Thursday, May 9, 2019

7:00 a.m.  Registration and Breakfast

7:55 a.m.  Welcome and Introductions
          James R. Andrews, M.D.
          Daniel Cooper, M.D.
          Ron Courson, ATC, PT, NRAEMT, CSCS
          Chad Gilliland, ATC, MSM
          Kevin Wilk, PT, DPT, FAPTA

Session 1: Upper Extremity I / Shoulder Injuries
Objective: Identify shoulder anatomy and describe mechanism and treatment of common injuries in the football player.

8:00 a.m.  Speaker Introductions
          Moderator: James R. Andrews, M.D.

8:05 a.m.  Shoulder Anatomy Dissection Video
          Moderator: Karim Meijer, M.D.
          ASMI Fellow
          ASMI Fellow

8:15 a.m.  Live Shoulder Exam
          Moderator: James R. Andrews, M.D.
          Daniel Cooper, M.D.
          Steve Jordan, M.D.

8:35 a.m.  Management of Shoulder Instability in Football
          Roger Ostrander, M.D.

8:55 a.m.  Rehabilitation Scapular Dyskinesia
          Stephen LaPlante, PT, ATC

9:10 a.m.  Case Study: Posterior Labral Tear
          Jim Maurer, ATC

9:20 a.m.  Game Day Tip: Reduction Techniques for Shoulder Dislocation
          Daniel Cooper, M.D.

9:30 a.m.  Rehabilitation for Shoulder Instability
          Kevin Wilk, PT, DPT, FAPTA

9:50 a.m.  Panel Discussion
          Moderator: James R. Andrews, M.D.
          Panelists: Daniel Cooper, M.D.
          Steve Jordan, M.D.
          Stephen LaPlante, PT, ATC
          Jim Maurer, ATC
          Karim Meijer, M.D.
          Roger Ostrander, M.D.
          Kevin Wilk, PT, DPT, FAPTA

10:00 a.m. Break

Session 2: Upper Extremity II
Objective: Discuss operative and non-operative treatments for common upper extremity injuries in the football player.

10:20 a.m. Speaker Introductions
          Moderator: Kevin Wilk, PT, DPT, FAPTA

10:25 a.m. Management of AC Joint Injuries & Fractures of the Shoulder
          JP Bramhall, M.D.

10:40 a.m. In-Season Management of Rotator Cuff Tear Injuries in Football
          Roger Ostrander, M.D.

10:55 a.m. Rehabilitation Following Specific Shoulder Surgeries
          Kevin Wilk, PT, DPT, FAPTA

11:15 a.m. Elbow Injuries in Football
          JP Bramhall, M.D.

11:30 a.m. Rehabilitation of Elbow Injuries
          Craig Garrison Ph.D., PT, SCS, ATC

11:45 a.m. Wrist Injuries in Football
          Thomas Hunt, M.D.

12:05 p.m. Hand Injuries in Football
          Bo Frederick, M.D.

12:25 p.m. Panel Discussion
          Moderator: Kevin Wilk, PT, DPT, FAPTA
          Panelists: JP Bramhall, M.D.
          Bo Frederick, M.D.
          Craig Garrison Ph.D., PT, SCS, ATC
          Thomas Hunt, M.D.
          Roger Ostrander, M.D.

12:35 p.m. Lunch

Panelists:
          Daniel Cooper, M.D.
Session 3: Lower Extremity I  
**Objective:** Recognize the knee anatomy, management and treatment of major ligaments in the knee.

1:35 p.m.  **Speaker Introductions**  
**Moderator:** Daniel Cooper, M.D.

1:40 p.m.  **Knee Anatomy Dissection Video**  
**Moderator:** Dustin Loveland, M.D.  
AREF Fellow
AREF Fellow

1:50 p.m.  **Live Shoulder Exam**  
**Moderator:** James R. Andrews, M.D.  
Daniel Cooper, M.D.  
Pete Indelicato, M.D.

2:10 p.m.  **Meniscus Injuries: Conservative, Resect or Repair?**  
Pete Indelicato, M.D.

2:20 p.m.  **Graft Choices in ACL Surgery**  
**Moderator:** Karim Meijer, M.D.

2:30 p.m.  **ACL Surgical Techniques**  
**Moderator:** Mark Adickes, M.D.

2:45 p.m.  **Keys to ACL Rehabilitation and Pearls**  
**Moderator:** Kevin Wilk, PT, DPT, FAPTA

3:00 p.m.  **Keynote Address:**  
**RTP in the NFL after ACL Reconstruction: A 25-Year Experience**  
Daniel Cooper, M.D.

