



The 23rd Annual

Sports Medicine Update

Managing Sports Injuries Across the Lifespan

For Primary Care Providers

December 1-3, 2017

Kingsmill Resort

1010 Kingsmill Road | Williamsburg, Virginia

Near Historic Colonial Williamsburg

Presented by VCU Health Continuing Medical Education

Meets Virginia Board of Medicine Pain Management CME Requirement



Schedule December 1-3, 2017

Friday, December 1, 2017 - The Starting Line

P.M.

- 12:00 **Registration with Exhibits**
- 1:00 **Welcome and Announcements - Game Plan**
Michael Petrizzi, MD, CAQ, Family Medicine
- 1:10 **Sports Injuries: From Initial Evaluation Through Return to Play**
Michael Petrizzi, MD, CAQ
- 1:30 **Longevity in Athleticism: Setting the Best Course**
Bill Shaw, MD, CAQ, Pediatric Medicine
- 1:50* **2017 Perspective on Athletic Pain Management: Best Practices**
Sebastian Tong, MD, MPH, Family Medicine
- 2:50 **Question and Answer Session**
- 3:00 **Break – Time Out with Exhibitors**
- 3:20 **Injuries in the Adolescent and College Age Patient From Basketball to Skiing: The Orthopaedic Perspective**
Alexander Vap, MD, Orthopaedic Surgery
- 4:00 **Examining Neck and Upper Extremity Exam: Pearls for Practice**
Michael Petrizzi, MD, CAQ
Bill Shaw, MD, CAQ
Alexander Vap, MD
- 5:15 **Interdisciplinary Panel: Interesting Case Studies of the Upper Extremity Injuries Across the Lifespan**
Victoria Kuester, MD - Pediatric Medicine Cases
Michael Petrizzi, MD, CAQ - Family Medicine Cases
Victoria Kuester, MD - Adolescent Surgery Cases
- 6:15 **Question and Answer Session**
- 6:30 **Pick Up Dinner and Learn**
- 6:45 **What You Don't Want To Miss with Injuries and Upper Extremities**
Victoria Kuester, MD, Pediatric Orthopaedic Surgery
- 7:30 **Question and Answer Session**
- 7:45 **Adjourn**

Saturday, December 2, 2017 – Seventh Inning Stretch

A.M.

7:00 **Registration and Continental Breakfast with Exhibitors**

7:20 **Announcements**

7:30 **Interactive Knee Exam**

Michael Petrizzi, MD, CAQ

8:30 **Case Studies: Knee Injuries**

Michael Petrizzi, MD, CAQ

9:15 **Question and Answer Session**

9:25 **Break and Huddle with Exhibitors**

9:45 **Hands On Exam: Ankle/Foot Pearls and Tests**

Jeffrey Roberts, MD, CAQSM, Family Medicine

10:15 **Case Studies: Plans of Care for Leg/Ankle/Foot**

Jeffrey Roberts, MD, CAQSM

10:45 **What You Don't Want To Miss with The Lower Extremity Injuries**

Thomas Loughran, MD, Orthopaedic Surgery

Alexander Vap, MD

11:45 **Question and Answer Session**

P.M.

12:00 **Sideline Lunch and Exhibits Open**

12:40 **Exercise Induced Asthma: How to Manage the Athlete**

H. Joel Schmidt, MD, Pediatric Pulmonary

1:10 **Getting Back Into the Game After Mono**

Beth Marshall, MD, Pediatric Infectious Disease

1:40 **Key Points of Pre-Participation Exam**

Bill Shaw, MD, CAQ

2:10 **Question and Answer Session**

2:30 **Break – In the Dugout with Exhibitors**

3:00- **BREAKOUT SESSION**

4:45 (Sessions A & B are limited to 25 each and attendee will remain in same breakout until 4:45 p.m., and will not be able to participate in other sessions)

A: Proper Splinting Methods: Techniques for All Ages

Jeffrey Roberts, MD, CAQSM

B: SMART (Sideline Management Assessment Response Techniques): On-Field Management of Suspected Spine and Extremity Injuries - Hands On Skills for Team Physician

