800-462-9633

## TRAVEL AND LODGING ACCOMMODATIONS

Loews Royal Pacific  
6300 Hollywood Way  
Orlando, Florida 32819  
Phone: 866-360-7395

Group Rates available  
from: March 20 - 30, 2017

Pricing: \$239

Register Online at  
<http://tinyurl.com/SM2017>

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.

When calling to make a reservation, identify yourself as a participant of the Mayo Clinic Sports Medicine for the Primary Care Clinician. Early reservations are recommended due to the limited number of rooms available. Check-in time is after 4 p.m. and check-out time is before 11 a.m. Self-parking and Wi-Fi in the guest sleeping rooms are complimentary. Parking is \$12 per vehicle/per day for course attendees that will be driving in daily.

The swaying palm trees. The tropical breezes. People have always been captivated by the allure of the South Seas. Today, you can experience the wonder of such island paradises as Fiji, Bali and Hawaii without sailing halfway around the globe – at Loews Royal Pacific Resort at Universal Orlando®. Offering 1,000 guest rooms and suites, this AAA Four Diamond Award® winning hotel transports guests to the enchanted isles of the tropics. Feel the excitement of a time when adventurous travelers first island-hopped the South Pacific, relaxing along their journey at magnificent resorts where they could just kick back and enjoy the beauty of the islands. You can dine on exceptional cuisine; delight in the impeccable service; and soak in the breathtaking splendor of lush tropical surroundings and the pristine white sand of the lagoon-style swimming pool; all while enjoying the latest in modern conveniences.

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Universal Orlando Resort is your ultimate destination – where the biggest movies ever made and today's hottest entertainment come together to create unforgettable experiences. Here you'll find two amazing theme parks, non-stop nightlife, and world-class on-site hotels, all in one convenient location. Jump right into the action of your favorite movies at Universal Studios®. Experience innovative thrills that challenge all your senses at Universal's Islands of Adventure®. Enjoy live music, dining, dancing, movies and more at the Universal CityWalk® entertainment complex. And stay within walking distance of it all at one of three world-class on-site hotels.

Best of all, on-site hotel guests enjoy exclusive benefits including: FREE Universal Express ride access to skip the regular lines at most rides and attractions, complimentary transportation while on-site, priority restaurant seating, complimentary package delivery and resort-wide charging privileges (restrictions apply).





## FACULTY

### Course Directors

*Daniel P. Montero, M.D., C.A.Q.S.M.*

*George G.A. Pujalte, M.D., C.A.Q.S.M.,  
F.A.C.S.M.*

### Co-Course Directors

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*Walter C. Taylor, III, M.D., C.A.Q.S.M.*

### Mayo Faculty

*Edsel B. Bittencourt, P.T.*

*James C. Braxton, M.A., O.T., C.H.T.*

*Kristina F. DeMatas, D.O., C.A.Q.S.M.*

*Sara E. Filmalter, M.D., C.A.Q.S.M.*

*Irvin (Scott) Haak, P.T., D.P.T.*

*Kimberly H. McVeigh, M.B.A., O.T., C.H.T.*

*Dusty Marie Narducci, M.D.*

*Robert P. Shannon, M.D., C.A.Q.S.M.*

*Shane A. Shapiro, M.D., C.A.Q.S.M.*

*Glenn G. Shi, M.D., G.G.S.*

### Guest Faculty

*McKenna J. Thurston, M.D., C.A.Q.S.M.*

Tanner Clinic

Layton, Utah

## 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 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, March 24, 2017

7:30 a.m.	Registration
7:30	Continental Breakfast
7:45	Introduction/Pretest
<b>Special Considerations in Sports Medicine</b>	
8:00	Exercise Prescription for Various Populations <i>Daniel P. Montero, M.D., C.A.Q.S.M.</i>
8:50	Regenerative Medicine <i>Shane A. Shapiro, M.D., C.A.Q.S.M.</i>
9:40	Q&A Panel
10:00	Medications with Implications on Athletes and Active Individuals <i>Sara E. Filmlalter, M.D., C.A.Q.S.M.</i>
10:50	Female Athlete Triad <i>Jennifer R. Maynard, M.D., C.A.Q.S.M.</i>
11:40	Q&A Panel
Noon	Lunch on your own
1:00 p.m.	Adjourn

### Workshops – Registration Required

1:00–2:00	Upper Extremity Exam of Athletes and Active Individuals <i>Walter C. Taylor, III, M.D., C.A.Q.S.M.</i>
2:00-3:30	Splinting and Casting in Sports <i>Kimberly H. McVeigh, M.B.A., O.T., C.H.T., James Braxton, M.A., O.T., C.H.T.</i>
2:00-3:30	The Lower Extremity Exam and Selection of Braces, Orthoses, and Footwear <i>Sara E. Filmlalter, M.D., C.A.Q.S.M., Edsel B. Bittencourt, P.T. and Irvin (Scott) Haak, P.T., D.P.T.</i>
3:30 p.m.	Adjourn

## Saturday, March 25, 2017

7:30 a.m.	Continental Breakfast
7:55	Introduction
<b>Musculoskeletal Issues in Athletes and Active Individuals</b>	
8:00	Knee Ligament Injuries, Diagnosis and Treatment <i>McKenna J. Thurston, M.D., C.A.Q.S.M.</i>

8:50	Shoulder Injuries in Athletes and Active Individuals <i>Daniel P. Montero, M.D., C.A.Q.S.M.</i>
9:40	Q&A Panel
10:00	Beyond Ankle Sprains: Differential Diagnoses of Sports-Related Ankle Injuries <i>Glenn G. Shi, M.D., G.G.S.</i>
10:50	Selecting the Right Imaging for the Right Sports Injury <i>George G.A. Pujalte, M.D., C.A.Q.S.M., F.A.C.S.M.</i>
11:40	Q&A Panel
Noon	Lunch on your own

1:00 p.m. Adjourn

### Workshops – Registration Required

1:00–3:00	Musculoskeletal Injections <i>Kristina F. DeMatas, D.O., C.A.Q.S.M., Jennifer R. Maynard, M.D., C.A.Q.S.M., Daniel P. Montero, M.D., C.A.Q.S.M. and Walter C. Taylor, III, M.D., C.A.Q.S.M.</i>
1:00–2:00	Neck and Lower Back Exam of Athletes and Active Individuals <i>George G.A. Pujalte, M.D., C.A.Q.S.M., F.A.C.S.M.</i>
3:00 p.m.	Adjourn

## Sunday, March 26, 2017

7:30 a.m.	Continental Breakfast
7:55	Introduction
<b>Medical Considerations in Athletes and Active Individuals</b>	
8:00	The Sports Preparticipation Physical Exam: What Clinicians Should Not Miss or Forget <i>Robert P. Shannon, M.D., C.A.Q.S.M.</i>
8:50	Basic Nutrition for Athletes and Active Individuals <i>Dusty Marie Narducci, M.D.</i>
9:40	Q&A Panel
10:00	Concussions: Diagnosis and Treatment in the Primary Care Setting <i>Jennifer R. Maynard, M.D., C.A.Q.S.M.</i>
10:50	Skin Conditions in Athletes <i>Kristina F. DeMatas, D.O., C.A.Q.S.M.</i>
11:40	Q&A Panel
Noon	Post-Test
12:10 p.m.	Adjourn

*Program Schedule is subject to change without notice.*

**MAYO CLINIC**  
4500 San Pablo Road  
Jacksonville, FL 32224

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