3:20 p.m.  **Recognition of Genetic Predisposition of ACL Insufficiency**  
**Moderator:** Tarek Souryal, M.D.

3:40 p.m.  **Panel Discussion**  
**Moderator:** Daniel Cooper M.D.  
**Panelists:** Mark Adickes, M.D.  
James R. Andrews, M.D.  
Ron Courson, ATC, PT, NRAEMT, CSCS  
Pete Indelicato, M.D.  
Dustin Loveland, M.D.  
Karim Meijer, M.D.  
Kevin Wilk, PT, DPT, FAPTA

3:50 p.m.  **Break**

Session 4: Lower Extremity II – Knee  
**Objective:** Recognize key operative and non-operative rehabilitation techniques for knee injuries in the football player.

4:10 p.m.  **Speaker Introductions**  
**Moderator:** Steve Jordan, M.D.

4:15 p.m.  **Management of Chondral Injuries**  
**Moderator:** Adam Anz, M.D.

4:30 p.m.  **Patellar Dislocation: In-Season Management and Treatment**  
**Moderator:** Robin West, M.D.

4:50 p.m.  **Isolated PCL Injury: An Update**  
**Moderator:** Karim Meijer, M.D.

5:05 p.m.  **Acute Multi-ligament Injuries of the Knee**  
**Moderator:** Darren Johnson, M.D.

5:25 p.m.  **Rehabilitation of Overuse Injuries in the Lower Extremity**  
**Moderator:** Bob Mangine, PT, ATC

5:45 p.m.  **Psychological Considerations: What a Medical Team Needs To Know**  
**Moderator:** Ron Courson, ATC, PT, NRAEMT, CSCS

6:00 p.m.  **Panel Discussion**  
**Moderator:** Steve Jordan, M.D.  
**Panelists:** Adam Anz, M.D.  
Darren Johnson, M.D.  
Bob Mangine, PT, ATC  
Karim Meijer, M.D.  
Tarek Souryal, M.D.  
Robin West, M.D.

6:10 p.m.  **Sponsor Reception / Closing Remarks**  
**Location:** TBD
Schedule

Friday, May 10, 2019

7:30 a.m.  Breakfast

Concurrent Breakout Session 5A: Future of Sports Medicine
Location: TBD
Objective: Recognize key modalities and treatments for various injuries and discuss the trends and future in sports medicine.

8:00 a.m.  Speaker Introductions
Moderator: Adam Anz, M.D.

8:05 a.m.  Innovation of Spotters: Live Discussion
Mike Morton, ATC
Dave Surprenant, ATC

8:20 a.m.  Modalities in Sports Medicine: An Evidence Based Update
Ben Seagraves, PT, DPT, SCS, ATC

8:35 a.m.  Orthobiologics: Where are We Now?
Adam Anz, M.D.

8:50 a.m.  MSK Ultrasound: How to Incorporate Into Your Practice?
Brett Kindle, M.D., RMSK, CAQSM

9:05 a.m.  Trends and Future Directions for NFL Health and Safety
Allen Sills, M.D.

9:25 a.m.  Panel Discussion
Moderator: Adam Anz, M.D.
Panelists: Brett Kindle, M.D., RMSK, CAQSM
Mike Morton, ATC
Ben Seagraves, PT, DPT, SCS, ATC
Allen Sills, M.D.
Dave Surprenant, ATC

9:35 a.m.  Break

Concurrent Breakout Session 5B: Youth Football
Location: TBD
Objective: Explain current concepts in prevention and treatment to injuries in youth football.

8:00 a.m.  Speaker Introductions
Moderator: James R. Andrews, M.D.

8:05 a.m.  Why So Many Youth Injuries?
James R. Andrews, M.D.

8:25 a.m.  The Case for Electronic Documentation in High School Setting
Troy Smurawa, M.D.

8:35 a.m.  Weight Training and Conditioning for Youth Football Players: When is it Safe to Lift Weights?
Josh Adams

8:45 a.m.  Overuse Injuries in Youth and High School Football
Troy Smurawa, M.D.

8:55 a.m.  Upper Extremity Fractures Common to Football
John Polousky, M.D.

9:05 a.m.  Lower Extremity Fractures Common to Football
Scott Sorenson, M.D.

9:15 a.m.  Management and Technical Considerations in Pediatric ACL Surgery
Dustin Loveland, M.D.

