8th Annual Current Concepts in Sports Medicine

April 25-26, 2014

Live streaming webcast is also available!

This activity has been approved for physical therapy contact hours and BOC credits; pending NSCA approval for CEUs.

Sponsored by HSS Office of Continuing Medical Education and Department of Rehabilitation.
The 8th Annual Current Concepts in Sports Medicine course will provide clinicians with guidance on the identification, prevention and treatment of articular cartilage injuries, shoulder injuries in the contact athlete and soft tissue injuries in all athletes. The best available evidence and state-of-the-art information from the rehabilitation staff, surgeons and physicians of Hospital for Special Surgery, along with guest lecturers, will provide participants with knowledge on how to care for the surgical and non-surgical patients among the sports medicine population.

LOCATION

Hospital for Special Surgery
Richard L. Menschel Education Center
2nd Floor, 535 East 70th Street, New York City

TARGET AUDIENCE

This course is ideal for physical therapists, physical therapist assistants, athletic trainers, coaches, strength and conditioning professionals, nurse practitioners, physician assistants and other healthcare professionals involved in the care of athletes.

OBJECTIVES

HSS professional education activities are intended to improve the quality of patient care and safety. At the completion of the course, the participant should be able to:

■ Recognize the most current approaches for managing and treating shoulder injuries in the contact athlete.
■ Understand surgical intervention for articular cartilage injuries and the implication for post-operative rehabilitation.
■ Identify common soft tissue injuries in the athletic population and a variety of treatment approaches.
■ Describe an evidence-based approach to rehabilitation strategies related to ACL graft selection, management of biceps lesions and concussion management.

ACCREDITATION AND CREDIT DESIGNATION

Hospital for Special Surgery is a New York State Education Department approved provider for physical therapy continuing education. Hospital for Special Surgery designates this activity for a maximum of 11.5 Contact Hours onsite and 9.5 Contact Hours online. This activity is pending approval in New Jersey, Florida and Maryland. The following states require continuing education units with no state-specific approval: CT, DE, IA, ID, MO, MT, NC, ND, NE, OR and WA.

Hospital for Special Surgery is recognized by the Board of Certification, Inc., to offer continuing education for Certified Athletic Trainers. This symposium is accredited for up to 11.5 Contact Hours onsite and 9.5 Contact Hours online for BOC credits. According to the education levels described by the CEC Committee of the NATA, the following continuing education course is considered to be Essential Level.

This course is pending approval by the National Strength and Conditioning Association for CEUs.

SPECIAL NEEDS

Hospital for Special Surgery is accessible for individuals with disabilities or special needs. Participants with special needs are requested to contact the Office of CME at 212.606.1812.

FINANCIAL DISCLOSURE

In accordance with the Accreditation Council for Continuing Medical Education’s Standards for Commercial Support, all CME providers are required to disclose to the activity audience the relevant financial relationships of the planners, teachers and authors involved in the development of CME content. An individual has a relevant financial relationship if he or she has a financial relationship in any amount occurring in the last 12 months with a commercial interest whose products or services are discussed in the CME activity content over which the individual has control.

It is the policy of Hospital for Special Surgery to request all financial relationships that Activity Directors, planning committee members, planners, authors and staff have with commercial interests, but to disclose to the activity audience only the relevant financial relationships.
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
</table>
| 8:20 am | Registration & Breakfast  
**Location:** Sports Rehabilitation and Performance Center, 525 East 71st Street, ground floor |
| 9:00 am | Welcome & Announcements |

### SESSION 1
**Managing Rotator Cuff Disease in the Athlete**  
*Moderator: Robert DiGiacomo, PT, DPT, ATC*

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
</table>
| 8:55 am | The Throwing Athlete  
David W. Altmchek, MD |
| 9:15 am | The Contact Athlete  
Frank A. Cordasco, MD, MS |
| 9:35 am | **Current Concept**  
**Non-Operative Management**  
Theresa Chiaia, PT, DPT |
| 9:55 am | Rehabilitation Following Rotator Cuff Repair  
Sarah Killian, PT, MSPT, ATRIC |
| 10:10 am | Discussion |
| 10:30 am | Break |

