

# Sports Medicine Essentials



**Earn up to 8 AMA PRA  
Category 1 Credits™**

## When

Saturday, October 27, 2018  
7:30 am - 5:30 pm

## Where

VCU Health Sports Medicine Building  
1300 W Broad Street, Richmond, VA

## Who should attend?

Physicians, nurse practitioners, physical therapists, and physician assistants specializing in:

- Emergency Medicine
- Family Practice
- General Practice
- Internal Medicine
- Pediatrics

## Registration Fee

**\$250** Regular Registration

**\$275** Late Registration

*After September 15*

*Fee includes refreshments, meals, and online course syllabus.*

Join us for an information packed one-day course covering the sports medicine essentials you need to know. This course will teach you to identify the most common sports medicine injuries you'll see in your exam rooms, as well as proper treatment plans, and when to refer for surgical intervention.

## Benefits of attending

- Evaluate common sports related injuries to the upper and lower extremities and joints.
- Describe best practices for non-surgical treatment for common sports related injuries.
- Review appropriate referral for surgical evaluation of common sports related shoulder, elbow, wrist, finger, and knee injuries.
- Outline common medical issues and nutrition counseling in athletes across the lifespan.
- Discuss latest updates regarding concussion in athletes.
- Identify appropriate radiology studies for evaluation of common sports related injuries.

**Register online at [vcu.cloud-cme.com/sports](http://vcu.cloud-cme.com/sports)**

## Course faculty

### Co-Chairs

Anish Patel, MD  
Michael Petrizzi, MD, CAQ  
Bill Shaw, MD, CAQ

### VCU Health

Seth Cheatham, MD  
Katherine Dec, MD, FAAPMR, CAQ  
Thomas Loughran, MD  
Michael Pitzer, MD, CAQSM  
Alexander Vap, MD  
Josephina Vossen, MD, PhD

### Guest Faculty

Jeffrey Roberts, MD, CAQSM  
Assistance Clinical Professor  
Family Medicine  
St. Francis Family Medical Center

## Questions?

Contact VCU Health Continuing  
Medical Education  
cmeinfo@vcuhealth.org | 804.828.3640

### Cancellation Policy

Registration fee, less a \$60 non-refundable administrative fee, will be refunded only if written notice of cancellation is received via email to cmeinfo@vcuhealth.org on or before October 12, 2018. No refunds after this date.

### Disclosure

In compliance with ACCME standards, all planners and presenter relationships with commercial supporters have been resolved. All presenting faculty affirm that they will employ the best available evidence from all sources to support any clinical recommendations made in their presentations. If learners detect any commercial bias in any presentation, they should document their observations on the activity evaluation form.

### Accreditation

VCU Health Continuing Medical Education is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

VCU Health Continuing Medical Education designates this live activity for a maximum of 8 **AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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

VCU Health Continuing Medical Education awards 8 hours of participation (equivalent to **AMA PRA Category 1 Credits™**) to each non-physician participant who successfully completes this educational activity.

## Schedule | Saturday, October 27, 2018

A.M.

**7:30 Registration and continental breakfast**

**8:00 Welcome announcements**

**8:10 Non-operative neck & shoulder cases | Michael Petrizzi, MD, CAQ**  
Neck sprains, stingers, acromioclavicular (AC) joint sprains, and rotator cuff impingement

**8:40 Shoulder injuries in need of referral | Thomas Loughran, MD**  
AC joint type III-VI, rotator cuff syndromes requiring surgery, labral tears, and dislocations

**9:10 Question and answer**

**9:25 Non-operative elbow, wrist, and hand cases | Michael Pitzer, MD, CAQSM**  
Tennis elbow, wrist sprains, deQuervains tenosynovitis, gamekeeper's thumb, and mallet finger

**9:45 Elbow, wrist, and hand referral cases | Alexander Vap, MD**  
Tommy John injury, scaphoid fractures, triangular fibrocartilage (TFC) tears, thumb fractures - Bennet's & gamekeeper's thumb (with instability), metacarpal fractures, and jersey finger

**10:05 Question and answer**

**10:15 Refreshment break**

**10:30 Knee exam and overuse injuries | Jeffrey Roberts, MD, CAQSM**  
Patello femoral tracking syndrome, jumper's knee, iliotibial band, popliteal tendonitis, pes anserine bursitis

**11:00 Operative knee injuries | Seth Cheatham, MD**  
Patellar dislocations, quadriceps/patellar tendon ruptures, meniscal tears, medial collateral ligament (MCL) and lateral collateral ligament (LCL) sprains and tears, anterior cruciate ligament (ACL) and posterior cruciate ligament (PCL) tears

**11:30 Question and answer**

P.M.

**12:00 Lunch**

**12:30 Kids are not little adults: Exam differences | Bill Shaw, MD, CAQ**

**12:50 Common pediatric injuries | Bill Shaw, MD, CAQ**  
Little leaguer's elbow, gymnast wrist, slipped capital femoral epiphysis (SCFE), Salter-Harris III of femur, Osgood's Schlatter, Sever's disease, Salter-Harris I of fibula

**1:20 Question and answer**

**1:35 Leg, ankle, and foot injuries | Jeffrey Roberts, MD, CAQSM**  
Shin splints, ankle sprains and dislocations, plantar fasciitis, avulsion fracture 5<sup>th</sup> metatarsal, Jones fracture 5<sup>th</sup> metatarsal, Morton's neuroma, turf toe

**2:15 Question and answer**

**2:30 Refreshment break**

**2:45 Sports medicine pearls | Anish Patel, MD**  
Cardiovascular preparticipation evaluation (PPE), counseling parents regarding overuse/burnout in youth athletes, mono - return to play and common medical issues facing the athlete, nutrition - protein, supplementation, tools and resources, fitness advice and exercise prescription - youth & elderly, skin infections in wrestlers

**3:45 What's new about concussion? | Katherine Dec, MD**

**4:45 Diagnostic radiology studies in sports medicine – When to order what and why | Josephina Vossen, MD, PhD**

**5:25 Final comments | Michael Petrizzi, MD, CAQ**

**5:30 Adjourn**



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