**Thursday**

**May 3, 2018**

7:00am  Registration & Breakfast
(55min)

7:55am  Welcome & Introductions  
Honorory Chairman:
James Andrews, MD  
Allen Sills, MD  
Kevin Wilk, PT, DPT, FAPTA  
Ron Courson, ATC, PT, NRAEMT, CSCS  
Chad Gilliland, ATC, MSM

Session 1 – Upper Extremity I – Shoulder Injuries

**Objective:** Identify shoulder anatomy and describe mechanism and treatment of common injuries in the football player.

8:00am  Introduction to Speakers  
Moderator: James Andrews, MD

8:05am  Shoulder Anatomy Dissection Video  
Moderator: Darren Johnson, MD  
Brian Capogna, MD  
Casey Pierce, MD

8:15am  Live Shoulder Exam  
James Andrews, MD  
Jim Bradley, MD

8:35am  Anterior Shoulder Instability: In-Season Decision Making  
Roger Ostrander, MD

8:55am  Keynote Address: Posterior Shoulder Instability: In-Season Decision Making  
Jim Bradley, MD

9:15am  Rehabilitation for In-Season Management of Shoulder instability  
Jerry Latimer, PT, ATC

9:30am  Keynote Address: Brachial Plexus Injuries: Return to Play Decision Making and Rehabilitation  
Beau Lowery, PT, ATC

9:45am  In-season Rotator Cuff Tears in Football  
Darren Johnson, MD

10:00am  Panel Discussion  
Moderator: James Andrews, MD  
Panelists:  
Jim Bradley, MD  
Roger Ostrander, MD  
Jerry Latimer, PT, ATC  
Beau Lowery, PT, ATC  
Darren Johnson, MD
10:10am  Break  
(20min)

Session 2 – Upper Extremity II

Objective: Discuss operative and non-operative treatments for common upper extremity injuries in the football player.

10:30am  Introduction to Speakers  
(5min)   Moderator: Jim Bradley, MD

10:35am   Current Management of In-Season - AC Joint and Clavicle Fractures  
(15min)   Roger Ostrander, MD

10:50am  Rehabilitation: Keeping the Body Balanced After an Upper Extremity Injury  
(20min)   Tyler Opitz, DPT, SCS, CSCS

11:10am  Pectoralis Tear: Diagnosis and Treatment  
(10min)   Brett Kindle, MD

11:20am  Rib Fracture: Return to Play Management  
(15min)   Jimmy Robinson, MD

11:35am  On the Field In-Season Evaluation: Elbow/Wrist “Is It Safe to Play”  
(20min)   Beau Lowery, PT, ATC

11:55am  Keynote Address: Psychological Issues Related to Injury: What the Health Care Team Needs to Know  
(15min)   Pete Indelicato, MD

12:10pm  Panel Discussion  
(10min)   Moderator: Jim Bradley, MD  
Panelists:  
Roger Ostrander, MD  
Tyler Opitz, DPT, SCS, CSCS  
Brett Kindle, MD  
Jimmy Robinson, MD  
Beau Lowery, PT, ATC  
Pete Indelicato, MD

12:20pm  Lunch (On Own)  
(60 min)

Session 3 – Emergency Situations

Objective: Demonstrate and apply current concepts for taking care of the spine injured player and other emergency situations.

1:20pm  Introduction to Speakers  
(5min)   Moderator: Ron Courson, ATC, PT, NRAEMT, CSCS

1:25pm  Keynote Address: Concussion  
(30min)   Allen Sills, MD

1:55pm  Emergency Situations in Athletics  
(30min)   Jim Ellis, MD

2:25pm  Emergency Evaluation: The Downed Athlete – On the Field Decisions  
(20min)   Glenn Henry, MA, PMDC

2:45pm  Current Concepts in Management of Spine Injuries  
(30min)   Ron Courson, ATC, PT, NRAEMT, CSCS
3:15pm  Management of Athletic Emergencies: SCA, Airway, Anaphylaxis, Asthma, EHI, SCT, Overdose  
            Glenn Henry, MA, PMDC

3:45pm  Break
        (15min)

4:00pm  Catastrophic Interactive Lab
        (90min)
            Log Roll (Supine & Prone): Lovie Tabron, MS, LAT, ATC
            Scoop Stretcher and Kendrick Extrication Device (KED): Jon Hill, MS, ATC, NREMT
            Helmet Removal: Drew Wilson, MS, ATC
            Multi-Person Lift: Ron Courson, ATC, PT, NRAEMT, CSCS
            Shoulder Pad Removal: Mike Kordecki DPT, SCS, ATC
            Packaging: Jeff Baggett, MS, LAT, ATC
            SCA (manikin): Jim Ellis, MD
            Airway (manikin): Glenn Henry, MA, PMDC
            Cold Water Immersion: Matt McGraw, MS, LAT, ATC, PES

