16th Annual Sports Medicine for the Young Athlete

February 22, 2014
Hospital for Special Surgery | New York City

LIVE STREAMING WEBCAST is also available!

This activity has been approved for AMA PRA Category 1 Credits™, physical therapy continuing education hours and BOC credits. Pending NSCA approval for CEUs.

Sponsored by Hospital for Special Surgery Office of Continuing Medical Education
OBJECTIVES

- Describe the advantages and disadvantages of the latest strength and conditioning techniques and apply them to patient care.
- Properly tape ankles in their practice and be able to utilize advanced taping methods such as Kinesio Taping.

ACCREDITATION

Hospital for Special Surgery is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

CREDIT DESIGNATION

Hospital for Special Surgery designates this live activity for a maximum of 5.5 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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.

FACULTY 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/commercial interests.

FOR MORE

Go to www.hss.edu/cme for a complete calendar of scheduled live and online CME activities.

Click here to learn more about this program from the Activity Directors!
## PRELIMINARY AGENDA

### 7:30a
Registration and Breakfast*

### 8:00a
**LIVE STREAMING WEBCAST BEGINS**

**Welcome and Introduction***
Jordan D. Metzl, MD, FAAP, CAQSM

### MORNING GENERAL SESSION

#### 8:05a
**Burnout in Youth Sports: Tips for Detection and Avoidance**
Paul Weiss, PhD

**Return to Play After ACL Injuries: Return or Retirement? Should A Child Return To Contact Sport After ACL Injury?**
Moderator: Robert G. Marx, MD, MSc, FRCSC
Jacqueline Munch, MD vs. Jaron Sullivan, MD

### KEYNOTE ADDRESS

#### 9:20a
**Overcoming My Challenge as a Disabled Athlete**
Moderator: Jordan D. Metzl, MD, FAAP, CAQSM
David and Linda Gelfand

#### 10:00a
Break*

### CONCURRENT FOCUS SESSIONS

**Onsite participants register for one session in advance; live streaming webcast participants will be provided with one session**

#### SESSION A: Medical Issues in Sports Medicine
**Moderators:** Jordan D. Metzl, MD, FAAP, CAQSM

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Speaker(s)</th>
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<tbody>
<tr>
<td>10:30a</td>
<td><strong>Return to Play Scenarios after Concussion</strong></td>
<td>Matthew T. McCarthy, MD</td>
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<tr>
<td>10:45a</td>
<td><strong>Breathing Problems in the Young Athlete</strong></td>
<td>Osric S. King, MD</td>
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<tr>
<td>11:00a</td>
<td><strong>Challenging Stress Fractures in the Young Athlete</strong></td>
<td>Marci A. Goolsby, MD</td>
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<tr>
<td>11:15a</td>
<td>Q&amp;A</td>
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#### SESSION B: Orthopaedic Issues in Sports Medicine
**Moderator:** Daniel W. Green, MD, MS, FACS, FAAP

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<tr>
<td>10:30a</td>
<td><strong>Patella Dislocation Principals and Update</strong></td>
<td>Daniel W. Green, MD, MS, FACS, FAAP</td>
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<tr>
<td>10:45a</td>
<td><strong>Controversies with Pediatric ACL</strong></td>
<td>Robert G. Marx, MD, MSc, FRCSC</td>
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<tr>
<td>11:00a</td>
<td><strong>Treatment Update of Ankle Injuries in the Adolescent Athlete</strong></td>
<td>Mark C. Drakos, MD</td>
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<tr>
<td>11:15a</td>
<td>Q&amp;A</td>
<td></td>
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<tr>
<td>11:30a</td>
<td>Lunch*</td>
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### CONCURRENT WORKSHOPS

**Onsite participants register for one workshop from each group in advance; live streaming webcast participants will be provided with one workshop from each group**

#### 12:30p
**GROUP 1**

<table>
<thead>
<tr>
<th>Time</th>
<th>Workshop</th>
<th>Speaker(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:30p</td>
<td><strong>A. Preventing the Second Tear: Return to Play after ACLR</strong></td>
<td>Polly de Mille, RN, MA, RCEP, CSCS, USAT, and Theresa Chiaia, PT, DPT</td>
</tr>
<tr>
<td>1:45p</td>
<td><strong>B. Latest Trends in Strength and Conditioning for Young Athletes: What's the Evidence?</strong></td>
<td>Rick Howard, MEd, CSCS, *D, USAW</td>
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<tr>
<td>2:00p</td>
<td><strong>C. Introduction to the Physical Exam of the Shoulder</strong></td>
<td>Jacqueline Munch, MD</td>
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<tr>
<td>3:15p</td>
<td><strong>D. Kinesio Taping Method</strong></td>
<td>Jessica Hettler, PT, MS, ATC, Cert MDT, SCS; Ioanna Felix, PT, DPT, CEAS, OCS, and Anna Ribaudo, PT, DPT</td>
</tr>
</tbody>
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#### 1:45p
Break*

#### 2:00p
**GROUP 2**

<table>
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<tr>
<th>Time</th>
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</tr>
</thead>
<tbody>
<tr>
<td>3:15p</td>
<td><strong>E. Introduction to the Physical Exam of the Hip</strong></td>
<td>Peter J. Moley, MD</td>
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<tr>
<td>3:30p</td>
<td><strong>F. Injury Prevention for the Throwing Athlete: Fatigue-Related Changes in Mechanics in Adolescent Softball and Baseball Players</strong></td>
<td>Jessica Graziano, PT, DPT, CSCS, and Jamie Osmak, CSCS, USATF-1, CGFI-1</td>
</tr>
<tr>
<td>3:45p</td>
<td><strong>G. Introduction to Ankle Taping</strong></td>
<td>Jessica Hettler, PT, MS, ATC, Cert MDT, SCS, and Aisling Tooling, PT, DPT, CSCS, SCS</td>
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<tr>
<td>4:00p</td>
<td><strong>H. Challenges and Considerations When Working with the Disabled Athlete</strong></td>
<td>Magda Oledzka, PT, MBA, PCS, and Maureen Suhr, PT, DPT, PCS</td>
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### 3:15p
**Wrap Up & Adjourn**

*Not designated for AMA PRA Category 1 Credit™*

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