3rd ANNUAL

Current Concepts in Sports Medicine
April 23-25, 2009

Information:
212.606.1613
www.hss.edu/cme

Credit:
15.5 NATA CEU credits

This professional education program for physical therapists, athletic trainers, coaches, nurse practitioners, physician assistants and other associated health care professionals, combines didactic sessions, LIVE surgical demonstrations, instructional courses and hands-on workshops.
Today’s clinicians are faced with many challenges and are seeking guidelines on how to care for their sports medicine patients. This course will allow participants to gain knowledge regarding state-of-the-art management of sports medicine problems. The staff at Hospital for Special Surgery is uniquely positioned to provide this information to a local, regional and national audience by combining the expertise of our rehabilitation staff, surgeons and physicians.

Target Audience
This activity is targeted to physical therapists, athletic trainers, coaches, nurse practitioners, physician assistants and other health care professionals involved in the care of athletes.

Learning Objectives
At the end of this seminar, participants will have learned to:

- Describe and critique new advances in treating the athlete with anterior knee pain
- Prepare a plan of care to rehabilitate patients with shoulder instability, including conservative and surgical management
- Determine the differential diagnosis and select performance strategies for the runner
- Assess current surgical and rehabilitation interventions for injuries and disorders in the field of sports medicine
- Describe current surgical and rehabilitative management of articular cartilage disorders

National Athletic Trainers Association (NATA) Accreditation
This symposium is accredited for up to 15.5 NATA credits. Hospital for Special Surgery is recognized by the Board of Certification, Inc. and is approved to offer continuing education for certified athletic trainers. BOC Approved Provider Number: P537

Faculty Disclosure
It is the policy of Hospital for Special Surgery to adhere to ACCME Essential Areas, Policies and Standards for Commercial Support in order to ensure fair balance, independence, objectivity and scientific rigor in all its sponsored programs. All faculty participating in sponsored programs are required to disclose to the audience any potential, apparent, or real conflict of interest related to their contribution to the activity, and any discussions of off-label or investigational uses of any commercial products or devices not yet approved in the United States. All disclosures will be made at the time of the activity. Hospital for Special Surgery activities are intended to be evidence-based and free of commercial bias. Please contact Robert D’Antuono, MHA, Director, Professional Education at 212.606.1834 to express any concerns.

Special Needs
Hospital for Special Surgery is accessible for individuals with disabilities or special needs. Participants with special needs are requested to contact Dismayra Martinez, PA, MA, Professional Education Program Coordinator in the Education Division at 212.606.1613.
Thursday, April 23
LOCATION: HOSPITAL FOR SPECIAL SURGERY
RICHARD L. MENSCHEL EDUCATION CENTER, SECOND FLOOR
535 EAST 70TH STREET, NEW YORK, NY

5:15p
■ Registration

5:45p
■ Concurrent Instructional Courses
  (Optional: Extra Registration Fee Required)

COURSE A
■ Golf Injury Prevention & Performance Strategies
  Greg Fives, PT, MSPT, SCS
  Michael Levinson, PT, CSCS

COURSE B
■ Rehabilitating the Athlete’s Hip
  Theresa A. Chiaia, PT
  Struan H. Coleman, MD, PhD
  Jaime Edelstein, PT, MSPT, CSCS

7:15p
■ Adjourn
Friday, April 24
LOCATION: WEILL CORNELL MEDICAL COLLEGE – URIS AUDITORIUM
1300 YORK AVENUE, NEW YORK, NY

8:00a  ■  Registration with Continental Breakfast and Exhibits
8:40a  ■  Welcome and Introductions
       John T. Cavanaugh, PT, MEd, ATC
8:45a  ■  OPENING PLENARY SESSION
       Advances in Treating Anterior Knee Pain in the Athlete
       Moderator: Sherry I. Backus, PT, DPT, MA
       ■  Influence of Lower Extremity Dynamics on
           Patellofemoral Joint Dysfunction
           Christopher Powers, PT, PhD
9:10a  ■  A Clinical Perspective
       Theresa A. Chiaia, PT
9:30a  ■  Surgical Options: What, When, Why and How
       Sabrina M. Strickland, MD
9:45a  ■  Medial Patellofemoral Ligament Reconstruction:
       Technique and Clinical Outcome
       Beth E. Shubin Stein, MD
10:00a ■  Panel Discussion with Questions and Answers
10:15a ■  Break and Exhibits
10:40a ■  Shoulder Instability
       Moderator: Frank A. Cordasco, MD, MS
       ■  Thirty Years of Treating Shoulder Instability
       Russell F. Warren, MD
11:00a ■  KEYNOTE SPEAKER
       ■  Shoulder Instability in Contact Sports
           Richard J. Hawkins, MD
11:25a ■  Role of Open Shoulder Stabilization
       Edward V. Craig, MD, MPH
11:45a ■  Sub-deltoid Stabilization
       Stephen J. O’Brien, MD, MBA
12:05p ■  Current State of Instability Rehabilitation
       Michael Levinson, PT, CSCS
12:20p ■  Panel Discussion with Questions and Answers
12:40p ■  Luncheon with Faculty
       Weill Cornell Medical College - Griffis Faculty Club
CONCURRENT FOCUS SESSIONS