5:30pm  Panel Discussion/Q&A:
        (15min)
            Moderator: Ron Courson, ATC, PT, NRAEMT, CSCS
            Jim Ellis, MD
            Glenn Henry, MA, PMDC
            Lovie Tabron, MS, LAT, ATC
            Jon Hill, MS, ATC, NREMT
            Drew Wilson, MS, ATC
            Mike Kordecki DPT, SCS, ATC
            Jeff Baggett, MS, LAT, ATC
            Matt McGraw, MS, LAT, ATC, PES
            Allen Sills, MD

5:45pm  Vendor Reception:  
            Closing Remarks

Friday  
May 4, 2018

6:30am  Breakfast  
        (30min)

Session 4 – Hamstring Injuries in Football Players

Objective:

7:00am  Introduction to Speakers  
        (5min)
        Moderator: Kevin Wilk, PT, DPT, FAPTA

7:05am  Hamstring Management  
        (20min)
        Jim Bradley, MD

7:25am  Keynote Address: Hamstring Treatment and Return to Play  
        (20min)
        Jeff Allen, M.Ed., ATC

7:45am  Surgical Repair of Hamstring Injuries  
        (20min)
        Benton Emblom, MD
Round Table Discussion: Epidemic of Hamstring Injuries in Football
Moderator: Kevin Wilk, PT, DPT, FAPTA
Panelists: Jim Bradley, MD
Jeff Allen, M.Ed., ATC
Allen Sills, MD
Benton Emblom, MD
Jeff Dugas, MD

James R. Andrews Award for Excellence in Football

Break

Session 5 – Lower Extremity I

Objective:

9:00am Introduction to Speakers
Moderator: Jeff Dugas, MD

9:05am Knee Anatomy Dissection Video
Moderator: Steve Jordan, MD
Kevin Christensen, MD
Domenic Esposito, MD

9:15am The Knee Exam
Steve Jordan, MD

9:30am Live Knee Exam
Jeff Dugas, MD
Darren Johnson, MD
Jim Bradley, MD

9:50am How to Avoid Stiffness after ACL Reconstruction and Manage It When It Occurs
Pete Indelicato, MD

10:05am What’s New in ACL Rehabilitation & Top 10 Key Components to ACL Rehabilitation
Kevin Wilk, PT, DPT, FAPTA

10:25am Bio-enhanced ACL Reconstruction
Steve Jordan, MD

10:40am Keynote Address: Pediatric ACL: Treatment Options and Surgical Considerations
John Polousky, MD

10:55am ACL Return to Play
Kevin Wilk, PT, DPT, FAPTA

11:15am When Do You Operate On an Isolated MCL Tear?
Jeff Dugas, MD

11:30am What Do We Do About Isolated PCL
JP Bramhall, MD

11:50am Keynote Address: Acute Multi-ligament Injuries of the Knee
Darren Johnson, MD
### Session 6 – Lower Extremity II – Knee

**Objective:** Recognize key operative and non-operative rehabilitation techniques for knee injuries in the football player

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Speaker(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:15pm</td>
<td>Introduction to Speakers</td>
<td>Moderator: Pete Indelicato, MD</td>
</tr>
<tr>
<td>1:20pm</td>
<td><strong>Keynote Address:</strong> Meniscus Injuries: Where Are We Today?</td>
<td>JP Bramhall, MD</td>
</tr>
<tr>
<td>1:35pm</td>
<td>Chondral Injuries acute and chronic</td>
<td>Adam Anz, MD</td>
</tr>
<tr>
<td>1:50pm</td>
<td>Rehabilitation of In-Season Meniscus and Chondral Injuries</td>
<td>Jason McVeigh, MS, PT, SCS, ATC, LAT</td>
</tr>
<tr>
<td>2:05pm</td>
<td>Patella Tendinosis – In-Season Management and Rehabilitation</td>
<td>Paul Silvestri, MS, ATC, LAT</td>
</tr>
<tr>
<td>2:15pm</td>
<td>Tenex Procedure for Patella Tendinosis</td>
<td>Josh Hackel, MD</td>
</tr>
<tr>
<td>2:25pm</td>
<td>Patellofemoral Rehabilitation</td>
<td>Mike Kordecki DPT, SCS, ATC</td>
</tr>
<tr>
<td>2:40pm</td>
<td>ACL Surgery: My Way</td>
<td>James Andrews, MD</td>
</tr>
<tr>
<td>3:00pm</td>
<td>Panel Discussion</td>
<td>Moderator: Pete Indelicato, MD</td>
</tr>
<tr>
<td></td>
<td>Panelists:</td>
<td>JP Bramhall, MD</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Adam Anz, MD</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Jason McVeigh, MS, PT, SCS, ATC, LAT</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Paul Silvestri, MS, ATC, LAT</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Josh Hackel, MD</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mike Kordecki DPT, SCS, ATC</td>
</tr>
<tr>
<td></td>
<td></td>
<td>James Andrews, MD</td>
</tr>
<tr>
<td>3:10pm</td>
<td>Break</td>
<td></td>
</tr>
</tbody>
</table>
Session 7 – Foot & Ankle

