Injuries in Football 2016

Thursday April 21, 2016

**Registration and Continental Breakfast**

6:30 AM  Registration & Breakfast

**Introduction and Opening Remarks**

7:25 AM  Welcome & Introductions
  James R. Andrews MD

**Session 1: Upper Extremity Part I**

Moderator: Roger Ostrander MD

7:30 AM  Introduction to Speakers
  Roger Ostrander MD

7:35 AM  Video Demonstration: Anatomy of the Shoulder
  Moderator: Jesse Pace DO
  - Michael Azzam, MD
  - Chase Smith, MD

7:42 AM  Uncommon Shoulder Injury in an Adolescent Football Player: A Case Study
  John Polousky MD

7:57 AM  Assessing Shoulder Instability
  Chris O'Grady MD

8:12 AM  Traumatic Rupture of Proximal Biceps: In-season Rehabilitation & Management
  Thomas LaPorta MD

8:27 AM  Case Presentation Shoulder: Rotator Cuff & Bilateral Labral Repair
  JP Bramhall MD

8:47 AM  Rotator Cuff Tears & Rehabilitation of Post-Operative Care in Football
  Roger Ostrander MD and Hunter Stark, PT, DPT, CSCS, COMT

9:14 AM  Shoulder Dislocation – on the Field Reduction Techniques & Decision Making
  Jesse Pace DO

9:29 AM  **Keynote Speaker:** Role of the Team Physician in Sports Medicine Team: Who Answers to Who?
  Pete Indelicato MD
**Session 1: Upper Extremity Part I**

Moderator: Roger Ostrander MD

9:59 AM Panel Discussion

**Moderator:** Roger Ostrander, MD  
**Panelists:** John Polousky, MD  
Chris O’Grady, MD  
Thomas LaPorta, MD  
JP Bramhall, MD  
Hunter Stark, PT, DPT, CSCS, COMT  
Jesse Pace, DO  
Pete Indelicato, MD

**Break**

10:09 AM Break

**Session 2: Upper Extremity Part II**

Moderator: Kevin Wilk PT, DPT, FAPTA

10:24 AM Introduction to Speakers  
**Kevin Wilk PT, DPT, FAPTA**

10:29 AM Case Study – Quarterback vs Linebacker – First Time Dislocation…Play or No Play!  
**Pete Indelicato MD**

10:46 AM Non-Operative Rehabilitation of Shoulder Instability  
**Jason McVeigh ATC, PT**

11:01 AM Anterior Shoulder Instability Surgery Techniques  
**Jesse Pace DO**

11:16 AM Rehabilitation Following Shoulder Stabilization Surgery (Anterior & Posterior Bankart, Laterjet)  
**Kevin Wilk PT, DPT, FAPTA**

11:33 AM Posterior Shoulder Instability in Football Player  
**James R. Andrews MD**

11:53 AM Acromioclavicular Joint Injuries & Return to Play  
**Charles Roth MD**

12:08 PM "Playing Through It": Special Padding and Rehabilitation for AC Joint Sprains  
**Paul Silvestri MS, ATC, LAT**

12:18 PM Rehabilitation of Stingers & Other Neurovascular Injuries to the Upper Extremity  
**Michael Kordecki DPT, SCS, ATC**

12:38 PM Panel Discussion  
**Moderator:** Kevin Wilk, PT, DPT, FAPTA  
**Panelists:** Jason Mcveigh, MS, PT, SCS, ATC, LAT  
James Andrews, MD  
Charles Roth, MD  
Paul Silvestri, MS, ATC, LAT  
Mike Kordecki, DPT, SCS, ATC  
Pete Indelicato, MD  
Jesse Pace, DO
Injuries in Football 2016

Lunch Break

12:48 PM  Lunch (on own)

Session 3:  Upper Extremity Part III
Moderator: Pete Indelicato, MD

1:48 PM  Introduction to Speakers
    Pete Indelicato MD

1:53 PM  Video Demonstration: Anatomy of the Elbow
    Alexander Coleman MD
    - Karim Meijer MD
    - JP Rodriguez MD

2:03 PM  Elbow Injuries in Football
    JP Bramhall MD

2:18 PM  Elbow Dislocation In-Season Management
    Jim Whalen ATC

2:33 PM  Wrist Injuries: Surgery
    Steven Kronlage MD

2:48 PM  Return to Play Wrist and Elbow Injuries
    Clint Haggard MA, ATC, LAT, NREMT-B

