

Advanced Team Physician Course Preliminary Program

December 11-14, 2014
Tampa Marriott Waterside Hotel and Marina
Tampa, Florida



A CSM
MSSM
OSSM

ADVANCED TEAM PHYSICIAN COURSE

American College of Sports Medicine
American Medical Society for Sports Medicine
American Orthopaedic Society for Sports Medicine

www.acsm.org

Course Description

The Advanced Team Physician Course is a collaborative effort between ACSM, AMSSM and AOSSM. This live activity is designed to provide up-to-date information on the evaluation and treatment of medical illnesses and musculoskeletal injuries occurring in competitive and recreational athletes. While the emphasis will be on athletes participating in team sports, many topics will be applicable to competitors in individual sports. The live activity format utilizes lectures, case presentations, debates on controversial topics, panel discussions, question and answer sessions and informal discussions with the faculty. Presenters are encouraged to rely on Evidence-Based Medicine where available.

2014 Advanced Team Physician Course Faculty

James Andrews, M.D.
Birmingham, AL

Elizabeth A. Arendt, M.D.
Minneapolis, MN

Aaron Baggish, M.D.
Boston, MA

Michael Bresler, M.D.
Chicago, IL

Matthew Gammons, M.D.
Rutland, VT

Suzanne Hecht, M.D.
Minneapolis, MN

Mark Hutchinson, M.D.
Chicago, IL

John D. Kelly IV, M.D.
Philadelphia, PA

Tracy Ray, M.D.
Durham, NC

Craig Young, M.D.
Milwaukee, WI

Supporter

The American College of Sports Medicine (ACSM), American Medical Society for Sports Medicine (AMSSM) and American Orthopaedic Society for Sports Medicine (AOSSM) gratefully acknowledge the Gatorade Sports Science Institute for an educational grant in support of the educational program.



Registration

Deadline: November 20, 2014. Advanced registration is strongly recommended and must be received by November 20, 2014. After this date, registration rates increase by \$50.00. Registration is available online at www.acsm.org (attend a meeting).

Fee Schedule

For Members of ACSM, AMSSM, AOSSM:

Registration received by 11/20/14
\$600 (if staying at Tampa Marriott Waterside)
\$750 (if staying at other hotel)
Registration received after 11/20/14
\$650 (if staying at Tampa Marriott Waterside)
\$800 (if staying at other hotel)

Non-Members

Registration received by 11/20/14
\$700 (if staying at Tampa Marriott Waterside)
\$850 (if staying at other hotel)
Registration received after 11/20/14
\$750 (if staying at Tampa Marriott Waterside)
\$900 (if staying at other hotel)

**Students, residents, and individuals in a fellowship program can deduct \$100 from the above fees (proof to be included with registration).*

Note on Fee Differential: Registration costs are predicated on attendees staying at the Tampa Marriott Waterside. A US \$150 differential is assessed to registrants staying at other hotels to offset expenses incurred. Meeting registrants will be confirmed with the Tampa Marriott Waterside master list (the above registration fees do not include hotel).

Course Planning Committee

ACSM

Matthew Gammons, M.D.
Rutland, Vermont

Mark Hutchinson, M.D.
Chicago, Illinois

AOSSM

Elizabeth A. Arendt, M.D.
Minneapolis, Minnesota

John D. Kelly IV, M.D.
Philadelphia, Pennsylvania

AMSSM

Tracy Ray, M.D.
Durham, North Carolina

Craig C. Young, M.D.
Milwaukee, Wisconsin

Statement of Need

A need for this live activity has been determined based on identifying professional practice gaps and previous course evaluations. The content of this course was based on current issues and hot topics provided by ACSM, AMSSM and AOSSM membership and leadership.

Target Audience

This conference should prove valuable to any team physician, certified athletic trainer, physical therapist or coach concerned with the management or prevention of injuries to the team athlete.

Program Information

ACSM, AMSSM, and AOSSM attest that the people responsible for the development of this live activity did so independently and were not influenced by commercial supporters.

