Injuries in Football 2013

Thursday February 28, 2013

Registration and Continental Breakfast
7:00 AM  Registration and Continental Breakfast

7:50 AM  Introduction and Opening Remarks
James R Andrews MD  Kevin E Wilk DPT  Chad Gilliland ATC

Session 1: Upper Extremity Injuries
Moderator: Roger V Ostrander, MD

8:00 AM  Introduction of Speakers
Roger V Ostrander MD

8:05 AM  Diagnosis of Shoulder Instabilities
Adam Anz MD

8:20 AM  Non-Operative Rehab of Shoulder Injuries
Todd A. Toriscelli  M.A., ATC, CSCS

8:40 AM  Shoulder Stabilization Surgery
Roger V Ostrander MD

9:00 AM  Anterior Stabilization on Contact Athlete: Decision Making
James R Andrews MD

9:20 AM  Rehabilitation of Anterior Stabilization Surgery
Robert Mangine MEd PT ATC

9:40 AM  AC Joint Injuries: Mechanism of Injury, Diagnosis, and Conservative Management
Joe Van Allen MSPT, SCS, ATC, CSCS

9:55 AM  Surgical Management of AC Joint Injuries
Charles A Roth MD

10:10 AM  Panel:
Roger V Ostrander MD

10:25 AM  Break

Session 2: Upper Extremity Part II

10:40 AM  Introduction of Speakers
Kevin E Wilk DPT

10:45 AM  Posterior Instability: Diagnosis and Treatment
James R Andrews MD

11:05 AM  Rehabilitation of the Posterior Injuries and Following Surgery
Kevin E Wilk DPT

11:25 AM  Elbow Injuries
Barry  Callahan MD

11:45 AM  Rehabilitation of Elbow Injuries
James M Whalen ATC

12:05 PM  Hand and Wrist Injuries
Alexander C Coleman MD

12:25 PM  Panel:

Lunch Break (On your Own)
12:40 PM  Lunch Break
Session 3: Lower Extremity

2:10 PM  ACL Injuries - Recognition and Options For Treatment
          Jeffrey A Guy MD

2:30 PM  Rehabilitation of ACL Injuries
          Robert Mangine MEd PT ATC

2:50 PM  MCL Injuries
          Christopher O'Grady MD

3:10 PM  Patellofemoral Rehabilitation
          Kevin E Wilk DPT

3:30 PM  Return to Play Criteria
          Joe Van Allen MSPT, SCS, ATC, James M Whalen ATC CSCS

3:50 PM  Catastrophic Knee/Multi-ligament Injuries: Case Presentation
          Adam Anz MD

4:10 PM  Panel

4:25 PM  Break

Session 4: Lower Extremity Part II

4:40 PM  Hip Injuries
          Adam Anz MD

5:00 PM  Hip Rehabilitation
          Pete Draovitch ATC PT CSCS

5:20 PM  Groin and Hamstring Injuries
          Larry Hess MPT ATC/L CES CSCS

5:40 PM  Foot and Ankle Injuries in Football
          Erik C Nilssen MD

6:00 PM  Rehabilitation of Foot and Ankle Injuries
          Stephen LaPlante PT ATC

6:20 PM  Panel:

6:35 PM  Adjourn

Reception

6:40 PM

7:40 PM  End of Day
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Friday March 1, 2013

Registration and Continental Breakfast
7:00 AM Registration and Continental Breakfast

Session 5: Spine
8:00 AM Brachial Plexus Injuries: Diagnosis and Treatment
    Robert P Jensen MD
8:15 AM Brachial Plexus Injuries: Rehabilitation and Return to Play
    Michael E Kordecki DPT, SCS, ATC
8:25 AM L-Spine Injuries: Non-operative - When to Operate?
    David R Chandler MD
8:45 AM Rehabilitation of Lower Back Pain
    Michael E Kordecki DPT, SCS, ATC
9:05 AM Core Stabilization Programs
    Pete Draovitch ATC PT CSCS
    Mark Giovanini MD
10:05 AM Panel

10:20 AM Break

Session 6: Performance
10:35 AM Nutrition and Fueling
    Bob Calvin MS RD LD CSCS
10:55 AM Testing an Athlete
    Thomas Knox PT, DPT, SCS, CSCS, RKC
11:15 AM Functional Movement Screen: Does it work?
    Mitch Hauschildt MA, ATC, CSCS
11:35 AM Fatigue Dynamic Movement Assessment
    Trent Nessler DPT
11:55 AM Conditioning: Speed and Power Development
    Mitch Hauschildt MA, ATC, CSCS
12:15 PM Panel - Year ’Round Conditioning

Lunch Break (On your Own)
12:30 PM Lunch

Breakout 1 (1:35-2:35 Choose 1A or 1B)
    Breakout Option #1B: Conditioning and Training Part I
    Anthony Hobgood MS, CSCS, Mitch Hauschildt MA, ATC, CSCS
    Breakout Option #1A: Rehabilitation Ultrasound Imaging: Future Utilization of
    Musculoskeletal Ultrasound by the Physical Therapist
    Joshua Hackel MD, Scott Epsley PT

Breakout 2 (2:35-3:35 Choose 2A or 2B)
    Breakout Option #2A: Conditioning and Training Part II
    Anthony Hobgood MS, CSCS, Mitch Hauschildt MA, ATC, CSCS
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**Breakout 2 (2:35-3:35 Choose 2A or 2B)**
Breakout Option #2B: Proprioception & Neuromuscular Control for the Lower Extremity and Fatigue Functional Movement Screening
  - Kevin E Wilk DPT
  - Trent Nessler DPT

**Breakout 3 (3:35-4:35 Choose 3A or 3B)**
  - Moderator:

  Breakout Option #3B: Medical Issues in Sports:
  Case of Curious Tachycardia….Chiari and Sickle Cell Athlete Management
  - Michael D Goodlett MD, F.A.A.F.P.
  - Elise T Gordon MD

Breakout Option #3A: Rehabilitation Ultrasound Imaging: Future Utilization of Musculoskeletal Ultrasound by the Physical Therapist
  - Joshua Hackel MD
  - Scott Epsley PT

**Adjourn**
Adjourn
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Saturday March 2, 2013

Registration and Continental Breakfast
6:30 AM  Registration and Continental Breakfast

7:30 AM  Welcome and Introduction
Ron Courson ATC, PT, NREMT-I, CSCS

Session 7
7:35 AM  Concussion in Football: An Update
Julian E. Bailes, Jr. MD

8:15 AM  The Other Side of the Equation: Concussion Prevention
Kevin M Guskiewicz PhD, ATC

8:45 AM  Management of Head and Spine Injuries
Ron Courson ATC, PT, NREMT-I, CSCS

9:15 AM  C-Spine Demonstration Lab
Ron Courson ATC, PT, NREMT-I, Michael E Kordecki DPT, SCS, ATC, CSCS

9:45 AM  Break

Session 8
10:00 AM  Exertional Heat Illness
Michael D Ryan PT, ATC, PES

10:30 AM  Management of Sudden Cardiac Arrest
Ron Courson ATC, PT, NREMT-I, CSCS

11:00 AM  Cardiac Talk
Henry Langhorne MD

11:15 AM  Cardiac Case Study
Tenatively: Mark Borganelli, MD

11:45 AM  Catastrophic Injuries Congress
NFL Panel Discussion
NFL Athletic Trainers and NCAA ATCs

12:45 PM  Adjourn