### SESSION 2
**Articular Cartilage**  
*Moderator: Robert G. Marx, MD, MSc, FRCSC*

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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</thead>
</table>
| 10:55 am | **Keynote Address**  
Thirty-Year Perspective on Microfracture in Athletes  
J. Richard Steadman, MD |
| 11:20 am | Options in Treating Articular Cartilage Lesions: The HSS Experience  
Riley J. Williams III, MD |
| 11:45 am | **Current Concept**  
Rehabilitation of Articular Cartilage Lesions  
John T. Cavanaugh, PT, MEd, ATC, SCS |
| 12:05 pm | Discussion |
| 12:25 pm | Lunch (will be provided) |
## Session 3

**Managing Shoulder Injuries in the Contact Athlete**

*Moderator: Frank A. Cordasco, MD, MS*

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Speaker(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:35 pm</td>
<td>Anterior Instability</td>
<td>Scott A. Rodeo, MD</td>
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<tr>
<td>1:55 pm</td>
<td>Posterior Instability</td>
<td>Russell F. Warren, MD</td>
</tr>
<tr>
<td>2:15 pm</td>
<td>AC/SC Injuries</td>
<td>Thomas L. Wickiewicz, MD</td>
</tr>
<tr>
<td>2:35 pm</td>
<td>Upper Extremity Fractures in the Athlete</td>
<td>Lawrence V. Gulotta, MD</td>
</tr>
<tr>
<td>2:55 pm</td>
<td>Current Concept</td>
<td>Returning the Contact Athlete to Play</td>
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<tr>
<td></td>
<td></td>
<td>Michael Levinson, PT, CSCS</td>
</tr>
<tr>
<td>3:15 pm</td>
<td>Discussion</td>
<td></td>
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<tr>
<td>3:35 pm</td>
<td>Break</td>
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</tbody>
</table>

### Concurrent Workshops

*Offered for onsite attendees only, participants choose one in advance.*

**Wave 1**

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Speaker(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:00 pm</td>
<td>A. Live Surgery (Hip Arthroscopy)</td>
<td>Struan H. Coleman, MD, PhD</td>
</tr>
<tr>
<td></td>
<td></td>
<td><em>Moderator: Peter Draovitch, PT, MS, ATC, CSCS</em></td>
</tr>
</tbody>
</table>

**Added bonus for live streaming viewers: Live Surgery (4:00-5:05 pm)**

<table>
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<tr>
<th>Time</th>
<th>Topic</th>
<th>Speaker(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:00 pm</td>
<td>B. Troubleshooting in Sports Physical Therapy:  The Complicated Patient (Upper Extremity)</td>
<td>Marci A. Goolsby, MD; Polly de Mille, RN, MA, RCEP, CSCS, USAT</td>
</tr>
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<td><em>Moderator: Michael Levinson, PT, CSCS</em></td>
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<tr>
<td></td>
<td></td>
<td>Jessica Graziano, PT, DPT, CSCS; Marla Ranieri, PT, DPT; Sean Rose, PT, MPT; Andrea Tychanski, PT, DPT, ATC, CSCS</td>
</tr>
<tr>
<td>5:05 pm</td>
<td>C. The Female Athlete Triad and the Role of Exercise</td>
<td>Sue Falsone, PT, SCS, ATC, CSCS</td>
</tr>
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<td></td>
<td></td>
<td><em>Moderator: Sue Falsone, PT, SCS, ATC, CSCS</em></td>
</tr>
<tr>
<td></td>
<td>D. Multidirectional Movement: The Foundation to Athletic Activity</td>
<td>Sue Falsone, PT, SCS, ATC, CSCS</td>
</tr>
<tr>
<td></td>
<td></td>
<td><em>Moderator: Sue Falsone, PT, SCS, ATC, CSCS</em></td>
</tr>
</tbody>
</table>

**Adjourn**

### Please Join Us

Please join us from 5:15 to 6:15 pm on Friday, April 25, for the Chairmen’s Reception at the Sports Rehabilitation and Performance Center (525 East 71st Street, Belaire Building, Ground Floor). The reception is open to participants, faculty and exhibitors. Invitation to follow.
**SATURDAY, APRIL 26**

**LOCATION:** Hospital for Special Surgery, Richard L. Menschel Education Center, 535 East 70th Street, 2nd Floor, except where noted.