Course Objectives

1. Evaluate the pathophysiology of tendinopathy in order to determine appropriate treatment, including non-invasive and surgical modalities to enhance return to function and decrease pain.
2. Recognize the signs of female athletes presenting with stress fractures in order to facilitate diagnosis and treatment of the female athlete triad.
3. Incorporate new strategies into practice to diagnose hip pain in athletes in order to ensure appropriate referral to surgical experts for possible surgical intervention.
4. Analyze current controversies and evidence gaps in return to play for athletes in order to make safe return to play decisions to prevent further injury or illness.
5. Evaluate current recommendations for the Cardiac Pre-Participation evaluation in order to detect conditions that could precipitate sudden cardiac death or disability and incorporate recommendations for safe participation in sports.
6. Consider the evidence regarding common treatment modalities used in the training room in order to utilize appropriate modalities that can improve recovery from musculoskeletal injuries and illnesses and enhance athletic performance.
7. Identify the advantages and disadvantages of various imaging techniques for musculoskeletal injuries in order to choose the most appropriate study for their athletes.
8. Develop skills to be the leader of the athletic care team, including improving communication skills and disaster preparedness in order to prevent death or disability from catastrophic injury.

Accreditations

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the American College of Sports Medicine, the American Orthopaedic Society for Sports Medicine and the American Medical Society for Sports Medicine. The American College of Sports Medicine is accredited by the ACCME to provide continuing medical education for physicians.



AMA/PRA

The American College of Sports Medicine designates this live activity for a maximum of 24.5 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

AAFP Credits

Application for CME credit has been filed with the American Academy of Family Physicians. **Determination of credit is pending.**

NATA/CEUs

ACSM is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program has been approved for a maximum of 24.5 hours of Category A continuing education credit. Certified Athletic Trainers are responsible for claiming only those hours actually spent participating in the continuing education activity. BOC approved Provider Number: P401



Course Location Update

All educational sessions will be held at the Tampa Marriott Waterside Hotel and Marina, Tampa, Florida. A striking silhouette along the Channel Riverwalk, Tampa's Headquarter Hotel, Tampa Marriott Waterside Hotel and Marina near Ybor City overlooks Tampa Bay in the heart of Downtown. Part of the Channelside District, the Tampa Marriott is among the most luxurious of hotels in Tampa, Florida, with rooms and suites offering private bay or city view balconies. The Tampa Marriott is a short drive to Tampa's airport, beaches and shopping. For more information, visit www.acsm.org/atpc

Disclaimer

The material presented in this continuing medical educational program is being made available by ACSM for educational purposes only. This material is not intended to represent the only methods or procedures appropriate for the medical situation discussed.

2014 Advanced Team Physician Course Schedule

Thursday, December 11, 2014

- 7:20-7:30 a.m.** Welcome and Overview
Mark Hutchinson, M.D. and Matthew Gammons, M.D.
- Tendinopathy: Evidence from the Lab to the Bedside**
Moderator: John D. Kelly IV, M.D.
- 7:30-7:45 a.m.** Anatomy/Pathophysiology/Incidence
Mark Hutchinson, M.D.
- 7:45-8:00 a.m.** Diagnosis: Exam to Imaging (U/S vs MRI)
Tracy Ray, M.D.
- 8:00-8:15 a.m.** Non-invasive Modalities (Eccentric, Mechano Tx)
Matthew Gammons, M.D.
- 8:15-8:30 a.m.** Surgical Options from Tennis Elbow to Cuff
John D. Kelly IV, M.D.
- 8:30-9:00 a.m.** Case Challenges: Panel and Audience Participation
John D. Kelly IV, M.D.
- The Female Athlete**
Moderator: Suzanne Hecht, M.D.
- 9:00-9:15 a.m.** Review of the 2013 Female Athlete Triad Position Statement & IOC Consensus (RED-S): What Did They Accomplish? What Were the Controversies?
Suzanne Hecht, M.D.
- 9:15-9:30 a.m.** Managing the In-season Athlete from the Clinic and Training Room (Case Based Presentations)
Craig Young, M.D.
- 9:30-9:45 a.m.** Managing the first Presentation of Stress Fractures in Female Athletes (Case Based Presentations)
Elizabeth A. Arendt, M.D.
- 9:45-10:00 a.m.** Evaluation and Treatment of Recurrent Bone Stress in Female Athletes: Beyond the Fracture
Suzanne Hecht, M.D.
- 10:00-10:15 a.m.** Discussion
- 10:15-10:45 a.m.** Morning Break

Disclosure Statement

In accordance with the guidelines of the Accreditation Council for Continuing Medical Education (ACCME), it is the policy of ACSM that faculty and planners disclose to the learners all financial relationships during the past twelve months with any commercial interest (any entity producing, marketing, re-selling, or distributing health care goods and services consumed by, or used on, patients). Any and all disclosures will be provided in the final program that is distributed at the meeting to program participants. In accordance with ACSM policy, faculty participation is predicated upon timely submission and review of ACSM disclosures. Non-compliance results in faculty being removed from the program.

