10th Annual HSS
SPORTS MEDICINE SYMPOSIUM

APRIL 8–9, 2016

Hospital for Special Surgery | New York City

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

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

LIVE STREAMING also available

Learn from Leaders in Sports Medicine, Rehabilitation and Athletic Training
LOCATION
Hospital for Special Surgery
Richard L. Menschel Education Center, 2nd Floor
535 East 70th Street, New York, NY 10021
Sports Rehabilitation and Performance Center
525 East 71st Street, ground floor, New York, NY 10021

LIVE STREAMING also available

STATEMENT OF NEED
The 10th Annual HSS Sports Medicine Symposium will provide clinicians with guidance on how to care for surgical and nonsurgical patients among the sports medicine population. Topics to be discussed include the athlete's hip, meniscal surgery and rehabilitation of the knee, the throwing elbow and managing patellofemoral disease in the athlete.

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 clinically relevant information through didactic lectures, panel discussions, case presentations, workshops and Q&A sessions.

TARGET AUDIENCE
This activity is targeted to physical therapists, physical therapist assistants, athletic trainers, strength and conditioning professionals, physician assistants, orthopaedists, sports medicine physicians, physiatrists, and primary care physicians. Residents, fellows and medical students may also benefit from this activity.

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

Hospital for Special Surgery designates this live activity for a maximum of 11.25 onsite and 9.0 online AMA PRA Category 1 Credit(s)™. 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 11.0 Contact Hours onsite and 9.0 Contact Hours online. The following states require continuing education units with no state-specific approval: CT, DE, IA, ID, MO, MT, NC, ND, NE, OR 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, AL, 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.

The following course is considered appropriate for clinicians looking to enhance their skills in the treatment and care of the athlete. In order to receive physical therapy credits, a post-course assessment is required. There is no passing grade requirement.

Hospital for Special Surgery (BOC AP#: P537) is recognized by the Board of Certification, Inc., to offer continuing education for Certified Athletic Trainers. This program is eligible for a maximum of 11.25 Category A hours/CEUs onsite and 9 Category A hours/CEUs online for BOC credits. According to the education levels described by the PDC, the following continuing education course is considered to be Essential Level.

BOC Evidence Based Practice Category hours/CEUs pending.

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 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, participants should be able to:

■ Identify at least one treatment intervention for rehabilitation following meniscal surgery.
■ Verify at least one indication and contraindication for meniscal surgery.
■ Identify at least one faulty movement pattern in the athlete after hip injury.
■ Describe at least one advance in best practices related to elbow surgery.
■ Recognize each person’s role in the team approach (including MD, PT, and Performance Specialist) to be able to appropriately refer patients to colleagues for treatment.
■ List at least one treatment strategy in rehabilitation following surgery for patellofemoral disease.
■ Recognize one treatment option, either surgical or non-surgical, for the athlete with patellofemoral disease.
■ Define appropriate pitch count numbers based on evidence-based guidelines regarding pitch count, after attending the “Where’s the Evidence in Sports PT?” throwing session.
■ Describe the effects of changing running mechanics and how it relates to injury prevention, after attending the “Where’s the Evidence in Sports PT?” running mechanics session.
■ Describe at least one guideline based on best practices for “return to play” for concussion management in the athlete, after attending the Concussion Management session.
■ Demonstrate at least 3 special tests included in a clinical examination of the shoulder and knee, after attending the shoulder and knee examination sessions.

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

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.
## Session 1
### The Meniscus
**Moderator:** Robert G. Marx, MD, MSc, FRCSC

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<th>Topic</th>
<th>Speaker(s)</th>
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<tr>
<td>9:00 am</td>
<td>Advances in Meniscal Surgery: When to Resect and When to Repair</td>
<td>Russell F. Warren, MD</td>
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<td>9:20 am</td>
<td>Meniscal Replacements: Allografts and Scaffolds</td>
<td>Scott A. Rodeo, MD</td>
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<td>9:40 am</td>
<td>Post-Operative Rehabilitation: Clinical Pearls</td>
<td>John T. Cavanaugh, PT, MEd, ATC, SCS</td>
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<td>10:00 am</td>
<td>Discussion</td>
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### Session 2
### The Athlete’s Hip
**Moderator:** Anil S. Ranawat, MD

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<th>Speaker(s)</th>
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<tr>
<td>10:50 am</td>
<td>Conservative Management of Sports Hip Pathologies</td>
<td>Ioanna Felix, PT, DPT, OCS</td>
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| 11:10 am| **KEYNOTE ADDRESS**                                                   | 1.
|         | Surgical Workup and Treatment of Femoral Lesions                      | Bruce A. Levy, MD                               |
| 11:35 am| Surgical Treatment of Acetabular Lesions                              | Bryan T. Kelly, MD                               |
| 12:15 pm| Discussion                                                             |                                                 |
| 12:35 pm| Lunch* (will be provided)                                              |                                                 |

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*Not designated for credit.*
Concurrent Workshops
Onsite participants choose one workshop in advance. “Workshop A: Live Surgery” will be available for live streaming participants.

