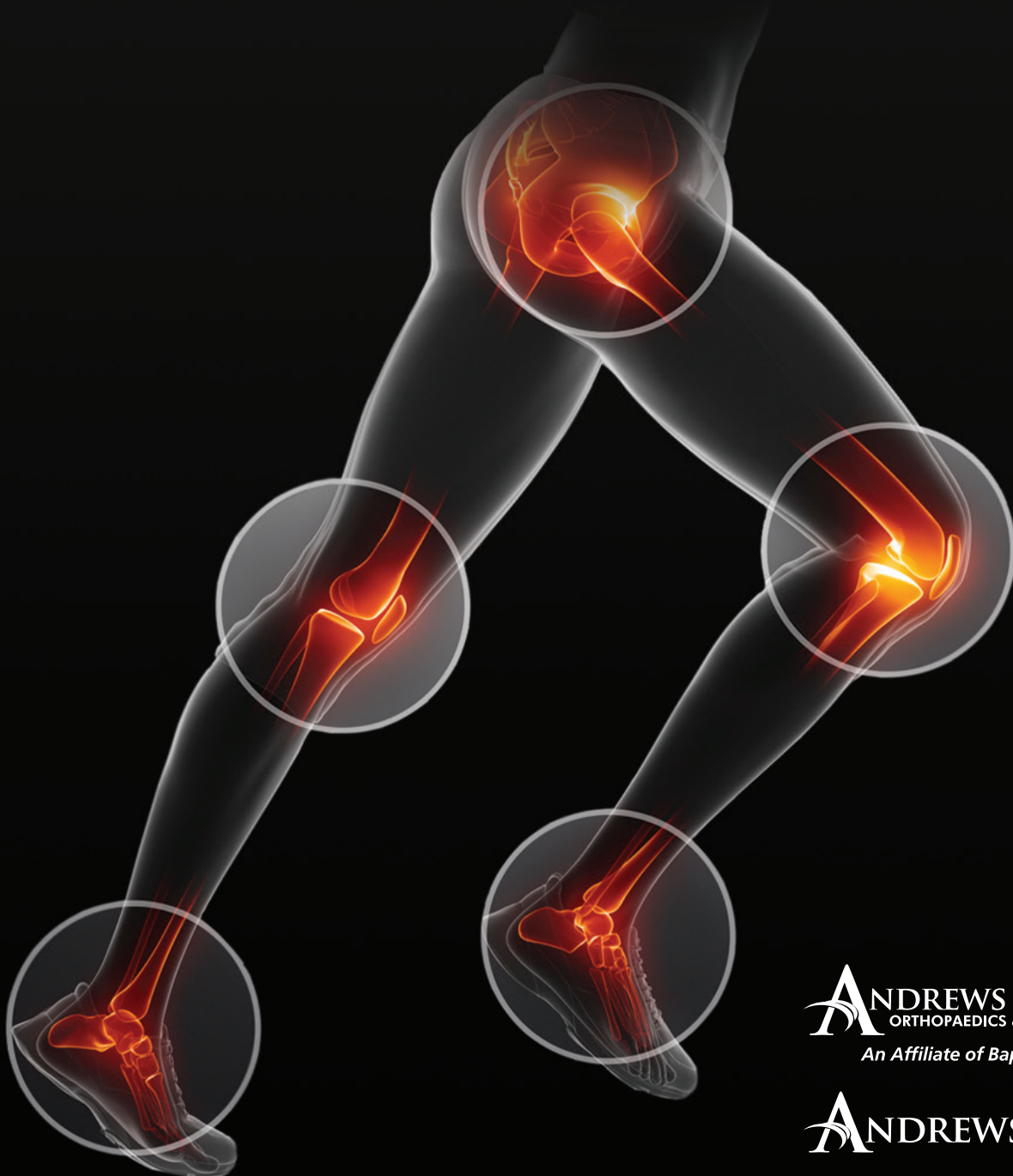


ANDREWS INSTITUTE REHABILITATION SYMPOSIUM

LOWER EXTREMITY

*Presented by the
Andrews Research & Education Foundation*

MARCH 1-2, 2019 / GULF BREEZE, FL



ANDREWS INSTITUTE
ORTHOPAEDICS & SPORTS MEDICINE
An Affiliate of Baptist Health Care

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Course Overview

The Andrews Institute Rehabilitation Symposium is a two day didactic course focusing on the evaluation and treatment of specific injuries or conditions affecting the lower extremity. Dynamic evaluation techniques, cutting edge treatment advances, and anatomy dissection presentation with specific case studies are just a few of the exciting topics to be covered. Advancements and innovations based on current evidence will also be presented by highly respected faculty members in the field of medicine. Lectures and interactive labs will seek to develop rehabilitation skills from aquatic therapy to the future of biologics. Furthermore, attendees will have the opportunity to bring specific questions and cases during participation in expert panel discussion each day.