Hotel Accommodations



A block of rooms has been reserved at The Tampa Marriott Waterside Hotel and Marina, Tampa, Florida at a group rate of \$169 single and double occupancy. You can also book directly online by visiting www.acsm.org/atpc. The reservation deadline is November 4, 2014. Rooms are guaranteed until this date pending availability. Attendees are encouraged to book early.

Registration costs are predicated on attendees staying at The Tampa Marriott Waterside Hotel and Marina. A \$150 differential is assessed to registrants staying at other hotels to offset expenses incurred. Meeting registrants will be confirmed with hotel master list.

Refund Policy

A written request must be received in the ACSM office or emailed to meeting@acsm.org by November 20, 2014. The registration fee, minus a \$100 processing fee, will be refunded. No refunds will be made for cancellations made after November 20, 2014. Refunds will not be issued for cancellations made after the course begins for no-shows.

Thursday, December 11, 2014 (continued)

What's Hip About the Hip

Moderator: John D. Kelly IV, M.D.

- 10:45-11:00 a.m.** FAI, Bursitis, Sports Hernias, Stress Fractures, Making the Diagnosis (Exam and Imaging only)
Mark Hutchinson, M.D.
- 11:00-11:15 a.m.** Labral Tears and FAI: What Can Be Treated Non-op, What Needs Surgery, How Much Surgery is Necessary and What Are the Outcomes?"
John D. Kelly IV, M.D.
- 11:15-11:30 a.m.** Avulsions About the Pelvis (Kids and Adults)
Matthew Gammons, M.D.
- 11:30-11:45 a.m.** Snapping Hip Diagnosis and Treatment
John D. Kelly IV, M.D.
- 11:45 a.m.-12:00 p.m.** Discussion
- 12:00 -1:00 p.m.** Lunch (on your own)

Return to Play

Moderator: Craig Young, M.D.

- 1:00-1:15 p.m.** Review of the 2013 Return to Play Position Statement: What did it Accomplish? What Were the Controversies? Evidence Gaps?
Craig Young, M.D.
- 1:15-1:30 p.m.** Evaluation of Return to Play Preparedness using Screening Exams (Case Based Presentations)
Matthew Gammons, M.D.
- 1:30-1:45 p.m.** Return to Play After Cardiac Issues and Procedures (Case Based Presentations)
Aaron Baggish, M.D.
- 1:45-2:00 p.m.** Return to Play After Upper Extremity Surgery (Case Based Presentations)
John D. Kelly IV, M.D.
- 2:00-2:15 p.m.** Return to Play after Lower Extremity Surgery (Case Based Presentations)
Elizabeth A. Arendt, M.D.
- 2:15-2:30 p.m.** Discussion
- 2:30-3:00 p.m.** Break

Sports Cardiology

Moderator: Matthew Gammons, M.D.

- 3:00-3:15 p.m.** Small Group Case Challenges
- 3:15-3:30 p.m.** Cardiac PPE: What and How: Just the Evidence: You Make the Call
Craig Young, M.D.
- 3:30-3:50 p.m.** Can Too Much Exercise Cause Cardiac Problems?
Aaron Baggish, M.D.
- 3:50-4:05 p.m.** Chest Pain Evaluation in Athletes – Where to Start – Where to Finish?
Matthew Gammons, M.D.
- 4:05-4:25 p.m.** Hypertension
Aaron Baggish, M.D.
- 4:25-4:40 p.m.** Small Group Consensus and Discussion
Matthew Gammons, M.D.
- 4:40-5:15 p.m.**
String of Pearls: Exam Pearls (3 slides only 2 minute per)
Moderator: Mark Hutchinson, M.D.

Cuff Tears

John D. Kelly IV, M.D.

SLAP Tears

Mark Hutchinson, M.D.

Sideline Concussion

Suzanne Hecht, M.D.

ACL Tears

Elizabeth A. Arendt, M.D.

Posterolateral Rotary Instability of Knee

John D. Kelly IV, M.D.

Patellar Instability

Elizabeth A. Arendt, M.D.

Leg Pain

Mark Hutchinson, M.D.

Ankle Sprains

Craig Young, M.D.

Wrist Pain

Tracy Ray, M.D.

Finger Injuries

Matthew Gammons, M.D.