3:30–4:40 pm
Wave 1
A. Live Surgery—ACL Reconstruction
   Moderator: Howard Anthony Rose, MD
   Surgeon: Thomas L. Wickiewicz, MD
B. Managing Rotator Cuff Disease in the Athlete
   Stephen Fealy, MD; Kenton H. Fibel, MD; Mathew T. Morgan, PT, ATC, SCS
C. Get BACK in the Game
   Andrea Tychanski, PT, DPT, ATC, SCS; Shingpui Betty Chow, PT, PhD, MA, OCS
   Peter Toohey, MS, ATC

LIVE STREAMING ENDS FOR DAY 1

4:45 pm   Chairmen’s Reception*
*Not designated for credit.

Please join us from 4:45–6:15 pm on Friday, April 8th, 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. Invitation to follow.
Saturday, April 9, 2016
Activity Agenda

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

7:25–8:35 am
A. Massage Techniques to Improve Shoulder Mobility
   Michelle Naumann-Carlstrom, LMT
B. Clinical Examination of the Athlete’s Hip
   Jessica Hettler, PT, DPT, ATC, SCS, Cert MDT; James F. Wyss, MD, PT

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

8:55 am  Welcome & Announcements*

Session 3
Advances in Managing Patellofemoral Disease in the Athlete
Moderator: Marci A. Goolsby, MD

9:00 am  Differential Diagnosis in the Athlete with Patellofemoral Disease
   Moira M. McCarthy, MD

9:20 am  Conservative Management of Patellofemoral Pain: Is it All About the Glutes?
   Jessica Hettler, PT, DPT, ATC, SCS, Cert MDT

9:40 am  Advances in the Surgical Management of Patellofemoral Instability
   Sabrina M. Strickland, MD

10:00 am  Rehabilitation Following MPFL Reconstruction
   Theresa Chiaia, PT, DPT

10:20 am  Discussion

10:40 am  Break*

Concurrent Sessions
Onsite participants choose one session in advance.
“Session D: Where’s the Evidence in Sports PT?” will be available for live streaming participants.

Session C (11:00 am–12:40 pm)
Decision Making in Sports Medicine
Moderator: Struan H. Coleman, MD, PhD

11:00 am  Concussion Management: The Return to Play Protocol
   James J. Kinderknecht, MD

11:25 am  Options for the Athlete with DJD
   Andrew D. Pearle, MD

11:50 am  Graft Selection for ACL Reconstruction
   Samuel A. Taylor, MD

12:15 pm  Returning the Pitcher to Throwing Following Shoulder Surgery
   Joshua S. Dines, MD

Session D (11:00 am–12:40 pm)
Where’s the Evidence in Sports PT?
Moderator: Sherry I. Backus, PT, DPT, MA

11:00 am  Do Pitch Counts Really Matter?
   Terrance Sgroi, PT, DPT, SCS, MTC

11:25 am  Aquatic Therapy: Does it Work?
   Sarah K. McLean, PT, MSPT, ATRIC

11:50 am  Changing the Parameters of Running Mechanics...Does it Matter?
   Julie Khan, PT, DPT, USATF-L1

12:15 pm  Foam Rolling: What’s the Fuss?
   Polly de Mille, RN, MA, RCEP, CSCS, USAT

LIVE STREAMING ENDS FOR DAY 2

12:40 pm  Lunch* (on your own)

*Not designated for credit.
Concurrent Workshops
Offered for onsite participants only. Participants choose one workshop from each wave in advance.

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<tr>
<th>Time</th>
<th>Wave 2</th>
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| 1:30–2:35 pm | **E. Throwing Analysis**  
Sherry I. Backus, PT, DPT, MA; Michael Levinson, PT, CSCS |
|              | **F. Clinical Examination of the Athlete's Shoulder**  
Shawn Anthony, MD; Nicole Boniquit, MD;  
Christopher Camp, MD; Ryan Degen, MD, MSc, FRCSC |
|              | **G. Tennis Assessment: Biomechanics and Performance**  
Ioonna Felix, PT, DPT, OCS; Jamie Osmak, CSCS, USATF, TPI CGFI-1, FRCms |
|              | **H. Quality of Movement Assessment Utilizing Video Analysis in ACL Return to Play**  
Polly de Mille, RN, MA, RCEP, CSCS, USAT;  
Theresa Chiaia, PT, DPT |
|              | **I. Troubleshooting in Sports PT: The Complicated Patient**  
Moderator: John T. Cavanaugh, PT, MEd, ATC, SCS  
Jorge Giral, PT, DPT, SCS, COMT, CSCS, SFMA;  
Julie Khan, PT, DPT, USATF-L1; Snehal Patel, PT, MSPT, SCS;  
Matthew Powers, PT, DPT, CSCS |
| 2:35 pm      | **Break**                                                              |