3:05 PM  Finger Fractures – to Play or Not
    Alexander Coleman MD

3:20 PM  Panel Discussion
    Moderator: Pete Indelicato, MD
    Panelists: JP Bramhall, MD
    Jim Whalen, ATC
    Steven Kronlage, MD
    Clint Haggard, MA, ATC, LAT, NREMT-B
    Alexander Coleman, MD

Break

3:30 PM  Break

Session 4:  Knee
Moderator: Steve Jordan, MD

3:45 PM  Introduction to Speakers
    Steve Jordan MD

3:50 PM  Video Demonstration: Anatomy of the Knee
    Adam Anz MD
    Jarrod Smith MD
    Michael Saper MD

3:57 PM  Uncommon Knee Injury in an Adolescent Football Player: a Case Study
    John Polousky MD

4:09 PM  Patellofemoral Rehabilitation: An Evidence Based Approach
    Stephen LaPlante PT, ATC

4:21 PM  Management of In-season Meniscus Tears
    Pete Indelicato MD

4:36 PM  Multi-ligament Injury: The Case for the Anterior-Lateral Ligament
    Adam Anz MD
Session 4: Knee
Moderator: Steve Jordan, MD

4:51 PM MCL Injuries: Key Rehabilitation to Get them Back to Play ASAP
Jim Whalen ATC

5:06 PM ACL Injuries – Can a Player Complete the Season Following ACL Injury?
Kevin Wilk PT, DPT, FAPTA

5:26 PM Return to Play Following Knee Injury or Surgery
Michael Ryan PT, ATC

5:41 PM ACL Reconstructions in Football Player: Is There a Place for Allografts?
Pete Indelicato MD

5:56 PM Panel Discussion
Moderator: Steve Jordan, MD
Panelists: Stephen LaPlante PT, ATC
Pete Indelicato, MD
Adam Anz, MD
Jim Whalen, ATC
Kevin Wilk, PT, DPT, FAPTA
Michael Ryan, PT, ATC
John Polousky, MD

Closing Remarks/ Directions for Day Two

6:06 PM Closing Remarks & Instructions for Friday

Vendor Reception

6:10 PM Join us in the Vendor Hall
Session 5: Breakouts

7:00 AM 1-A: Integration of Health Care and Performance to Bridge the Gap Between Rehab and Return to Competition
Location: Magnolia
- Clinical evaluation paired with functional evaluation to ID movement dysfunction
- Nutrition/fueling strategies to support performance
- Change of direction speed vs. reactive agility. Adding an external stimulus.

Stefan Underwood CSCS, RSCL, USATF
Tyler Wilkins, MSED, ATC, CSCS
Leron Sarig, MS, RD, LD/N

7:00 AM 1-B: Sport Specific Training/Coaching (Acceleration & Strength Focus)
Location: Azalea
- QB Performance & Maintenance
- Lineman Training & Development
- Skill Position Training & Development
- Off-season Considerations for Training

David Morris & SaJason Finley, MS, CSCS, USAW-II

Break 8:00 AM "Hydration Station"

Session 5: Breakouts

8:15 AM 2-A: Return to Sports Participation Following ACL Reconstruction
Location: Azalea
- Integration of Rehab & Performance
- LE Functional Training and RTP evaluation

Stephen LaPlante PT, ATC & Hunter Stark PT, DPT, CSCS, COMT

8:15 AM 2-B: Hands-on Evaluation & Special Test
Location: Magnolia
- Shoulder & Knee & Hip
- Lab/Demonstration

Kevin Wilk PT, DPT, FAPTA & Pete Draovitch PT, ATC, CSCS

Break 9:15 AM "Fuel for Impact"

Session 6: Hip & Core
Moderator: Jeff Allen M.Ed, ATC

9:35 AM Introduction of Speakers
Jeff Allen M.Ed, ATC

9:40 AM Non-Operative Rehabilitation of Selected Hip Lesions
Pete Draovitch PT, ATC, CSCS