Open Mic - Audience Pearls/
Participation

7:00-8:00 a.m. Breakfast with the Expert (Small Groups to Entertain Attendee Case Challenges)
Hip and Shoulder Challenges
John D. Kelly IV, M.D.
Patellofemoral and Knee Challenges
Elizabeth A. Arendt, M.D.
Cardiology
Aaron Baggish, M.D.

8:00-8:05 a.m. Welcome Back
Mark Hutchinson, M.D. and Matthew Gammons, M.D.

Challenges in the Training Room: Where's the Evidence?
Moderator: Craig Young, M.D.

8:05-8:20 a.m. Prophylactic Taping and Bracing of Knees and Ankles
Elizabeth A. Arendt, M.D.

8:20-8:35 a.m. Kinesiotaping and McConnell Taping
Tracy Ray, M.D.

8:35-8:50 a.m. What Meds are Available in Your Training Room
Craig Young, M.D.

8:50-9:05 a.m. Modalities – Cold, Heat Estim
Tracy Ray, M.D.

9:05-9:20 a.m. Limitations of Computer Neuropsychological Testing for RTP Decisions
Suzanne Hecht, M.D.

9:20-9:45 a.m. Break

Special Topics, Special Speakers, Special Events
Moderator: Elizabeth A. Arendt, M.D.

9:45-10:00 a.m. Review of AMSSM Position Stand on Kids in Sports: What Did It Accomplish? What Were the Controversies? What is Next?
Craig Young, M.D.

10:00-11:00 a.m. Guest Speaker: Life Experience as a Team Physician
James Andrews, M.D.

11:00 a.m.-12:00 p.m. Moderated Panel - Challenges of the Team Physician
Dave Wills (Radio Announcer for the Tampa Devil Rays) and Faculty

12:00-1:15 p.m. Lunch (on your own)

Sports Management and Communication
Moderator: Tracy Ray, M.D.

1:15-1:30 p.m. Review of NATA Sports Management Consensus Statement: What did it Accomplish? What were the Controversies? What is Next
Tracy Ray, M.D.

1:30-2:15 p.m. Optimizing Your Presentation to the Media/Audience Questions
Dave Wills

2:15-2:45 p.m. Break

SPECIALTY BREAKOUTS - MEDICAL
Moderator: Matthew Gammons, M.D.

2:45-3:00 p.m. Neuroendocrine Dysfunction After Concussion
Matthew Gammons, M.D.

3:00-3:15 p.m. Biomarkers for Head Injury – Should We Routinely Order?
Tracy Ray, M.D.

Friday, December 12, 2014 (continued)

- 3:15-3:30 p.m.** Treatment of Prolonged Concussions
Symptoms: the Problem that Won't Go
Away
Suzanne Hecht, M.D.
- 3:30-3:45 p.m.** Steroids and PEDs: Cardiovascular
Consequences
Aaron Baggish, M.D.
- 3:45-4:00 p.m.** Body Composition Testing: What's the
Role for It?
Suzanne Hecht, M.D.
- 4:00-4:15 p.m.** Discussion

SPECIALTY BREAKOUTS - ORTHO

Moderator: Elizabeth Arendt, M.D.

- 2:45-3:00 p.m.** SLAP Repairs Versus Biceps Tenodesis
in Athletes
John D. Kelly IV, M.D.
- 3:00-3:15 p.m.** DVT Prophylaxis for Arthroscopy and
ACL: None or Routine?
Elizabeth A. Arendt, M.D.
- 3:15-3:30 p.m.** What is the Evidence Regarding
Arthroscopic Debridement of Meniscus
Tears: Should We Change Practice?
Mark Hutchinson, M.D.
- 3:30-3:45 p.m.** Should We Change Practice Due to
the MOON Study? Allograft, Post-op
Braces, CPM, Cold Therapy, Weight-
bearing with Meniscus Tears?
Elizabeth A. Arendt, M.D.
- 3:45-4:00 p.m.** Discussion

Saturday, December 13, 2014

- 7:00-8:00 a.m.** Breakfast with the expert (Small groups
to entertain attendee case challenges)
- Knee Injuries and Sideline Challenges
Mark Hutchinson, M.D.
- Head Injury/Post Concussive
Matthew Gammons, M.D.
- The Overhead Athlete
Tracy Ray, M.D.
- 8:00-8:05 a.m.** Welcome Back
*Mark Hutchinson, M.D. and
Matthew Gammons, M.D.*

Optimizing Use and Interpretation of Imaging: Read the Whole Image

Moderator: Mark Hutchinson, M.D.

