11th Annual HSS
SPORTS MEDICINE SYMPOSIUM

APRIL 21–22, 2017
Hospital for Special Surgery
New York City

ACCREDITATION This activity has been approved for AMA PRA Category 1 Credits™, Physical Therapy Contact Hours, BOC Evidence Based Practice Category Hours/CEUs and NSCA CEUs. Pending approval for Physical Therapy CCUs.

Provided by HOSPITAL FOR SPECIAL SURGERY Office of Continuing Medical Education, Department of Rehabilitation and Sports Medicine and Shoulder Service.

Learn from Leaders in Sports Medicine, Rehabilitation, Athletic Training and Performance.
Athletic Trainers: Hospital for Special Surgery (BOC AP# P537) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of 11 EBP Category hours/CEUs onsite and online. ATs should claim only those hours actually spent in the educational program.

Physical Therapists: 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 Contact Hours onsite and online. The following states require continuing education units with no state specific approval: CT, IA, MA and WA.

This activity is pending approval in New Jersey, Florida and Maryland.

This activity is pending approval for CCUs by the Federation of State Boards of Physical Therapy (FSBPT) and therefore would be accepted by the physical therapy regulatory boards/agencies in certain U.S. jurisdictions. The CCU amount will be determined by the FSBPT. The physical therapy boards in the following states currently accept the FSBPT certification: AK, AR, AZ, CA, DE, District of Columbia, GA, HI, IL, IN, KS, KY, MI, MO, MS, MT, NC, NE, OR, SC, TN, UT, VA, VT and WI.

Strength and Conditioning Professionals: National Strength and Conditioning Association (NSCA) approved up to 0.9 CEUs onsite and 0.7 CEUs online for certified individuals attending this event. Approved content for these professionals is indicated with a # symbol.

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 Continuing Medical Education 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 activity directors, planning committee members, presenters, authors and staff 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, presenters, authors and staff have with commercial interests, but to disclose to the activity audience only the relevant financial relationships.
LEARNING OBJECTIVES

HSS continuing medical 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:

- Describe at least one evidence-based guideline related to ACL rehabilitation.
- Identify at least two evidence-based dynamic movements used in return to play assessment following ACL reconstruction.
- Describe at least one current evidence-based treatment guideline for treating the unstable shoulder from the physician management, rehabilitation, athletic training, and strength and conditioning perspectives.
- Describe the docking technique and how it differs from other UCL surgical techniques.
- Identify at least two evidence-based treatment approaches for rehabilitating a proximal hamstring repair.
- Identify one injury common to the adolescent athlete, such as growth plate injuries.
- Describe at least two implications for post-operative rehabilitation in the management of articular cartilage injuries.
- Recognize each person’s role in the team approach (including MD, PT, ATC, and Performance Specialist) to providing outstanding patient care and be able to appropriately refer patients to colleagues for treatment.
- Identify at least two detrimental effects of kinetic chain dysfunction on the running athlete.
- Recall at least two components of a criteria based approach to rehabilitating the athlete with an Achilles tendon injury.
- Identify at least two manual and exercise based techniques designed to treat the athlete with a cervical or lumbar spine injury.
- Perform at least two special tests used in differential diagnosis in the shoulder or knee physical examination after attending the advanced physical exam and MRI correlation workshop.
- Identify at least one element in the management of the athlete following a concussion.
- Identify one injury common to the masters athlete.
- Incorporate at least two techniques for improving performance for the runner.
- Describe at least one pro or con of using an allograft vs. autograft for ACL reconstruction.
- Identify at least two components of a criteria based approach for managing the athlete with ankle instability.
- Identify one technology system in ACL prevention programs.
- Describe at least two components of a comprehensive foot evaluation.
- Describe one MELT Method® technique.

HSS is the leader in the care of sports-related injuries

- Designated the first U.S. Olympic National Medical Center
- Appointed a FIFA Medical Centre of Excellence, one of only three hospitals in the U.S.
- Official hospital of 20+ professional and collegiate sports teams

For a complete list of learning objectives and updates about this course, please visit www.hss.edu/cme.
**Friday, April 21, 2017**

### Activity Agenda

**8:30 am**  
**Breakfast/Registration**

**LOCATION:** Sports Rehabilitation and Performance Center  
525 East 71st Street, BELAIRE BUILDING, ground floor

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### Concurrent Sessions

Onsite participants choose one in advance. The Unstable Shoulder Session will be available for live streaming participants.