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**CONCURRENT INSTRUCTIONAL COURSES (Additional fee applies)**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>7:20-8:40 am</td>
<td><strong>A. Clinical Examination of the Athlete’s Hip</strong></td>
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<tr>
<td></td>
<td>Peter Draovitch, PT, MS, ATC, CSCS; Ionna Felix, PT, DPT, OCS;</td>
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<td></td>
<td>Jessica Hettler, PT, MS, ATC, SCS, Cert MDT;</td>
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<td>James F. Wyss, MD, PT</td>
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<td></td>
<td><strong>B. Running Analysis: Tools for Prevention and Rehabilitation</strong></td>
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<tr>
<td></td>
<td>Julie Khan, PT, DPT; Leigh-Ann Plack, PT, DPT;</td>
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<tr>
<td></td>
<td>Michael Silverman, PT, MSPT, Level 2 TPI</td>
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<tr>
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<td><strong>C. Golf: Strategies for Injury Prevention and Performance Enhancement</strong></td>
</tr>
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<td>Michael Levinson, PT, CSCS;</td>
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<td></td>
<td>Gregory Reinhardt, PT, MSPT, USGTF-II</td>
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<tr>
<td></td>
<td><strong>D. The Thoracic Spine: The Missing Link to your Core Stability Program</strong></td>
</tr>
<tr>
<td></td>
<td>Sue Falsone, PT, SCS, ATC, CSCS</td>
</tr>
</tbody>
</table>

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8:20 am  
Registration & Breakfast  
*Location:* Sports Rehabilitation Center and Performance Center, 525 East 71st Street, ground floor

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Live streaming webcast begins for Day 2

8:50 am  
Welcome & Announcements

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**SESSION 4**

**Soft Tissue Injuries in Sports**  
*Moderator:* Peter Draovitch, PT, MS, ATC, CSCS

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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</thead>
<tbody>
<tr>
<td>8:55 am</td>
<td><strong>Current Concept</strong></td>
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<tr>
<td></td>
<td><strong>Role of Imaging</strong></td>
</tr>
<tr>
<td></td>
<td>Douglas N. Mintz, MD</td>
</tr>
<tr>
<td>9:15 am</td>
<td><strong>Hamstring Injuries in the Runner</strong></td>
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<tr>
<td></td>
<td>Michael Silverman, PT, MSPT, Level 2 TPI</td>
</tr>
<tr>
<td>9:35 am</td>
<td><strong>Groin Injuries in Hockey</strong></td>
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<tr>
<td></td>
<td>Timothy F. Tyler, PT, MSPT, ATC</td>
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<tr>
<td>10:00 am</td>
<td><strong>Manual Techniques</strong></td>
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<tr>
<td></td>
<td>Michele Naumann-Carlstrom, LMT</td>
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<tr>
<td>10:15 am</td>
<td><strong>The Art of ART (Active Release Therapy)</strong></td>
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<tr>
<td></td>
<td>Christopher J. Anselmi Jr., DC</td>
</tr>
<tr>
<td>10:30 am</td>
<td><strong>Discussion</strong></td>
</tr>
<tr>
<td>10:50 am</td>
<td><strong>Break</strong></td>
</tr>
</tbody>
</table>
CONCURRENT FOCUS SESSIONS
Please note that Session B only will be offered for all live streaming participants.

SESSION A
Managing Patella Disorders in the Athlete
Moderator: Polly de Mille, RN, MA, RCEP, CSCS, USAT

11:10 am  Differential Diagnosis in the Athlete with Patellofemoral Disease
Sabrina M. Strickland, MD

11:30 am  Current Concept
Conservative Management of Patellofemoral Pain
Jessica Hettler, PT, MS, ATC, SCS, Cert MDT

11:50 am  When is Soft Tissue Surgery Not Enough?
Beth E. Shubin Stein, MD

12:10 pm  Post-Operative Rehabilitation
Theresa Chiaia, PT, DPT

12:30 pm  Discussion

SESSION B
Decision-Making in Sports Medicine
Moderator: John T. Cavanaugh, PT, MEd, ATC, SCS

11:10 am  Return to Play:
Concussion Management, from Adolescents to the NFL
James J. Kinderknecht, MD

11:30 am  Management of Biceps Lesions
Stephen J. O’Brien, MD, MBA

11:50 am  When is PRP Indicated?
Brian C. Halpern, MD

12:10 pm  Graft Selection for ACLR: How it Affects My Rehabilitation
Jo A. Hannafin, MD, PhD

12:30 pm  Discussion

Live streaming webcast ends for Day 2

12:50 pm  Lunch (on your own)
CONCURRENT WORKSHOPS
Offered for onsite attendees only, participants choose one for each wave in advance.