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

3:30pm  Introduction to Speakers
       (5min)  Moderator: Erik Nilssen, MD

3:35pm  Foot & Ankle Anatomy Dissection Video
       (10min)  Moderator: Daniel Murawski, MD
                Daniel Maxwell, MD

3:45pm  Achilles Problems in Football Players
       (10min)  Daniel Murawski, MD

3:55pm  In-season Management of Ankle Sprains
       (10min)  Jim Madaleno, ATC

4:05pm  Mid-foot injuries; Lisfranc in Football Players
       (15min)  Erik Nilssen, MD

4:20pm  Keynote Address Characterizing the Shape of NFL Athletes’ Feet Using a 3D Laser Scanner: Injury Prevention & Footwear Selection
       (20min)  Richard Kent, PhD

4:40pm  Foot & Ankle Rehabilitation Pearls
       (15min)  Jim Madaleno, ATC

4:55pm  Panel Discussion
       (10min)  Moderator: Erik Nilssen, MD
                Panelists:
                Daniel Murawski, MD
                Jim Madaleno, ATC
                Richard Kent, PhD

5:05pm  Adjourn

Saturday
May 5, 2018

7:30am  Breakfast
       (30min)

Session 8 – Hot Topics in Football

Objective: Recognize current medical issues and understand the various treatments of everyday occurrence in sports medicine

8:00am  Introduction of Speakers
       (5min)  Moderator: Mike Goodlett, MD

8:05am  PRP and Stem Cells: Updating the Basics
       (20min)  Jim Bradley, MD

8:25am  Keynote Address: Preventing Infections in the Training Room
       (20min)  Deverick J. Anderson, MD, MPH, FSHEA, FIDSA

8:45am  Blood Flow Restriction: Does it Mobilize Growth Hormones or Stem Cells?
       (15min)  Adam Anz, MD
<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
</table>
| 9:00am | Wearable Technology: An In-Season Return to Play Application  
Jake Pfeil, MS, ATC, LAT (15min) |
| 9:15am | Keynote Address: What’s the Skinny on Cramping (over heat illness, and sickle cell) PEARLS  
Mike Goodlett, MD (15min) |
| 9:30am | Biomarkers - What Does This Mean for Optimizing Performance and Preventing Injuries  
Don Moxley, MA (20min) |
| 9:50am | Behavioral Medicine  
Lovie Tabron, MS, LAT, ATC (15min) |
| 10:05am| Nutrition  
Bob Calvin, MS, RD, CSSD, LD/N, CSCS (20min) |
| 10:25am| Panel Discussion  
Moderator: Mike Goodlett, MD (10min)  
Panelists: Jim Bradley, MD  
Deverick J. Anderson, MD, MPH, FSHEA, FIDSA  
Adam Anz, MD  
Jake Pfeil, MS, ATC, LAT  
Don Moxley, MA  
Lovie Tabron, MS, LAT, ATC  
Bob Calvin, MS, RD, CSSD, LD/N, CSCS |
| 10:35am| Break (20min) |
| **Session 9 – Hip & Core** | |
| **Objective:** Discuss examination, treatment, and rehabilitation for core and hip injuries in the football player | |
| 10:55am| Introduction of Speakers  
Moderator: Adam Anz, MD (5min) |
| 11:00am| Keynote Address: Sports Hernias: Anatomy, Diagnosis, & Treatment  
David Treen, MD (20min) |
| 11:20am| Keynote Address: Hip Injuries in Football  
Benton Emblom, MD (20min) |
| 11:40am| lineman with bilateral hip labral tears and repairs with in season management - Case Study Rehabilitation of Hip Injuries in Football Players  
Jerry Latimer, PT, ATC (20min) |
| 12:00pm| Rehabilitation of Core and Low Back Injuries  
Mike Kordecki DPT, SCS, ATC (20min) |
| 12:20pm| Panel Discussion  
Moderator: Adam Anz, MD (10min)  
Panelist:  
David Treen, MD  
Benton Emblom, MD  
Jerry Latimer, PT, ATC  
Mike Kordecki DPT, SCS, ATC |
| 12:30pm| Adjourn |