**1:40–3:00 pm**

**A. The Unstable Shoulder**  
**Moderator:** David M. Dines, MD

<table>
<thead>
<tr>
<th>Time</th>
<th>Session Title</th>
<th>Presenter</th>
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<tbody>
<tr>
<td>1:40 pm</td>
<td>Can I Avoid Surgery Following a Dislocation?</td>
<td>Terrance Sgroi, PT, DPT, SCS, MTC</td>
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<tr>
<td>1:52 pm</td>
<td>Surgical Management: Anterior Instability</td>
<td>Lawrence V. Gulotta, MD</td>
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<tr>
<td>2:06 pm</td>
<td>Surgical Management: Posterior and Multidirectional Instability</td>
<td>Scott A. Rodeo, MD</td>
</tr>
<tr>
<td>2:21 pm</td>
<td>Post-Op Stabilization Rehabilitation: Clinical Pearls</td>
<td>Robert DiGiacomo, PT, DPT, ATC</td>
</tr>
<tr>
<td>2:33 pm</td>
<td>Plyometric Training for Return to Sport</td>
<td>Jamie Osmak, CSCS, USATF, CGFI-1, FRCms</td>
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<tr>
<td>2:43 pm</td>
<td>Discussion/Q&amp;A</td>
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### Session 1

**The Crucial Ligaments Part 1—The PCL**  
**Moderator:** Robert G. Marx, MD, MSc, FRCSC

<table>
<thead>
<tr>
<th>Time</th>
<th>Session Title</th>
<th>Presenter</th>
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<tbody>
<tr>
<td>9:00 am</td>
<td>Imaging the Cruciates: Rehabilitation Considerations</td>
<td>Eric A. Bogner, MD</td>
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<tr>
<td>9:15 am</td>
<td><strong>KEYNOTE ADDRESS</strong></td>
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<tr>
<td>9:15 am</td>
<td>25 Years of Operating on the PCL</td>
<td>Gregory C. Fanelli, MD</td>
</tr>
<tr>
<td>9:35 am</td>
<td>Rehabilitation of PCL Injuries: Clinical Pearls</td>
<td>John T. Cavanaugh, PT, MEd, ATC, SCS</td>
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<tr>
<td>9:50 am</td>
<td>Discussion/Q&amp;A</td>
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<tr>
<td>10:10 am</td>
<td>Break &amp; Exhibit Viewing*</td>
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### Session 2

**The Crucial Ligaments Part 2—The ACL**  
**Moderator:** Sherry I. Backus, PT, DPT, MA

<table>
<thead>
<tr>
<th>Time</th>
<th>Session Title</th>
<th>Presenter</th>
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</thead>
<tbody>
<tr>
<td>10:40 am</td>
<td>ACL Injuries: Then and Now</td>
<td>Russell F. Warren, MD</td>
</tr>
<tr>
<td>10:55 am</td>
<td>Is There a Role for Conservative Management Following ACL Injury?</td>
<td>Jessica Hettler, PT, DPT, ATC, SCS, Cert MDT</td>
</tr>
<tr>
<td>11:07 am</td>
<td>Graft Selection for ACL Reconstruction: What I Use and Why?</td>
<td>Jo A. Hannafin, MD, PhD</td>
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<td>11:19 am</td>
<td>Pre-Operative Rehabilitation: Does it Matter?</td>
<td>Snehal Patel, PT, MSPT, SCS</td>
</tr>
<tr>
<td>11:29 am</td>
<td>ACL Surgery... Beyond Anatomic: Can We Customize the Surgical Technique?</td>
<td>Thomas L. Wickiewicz, MD</td>
</tr>
<tr>
<td>11:44 am</td>
<td>Rehabilitation Following ACL Reconstruction: Accelerate or Decelerate?</td>
<td>Theresa Chiaia, PT, DPT</td>
</tr>
<tr>
<td>12:01 pm</td>
<td>Return to Play Criteria Following ACL Reconstruction</td>
<td>Polly de Mille, RN, MA, RCEP, CSCS, USAT</td>
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<tr>
<td>12:15 pm</td>
<td>Discussion/Q&amp;A</td>
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<tr>
<td>12:35 pm</td>
<td>Lunch* (provided)</td>
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</tbody>
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*Not designated for credit.