WAVE 2
1:55 pm
A. Clinical Examination of the Athlete’s Knee
   Theresa Chiaia, PT, DPT; Kenton Fibel, MD; Donald Fowler, MD; Jaron Sullivan, MD; Samuel Taylor, MD
B. From Physical Therapy to Physical Power
   Jamie Osmak, CSCS, CES, TPI GFI Level 1, USATF-1; Kara Federowicz, CPT, USAW
C. Clinical Examination of the Athlete’s Foot
   Robert Turner, PT, OCS, MS, OM, LAc, PMA®, CPT
D. Troubleshooting in Sports Physical Therapy: The Complicated Patient (Lower Extremity)
   Moderator: Robert DiGiacomo, PT, DPT, ATC; Julie Khan, PT, DPT; David Meyer, PT, DPT, CSCS; Aisling Toolan, PT, DPT, SCS, CSCS
E. Aquatic Therapy in Sports Physical Therapy
   Sarah Killian, PT, MSPT, ATRIC; Jessica Hettler, PT, MS, ATC, SCS, Cert MD
F. From Table to Field: Nutrition’s Role in Athletic Recovery
   Jason Machowksy, MS, RD, CSSD, CSCS

2:55 pm
Break

WAVE 3
3:05 pm
G. Clinical Examination of the Athlete’s Shoulder
   John T. Cavanaugh, PT, MEd, ATC, SCS; Brian Grawe, MD; Timothy Griffith, MD; Moira McCarthy, MD; Jacqueline Munch, MD
H. Treatment Strategies for Overuse Injuries in the Runner
   Leigh-Ann Plack, PT, DPT; Michael Silverman, PT, MSPT, Level 2 TPI
I. Core Stability and the Adolescent Athlete
   Jessica Graziano, PT, DPT, CSCS; Marla Ranieri, PT, DPT
J. Massage Techniques to Increase Shoulder Mobility
   Michele Naumann-Carlstrom, LMT
K. Managing LBP in the Athlete
   Aisling Toolan, PT, DPT, SCS, CSCS; Andrea Tychanski, PT, DPT, ATC, CSCS
L. Maximizing Performance through Metabolic Testing
   Polly de Mille, RN, MA, RCEP, CSCS, USAT

4:05 pm
Adjourn

HSP eAcademy
Earn CME/CEU credit online through our on-demand offerings. Go to www.hss.edu/eAcademy to register and receive notifications of activities.
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Team Physical Therapist
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Surgical Director
Ambulatory Surgery Center
Co-Medical Director
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Hospital for Special Surgery
Associate Professor of Orthopaedic Surgery
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J. Richard Steadman, MD
Founder and Managing Partner
The Steadman Clinic
Founder and Co-Chairman of the Board
Steadman Philippon Research Institute
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Timothy F. Tyler, PT, MSPT, ATC
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Scarsdale, NY

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Attending Orthopaedic Surgeon
Professor of Clinical Orthopaedic Surgery
Weill Cornell Medical College
Medical Director
New York Mets
Brooklyn Nets
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Board Certified Chiropractor
Integrative Care Center
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Section Manager
Sports Rehabilitation and Performance Center

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Instructor in Orthopaedics
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Head Team Physician
New York Mets

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Sports Rehabilitation and Performance Center
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Director
Sports Rehabilitation and Performance Center

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Clinical Supervisor
Hip Disorders
Sports Rehabilitation and Performance Center
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Performance Specialist
Sports Rehabilitation and Performance Center

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Sports Rehabilitation and Performance Center

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Fellow
Primary Care Sports Medicine
Donald Fowler, MD
Fellow
Sports Medicine and Shoulder Service

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Instructor of Medicine
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Consulting Team Physician
New York Liberty

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Sports Medicine and Shoulder Service

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Professor of Orthopaedic Surgery
Weill Cornell Medical College
Team Physician
New York Liberty

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Assistant Professor of Pediatrics
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Team Physician
New York Giants

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Sports Rehabilitation and Performance Center

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Sports Rehabilitation and Performance Center

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Clinical Supervisor
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Sports Rehabilitation and Performance Center
Team Physical Therapist
New York Mets

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Director, Foster Center for Clinical Outcome Research
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Moira McCarthy, MD
Fellow
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David Meyer, PT, DPT, CSCS
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Sports Rehabilitation and Performance Center

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Sports Medicine and Shoulder Service