Course Objectives

It is intended that at the conclusion of the course participants should be able to:

From didactic lectures:

1. Discuss the anatomy of injuries/conditions of the lower extremity.
2. Recognize and refine best practice treatment plans for ACL, patellofemoral, meniscus, and foot & ankle injuries.
3. Explain and understand the procedures and process for use of regenerative medicine.
4. Demonstrate knowledge of objective movement assessment systems, running analysis and functional/discharge testing.

Faculty Disclosures

Adam Anz, M.D.	None	David Joyner, M.D.	None
William Baldwin, M.D.	None	Matt McGraw, MS, LAT, ATC, PES, CES	None
Rachael Cairns, PT, DPT, GCS	None	Erik Nilssen, M.D.	None
Mark Callanan, M.D.	None	Tyler Opitz, DPT, SCS, CSCS	None
Bob Calvin, MS, RD, CSSD, CSCS, LD/N	None	Chris O'Grady, M.D.	None
Will Coggin, PT, DPT, CSCS	None	Rich Peterson, DPT	None
Juliet De Campos, M.D.	None	Ashley Pittman, PT, DPT, AIB-VR	None
Jeremy Hansen, PT, DPT, SCS	None	Ashley Ramsay, MS, ATC, LAT	None
Brent Hardy, M.Ed, ATC, CSCS	None	G. Daxton Steele, M.D.	None
Lauren Hill, M.D.	None	Huaiyu Tan, M.D., Ph.D.	None
Ryan Hine, PT	None	Casey Vogler, PT, DPT	None
Steve Jordan, M.D.	Research Support: Arthrex, Inc. Speaker's Bureau: Arthrex, Inc.		

Accreditation

Accreditation:

The Baptist Hospital is accredited by the Florida Medical Association to provide continuing medical education for physicians.

The Baptist Hospital designates this educational activity for a maximum of 15 hour(s) *AMA PRA Category 1 credits™*. Physicians should claim credit commensurate with the extent of their participation in the activity.

Baptist Hospital, CE Broker provider # 50-183 approves this program for 15 credit hours for nurses, occupational therapists and physical therapists. (Florida)

Andrews Research & Education Foundation (BOC AP# P10024) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of 15 EBP Category hours/CEUs. ATs should claim only those hours actually spent in the educational program.



Andrews Research & Education Foundation has been approved by the Louisiana Physical Therapy Board to offer 15 CEUs credits.

Andrews Research & Education Foundation has been approved by the Mississippi State Board of Physical Therapy to offer 16 continuing competence (CC) credits.