SESSION A
Co-moderators: David W. Altchek, MD and Richard J. Hawkins, MD
HSS – 2nd Floor, Richard L. Menschel Education Center

LIVE Surgery
Anterior Shoulder Stabilization Procedure
Answorth A. Allen, MD

SESSION B
Moderator: Robert Maschi, PT, DPT, CSCS
Weill Cornell Medical College – Uris Auditorium

Where is the Evidence in PT?
- Does Proprioceptive Training Improve Ankle Stability? | Greg Fives, PT, MSPT, SCS
- Are Open Kinetic Chain Exercises Evil? | John T. Cavanaugh, MEd, PT, ATC
- Is Eccentric Quadriceps Training More Effective Than Concentric Training in Treating an Athlete with Patellar Tendonopathy? | Theresa A. Chiaia, PT
- Can the Recreational Athlete with a Massive Rotator Cuff Tear Return to Sports? | Jamie Edelstein, PT, MSPT, CSCS
- Are Terminal Knee Extension Exercises Good for the Patellofemoral Joint? | Christopher Powers, PT, PhD

Break and Exhibitors

CONCURRENT FOCUS SESSIONS

SESSION A
Moderator: Russell F. Warren, MD
HSS – 2nd Floor, Richard L. Menschel Education Center

LIVE Surgery
First Line Articular Cartilage Repair Surgery
Riley J. Williams, Ill, MD

SESSION B
Weill Cornell Medical College – Uris Auditorium
Moderator: Polly de Mille, RN, MA, RCEP, CSCS

Profiling the Runner: Differential Diagnosis and Performance Strategies
- Epidemiology of Running Injuries | Jordan D. Metzl, MD, FAAP, CAQSM
- Biomechanics of Running | Kieran Phaeleau Cunneen, PT, MS
- What Do Orthotics Do? | Howard Hillstrom, PhD
- Why Do Runners Get Injured? Dynamic Stability vs. Training Errors | Heather Williams, PT, DPT
- Rehabbing the Injured Runner | Robert Maschi, PT, DPT, CSCS

Panel Discussion with Questions and Answers
Saturday, April 25
LOCATION: WEILL CORNELL MEDICAL COLLEGE – URIS AUDITORIUM
1300 YORK AVENUE, NEW YORK, NY

7:00a  ■ Registration with Continental Breakfast and Exhibits

7:30a  ■ Concurrent Instructional Courses
(Optional: Extra Registration Fee Required)

**COURSE A**
Cadaver Dissection
Mark Drakos, MD and Christopher Dodson, MD

**COURSE B**
Functional Progression: The Art of Rehabilitation
John T. Cavanaugh, PT, MEd, ATC and Greg Fives, PT, MSPT, SCS

**COURSE C**
The Athlete’s Elbow
Asheesh Bedi, MD, Michael Levinson, PT, CSCS and Lee Rosenzweig, PT, DPT, CHT

8:45a  PLENARY SESSION
Articular Cartilage Repair & Rehabilitation
Moderator: Frank A. Cordaso, MD, MS

8:45a  ■ First Line Cartilage Repair Techniques: MicroFracture
Russell F. Warren, MD

9:05a  ■ Second Line Cartilage Repair Techniques: Allograft/OATS
Riley J. Williams, III, MD

9:25a  ■ Rehabilitation of Cartilage Repair Injuries
John T. Cavanaugh, PT, MEd, ATC

9:45a  ■ Future Directions in Cartilage Repair
Robert G. Marx, MD, MSc, FRCSC

10:05a  ■ Panel Discussion and Questions and Answers

10:25a  ■ Break and Exhibitors

10:55a  CONCURRENT FOCUS SESSIONS

**SESSION A**
Moderator: Struan H. Coleman, MD, PhD

10:55a  ■ The Overhead Athlete

11:10a  • Video Analysis of the Thrower | Greg Fives, PT, MSPT, SCS

11:30a  • Pathomechanics of Shoulder Injury | David W. Altchek, MD

11:45a  • SLAP Lesions: Surgical Repair | Stephen Fealy, MD

12:00p  • Surgical Management of Rotator Cuff Injury
        John D. MacGillivray, MD

