

HOSPITAL  
FOR  
**SPECIAL  
SURGERY**



3rd ANNUAL

# Current Concepts in Sports Medicine

April 23-25, 2009

**Information:**

212.606.1613  
[www.hss.edu/cme](http://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.



# WELCOME TO THE CURRENT CONCEPTS IN SPORTS MEDICINE 2009 SYMPOSIA!

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.

HOSPITAL  
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## Thursday, April 23

LOCATION: HOSPITAL FOR SPECIAL SURGERY  
RICHARD L. MENSCHER EDUCATION CENTER, SECOND FLOOR  
535 EAST 70TH STREET, NEW YORK, NY

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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  
agenda



## Friday, April 24

LOCATION: WEILL CORNELL MEDICAL COLLEGE – URIS AUDITORIUM  
1300 YORK AVENUE, NEW YORK, NY

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- 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

1:50p

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

3:05p

■ **Break and Exhibitors**

3:25p

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, III, MD



SESSION B

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

3:25p

■ **Profiling the Runner: Differential Diagnosis and Performance Strategies**

3:40p

- **Epidemiology of Running Injuries** | Jordan D. Metz, MD, FAAP, CAQSM

3:50p

- **Biomechanics of Running** | Kieran Phaeleau Cunneen, PT, MS

4:00p

- **What Do Orthotics Do?** | Howard Hillstrom, PhD

4:10p

- **Why Do Runners Get Injured? Dynamic Stability vs. Training Errors**  
Heather Williams, PT, DPT

4:25p

- **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, FRCS

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

2:00p-3:00p

■ **Concurrent Workshops**

**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\*\***

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 Sports Rehabilitation & Performance Center  
 Team Physical Therapist  
 U.S. Merchant Marine Academy

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 Associate Attending Orthopaedic Surgeon  
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 Clinical Professor, University of Texas Southwestern  
 Team Physician, Denver Broncos  
 Team Physician, Colorado Rockies  
 Principal – Steadman Hawkins Clinic of the Carolinas  
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 Professor of Clinical Orthopaedic Surgery  
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 Medical Director, New York Mets and New Jersey Nets Basketball

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Advanced Clinician

**Howard Hillstrom, PhD\***

Director, Leon Root Motion Analysis Laboratory

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(Sports)  
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Sports Medicine &  
Shoulder Service  
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Team Physician  
New York Giants Football

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Joint Mobility Center

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

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

**PROGRAM COORDINATOR**  
**Dismayra Martinez, PA, MA**  
Professional Education  
Program Coordinator  
Education Division



\*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  
 email: [martinezd@hss.edu](mailto: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!

REGISTRATION FEE	EARLY BIRD SPECIAL (Before February 28, 2009)	AFTER FEBRUARY 28, 2009	ON-SITE SPACE PERMITTING (Please call first)
Standard	\$395	\$450	\$500
HSS Rehabilitation Network (w/code)	\$315	\$360	\$400
Rehabilitation Students (with ID)	\$100	\$125	\$150
<b>Instructional Courses</b>			
<input type="radio"/> Pre-registered: \$45 <input type="radio"/> On-site registration: \$60 (Space permitting, please call first)			

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

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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
- Plyometric and Performance Training for the Athlete
- Managing Wrist and Hand Injuries in Sports
- Functional Screening for the Athlete

## 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.



Education Division  
535 East 70th Street  
New York, NY 10021

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Total Rehabilitation for the  
Joint: A Comprehensive Guide  
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September 11, 2009  
Hospital for Special Surgery

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Current Concepts in  
Sports Medicine Symposia!  
April 23-25, 2009

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