- 8:05-8:20 a.m.** Small Group Challenges
Mark Hutchinson, M.D.
- 8:20-9:00 a.m.** Optimizing Imaging: Case by Case
(Lower Extremity)
*Mark Hutchinson, M.D.
Michael Bresler, M.D.
Tracy Ray, M.D.
Matthew Gammons, M.D.*
- 9:00-9:45 a.m.** Optimizing Imaging: Case by Case
(Upper Extremity)
*Mark Hutchinson, M.D.
Michael Bresler, M.D.
Tracy Ray, M.D.
Matthew Gammons, M.D.*
- 9:45-10:00 a.m.** Small Group Consensus and Discussion
- 10:00-10:30 a.m.** Break
- Faculty Experts: A Series of Lectures
Based on Personal Experience**
Moderator: Aaron Baggish, M.D.
- 10:30-10:50 a.m.** State of the Art for Patellar Instability
Elizabeth A. Arendt, M.D.

Saturday, December 13, 2014 (continued)

- 10:50-11:10 a.m.** Pre-participation CV Screening in the Real World: Personal Perspectives
Aaron Baggish, M.D.
- 11:10-11:30 a.m.** Balancing Life with Practice
John D. Kelly IV, M.D.
- 11:30-11:50 a.m.** Pain: When It's Not the Usual Suspect Where to Investigate Next
Craig Young, M.D.
- 11:50 a.m. -12:10 p.m.** So You're Sure You Want to Be a Team Physician?
Tracy Ray, M.D.
- 12:10-12:30 p.m.** String of Pearls: Sports Specific Pearls
Moderator: Mark Hutchinson, M.D.
- Baseball**
Tracy Ray, M.D.
- Football**
John D. Kelly IV, M.D.
- Soccer**
Matthew Gammons, M.D.
- Tennis**
Mark Hutchinson, M.D.
- Volleyball**
Elizabeth A. Arendt, M.D.
- Gymnastics**
Suzanne Hecht, M.D.
- Cheerleading**
Mark Hutchinson, M.D.
- Cycling**
Elizabeth A. Arendt, M.D.
- Hockey**
Matthew Gammons, M.D.
- Ballet/Dance**
Craig Young, M.D.

Sunday, December 14, 2014

- 7:00-8:00 a.m.** Breakfast with the Expert (Small groups to entertain attendee challenges)
Female Athlete/Primary care Challenges
Suzanne Hecht, M.D.
Special Challenges in Rehab
Craig Young, M.D.
- 8:00-8:05 a.m.** Welcome back
Mark Hutchinson, M.D. & Matthew Gammons, M.D.
- Medical Issues: Head and Neck**
Moderator: Tracy Ray, M.D.
- 8:05-8:20 a.m.** Small Group Case Challenges
Tracy Ray, M.D.
- 8:20-8:35 a.m.** Return to Play after Skull Fractures/ Intracranial Bleeds
Matthew Gammons, M.D.
- 8:35-8:50 a.m.** Evaluating and Treating C-spine Injury from Sideline to Clinic
Mark Hutchinson, M.D.
- 8:50-9:10 a.m.** Neurogenic Thoracic Outlet Syndrome: Is It Real, If So What Works?
Craig Young, M.D.
- 9:10-9:25 a.m.** Heading and Soccer: Should We be Concerned
Tracy Ray, M.D.
- 9:25-9:50 a.m.** Small Group Consensus and Discussion
- 9:50-10:05 a.m.** Break
- Special Issues for the Team Physician**
Moderator: Matthew Gammons, M.D.
- 10:05-10:25 a.m.** Managing Overuse Injuries in Elite Gymnasts
Suzanne Hecht, M.D.
- 10:25-10:45 a.m.** Game Bag Absolutes and Options
Matthew Gammons, M.D.
- 10:45-11:05 a.m.** If We Can't Extrapolate Outcomes on Pro Athletes to High School Athletes and Recreational Athletes, What is the Community Sports Doc to Do?
Craig Young, M.D.
- 11:05-11:25 a.m.** Preparing for the Worst: What should the Medical Team Actually Practice?
Tracy Ray, M.D.
- 11:25-11:30 a.m.** Questions
- 11:30 a.m.** Adjourn



Questions & Information

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Leading Sports Medicine into the Future

