Thursday, May 9

7:00 a.m.  Registration and Breakfast

7:55 a.m.  Welcome and Introductions
          James R. Andrews, M.D.
          Daniel E. 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 A. Meijer, M.D.
          Brady Clay, M.D.
          Ryan Roach, M.D.

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

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

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

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

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

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

9:50 a.m.  Panel Discussion
          Moderator: James R. Andrews, M.D.
          Panelists: Daniel E. Cooper, M.D.
          Steve Jordan, M.D.
          Stephen LaPlante, M.S., PT, ATC
          Jim D. Maurer, ATC, LAT
          Karim A. 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
          J.P. 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
          Michael Kordecki, DPT, SCS, ATC

11:15 a.m.  Elbow Injuries in Football
          J.P. 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 R. Hunt, III, M.D., DSc.

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: J.P. Bramhall, M.D.
          Bo Frederick, M.D.
          Craig Garrison, Ph.D., PT, SCS, ATC
          Thomas R. Hunt, III, M.D., DSc.
          Michael Kordecki, DPT, SCS, ATC
          Roger Ostrander, M.D.

12:35 p.m.  Lunch (provided)
          Sponsored by: Baylor Scott & White
          Topic: Emerging and Evidenced-Based Science on Injury Prevention and Recovery (NON-CME/CEU)
Session 3: Lower Extremity I
Objective: Recognize the knee anatomy, management and treatment of major ligaments.

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

1:40 p.m.  Knee Anatomy Dissection Video  
   Moderator: Dustin Loveland, M.D.  
   William Baldwin, M.D.  
   Joseph Boaen, M.D.

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

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

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

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

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

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

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

3:40 p.m.  Panel Discussion  
   Moderator: Daniel E. Cooper, M.D.  
   Panelists: Mark Adickes, M.D.  
   James R. Andrews, M.D.  
   Peter Indelicato, M.D.  
   Dustin Loveland, M.D.  
   Karim A. Meijer, M.D.  
   Tarek Souryal, M.D.  
   Kevin Wilk, PT, DPT, FAPTA

3:50 p.m.  Break

Session 4: Lower Extremity II
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  
   Adam Anz, M.D.

4:30 p.m.  Patellar Dislocation: In-Season Management and Treatment  
   Steve Jordan, M.D.

4:45 p.m.  Isolated PCL Injury: An Update  
   Karim A. Meijer, M.D.

5:00 p.m.  Acute Multi-Ligament Injuries of the Knee  
   Adam Anz, M.D.

5:15 p.m.  Rehabilitation of Overuse Injuries in the Lower Extremity  
   Bob Mangine, PT, ATC

5:30 p.m.  Psychological Considerations: What a Medical Team Needs To Know  
   Ron Courson, ATC, PT, NRAEMT, CSCS

5:45 p.m.  Return to Play Criteria: The Tests I Prefer  
   Bob Mangine, PT, ATC

6:00 p.m.  Panel Discussion  
   Moderator: Steve Jordan, M.D.  
   Panelists: Adam Anz, M.D.  
   Ron Courson, ATC, PT, NRAEMT, CSCS  
   Bob Mangine, PT, ATC  
   Karim A. Meijer, M.D.

6:10 p.m.  Sponsor Reception / Closing Remarks  
   Location: The Star Ballroom C&D
Friday, May 10

7:30 a.m.  Breakfast

Concurrent Breakout Session 5A: Future of Sports Medicine
Location: Wynne Ballroom
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, M.Ed., ATC, LAT
Dave Surprenant, ATC, LAT

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, CAQSM, RMSK

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

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

9:35 a.m.  Break

Concurrent Breakout Session 5B: Youth Football
Location: The Star Ballroom A&B
Objective: Explain current concepts in prevention and treatment of 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 M. Smurawa, M.D.