*Approved by NSCA for CEUs.
**Mini Courses**

Onsite participants choose one mini course in advance. “Mini Course A: Live Surgery” will be available for live streaming participants.

<table>
<thead>
<tr>
<th>Time</th>
<th>Course</th>
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<tbody>
<tr>
<td>3:25–4:45 pm</td>
<td><strong>A. Live Surgery—Ulnar (Elbow) Collateral Ligament Reconstruction</strong>&lt;br&gt;Moderator: Joshua S. Dines, MD&lt;br&gt;Surgeon: David W. Altchek, MD</td>
</tr>
<tr>
<td>3:25–4:45 pm</td>
<td><strong>B. Proximal Hamstring Injuries: All Team Approach</strong>&lt;br&gt;Moderator: Ioonna Felix, PT, DPT, OCS</td>
</tr>
<tr>
<td>3:25 pm</td>
<td>Etiology and Conservative Management&lt;br&gt;James F. Wyss, MD, PT</td>
</tr>
<tr>
<td>3:40 pm</td>
<td>It’s More Than a Pain in the Butt...&lt;br&gt;Rehab Management&lt;br&gt;Jessica Hettler, PT, DPT, ATC, SCS, Cert MDT</td>
</tr>
<tr>
<td>3:55 pm</td>
<td>Surgical Intervention&lt;br&gt;Bryan T. Kelly, MD</td>
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<tr>
<td>4:10 pm</td>
<td>Post-Op Rehabilitation Following Proximal Hamstring Repair&lt;br&gt;Ioonna Felix, PT, DPT, OCS</td>
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<tr>
<td>4:25 pm</td>
<td>Discussion/Q&amp;A</td>
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<tr>
<td>3:25–4:45 pm</td>
<td><strong>C. Adolescent Athlete</strong>&lt;br&gt;Moderator: Joseph T. Molony, Jr., PT, MS, SCS, CSCS</td>
</tr>
<tr>
<td>3:25 pm</td>
<td>Overview: Musculoskeletal Considerations in the Young Athlete&lt;br&gt;Joseph T. Molony, Jr., PT, MS, SCS, CSCS</td>
</tr>
<tr>
<td>3:40 pm</td>
<td>Surgical Management: Adolescent Shoulder&lt;br&gt;Peter D. Fabricant, MD, MPH</td>
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<tr>
<td>3:55 pm</td>
<td>Surgical Management: Adolescent Knee&lt;br&gt;Daniel W. Green, MD, MS, FAAP, FACS</td>
</tr>
<tr>
<td>4:10 pm</td>
<td>Performance Training for the Young Athlete&lt;br&gt;Kara Federowicz, ATC, CSCS, CPT, USAW-L1SP</td>
</tr>
<tr>
<td>4:25 pm</td>
<td>Discussion/Q&amp;A</td>
</tr>
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</table>

“Enjoyed the surgical videos and diagrams explaining the procedures.”
—2016 Participant

“Please join us from 4:45–6:15 pm on Friday, April 21st, 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 onsite participants, faculty and exhibitors.

*Not designated for credit.
†Approved by NSCA for CEUs.
Saturday, April 22, 2017
Activity Agenda

Optional Instructional Courses*
Onsite participants only. Additional fee applies.

7:25–8:35 am
A. Massage Techniques to Improve Outcome in the Upper Extremity: “The Right Touch at the Right Time”
   Michele Naumann-Carlstrom, LMT
B. Clinical Examination of the Athlete’s Hip
   Danyal H. Nawabi, MD, FRCS; Terrance Sgroi, PT, DPT, SCS, MTC; Patrick Vignona, PT, MSPT, SCS, Cert MDT

8:20 am Breakfast/Registration*
LOCATION: Sports Rehabilitation and Performance Center
525 East 71st Street, Belaire Building, ground floor

Concurrent Sessions
Onsite participants choose one session in advance. Foot and Ankle Injuries in Sports will be available for live streaming participants.