9:50 AM Hip Injuries in Football Players
Benton Emblom MD

10:07 AM Post – Operative Hip Rehabilitation
Pete Draovitch PT, ATC, CSCS

10:27 AM Hamstring Injuries in the Football Player
Steve Jordan MD
Session 7: Foot & Ankle
Moderator: Daniel Murawski, MD
11:37 AM Introduction to Speakers
   Daniel Murawski MD
11:42 AM Video Demonstration: Anatomy of the Foot & Ankle
   Daniel Murawski MD
   - Aaron Mates MD
11:49 AM “When A Screw Is Not Enough”: A 5th Metatarsal Case Study
   Paul Silvestri MS, ATC, LAT
12:04 PM Diagnosis and Management of the High Ankle Sprain
   Bob Anderson MD
12:19 PM Common Foot & Ankle Injuries of Football Player: Surgery or Not
   Daniel Murawski MD
12:31 PM Ankle and Foot Injuries-Return to Play: Tricks of the Trade
   Arnold Gamber M.ED, ATC/L
12:46 PM Keynote Speaker: Sport Foot and Ankle Injuries: What I’ve Learned from the NFL Players
   Bob Anderson MD
1:16 PM Panel Discussion
   Moderator: Daniel Murawski, MD
   Panelists: Paul Silvestri, MS, ATC, LAT
   Bob Anderson, MD
   Arnold Gamber, M.Ed, ATC, LAT

Lunch Break

1:26 PM Lunch (Provided)

1:55 PM Keynote Lunch Speaker: Kevin Greene – “From Auburn walk-on to NFL Hall of Fame”

Session 8: Evidence Based Practice
Moderator: Stephen LaPlante PT, ATC
2:56 PM Introduction of Speakers
   Stephen LaPlante PT, ATC
3:01 PM Evaluation and Treatment of Low Back Injuries in Football Players
   Michael Kordecki DPT, SCS, ATC
4:31 PM The Shoulder Exam – An Evidence Based Approach
   Steve Jordan MD

Adjourn

5:16 PM
Session 9: Medical Issues "Hot Topics"
Moderator: Scott Anderson, ATC
7:00 AM Introduction of Speakers
   Scott Anderson ATC
7:05 AM Pneumothorax & Complications in a College Football Athlete
   Jake Pfeil MS, ATC, LAT
7:20 AM Heat & Sickle Cell
   Scott Anderson ATC
7:35 AM General Medical Concerns
   Fred Reifsteck MD
7:55 AM Sports Medicine: Things that Keep You Up at Night
   Michael Milligan MD
8:10 AM Panel Discussion: “Changing with the Time, Issues Related to Medical Decisions: A College and High School Perspective”
   Moderator: Scott Anderson, ATC
   Michael Goodlett, MD
   Ron Courson, ATC, PT, NRAEMT
   Arnold Gamber, M.Ed, ATC, LAT

Session 10: Practical Sports Medicine
Moderator: Josh Hackel, MD
8:30 AM Introduction to Speakers
   Joshua Hackel MD
8:35 AM Vascular Injuries in Athletes - Football
   David Sailors MD
8:50 AM Practical Sports Medicine as Team Physician (Sideline Management)
   Michael Goodlett MD
9:05 AM Ultrasound & Biologics in Sports Medicine
   Joshua Hackel MD
9:20 AM Concussion Program in the Community Setting
   Michael Milligan MD
9:35 AM Abdominal Injuries
   Brett Kindle MD
9:45 AM Treating and Taking Care of Yourself
   Michael Ryan PT, ATC
10:00 AM Panel Discussion
   Moderator: Joshua Hackel, MD
   Panelists: David Sailors, MD
   Michael Milligan, MD
   Brett Kindle, MD
   Michael Ryan, PT, ATC
   Michael Goodlett, MD
Break

10:10 AM  Break

Session 11: Catastrophic Injuries

10:30 AM  Emergency Evaluation
Glenn Henry MA, EMT-P

10:50 AM  Current Concepts in Equipment Removal
Ron Courson ATC, PT, NRAEMT

11:10 AM  Spinal Immobilization: An Update
MaryBeth Horodyski EdD, LAT, ATC, FNATA

11:30 AM  Catastrophic Interactive Lab
Ron Courson, ATC, PT, NRAEMT
MaryBeth Horodyski EdD, LAT, ATC, FNATA ATC
Glenn Henry, EMT-P
Mike Kordecki, DPT, SCS, ATC
Lovie Tabron, MS, LAT, ATC

12:30 PM  Panel Discussion
Moderator: Ron Courson, ATC, PT, NRAEMT
Panelists: Glenn Henry, EMT-P
MaryBeth Horodyski EdD, LAT, ATC, FNATA
Scott Anderson, ATC
Lovie Tabron, MS, LAT, ATC
Mike Kordecki, DPT, SCS, ATC

12:50 PM  Adjourn and Pick Up Certificates