8:35 a.m.  Weight Training and Conditioning for Youth Football Players: When is it Safe to Lift Weights?
Josh Adams, M.S., CSCS, NSCA-CPT

8:45 a.m.  Overuse Injuries in Youth and High School Football
Troy M. 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, M.S., CSCS, NSCA-CPT
Dustin Loveland, M.D.
John Polousky, M.D.
Troy M. 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 (provided)
   Sponsored by: Children’s Health Andrews Institute & RankOne Health
   Topic: A Technology Solution: Connecting the Dots in Sports Medicine Care (NON-CME/CEU)
Concurrent Breakout Session 7A: Emergency Situations

Location: The Star Ballroom A&B
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., FACSM

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

1:05 p.m. The Dislocated Knee: On the Field Management
Daniel E. 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
Andrew Clavenna, 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, M.A., EMT-P

2:50 p.m. Break

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

3:45 p.m. Panel Discussion: What to do in a Post-Catastrophic Event?
Moderator: Jim Kyle, M.D., FACSM
Panelists: Jeff Baggett, M.S., LAT, ATC
Daniel E. Cooper, M.D.
Andrew Clavenna, M.D.
Ron Courson, ATC, PT, NRAEMT, CSCS
Glenn Henry, M.A., EMT-P
Alan Jones, M.D.
Michael Kordecki, DPT, SCS, ATC

4:35 p.m. Panel Discussion: What to do in a Post-Catastrophic Event?
Moderator: Jim Kyle, M.D., FACSM
Panelists: Jeff Baggett, M.S., LAT, ATC
Daniel E. Cooper, M.D.
Andrew Clavenna, M.D.
Ron Courson, ATC, PT, NRAEMT, CSCS
Glenn Henry, M.A., EMT-P
Alan Jones, M.D.
Michael Kordecki, DPT, SCS, ATC

4:50 p.m. Adjourn

Concurrent Breakout Session 7B: Rehabilitation for the Football Player

Location: Wynne Ballroom
Objective: Apply current advances in treatment and rehabilitation of injuries to the football player.

12:45 p.m. Speaker Introductions
Moderator: Tyler Opitz, DPT, 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. Advanced Rehabilitation Techniques for the ACL Patient
Kevin Wilk, PT, DPT, FAPTA

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

2:05 p.m. Rehabilitation of Hamstring Strains
David Snyder, M.S., ATC, LAT, CES

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, 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, SCS, CSCS

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

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

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

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 W. Fowler, M.D.

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

8:25 a.m.  Updates to Legal Aspects of the Sports Medicine Team  
Dustin Loveland, M.D.

8:45 a.m.  Sports Nutrition Considerations for Specific Ages  
Pratik Patel, M.S., RD, CSSD, CSCS

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 M. Smurawa, M.D.

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

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 Childress, M.Ed., ATC, LAT  
Bhrett McCabe, Ph.D.

10:30 a.m.  Panel Discussion  
Moderator: Robert W. Fowler, M.D.  
Panelists: Mark Adickes, M.D.  
Scott Burkhart, Psy.D.  
Ginger Gilmore Childress, M.Ed., ATC, LAT  
Mike D. Goodlett, M.D., FAAFP  
Ben Gloff, PT, DPT  
Dustin Loveland, M.D.  
Jack Marucci, M.A., ATC, LAT  
Bhrett McCabe, Ph.D.  
Pratik Patel, M.S., RD, CSSD, CSCS  
Troy M. 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.  Hamstring Prevention and Return to Play  
David Snyder, M.S., ATC, LAT, CES

11:15 a.m.  Hip FAI in Football Players  
Mark Muller, M.D.

11:35 a.m.  Diagnosis and Treatment of Back Pain in Youth Football Players  
Christopher Redman, M.D.

11:50 a.m.  Core Injuries: Diagnosis and Treatment  
Benton Emblom, M.D.

12:00 p.m.  Training the Hip & Core to Prevent Injury & Enhance Performance  
Michael Kordecki, DPT, SCS, ATC

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

12:35 p.m.  Panel Discussion  
Moderator: Benton Emblom, M.D.  
Panelists: Michael Kordecki, DPT, SCS, ATC  
Mark Muller, M.D.  
Christopher Redman, M.D.  
David Snyder, M.S., ATC, LAT, CES  
Kevin Wilk, PT, DPT, FAPTA

12:45 p.m.  Adjourn