Steven Cole, ATC, Athletic Trainer

Michael Petrizzi, MD, CAQ, Family Medicine

Matthew Ryan, ATC, Athletic Trainer

- 3:00-
3:45 **BREAKOUT SESSIONS: SELECT EITHER C or D**
- C: Obesity Management for Pediatrics: Assessing Readiness for Change**
N. Romesh Wijesooriya, MD, Pediatric Medicine
- D: Adult and Adolescent Illustrative Case Studies: Non-Surgical Options**
Thomas Loughran, MD, Orthopaedic Surgery
Alexander Vap, MD, Orthopaedic Surgery
- 3:45 **Switch Session**
- 4:00-
4:45 **BREAKOUT SESSIONS: SELECT EITHER E or F**
- E: Preparation for Special Need Athletes to Succeed in Special Olympics**
Eugenio Monasterio, MD, Pediatric Rehabilitation
- F: Challenging Adolescent and Adult Cases: Review of Surgical Options**
Thomas Loughran, MD, Orthopaedic Surgery
Alexander Vap, MD, Orthopaedic Surgery
- 4:45 **Adjourn**

Sunday, December 3, 2017 – The Finish Line

- A.M.
- 6:30 **Registration and Continental Breakfast**
- 6:55 **Welcome and Announcements**
Michael Petrizzi, MD, CAQ
- 7:00 **Trauma on the Field: How to be Prepared for Catastrophic Sports Injuries**
Seth Cheatham, MD, Orthopaedic Surgery
- 7:50 **Managing Cervical Pain after Head and Neck Injury**
Graham Smith, GradDip Phys, FCSP, DipTP, CertEd, Rehabilitation Medicine
- 8:40 **Sports Concussion: Current and Future State**
Katherine Dec, MD, FAAPMR, CAQ, Rehabilitation Medicine and Orthopaedic Surgery
- 9:40 **Interactive Concussion Evaluation**
Steven Cole, ATC
Michael Petrizzi, MD, CAQ
Matthew Ryan, MEd, ATC, PTA
- 10:00 **Addiction and Pain: Assessment and Management**
Mishka Terplan, MD, MPH, FACOG, FASAM, Obstetrics/Gynecology and Psychiatry
- 11:00 **Question and Answer Session**
- 11:15 **Conference Adjourns**



Course Description

Have you ever been stymied by an athlete in pain? We will provide answers through interactive, interdisciplinary sessions woven with hands-on skills development, treatment pearls, and pain management strategies. Our goal is to help you keep pace in caring for your patients using current practices.

Target Audience

Physicians, nurse practitioners, physician assistants, athletic trainers, and other healthcare providers who specialize or have an interest in:

- Emergency Medicine
- Family Medicine
- Internal Medicine
- Pediatrics
- Sports Medicine
- Urgent Care

* Virginia Board of Medicine Pain Management Requirement

In 2016 the Virginia Board of Medicine adopted a requirement for all prescribers to complete two hours of continuing education in pain management, responsible prescribing of controlled substances, and the diagnosis and management of addiction. This activity meets this requirement for 2 hours of Type 1 CE.

Course Highlights

- Musculoskeletal Injuries Head/Neck/Upper and Lower Extremity including Interactive Physical Exam
- Update on Concussion and Return to Play, Mono and EIA
- Pain Management Issues From Acute Treatment to Chronic Pain
- BREAKOUT SESSIONS:
 - SMART Hands On Skills for the Team Physician
 - Proper Splinting and Taping Methods
 - Obesity Management for Pediatrics
 - Adult and Adolescent Cases
 - Preparation for Special Needs Sports
 - Review of Surgical Options

Course Objectives

At the conclusion of this conference the participant should be better able to:

- Evaluate the problems of sport-related injuries and identify strategies to diagnose and treat them effectively
- Improve examination skills for sport-related injuries of the neck, shoulder, knee, ankle, and foot
- Assess athletic injuries and determine when to refer to a specialist
- Review and improve management of chronic pain due to sport-related injuries
- Determine when to safely return an athlete to play in accordance with best practice guidelines
- Develop strategies to identify, examine and treat patients with a concussion
- Improve understanding and usage of the pre-participation examination, including for those patients with special needs
- Assess and manage the pediatric and young adult athlete with obesity, respiratory distress, or “mono,” including review of safe return to play practices
- Discuss strategies to improve multidisciplinary care for patients with sport-related injuries

Guest Faculty Coaches

Steven Cole, ATC

Associate Athletic Director
College of William and Mary
Williamsburg, VA

Jeffrey Roberts, MD, CAQSM

Assistant Clinical Professor
of Family Medicine
St. Francis Family Medicine Center
Midlothian, VA

Matthew Ryan, MEd, ATC, PTA

Sports Medicine Program Manager
Sutter Health/Palo Alto Medical
Foundation
Santa Cruz, CA