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<th>Time</th>
<th>Wave 3</th>
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| 2:50–3:55 pm | **J. Transitioning the Injured Athlete From the Clinical Setting to the Performance Setting**  
Robert DiGiacomo, PT, DPT, ATC; Jorge Giral, PT, DPT, SCS, COMT, CSCS, SFMA; David Hesse, MA, MSc |
|              | **K. Clinical Examination of the Athlete's Knee**  
Nicole Belkin, MD; Andrea Spiker, MD; Pramod Voleti, MD; Brian Werner, MD |
|              | **L. Adolescent Athlete: Strength and Conditioning**  
Patrick Tanner, MS, ATC, LAT; Kara Federowicz, ATC, CSCS, CPT, USAW-L1SP |
|              | **M. Linking the Thoracic Spine to Injuries in the Overhead Athlete**  
Patrick Vignona, PT, MSPT, SCS, Cert MDT;  
Andrea Tychanski, PT, DPT, ATC, SCS, CSCS |
|              | **N. Incorporating Aquatic Therapy Into Your Post-Operative Shoulder Rehab Program**  
Sarah K. McLean, PT, MSPT, ATRIC |
| 3:55 pm      | **Adjourn**                                                              |

*Not designated for credit.
Faculty and agenda are subject to change.
Program Faculty

ACTIVITY CO-DIRECTORS

John T. Cavanaugh, PT, MEd, ATC, SCS
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Sports Rehabilitation and Performance Center
Hospital for Special Surgery
Team Physical Therapist
US Merchant Marine Academy
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Orthopaedic Sports Medicine Consultant, New York Rangers

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Sports Rehabilitation and Performance Center

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United States Olympic Committee
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Weill Cornell Medicine
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Weill Cornell Medicine
Emeritus Team Physician, New York Giants

Brian Werner, MD
Fellow, Sports Medicine and Shoulder Service

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Professor of Clinical Orthopaedic Surgery
Weill Cornell Medical College
Weill Cornell Medicine
Team Physician, St. Peter’s College

James F. Wyss, MD, PT
Assistant Attending Physiatrist
Assistant Professor of Clinical Rehabilitation Medicine
Weill Cornell Medical College
Weill Cornell Medicine
Team Physician, St. John’s University
Registration Fees

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

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<th>REGULAR RATE</th>
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<td>Closes 3/18/2016 at 5 pm</td>
<td>Closes 4/4/2016 at 5 pm</td>
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<td>Onsite</td>
<td>$475 (Network $380)</td>
<td>$540 (Network $432)</td>
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<td>Onsite with Saturday morning pre-conference Optional Instructional Course</td>
<td>$535 (Network $428)</td>
<td>$600 (Network $480)</td>
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<td>Live Streaming (Day 1 and morning of Day 2)</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.

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

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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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.

**Program Registration**

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Signature

Check here to receive our e-newsletter for professionals.
- HSS OrthoLink
- HSS RehabLink

How did you hear about this course?
- Print Brochure
- Email Blast
- Handout
- Recommendation
- HSS Website
- Journal Advertisement
- Other

*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.

**Friday, April 8**

**Concurrent Sessions**

**Onsite participants please select one.** Live streaming participants will view “The Throwing Elbow”.
- A. The Throwing Elbow
- B. Team Approach to Sports Medicine

**Concurrent Workshops**

**Wave 1**

**Onsite participants please rank your first, second and third preference.** Live streaming participants will view the “Live Surgery-ACL Reconstruction”.
- A. Live Surgery-ACL Reconstruction
- B. Managing Rotator Cuff Disease in the Athlete
- C. Get BACK in the Game

**Saturday, April 9**

**Optional Instructional Courses**

Morning Pre-Conference Courses (additional $60 per instructional course)
- A. Massage Techniques to Improve Shoulder Mobility
- B. Clinical Examination of the Athlete’s Hip

**Concurrent Workshops**

**Wave 2**

**Onsite participants please rank your first, second and third preference.**
- E. Throwing Analysis
- F. Clinical Examination of the Athlete’s Shoulder
- G. Tennis Assessment: Biomechanics and Performance
- H. Quality of Movement Assessment Utilizing Video Analysis in ACL Return to Play
- I. Troubleshooting in Sports PT: The Complicated Patient

**Wave 3**

**Onsite participants please rank your first, second and third preference.**
- J. Transitioning the Injured Athlete From the Clinical Setting to the Performance Setting
- K. Clinical Examination of the Athlete’s Knee
- L. Adolescent Athlete: Strength and Conditioning
- M. Linking the Thoracic Spine to Injuries in the Overhead Athlete
- N. Incorporating Aquatic Therapy Into Your Post-Operative Shoulder Rehab Program

*Not designated for credit.*
10th Annual HSS
SPORTS MEDICINE SYMPOSIUM
APRIL 8–9, 2016
Hospital for Special Surgery | New York City | LIVE STREAMING also available

Learn from Leaders in Sports Medicine, Rehabilitation and Athletic Training

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

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