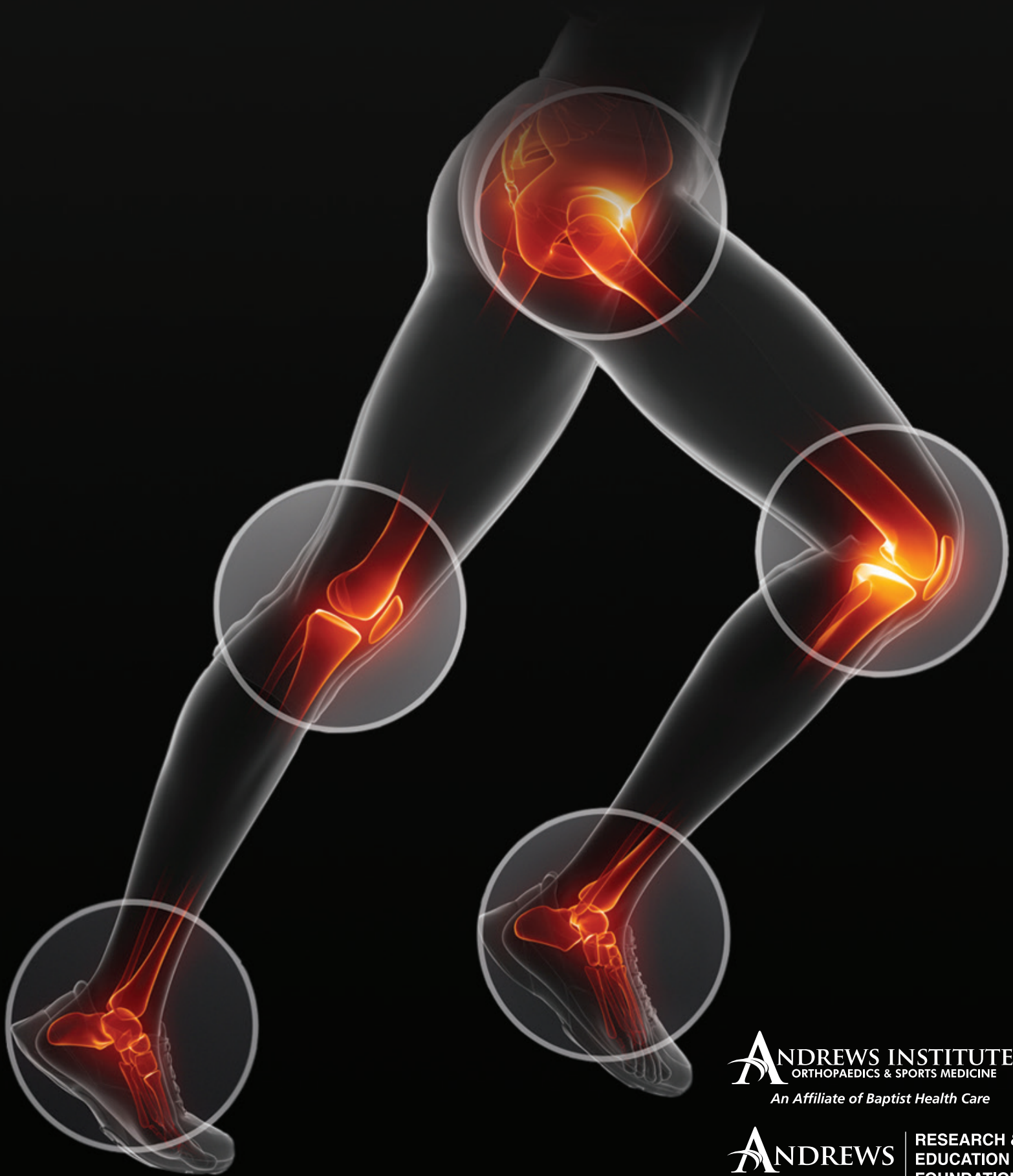
Schedule

Friday, March 1, 2019

- 7:00 a.m. **Registration and Breakfast**
- 7:50 a.m. **Welcome**
David Joyner, M.D.
- 8:00 a.m. **Knee Anatomy: Video Demonstration**
William Baldwin, M.D.
Mark Callanan, M.D.
- 8:10 a.m. **The Physical Exam of the Knee**
Steve Jordan, M.D.
- 8:40 a.m. **ACL Surgery**
Steve Jordan, M.D.
- 9:10 a.m. **ACL Rehabilitation**
Tyler Opitz, DPT, SCS, CSCS
- 9:40 a.m. **Panel Discussion**
- 9:50 a.m. **Break**
- 10:05 a.m. **Patellofemoral Surgery**
Juliet De Campos, M.D.
- 10:35 a.m. **Physical Therapy and the Patellofemoral Joint**
Casey Vogler, PT, DPT
- 11:05 a.m. **Total Knee Arthroplasty: Indications, Contraindications, and Post-Operative Considerations**
Andrew M. Pepper, M.D.
- 11:30 a.m. **Rehab of Total Knee Replacement**
Ashley Pittman, PT, DPT, AIB-VR
- 11:55 a.m. **Fall Prevention**
Rachael Cairns, PT, DPT, GCS
- 12:20 p.m. **Panel Discussion**
- 12:30 p.m. **Lunch**
- 1:30 p.m. **Nutrition**
Bob Calvin, MS, RD, CSSD, CSCS, LD/N
- 1:55 p.m. **The Surgical Treatment and Rehabilitation of Multi-Ligament Knee Injury**
Adam Anz, M.D.
- 2:25 p.m. **Meniscal Repair Versus Meniscectomy: When, Why, How?**
Chris O'Grady, M.D.
- 2:55 p.m. **Rehab of PCL Meniscus/Multi-Ligament Injuries**
Ryan Hine, DPT
- 3:25 p.m. **Panel Discussion**
- 3:35 p.m. **Break**
- 3:50 p.m. **Common Injuries of the Foot and Ankle**
Erik Nilssen, M.D.
- 4:25 p.m. **Rehabilitation of the Foot and Ankle**
Will Coggin, PT, DPT, CSCS
- 4:50 p.m. **Panel Discussion**
- 5:00 p.m. **Adjourn**

Saturday, March 2, 2019

- 7:30 a.m. **Breakfast**
- 8:00 a.m. **Orthobiologics/Regenerative Medicine Rehabilitation**
Tyler Opitz, DPT, SCS, CSCS
- 8:50 a.m. **Weight Training: Form and Technique**
Huaiyu Tan, M.D., Ph.D.
- 9:20 a.m. **Lower Extremity Pain Blocks**
Lauren Hill, M.D.
- 9:40 a.m. **Panel Discussion**
- 9:50 a.m. **Break**
- 10:05 a.m. **Blood Flow Restriction**
Tyler Opitz, DPT, SCS, CSCS
- 10:30 a.m. **Return to Sports Participation and Discharge Testing**
Rich Peterson, DPT
- 11:10 a.m. **Aquatic Progression**
Matt McGraw, MS, LAT, ATC, PES, CES
- 11:40 a.m. **Running Analysis: Sprint**
Brent Hardy, M.Ed., ATC, CSCS
- 12:05 p.m. **Panel Discussion**
- 12:15 p.m. **Lunch**
- 1:15 p.m. **Walk Over to PT Department for Labs**
- 1:20 p.m. **Interactive Therapy Labs:**
Aquatic
Movement Prep/Pillar/Walk to Jog
Running Analysis
Ashley Ramsay, MS, ATC, LAT
Matt McGraw, MS, LAT, ATC, PES, CES
Jeremy Hansen, PT, DPT, SCS
Brent Hardy, M.Ed., ATC, CSCS
- 4:30 p.m. **Panel Discussion**
- 5:00 p.m. **Adjourn**



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