12:20p  • Rehabilitation Considerations | Michael Levinson, PT, CSCS

12:40p  • Panel Discussion
10:55a

CONCURRENT FOCUS SESSIONS, CONTINUED

SESSION B

Core Stability and the Athlete
Panelists: Jaime Edelstein, PT, MS, CSCS and Diana Zotos, PT, MSPT, CSCS
- The Role of the Core in Injury Prevention and Pathology
- Functional Assessment
- Core Stabilization Training Progression
- Athletic Based Research on Core Strength
- Case Studies

12:40p

Luncheon
Weill Cornell Medical College - Griffis Faculty Club

Concurrent Workshops

2:00p-3:00p WORKSHOPS — WAVE 1

A. Shoulder Evaluation
Volker Musahl, MD and Catherine Robertson, MD

B. Knee Evaluation
Olufemi Ayeni, MD and Patrick Birmingham, MD

C. Ankle Instability: Surgical vs. Non-Surgical Interventions
Andrew J. Elliott, MD and Robert Moy, PT, MS, ATC, CSCS

D. Motion Analysis: Tools to Evaluate Performance
Sherry I. Backus, PT, DPT, MA, Allison Brown, PT, MA and Howard Hillstrom, PhD

E. Troubleshooting in Sports PT
Jason Metoxen, PT, Victoria Moran, PT, DPT, Matthew D. Rivera, PT, MPT, CSCS and Diana Zotos, PT, MSPT, CSCS

F. Incorporating Pilates into Rehabilitation
Sarah Faller, Certified Pilates Instructor

G. ACL Prevention
Theresa A. Chiaia, PT and Polly de Mille RN, MA, RCEP, CSCS

3:15p-4:15p WORKSHOPS — WAVE 2

A. Shoulder Evaluation
Volker Musahl, MD and Catherine Robertson, MD

B. Knee Evaluation
Olufemi Ayeni, MD and Patrick Birmingham, MD

C. Ankle Instability: Surgical vs. Non-Surgical Interventions
Andrew J. Elliott, MD and Robert Moy, PT, MS, ATC, CSCS

D. Motion Analysis: Tools to Evaluate Performance
Sherry I. Backus, PT, DPT, MA, Allison Brown, PT, MA and Howard Hillstrom, PhD

E. Plyometric and Performance Training for the Athlete
Robert Maschi, PT, DPT, CSCS and Diana Zotos, PT, MSPT, CSCS

F. Managing Wrist and Hand Injuries in Sports
Kieran Phaeleau Cunneen, PT, MSPT and Lee Rosenzweig, PT, DPT, CHT

G. Functional Screening for the Athlete
Polly de Mille, RN, MA, RCEP, CSCS

4:15p

Adjourn
HSS CO-ACTIVITY DIRECTORS
John T. Cavanaugh, PT, MEd, ATC**
Clinical Supervisor
Sports Rehabilitation & Performance Center
Team Physical Therapist
U.S. Merchant Marine Academy

Frank A. Cordasco, MD, MS
Surgical Director, Ambulatory Surgery Center
Co-Medical Director
Leon Root, MD Motion Analysis Laboratory
Associate Attending Orthopaedic Surgeon
Sports Medicine & Shoulder Service
Associate Professor of Clinical Orthopaedic Surgery
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Professor of Clinical Orthopaedic Surgery
Weill Cornell Medical College
Medical Director, New York Mets and New Jersey Nets Basketball

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Motion Analysis Laboratory

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Patrick Birmingham, MD
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Hand Therapy

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Exercise Physiologist
Administrative Director
Women’s Sports Medicine Center

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Christopher Dodson, MD
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Weill Cornell Medical College

Sarah Faller*
Pilates Instructor
Integrative Care Center

Stephen Fealy, MD
Assistant Attending Orthopaedic Surgeon
Sports Medicine & Shoulder Service
Assistant Professor of Orthopaedic Surgery
Weill Cornell Medical College

Greg Fives, PT, MSPT, SCS**
Advanced Clinician

Howard Hillstrom, PhD*
Director, Leon Root Motion Analysis Laboratory

GUEST FACULTY
Richard J. Hawkins, MD
Clinical Professor
University of Colorado
Clinical Professor, University of Texas Southwestern
Team Physician, Denver Broncos
Team Physician, Colorado Rockies
Principal – Steadman Hawkins Clinic of the Carolinas
Spartanburg, South Carolina

Christopher Powers, PT, PhD
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Division of Biokinesiology & Physical Therapy
Co-Director of the MBRL
University of Southern California

