MAJOR LEAGUE SOCCER
2015 MEDICAL SYMPOSIUM

JANUARY 10, 2015 • THE WESTIN BEACH RESORT & SPA • FORT LAUDERDALE, FL

This activity has been approved for AMA PRA Category 1 Credits™, Physical Therapy Contact Hours and BOC credits

JOINTLY PROVIDED BY Hospital for Special Surgery Office of Continuing Medical Education & Major League Soccer

LIVE STREAMING WEBCAST is also available!
TARGET AUDIENCE
This activity is targeted to orthopaedic surgeons, sports medicine physicians, primary care physicians, physiatrists, athletic trainers, rehabilitation therapists and physical therapists.

STATEMENT OF NEED
Collegiate and professional soccer leagues rely upon their medical teams to treat soccer-related injuries and return injured players to the sport in a safe and efficient manner. This course provides attendees with critical knowledge regarding medical illnesses like cardiac disease, heat stroke, cancer and sickle cell disease that may also prevent or delay players from entering or returning to the game. Expert faculty will guide medical teams on the identification, prevention and treatment of injuries common to soccer athletes, such as hamstring injuries, extra-articular hip injuries and spinal conditions. Comprehension of these topics plays a critical role in practitioners’ ability to maintain the health and performance of soccer players.

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:

✓ Identify key risk factors for cardiac disease, common symptoms and heart murmurs, and apply key intervention strategies and treatment options once cardiac disease is identified.
✓ Describe the epidemiology, causational factors, contributing co-morbidities and treatment objectives and goals for hamstring injuries in the soccer athlete.
✓ Recognize the importance of performing a detailed exam and better diagnose intra- vs. extra-articular disorders in the hip.
✓ Recognize the importance of timely diagnosis for extra-articular hip injuries such as sports hernia and identify different treatment modalities for this on-field injury.
✓ Explain the complex physiology of cancer and sickle cell disease and traits and how these illnesses affect an athlete’s performance.
✓ Describe the complex needs of the athlete with cancer and sickle cell disease and identify how these diseases affect performance, nutrition, hydration and medication use.
✓ Identify the most beneficial orthobiologics for different conditions facing a soccer athlete.
✓ Recognize how to modify rehabilitation to return athletes to play in a more expeditious and safe manner.
✓ Identify the signs and symptoms of spinal disease that can often mask as hip pain.
✓ Describe the diagnosis and treatment paradigm in order to avoid delayed diagnosis and prolonged injury.
✓ Explain the danger of heat illness in athletes and effectively treat patients suffering from heat stroke.
✓ Recognize at-risk athletes and the importance of nutrition and hydration for all high-level athletes to ensure their overall well-being and performance.

ACCREDITATION & CREDIT DESIGNATION
This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Hospital for Special Surgery and Major League Soccer. Hospital for Special Surgery is accredited by the ACCME to provide continuing medical education for physicians. Hospital for Special Surgery designates this live activity for a maximum of 7.0 AMA PRA Category 1 Credit(s)™ onsite and online. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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 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.