Graham Smith, Grad Dip Phys, FCSP, DipTP, CertEd

Professor of PhysioTech
Rehabilitation & Sports Injury Clinic
Edinburgh, Scotland, United Kingdom

CHoR Coaches

Victoria Kuester, MD

Assistant Professor
Department of Orthopaedic Surgery

Beth Marshall, MD

Associate Professor of Pediatrics
Division of Infectious Diseases

Eugenio Monasterio, MD

Assistant Professor of Physical
Medicine and Rehabilitation
Chief, Division of Pediatric
Rehabilitation

H. Joel Schmidt, MD

Professor of Pediatrics
Division of Pulmonary Medicine
Director, Pediatric Cystic Fibrosis
Program

VCU Health Faculty Coaches

Seth Cheatham, MD

Associate Professor of
Orthopaedic Surgery
Associate Clinical Director VCU Sports
Medicine

Katherine Dec, MD, FAAPMR, CAQ

Professor, Departments of Physical
Medicine and Rehabilitation
and Orthopaedic Surgery
Head Team Physician
Longwood University
President, AMSSM

Thomas Loughran, MD

Professor of Orthopaedic Surgery
Medical Director, VCU Sports
Medicine Center

Bill Shaw, MD, CAQ

Conference Co-Chair
Assistant Professor of Pediatrics
Division of General Pediatrics

N. Romesh Wijesooriya, MD

Associate Professor of Pediatrics
Chief, Division of General Pediatrics

Michael Petrizzi, MD, CAQ

Conference Co-Chair
Clinical Professor of Family
Medicine & Population Health
VCU Health
Private Practice, Hanover Family
Physicians
Mechanicsville, VA

Mishka Terplan, MD, MPH, FACOG, FASAM

Professor of Obstetrics and
Gynecology and Psychiatry
Associate Director of Addiction
Medicine
Professor of Obstetrics and Gynecology

Sebastian Tong, MD, MPH

Assistant Professor of Family
Medicine and Population Health

Alexander Vap, MD

Assistant Professor of
Orthopaedic Surgery

New Draft Picks VCU Health

Dr. Alexander Vap joins the VCU Health Sports Medicine team after completing a sports medicine fellowship in Vail, CO and complex knee fellowship in Oslo, Norway. He serves as the U.S. ski and snowboard team physician and served as Duke University's men's basketball, football, and soccer, men and women's lacross, women's field hockey and basketball team physician.

Dr. Mishka Terplan joins the VCU Health Obstetrics and Gynecology and Psychiatry Departments after completing his training in San Francisco and Chapel Hill. He serves on the American Medical Association task force to reduce opioid abuse and as an addiction medicine consultant for the Department of Medical Assistance.

Dr. Sebastian Tong joins the VCU Health Department of Family Medicine and Population Health after completing his training at Boston University and receiving his MPH at Harvard School of Public Health. His special interests include serving the underserved and addiction medicine.

Disclosure Statement

In compliance with ACCME Standards, all planner 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.

VCU Health is an equal opportunity/affirmative action employer. If special accommodations are needed, please contact us at (804) 828-3640 or (800) 413-2872.

Accreditation and Educational Credit

Physicians

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

VCU Health Continuing Medical Education designates this live activity for a maximum of 17.75 **AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This Live activity, 23rd Annual Sports Medicine Update: Managing Sports Injuries Across the Lifespan, with a beginning date of 12/01/2017, has been reviewed and is acceptable for up to 17.75 Prescribed credit(s) by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This continuing medical education activity has been reviewed by the American Academy of Pediatrics and is acceptable for a maximum of 17.75 AAP credits. These credits can be applied toward the AAP CME/CPD Award available to Fellows and Candidate Members of the American Academy of Pediatrics.



Nursing

ANCC and the Virginia Board of Nursing accept **AMA PRA Category 1 Credits™** from organizations accredited by the ACCME for CNE contact hour requirements.

Physician Assistants

AAPA accepts certificates of participation for educational activities certified for **AMA PRA Category 1 Credits™** from organizations accredited by the ACCME.

Children's Hospital of Richmond at VCU (CHoR)

Children's Hospital of Richmond at VCU is Central Virginia's only comprehensive, full-service children's hospital and the only Level I pediatric trauma center in Virginia. CHoR provides pediatric inpatient and outpatient services that cover nearly all children's health-related needs. As part of VCU Health, CHoR is committed to ensuring access to care for all children, training future pediatric caregivers and making new discoveries that improve understanding and treatment of childhood diseases. Learn more at chrichmond.org.