8:55 am Welcome & Announcements*

Session 3
Managing Injuries in the Runner
Moderator: Robert DiGiacomo, PT, DPT, ATC

9:00 am Clinical Update: Injuries and the Runner*
   Jordan D. Metzl, MD
9:20 am Managing Stress Fractures in the Runner
   Daphne A. Scott, MD
9:40 am Incorporating Running Analysis into Your Evaluation*
   Julie Khan, PT, DPT, SCS, USATF-L1
10:00 am Optimizing My Training Plan*
   Pamela Geisel, MS, CSCS
10:20 am Discussion/Q&A*
10:40 am Break*

11:00 am–12:25 pm
C. Foot and Ankle Injuries in Sports
   Moderator: Jonathan T. Deland, MD

11:00 am Advances in the Management of Achilles Tendon Injuries
   Constantine A. Demetracopoulos, MD
11:15 am Getting Back in the Game: A Criteria Based Approach to Achilles Tendon Rehab
   Andrea Tychanski, PT, DPT, ATC, SCS, CSCS
11:30 am Clinical Update: Ankle Instability in 2017*
   Matthew M. Roberts, MD
11:45 am Rehab of Lateral Ankle Instability: Clinical Pearls
   Walter L. Jenkins, PT, DHS, LATC, ATC
12:05 pm Discussion/Q&A*

11:00 am–12:25 pm
D. The Spine in Sports
   Moderator: Jessica Hettler PT, DPT, ATC, SCS, Cert MDT

11:00 am Cervical Spine Injuries in Collision Sports*
   Joseph H. Feinberg, MD
11:15 am Lumbar Injuries in the Athlete: Through the Lifespan*
   Joel M. Press, MD
11:35 am Manual Techniques for Spinal Dysfunction in the Athlete
   Scott Siverling, PT, OCS
11:50 am Core Stability and the Athlete*
   Patrick Vignona, PT, MSPT, SCS, Cert MDT
12:05 pm Discussion/Q&A*
12:25 pm Lunch* (on your own)

*Not designated for credit.
*Approved by NSCA for CEUs.
Concurrent Workshops
Onsite participants choose one workshop from each wave in advance. Troubleshooting in Sports Physical Therapy and The Role of Sports Physical Therapy in Concussion Management will be available for live streaming participants.

1:30–2:35 pm

Wave 1

A. Advanced Physical Exam and MRI Correlation: The Knee
   David M. Dare, MD; Ryan Fader, MD; Matthew Tao, MD; Dean Wang, MD

B. The Masters Athlete
   William W. Briner, Jr., MD, FACSM, FAAFP; Jason Machowsky, MS, RD, CSSD, RCEP, CSCS; Snehal Patel, PT, MSPT, SCS

C. Foot Evaluation
   Walter L. Jenkins, PT, DHS, LATC, ATC

D. Troubleshooting in Sports Physical Therapy
   Moderator: Michael Levinson, PT, SCS, CSCS
   Panel: Jenna Baynes, PT, DPT, ATC; Michelle Cilenti, PT, DPT, OCS, CSCS; Julie Khan PT, DPT, SCS, USATF-L1; Joseph T. Molony, Jr., PT, MS, SCS, CSCS

E. Strength Training for Running
   Pamela Geisel, MS, CSCS

2:35 pm Break

2:50–3:55 pm

Wave 2

F. Advanced Physical Exam and MRI Correlation: The Shoulder
   Sheena Black, MD; Justin Conway, MD; Michael McGraw, MD; Tim Wang, MD

G. Blood Flow Restriction (BFR) Therapy
   Adrian Ferreira, MPT

H. The MELT Method
   Polly de Milie, RN, MA, RCEP, CSCS, USAT

I. The Role of Sports Physical Therapy in Concussion Management
   Moderator: Teena Shetty, MD
   Panel: Kara Federowicz, ATC, CSCS, CPT, USAW-L1SP; Joel Guzman, ATC; Peter Schultz, PT, DPT, OCS

J. Transitioning the Patient from PT to Performance
   Jason Machowsky, MS, RD, CSSD, RCEP, CSCS; Jamie Osmak, CSCS, USATF, CGFI-1, FRCms

3:55 pm Adjourn

*Not designated for credit.
*Approved by NSCA for CEUs.
Faculty and agenda are subject to change.

LIVE STREAMING ENDS FOR DAY 2

Highlights for Rehabilitation Professionals

- Pediatric Core Curriculum
- Rehabilitation Grand Rounds
- The Rotational Athlete
- Surgical Videos

Earn CME/CEU credit online through our on-demand offerings www.hss.edu/eAcademy
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“The doctor shared valuable information I could use in my setting.”