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Associate Attending Orthopaedic Surgeon
Associate Professor of Clinical Orthopaedic Surgery
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Joint Mobility Center

Marla Ranieri, PT, DPT
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Sports Rehabilitation and Performance Center

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Physical Therapy Affiliated with Hospital for Special Surgery at Goldman Sachs

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Coordinator for Performance Sports Rehabilitation and Performance Center

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Weill Cornell Medical College

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Samuel Taylor, MD
Fellow
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Associate Professor of Orthopaedic Surgery
Weill Cornell Medical College
Team Physician
New York Red Bulls
Brooklyn Nets

James F. Wyss, MD, PT
Assistant Attending Physiatrist

HSS PROGRAM COORDINATOR
Melody Mokhtarian, JD
Marketing and Events Coordinator
Professional Education
Education & Academic Affairs
Please rank your first, second and third preference for each group of workshops.

**Afternoon Workshops: Wave 1**

___ A. Surgery (Hip Arthroscopy)

___ B. Troubleshooting in Sports Physical Therapy: The Complicated Patient (Upper Extremity)

___ C. The Female Athlete Triad and the Role of Exercise

___ D. Multidirectional Movement: The Foundation to Athletic Activity

**Optional Instructional Courses**

Morning Pre-Conference Courses (additional $60 per instructional course)

___ A. Clinical Examination of the Athlete's Hip

___ B. Running Analysis: Tools for Prevention and Rehabilitation

___ C. Golf: Strategies for Injury Prevention and Performance Enhancement

___ D. The Thoracic Spine: The Missing Link to your Core Stability Program

**Concurrent Workshops**

**Friday, April 25 (onsite attendees only)**

Please rank your first, second and third preference for each group of workshops.

**Afternoon Workshops: Wave 2**

___ A. Clinical Examination of the Athlete’s Knee

___ B. From Physical Therapy to Physical Power

___ C. Clinical Examination of the Athlete’s Foot

___ D. Troubleshooting in Sports Physical Therapy: The Complicated Patient (Lower Extremity)

___ E. Aquatic Therapy in Sports Physical Therapy

___ F. From Table to Field: Nutrition's Role in Athletic Recovery

___ G. Clinical Examination of the Athlete’s Shoulder

___ H. Treatment Strategies for Overuse Injuries in the Runner

___ I. Core Stability and the Adolescent Athlete

___ J. Massage Techniques to Increase Shoulder Mobility

___ K. Managing LBP in the Athlete

___ L. Maximizing Performance through Metabolic Testing

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Every effort will be made to accommodate your choices. Space is limited in each session and will be allocated on a first-come, first-serve basis.
REGISTRATION FEES

Registration fees include breakfasts and lunch on Friday and Reception (onsite attendees only), online access to lecture handouts, physical therapy contact hours, BOC credits and NSCA CEUs. All registered participants will receive a confirmation via email. Rehabilitation Network members receive an exclusive 20 percent discount.

Register early! Onsite space is limited to 100 participants.

<table>
<thead>
<tr>
<th></th>
<th>EARLY BIRD (Ends 3/28 at 5pm)</th>
<th>REGULAR</th>
<th>REGISTRATION CLOSE DATE</th>
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<tbody>
<tr>
<td></td>
<td>Non-network</td>
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<tr>
<td>Onsite</td>
<td>$475</td>
<td>$380</td>
<td>$540</td>
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<td>Onsite with Saturday</td>
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<td>morning pre-conference</td>
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<td>instructional course</td>
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<tr>
<td>Live web streaming</td>
<td>$275</td>
<td>$220</td>
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For day-of registration for the onsite course, add $25 to the appropriate category above plus $15 per instructional course (available only if space permits—please call first). Please note: Registration will not be processed unless accompanied by payment.

Please note: This program may be recorded, filmed or photographed by Hospital for Special Surgery. By attending this program, you give permission to Hospital for Special Surgery to use your voice and likeness for any purpose (promotional, educational, or other), in any medium, and without remuneration of any kind to you.

HOW TO REGISTER

Two easy ways to register!

1 Register and pay online at www.hss.edu/cme-calendar.
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 & Academic Affairs Division
535 East 70th Street
New York, NY 10021

CONFIRMATIONS

All registered participants will receive a confirmation via email.

REFUND POLICY

A handling fee of $75 is deducted for cancellation. Written refund requests must be received one week prior to the course. No refund will be made thereafter.

For more information, please contact
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