9:25 a.m.  Panel Discussion
Moderator: James R. Andrews, M.D.
Panelists: Josh Adams
Dustin Loveland, M.D.
John Polousky, M.D.
Troy Smurawa, M.D.
Scott Sorenson, M.D.

9:35 a.m.  Break
Session 6: Foot and Ankle

Objective: Discuss the anatomy, treatment, and rehabilitation for foot and ankle injuries in the football player.

9:55 a.m.  Speaker Introductions
Moderator: Erik Nilssen, M.D.

10:00 a.m.  Foot and Ankle Anatomy Dissection Video
Moderators: Sonya Ahmed, M.D.
Domenic Esposito, M.D.

10:10 a.m.  Management of Common Acute Foot and Ankle Injuries in Football
Gene Curry, M.D.

10:30 a.m.  Uncommon Ankle Sprains
Sonya Ahmed, M.D.

10:50 a.m.  Case Studies: You May Not See It, But It Has Seen You!
Erik Nilssen, M.D.

11:10 a.m.  Rehabilitation Pearls of Foot and Ankle Injuries
Ben Seagraves, PT, DPT, SCS, ATC

11:30 a.m.  Panel Discussion
Moderator: Erik Nilssen, M.D.
Panelists: Sonya Ahmed, M.D.
Gene Curry, M.D.
Ben Seagraves, PT, DPT, SCS, ATC

11:40 a.m.  James R. Andrews Award for Excellence in Football

11:45 a.m.  Lunch
Concurrent Breakout Session 7A: Emergency Situations  
**Location:** TBD  
**Objective:** Demonstrate and apply current concepts for taking care of the spine injured player and other emergency situations.

12:45 p.m. **Speaker Introductions**  
**Moderator:** Jim Kyle, M.D.

12:50 p.m. **Medical Time-Out: An Update**  
Jim Kyle, M.D.

1:05 p.m. **The Dislocated Knee: On the Field Management**  
Daniel Cooper, M.D.

1:15 p.m. **Open Fracture Management**  
Alan Jones, M.D.

1:30 p.m. **Emergency Evaluation: The Downed Athlete – On the Field Decisions**  
Ron Courson, ATC, PT, NRAEMT, CSCS

1:40 p.m. **Spine Injuries in Football**  
Drew Dossett, M.D.

2:00 p.m. **Current Concepts in On-Field Management of Spine Injuries**  
Ron Courson, ATC, PT, NRAEMT, CSCS

2:30 p.m. **Management of Athletic Medical Emergencies**  
Glenn Henry, EMT-P

2:50 p.m. **Break**

3:05 p.m. **Catastrophic Interactive Lab**  
**Log Roll (Spine and Prone):** David Jack, M.A., ATC, CES  
**Scoop Stretcher:** David Snyder, M.S., ATC  
**Kendrick Extrication Device (KED):** Jon Hill, M.S., ATC, NREMT  
**Helmet and Shoulder Pad Removal:** Drew Wilson, M.S., ATC  
**Multi-Person Lift:** Ron Courson, ATC, PT, NRAEMT, CSC  
**Packaging:** Jack Marucci, ATC  
**SCA (manikin):** Jim Kyle, M.D.  
**Airway (manikin):** Glenn Henry, M.A., EMT-P  
**Cold Water Immersion:** Jeff Baggett, M.S., LAT, ATC

3:35 p.m. **Panel Discussion: What to do?: Post-Catastrophic Event**  
**Moderator:** Jim Kyle, M.D.  
**Panelists:** Jeff Baggett, MS, LAT, ATC  
Daniel Cooper, M.D.  
Ron Courson, ATC, PT, NRAEMT, CSCS  
Drew Dossett, M.D.  
Glenn Henry, EMT-P  
Alan Jones, M.D.

4:50 p.m. **Adjourn**

Concurrent Breakout Session 7B: Rehabilitation for the Football Player  
**Location:** TBD  
**Objective:** Apply current advances in treatment and rehabilitation of injuries to the football player.

