

HOSPITAL
FOR
SPECIAL
SURGERY

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!

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LOCATION The Westin Beach Resort & Spa, 321 North Fort Lauderdale Beach Boulevard, Fort Lauderdale, Florida 33334


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.

TARGET AUDIENCE This activity is targeted to orthopaedic surgeons, sports medicine physicians, primary care physicians, physiatrists, athletic trainers, rehabilitation therapists and physical therapists.

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, causal 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.

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 7.0 Contact Hours on-site and 7.0 Contact Hours online. This activity is pending approval in FL. 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 7.0 Contact Hours onsite and 7.0 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.

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.

7:00a	Breakfast*	10:10a	Sports Hernia Injuries: It's Not From the Hip Joint – Diagnosis, Treatment and the Return to Play Model in MLS	2:20p	Cancer: Treatment and Return to Play with Physiologic Effects of Treatment <i>Robert B. Flannery, MD</i>
	 Live streaming webcast begins		Case Presentation: Sports Hernia <i>Nik Wald, ATC</i>		Discussion and Q&A
7:30a	Welcome and Introduction*		Sports Hernia: Identification and Treatment Paradigms <i>William B. Hutchinson Jr., MD</i>		The Regenerative Triad of Orthobiologic Treatments in Major League Soccer
7:35a	Cardiac Disease in the Elite Athlete: How to Recognize, Treat and Prevent Sudden Cardiac Death		You Must Clear the Hip <i>Michael B. Gerhardt, MD</i>		The Use of Orthobiologic Treatments in Professional Soccer Players <i>Richard H. Edelson, MD</i>
	Cardiac Case Presentation <i>John Gallucci Jr., MS, ATC, PT, DPT</i>		Sports Hernia: Rehabilitation and Return to Play <i>Craig Devine, PT, ATC</i>		Rehabilitation with the Use of Orthobiologics: Building a Case for Early Movement to Reduce Time Lost <i>Bert R. Mandelbaum, MD; Riley J. Williams III, MD; Wayne K. Gersoff, MD; Peter H. Edwards Jr., MD</i>
	Cardiac Disease from a Player's Perspective <i>Zachary Herold</i>		Panel Discussion and Q&A		
	Sudden Cardiac Death <i>Leslie T. Cooper Jr., MD</i>	11:15p	Keynote Speaker	3:05p	Break*
	Discussion and Q&A		Effective Strategies for Managing Nutrition, Hydration and Recovery Challenges and Preventing Exertional Heat Illness in Elite Athletes <i>Michael F. Bergeron, PhD, FACSM</i>	3:20p	Spine Injuries and Disease in the Elite Athlete
8:45a	Break*	12:15a	Lunch*		Case Presentation: Acute Lumbar Injury <i>Robert G. Watkins III, MD</i>
9:00a	Hamstring Injuries in the Professional Soccer Athlete: What Do the Numbers Say?	1:15p	Hematologic Complications and Pitfalls in Sports		Spine Injury in the Soccer Athlete <i>Robert G. Watkins III, MD</i>
	Hamstring: What's New in 2015? A Healthy Athlete Update <i>Eric Giza, MD</i>		Case Presentation: Sickle Cell Disease <i>Thomas G. Hospel, MD, MBA, and Steven Purcell, MS, AT</i>		Spinal Rehabilitation and Return to Play <i>Aisling Toolan, PT, DPT, SCS, CSCS</i>
	Case Study: Hamstring Strain with Rehabilitation and Return to Play <i>Nik Wald, ATC</i>		Sickle Cell Disease and Traits in the Soccer Athlete <i>Robert Agee, MD</i>		Discussion and Q&A
	Case Presentation: Hamstring Injury with Operative Intervention and Return to Play <i>Gabriel Manoel, PT, DPT, OCS, CSCS</i>		Case Presentation: Leukemia in an Elite Athlete <i>Evan B. Allen, MA, ATC, LAT</i>	4:10p	Closing Remarks*
	Hamstring Injury Prevention: FIFA '11 Intervention Study <i>Holly Silvers, MPT</i>				 Live streaming webcast ends
	Discussion and Q&A			4:30p	Networking Reception* <i>Please join us for networking & cocktails from 4:30–5:30p.</i>
9:55a	Break*				

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

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, ATC, 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, ATC
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, ATC, 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
Education & Academic Affairs
Hospital for Special Surgery
tel: 212.606.1812
email: 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.

**Your email address is required for administrative purposes. Please note that we may use your email to communicate with you regarding updates and content from Education & Academic Affairs. You can unsubscribe at any time.*

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MAJOR LEAGUE SOCCER

2015 MEDICAL SYMPOSIUM

Please print legibly.

____ - ____ - _____
DATE (MONTH-DAY-YEAR)

Check here to receive the HSS eNewsletter.
Please include email address below.

FIRST NAME MI LAST NAME

DEGREE EMPLOYER

EMAIL ADDRESS*

STREET ADDRESS SUITE/APT #

CITY STATE ZIP CODE

____ - ____ - _____
DAYTIME PHONE

\$ _____ American Express MasterCard Visa Check enclosed
AMOUNT ENCLOSED

CREDIT CARD # EXP. DATE

X _____
SIGNATURE

How did you hear about this course?

Print brochure Email blast HSS website Journal advertisement
 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.

	Onsite		Live Streaming Webcast	
	Early Bird (By 10/31 at 5pm)	Regular (By 1/7/15 at 5pm)	Early Bird (By 10/31 at 5pm)	Regular (By 1/7/15 at 5pm)
Physicians	\$225	\$250	\$125	\$150
Non-physicians	\$150	\$175	\$75	\$100

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.

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
Director of Rehabilitation

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and Head Athletic Trainer
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Clinical Professor
University of Southern California
Marina Del Ray, CA