—2016 Participant

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Director, FIFA Medical Center of Excellence

James F. Wyss, MD, PT
Assistant Attending Physiatrist
Assistant Professor of Clinical Rehabilitation Medicine
Weill Cornell Medicine

Sports Medicine Symposium
Registration Fees

Registration fees for onsite include breakfast on Friday and Saturday, lunch on Friday, and Chairmen’s Reception. All registered attendees receive online access to lecture handouts and credits and a confirmation via e-mail.

Rehabilitation Network members receive an exclusive 20% discount

<table>
<thead>
<tr>
<th>Two Ways to Register</th>
<th>EARLY BIRD RATE Closes 3/31/17 at 5pm</th>
<th>REGULAR RATE Closes 4/16/17 at 5 pm</th>
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<tbody>
<tr>
<td>Onsite</td>
<td>$475 (Network $380)</td>
<td>$540 (Network $432)</td>
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<tr>
<td>Onsite with Saturday morning pre-conference Optional Instructional Course</td>
<td>$535 (Network $428)</td>
<td>$600 (Network $480)</td>
</tr>
<tr>
<td>Live Streaming</td>
<td>$275 (Network $220)</td>
<td>$340 (Network $272)</td>
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For day-of registration for the onsite course, add $75 to the appropriate category above (available only if space permits—please call first). Please note: Registration will not be processed unless accompanied by payment.

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 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 Wanda Napolitano Senior Events and Marketing Coordinator Professional Education Education & Academic Affairs Hospital for Special Surgery Tel: 212.606.1812 Email: napolitanow@hss.edu

Parking & Accommodations
For information on parking and accommodations, please go to www.hss.edu/visitor-information.asp and view our Neighborhood Directory. Local accommodations are limited and early reservations are recommended.

Transportation
Airport: LaGuardia (LGA) is 8 miles northeast of the city. Kennedy International (JFK) is 15 miles southeast of the city. Newark International (EWR) is 16 miles southwest of the city.

Bus: M72, M31 stop at East 69th Street and York Avenue

Subway: Nearest line is the 6 train stop at East 68th Street and Lexington Avenue or the Q train at Second Avenue and 72nd Street.

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.

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For updates on this course and a complete calendar of scheduled live and online CME activities, go to www.hss.edu/cme.
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.

Friday, April 21
Concurrent Sessions
Onsite participants please select one. Live streaming participants will view The Unstable Shoulder.
- A. The Unstable Shoulder
- B. Decision Making in Sports Medicine: Clinical Vignettes

Mini Courses
Onsite participants please select one. Live streaming participants will view “A: Live Surgery-Ulnar (Elbow) Collateral Ligament Reconstruction”.
- A. Live Surgery-Ulnar (Elbow) Collateral Ligament Reconstruction
- B. Proximal Hamstring Injuries: All Team Approach
- C. Adolescent Athlete
- D. Advances in Managing Articular Cartilage Injuries in the Athlete

Saturday, April 22
Optional Instructional Courses*
Morning Pre-Conference Courses (additional $60 per instructional course) Not available for live streaming.
- A. Massage Techniques to Improve Outcome in the Upper Extremity: “The Right Touch at the Right Time”
- B. Clinical Examination of the Athlete’s Hip

Concurrent Sessions
Onsite participants please select one.
- C. Foot and Ankle Injuries in Sports
- D. The Spine in Sports

Concurrent Workshops
Troubleshooting in Sports Physical Therapy and The Role of Sports Physical Therapy in Concussion Management will be available for live streaming participants.

Wave 1
Onsite participants please rank your first, second and third preference.
- A. Advanced Physical Exam and MRI Correlation: The Knee
- B. The Masters Athlete
- C. Foot Evaluation
- D. Troubleshooting in Sports Physical Therapy
- E. Strength Training for Running

Wave 2
Onsite participants please rank your first, second and third preference.
- F. Advanced Physical Exam and MRI Correlation: The Shoulder
- G. Blood Flow Restriction (BFR) Therapy
- H. The Melt Method*
- I. The Role of Sports Physical Therapy in Concussion Management
- J. Transitioning the Patient from PT to Performance

*Not designated for credit.

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