VCU Health Sports Medicine

VCU Health Sports Medicine services cater to athletes of all levels — from elite competitors to weekend warriors — and range from treating acute and chronic injuries to enhancing athletic performance. We also place special emphasis on the prevention, diagnosis and treatment of sport-related concussions. Our full-service, state-of-the-art orthopaedic clinics and cutting-edge surgical techniques will get you back in the game whether it's on the field, at home or in the workplace. Visit vcuhealthnowcenter.org or sportsmed.vcu.edu to learn more about our services and facilities.

Program Registration

The registration fee includes tuition, program materials, transcript of credit hours, continental breakfast each morning, dinner on Friday, lunch with the exhibitors on Saturday and coffee breaks.

Registration fees will increase by \$50 AFTER OCTOBER 1, 2017.

Register online at cme.vcuhealth.org

Registration Fees:

\$ 500 Physician 3 days

\$ 400 Non Physician 3 days

\$ 300 Saturday Only

\$ 150 Friday Only

\$ 150 Sunday Only

*VCU Health Employee Fee \$375 for Faculty & Staff 3 days

Cancellation

Registration fee, less a \$60 non-refundable administrative fee, will be refunded only if written notice of cancellation is received on or before **November 16, 2017**.

Questions and Information

VCU Health Continuing Medical Education

Box 980048

Richmond, VA 23298-0048

Telephone: (804) 828-3640 or (800) 413-2872

Fax: (804) 828-7438

Register online at cme.vcuhealth.org *Google Chrome preferred browser

Email questions to: cmeinfo@vcuhealth.org

Venue – Kingsmill Resort

1010 Kingsmill Road

Williamsburg, VA 23185

www.kingsmill.com

(800) 832-5665 or (757) 253-1703

Amenities include spa, tennis, golf and complimentary resort shuttle to nearby attractions including Colonial Williamsburg and Busch Gardens.

Accommodations and Reservations

Hotel block with discounted rate available until **November 16, 2017**. The room rate is \$144 for single or double occupancy plus 11% State and Occupancy tax and \$2 per room night occupancy tax. To obtain discounted rate, make your reservations by telephone (800) 832-5665 or (757) 253-1703 and identify yourself as a registrant for the **VCU Health Sports Medicine Update Conference** to obtain the group rate. Rooms can be cancelled without penalty up to seven (7) days before arrival.

Colonial Williamsburg Attractions

Enjoy Grand Illumination festivities at Colonial Williamsburg on Sunday, December 3, 2017.

Call (757) 253-2277 or 1-800-HISTORY (1-800-447-8679)

Colonial Williamsburg Vacation Planner available at www.history.org

23rd Annual Sports Medicine Update

Managing Sports Injuries Across the Lifespan

December 1-3, 2017

Kingsmill Resort | 1010 Kingsmill Road | Williamsburg, Virginia

Online Registration Preferred: **cme.vcuhealth.org** (Google Chrome preferred)

Please PRINT information legibly as you would like it to appear on your name badge.

First name Last name

Firm

Degree/Specialty/Certification

Mailing address

City State Zip

Telephone (home or cell)

Email (required)

Workshops: Choosing A or B allows you to attend that one session only.

	Breakout A	B	C	D	E	F
Saturday	_____	_____	_____	_____	_____	_____

Select Alternate Sessions _____

Registration Fees

- \$500 Physician 3 days
- \$400 Non Physician 3 days
- \$300 Saturday Only
- \$150 Friday Only
- \$150 Sunday Only

VCU Health Employee Fee

- \$375 Faculty & Staff 3 days

Make checks payable to **UHS-PEP. Mail registration form and check to:**

UHS-PEP, Inc, I Box 980048 I Richmond, VA 23298-0048

Need Assistance?

If special circumstances apply to your registration or an alternate payment method is preferred, please contact VCU Health CME.

Phone: (804) 828-3640

Email: cmeinfo@vcuhealth.org



VCUHealth™

University Health Services Professional Education Programs

VCU Health Continuing Medical Education

Box 980048

Richmond, Virginia 23298-0048

**Sports Medicine Update
Managing Sports Injuries Across the
Lifespan
For Primary Care Providers**

Meets Virginia Board of Medicine Pain Management CME Requirement

**December 1-3, 2017
Williamsburg, VA**

NONPROFIT ORG.
U.S. POSTAGE
PAID
Richmond, Virginia
Permit No. 4