FOR MORE
Go to www.hss.edu/cme for a complete of scheduled live and online CME activities.
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<th>Time</th>
<th>Session</th>
<th>Topic</th>
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<tr>
<td>7:00a</td>
<td>Breakfast*</td>
<td>Breakfast begins</td>
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<tr>
<td>7:30a</td>
<td>Welcome</td>
<td>Welcome and Introduction*</td>
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<tr>
<td>7:35a</td>
<td>Cardiac</td>
<td>Cardiac Disease in the Elite Athlete: How to Recognize, Treat and</td>
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<td></td>
<td>Disease</td>
<td>Prevent Sudden Cardiac Death</td>
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<td></td>
<td></td>
<td>- Cardiac Case Presentation: John Gallucci Jr., MS, AT, DPT</td>
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<td>- Cardiac Disease from a Player's Perspective: Zachary Herold</td>
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<td>- Sudden Cardiac Death: Leslie T. Cooper, MD</td>
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<td></td>
<td>- Discussion and Q&amp;A</td>
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<tr>
<td>8:45a</td>
<td>Break*</td>
<td>Break</td>
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<tr>
<td>9:00a</td>
<td>Hamstring</td>
<td>Hamstring Injuries in the Professional Soccer Athlete: What Do the</td>
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<td>Injuries</td>
<td>Numbers Say?</td>
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<td></td>
<td>Athlete:</td>
<td>- Case Study: Hamstring Strain with Rehabilitation and Return to Play:</td>
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<tr>
<td></td>
<td></td>
<td>Nik Wald, AT</td>
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<td>- Case Presentation: Hamstring Injury with Operative Intervention and Return to Play: Gabriel Manoel, PT, DPT, OCS, CSCS</td>
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<td>- Hamstring Injury Prevention: FIFA ’11 Intervention Study: Holly Silvers, MPT</td>
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<td>- Discussion and Q&amp;A</td>
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<tr>
<td>9:55a</td>
<td>Break*</td>
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<tr>
<td>10:10a</td>
<td>Sports</td>
<td>Sports Hernia Injuries: It’s Not From the Hip Joint – Diagnosis,</td>
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<td>Hernia:</td>
<td>Treatment and the Return to Play Model in MLS</td>
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<td>It’s Not</td>
<td>- Case Presentation: Sports Hernia: Nik Wald, AT</td>
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<td>From the</td>
<td>- Sports Hernia: Identification and Treatment Paradigms: William B.</td>
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<td>Hip Joint</td>
<td>Hutchinson Jr., MD</td>
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<td>– Diagnosis</td>
<td>- You Must Clear the Hip: Michael B. Gerhardt, MD</td>
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<td>– Treatment</td>
<td>- Sports Hernia: Rehabilitation and Return to Play: Craig Devine, PT, AT</td>
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<td>Paradigms</td>
<td>- Panel Discussion and Q&amp;A</td>
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<tr>
<td>11:15p</td>
<td>Keynote</td>
<td>Keynote Speaker: Effective Strategies for Managing Nutrition,</td>
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<td>Speaker:</td>
<td>Hydration and Recovery Challenges and Preventing Exertional Heat</td>
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<td>Illness in Elite Athletes</td>
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<td>Strategies</td>
<td>- Case Presentation: Sickle Cell Disease: Thomas G. Hospel, MD, MBA,</td>
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<td>for</td>
<td>Steven Purcell, MS, AT</td>
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<td>Managing</td>
<td>- Sickle Cell Disease and Traits in the Soccer Athlete: Robert Agee, MD</td>
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<td>Nutrition</td>
<td>- Case Presentation: Leukemia in an Elite Athlete: Evan B. Allen, MA, AT</td>
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<tr>
<td>12:15a</td>
<td>Lunch*</td>
<td>Lunch</td>
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<tr>
<td>1:15p</td>
<td>Hematologic</td>
<td>Hematologic Complications and Pitfalls in Sports</td>
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<td>Complications</td>
<td>- Case Presentation: Sickle Cell Disease: Thomas G. Hospel, MD, MBA,</td>
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<td>and Pitfalls</td>
<td>Steven Purcell, MS, AT</td>
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<td>- Sickle Cell Disease and Traits in the Soccer Athlete: Robert Agee, MD</td>
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<td>- Case Presentation: Leukemia in an Elite Athlete: Evan B. Allen, MA, AT</td>
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<td>2:20p</td>
<td>The</td>
<td>The Regenerative Triad of Orthobiologic Treatments in Major League</td>
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<td>Regenerative</td>
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<td>Triad of</td>
<td>- The Use of Orthobiologic Treatments in Professional Soccer Players:</td>
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<td>Orthobiologic</td>
<td>Richard H. Edelson, MD</td>
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<td>Treatments</td>
<td>- Rehabilitation with the Use of Orthobiologics: Building a Case for</td>
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<td>in Major</td>
<td>Early Movement to Reduce Time Lost Bert R. Mandelbaum, MD; Riley J.</td>
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<tr>
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<td>League</td>
<td>Williams III, MD; Wayne K. Gersoff, MD; Peter H. Edwards Jr., MD</td>
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<td>Soccer</td>
<td>- Discussion and Q&amp;A</td>
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<tr>
<td>3:05p</td>
<td>Break*</td>
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<tr>
<td>3:20p</td>
<td>Spine</td>
<td>Spine Injuries and Disease in the Elite Athlete</td>
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<td>Injuries</td>
<td>- Case Presentation: Acute Lumbar Injury: Robert G. Watkins III, MD</td>
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<td>and Disease</td>
<td>- Spine Injury in the Soccer Athlete: Robert G. Watkins III, MD</td>
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<td>in the</td>
<td>- Spinal Rehabilitation and Return to Play: Aisling Toolan, PT, DPT, OCS, CSCS</td>
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<td>Elite Athlete</td>
<td>- Discussion and Q&amp;A</td>
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<tr>
<td>4:10p</td>
<td>Closing</td>
<td>Closing Remarks*</td>
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<tr>
<td>4:30p</td>
<td>Remarks*</td>
<td>Remarks</td>
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<td>Networking</td>
<td>Networking Reception*</td>
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<td></td>
<td>Reception*</td>
<td>Please join us for networking &amp; cocktails from 4:30–5:30p.</td>
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</table>

**PROGRAM FACULTY**

**ACTIVITY DIRECTOR**
- Amanda Martin, DO
- Orthopaedic Sports Medicine Physician
- Lemak Sports Medicine & Orthopedics Medical Director
- NCAA Soccer Cup, 2011, 2012 Consultant, Major League Soccer
- Birmingham, AL

**HSS FACULTY**
- Aisling Toolan, PT, DPT, SCS, CSCS
- Advanced Clinician
- Sports Physical Therapy Specialist
- Sports Rehabilitation and Performance Center
- Tigard, OR

**Riley J. Williams III, MD**
- Associate Attending Orthopaedic Surgeon
- Director of the Institute for Cartilage Repair
- Associate Professor of Orthopaedic Surgery
- Weill Cornell Medical College
- Team Physician
- New York Red Bulls
- Brooklyn Nets