*Department of Rehabilitation
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Team Physical Therapist
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Advanced Clinician
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Pediatrics Department
Assistant Attending Physician (Sports)
Internal Medicine Department
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Joint Mobility Center

Riley J. Williams, III, MD
Director, Institute of Cartilage Repair
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Weill Cornell Medical College

Diana Zotos, PT, MSPT, CSCS**
Staff Physical Therapist

*Department of Rehabilitation
**Sports Rehabilitation & Performance Center
Two Easy Ways to Register!
1. Register and pay online at [www.hss.edu/cme](http://www.hss.edu/cme) and receive a discount
2. Register by mail using the registration form.

Payment by mail
Make check payable to Hospital for Special Surgery

Mail registration form to
Hospital for Special Surgery
Professional Education Department
Education Division
535 East 70th Street
New York, NY 10021

Confirmations
All registered participants will receive a confirmation via e-mail.

Refund policy
A handling fee of $25 is deducted for cancellation. Refund requests must be received by mail one week prior to the course. No refund will be made thereafter.

For more information, please contact
Dismayra Martinez, PA, MA
Professional Education Program Coordinator
Education Division
Hospital for Special Surgery
tel: 212.606.1613
e-mail: martinezd@hss.edu

Accommodations
Space is limited and early reservations are recommended. For local accommodations, please go to [www.hss.edu](http://www.hss.edu) and click on For Patients, Patient Information, Neighborhood Directory, Accommodations.

Transportation
By Bus: M72, M31 stop at 69th Street and York Avenue
By Subway: nearest line is the 6 train stop at 68th Street and Lexington Avenue
By Car: FDR Drive: Driving south, exit at 71st Street. Driving north, exit at 63rd Street. Continue on York Avenue.
Parking: Parking garages are located in the area.

REGISTER EARLY AS SPACE IS LIMITED!

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<th>REGISTRATION FEE</th>
<th>EARLY BIRD SPECIAL (Before February 28, 2009)</th>
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<td>☐ On-site registration: $60 (Space permitting, please call first)</td>
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Registration fees include breakfast, lunch, lecture handouts and NATA credits. All registered participants will receive a confirmation via e-mail.

Please note: registration will not be processed unless accompanied by payment.

Hospital for Special Surgery is an affiliate of NewYork-Presbyterian Healthcare System and Weill Cornell Medical College.
Registration
Current Concepts for Sports Medicine
April 23-25, 2009

LOCATIONS:
Hospital for Special Surgery
Richard L. Menschel Education Center, 2nd Floor
535 East 70th Street, New York, NY 10021
Weill Cornell Medical College, Uris Auditorium
1300 York Avenue (at 69th Street)
New York, NY 10021

Please print.

DATE

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TITLE

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WORKSHOPS

Saturday, April 25
AFTERNOON WORKSHOPS | WAVE 1
Please rank your first, second and third preference.

☐ Shoulder Evaluation
☐ Knee Evaluation
☐ Ankle Instability: Surgical vs. Non-Surgical Interventions
☐ Motion Analysis: Tools to Evaluate Performance
☐ Troubleshooting in Sports PT
☐ Incorporating Pilates into Rehabilitation
☐ ACL Prevention

AFTERNOON WORKSHOPS | WAVE 2
Please rank your first, second and third preference.

☐ Shoulder Evaluation
☐ Knee Evaluation
☐ Ankle Instability: Surgical vs. Non-Surgical Interventions
☐ Motion Analysis: Tools to Evaluate Performance
☐ Troubleshooting in Sports PT
☐ Incorporating Pilates into Rehabilitation
☐ ACL Prevention

Instructional Courses
Please identify course selection:

Thursday, April 23
THURSDAY EVENING PRE-CONFERENCE COURSES
☐ Golf Injury Prevention and Performance Strategies
☐ Rehabilitating the Athlete’s Hip
Note: $45 per instructional course

Saturday, April 25
SATURDAY MORNING COURSES
☐ Cadaver Dissection
☐ Functional Progression: The Art of Rehabilitation
☐ The Athlete’s Elbow
Note: $45 per instructional course

Every effort will be made to tailor the courses to accommodate your first choices. Space is limited in each of the sessions and will be allocated on a first-come, first-serve basis.
Save the Date!
Total Rehabilitation for the Joint: A Comprehensive Guide for the Rehab Specialist
September 11, 2009
Hospital for Special Surgery

Join us for the 3rd Annual Current Concepts in Sports Medicine Symposia!
April 23-25, 2009

HSS Education Division
Programs Promoting Musculoskeletal Health
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