12:45 p.m. **Speaker Introductions**  
**Moderator:** Tyler Opitz, DPT, PT, SCS, CSCS

12:50 p.m. **How to Develop a Rehabilitation Program**  
Ron Courson, ATC, PT, NRAEMT, CSCS

1:05 p.m. **BFR and Rehabilitation: How to Maximize?**  
Bob Mangine, PT, ATC

1:25 p.m. **Innovations in ACL Rehabilitation**  
Kevin Wilk, PT, DPT, FAPTA

1:45 p.m. **Return to Play Following Lower Extremity Injury**  
Stephen LaPlante, PT, ATC

2:05 p.m. **Rehabilitation of Hamstring Strains**  
David Snyder, ATC

2:25 p.m. **How to Avoid Injuries in the Weight Room**  
Brett Bech, CSCS

2:55 p.m. **Break**

3:10 p.m. **Functional Training Drills and On-Field Progression**  
Britt Brown, M.S., ATC, LAT

3:20 p.m. **Rehabilitation with Orthobiologics**  
Tyler Opitz, DPT, PT, SCS, CSCS

3:40 p.m. **Advanced Rehabilitation Concepts for Lower Extremity Injuries**  
Ryan Donahue, PT, DPT, SCS, CSCS

4:00 p.m. **Training the Hips and Core**  
Tyler Opitz, DPT, PT, SCS, CSCS

4:15 p.m. **In-Season Management of Knee Osteoarthritis**  
Michael Baum, M.A., ATC

4:35 p.m. **Panel Discussion:**  
**Moderator:** Tyler Opitz, DPT, PT, SCS, CSCS  
**Panelists:** Michael Baum, M.A., ATC  
Brett Bech, CSCS  
Britt Brown, M.S., ATC, LAT  
Ryan Donahue, PT, DPT, SCS, CSCS  
Stephen LaPlante, PT, ATC  
Bob Mangine, PT, ATC  
David Snyder, ATC  
Kevin Wilk, PT, DPT, FAPTA

4:50 p.m. **Adjourn**
Saturday, May 11, 2019

7:30 a.m.  Breakfast

Session 8: Hot Topics in Football
Objective: Recognize current medical issues and understand the various treatments of everyday occurrence in sports medicine.

8:00 a.m.  Speaker Introductions
Moderator: Robert Fowler, M.D.

8:05 a.m.  Biologics in Sports Medicine: LSU Experience
Jack Marucci, ATC

8:25 a.m.  Updates to Legal Aspects of an MD/ATC
Dustin Loveland, M.D.

8:45 a.m.  Age Specific Sports Nutrition Considerations
Pratik Patel

9:00 a.m.  Return to Play Guidelines:
On the Field and in the Training Room
Mark Adickes, M.D.

9:15 a.m.  Hydration and Recovery
Troy Smurawa, M.D.

9:25 a.m.  Sickle Cell
Mike Goodlett, M.D.

9:40 a.m.  Concussion Management and Treatment
Scott Burkhart, Psy.D.

10:00 a.m.  Position Specific Rehabilitation of Vestibular and Ocular Dysfunction for the Football Concussion
Ben Gloff, PT, DPT

10:10 a.m.  Coping Skills for Today’s Football Athletes
Ginger Gilmore
Bhrett McCabe, Ph.D.

10:30 a.m.  Panel Discussion
Moderator: Robert Fowler, M.D.
Panelists: Mark Adickes, M.D.
Scott Burkhart, Psy.D.
Mike Goodlett, M.D.
Ginger Gilmore
Ben Gloff, PT, DPT
Dustin Loveland, M.D.
Jack Marucci, ATC
Bhrett McCabe, Ph.D.
Pratik Patel
Troy Smurawa, M.D.

10:40 a.m.  Break

Session 9: Hip and Core
Objective: Discuss examination, treatment, and rehabilitation for core and hip injuries in the football player.

11:00 a.m.  Speaker Introductions
Moderator: Benton Emblom, M.D.

11:05 a.m.  Classifications and Conservative Treatment of Hamstring Injuries in Football
Kevin Wilk, PT, DPT, FAPTA

11:20 a.m.  Hamstring Prevention and Return to Play
David Snyder, ATC

11:30 a.m.  Hip FAI in Football Players
Mark Muller, M.D.

11:50 a.m.  Diagnosis and Treatment of Back Pain in Youth Football Players
Chris Redman, M.D.

12:05 p.m.  Core Injuries: Diagnosis and Treatment
Benton Emblom, M.D.

12:15 p.m.  Live Spine/Core Exam
Benton Emblom, M.D.
Chris Redman, M.D.

12:35 p.m.  Panel Discussion
Moderator: Benton Emblom, M.D.
Panelists: Mark Muller, M.D.
Chris Redman, M.D.
David Snyder, ATC
Kevin Wilk, PT, DPT, FAPTA

12:45 p.m.  Adjourn

Panelists: Mark Adickes, M.D.