**GUEST FACULTY**
- Robert Agee, MD
  - Lemak Sports Medicine & Orthopedics
  - Birmingham, AL
- Evan B. Allen, MA, AT, LAT
  - Head Athletic Trainer
  - New England Revolution
  - Foxborough, MA
- Michael F. Bergeron, PhD, FACSM
  - Executive Director, Sanford Sports Science Institute and National Youth Sports Health & Safety Institute
  - Professor, Department of Pediatrics
  - Sanford School of Medicine
  - of the University of South Dakota
  - Senior Scientist, Sanford Children’s Health Research Center
  - Sioux Falls, SD
- Leslie T. Cooper Jr., MD
  - Director, Vascular Center
  - Mayo Clinic
  - Rochester, MN
- Craig Devine, PT, AT
  - Head Athletic Trainer
  - Columbus Crew
  - Columbus, OH
- Richard H. Edelson, MD
  - Orthopaedic Surgeon
  - Sports Medicine Oregon
  - Chief Medical Officer and Head Team Physician
  - Portland Timbers
  - Tigard, OR
- Peter H. Edwards Jr., MD
  - Ohio Orthopaedic Center of Excellence
  - Team Physician
  - Columbus Crew
  - Columbus, OH
- Robert B. Flannery, MD
  - Lemak Sports Medicine & Orthopedics
  - Birmingham, AL
- John Gallucci Jr., MS, AT, PT, DPT
  - Medical Coordinator, Major League Soccer
  - President, JAG Physical Therapy
  - New York, NY
- Michael B. Gerhardt, MD
  - Santa Monica Orthopaedic and Sports Medicine Group
  - FIFA Medical Center of Excellence
  - Team Physician
  - US Soccer and Major League Soccer
  - Los Angeles, CA
- Wayne K. Gersoff, MD
  - Orthopaedic Surgeon
  - Advanced Orthopaedic and Sports Medicine Specialists, P.C.
  - Clinical Instructor
  - University of Colorado Health Sciences Center
  - Chief Medical Officer
  - Colorado Rapids
  - Denver, CO

**Eric Giza, MD**
- Chief, Department of Orthopaedics
- UC Davis Health System
- Sacramento, CA

**Zachary Herold**
- New York Red Bulls
- Coach, Regional Development Schools
- New York, NY

**Thomas G. Hospel, MD, MBA**
- MAX Sports Medicine
- OhioHealth Sports Medicine Institute
- Dublin, OH

(Continued on the back panel)
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 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
Melody Mokhtarian Marketing and Events Coordinator Professional Education Department Education & Academic Affairs Hospital for Special Surgery
tel: 212.606.1812
e-mail: mokhtarianm@hss.edu

ACCOMMODATIONS
A special discounted room block has been arranged for course participants at The Westin Beach Resort & Spa. Room rate is $235 (plus tax). Please call the hotel directly for reservations at 954-467-1111 and reference the “MLS Combine Affiliate Block.” The cut-off date for the discounted rate is December 9 at 5:00pm, after which standard room rates will apply.

This program may be recorded, filmed or photographed. 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.

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MAJOR LEAGUE SOCCER
2015 MEDICAL SYMPOSIUM

Please print legibly.

DATE (MONTH-DAY-YEAR)

FIRST NAME MI LAST NAME

DEGREE EMPLOYER

EMAIL ADDRESS*

STREET ADDRESS SUITE/APT #

CITY STATE ZIP CODE

DAYTIME PHONE

$ AMOUNT ENCLOSED

CREDIT CARD #

EXP. DATE

SIGNATURE

How did you hear about this course?

- Print brochure
- Email blast
- LinkedIn ad
- Recommendation
- Google ad
- Other _____________________

REGISTRATION FEES
Registration fees include breakfast, lunch, networking session for onsite participants, online access to lecture handouts and credits. All registered participants will receive a confirmation via email.

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<tr>
<td>Early Bird (By 10/31 at 5pm)</td>
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<tr>
<td>Physicians</td>
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For day-of registration, 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.

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GUEST FACULTY
(continued)

William B. Hutchinson Jr., MD Medical Director Pacific Coast Hernia Center Santa Monica, CA
Bert R. Mandelbaum, MD Course Chairman Medical Director Santa Monica Orthopaedic and Sports Medicine Group Santa Monica, CA
Gabriel Manoel, PT, DPT, OCS, CSCS Staff Physical Therapist DC United The Orthopaedic Center Washington, DC
Steven Purcell, MS, AT Assistant Athletic Trainer Columbus Crew Columbus, OH
Holly Silvers, MPT Director of Research Santa Monica Sports Medicine Foundation
Chivas USA Santa Monica, CA
Nik Wald, ATC Director of Sports Medicine and Head Athletic Trainer Portland Timbers Portland, OR
Robert G. Watkins III, MD Orthopaedic Spine Surgeon Director, Marina Spine Center Clinical Professor University of Southern California Marina Del Ray, CA

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