

HOSPITAL
FOR
**SPECIAL
SURGERY**



8TH ANNUAL
CURRENT CONCEPTS IN
sports medicine

APRIL 25–26, 2014



LIVE STREAMING WEBCAST is also available!

This activity has been approved for physical therapy contact hours
and BOC credits; pending NSCA approval for CEUs
Sponsored by HSS Office of Continuing Medical Education and Department of Rehabilitation



The 8th Annual Current Concepts in Sports Medicine course will provide clinicians with guidance on the identification, prevention and treatment of articular cartilage injuries, shoulder injuries in the contact athlete and soft tissue injuries in all athletes. The best available evidence and state-of-the-art information from the rehabilitation staff, surgeons and physicians of Hospital for Special Surgery, along with guest lecturers, will provide participants with knowledge on how to care for the surgical and non-surgical patients among the sports medicine population.

LOCATION

Hospital for Special Surgery
Richard L. Menschel Education Center
2nd Floor, 535 East 70th Street, New York City

TARGET AUDIENCE

This course is ideal for physical therapists, physical therapist assistants, athletic trainers, coaches, strength and conditioning professionals, nurse practitioners, physician assistants and other healthcare professionals involved in the care of athletes.

OBJECTIVES

HSS professional education activities are intended to improve the quality of patient care and safety. At the completion of the course, the participant should be able to:

- Recognize the most current approaches for managing and treating shoulder injuries in the contact athlete.
- Understand surgical intervention for articular cartilage injuries and the implication for post-operative rehabilitation.
- Identify common soft tissue injuries in the athletic population and a variety of treatment approaches.
- Describe an evidence-based approach to rehabilitation strategies related to ACL graft selection, management of biceps lesions and concussion management.

ACCREDITATION AND CREDIT DESIGNATION



Hospital for Special Surgery is a New York State Education Department approved provider for physical therapy continuing education. Hospital for Special Surgery designates this activity for a maximum of 11.5 Contact Hours onsite and 9.5 Contact Hours online. This activity is pending approval in New Jersey, Florida and Maryland. The following states require continuing education units with no state-specific approval: CT, DE, IA, ID, MO, MT, NC, ND, NE, OR and WA.



Hospital for Special Surgery is recognized by the Board of Certification, Inc., to offer continuing education for Certified Athletic Trainers. This symposium is accredited for up to 11.5 Contact Hours onsite and 9.5 Contact Hours online for BOC credits. According to the education levels described by the CEC Committee of the NATA, the following continuing education course is considered to be Essential Level.

This course is pending approval by the National Strength and Conditioning Association for CEUs.

SPECIAL NEEDS

Hospital for Special Surgery is accessible for individuals with disabilities or special needs. Participants with special needs are requested to contact the Office of CME at 212.606.1812.

FINANCIAL DISCLOSURE

In accordance with the Accreditation Council for Continuing Medical Education's Standards for Commercial Support, all CME providers are required to disclose to the activity audience the relevant financial relationships of the planners, teachers and authors involved in the development of CME content. An individual has a relevant financial relationship if he or she has a financial relationship in any amount occurring in the last 12 months with a commercial interest whose products or services are discussed in the CME activity content over which the individual has control.

It is the policy of Hospital for Special Surgery to request all financial relationships that Activity Directors, planning committee members, planners, authors and staff have with commercial interests, but to disclose to the activity audience only the **relevant** financial relationships.

FRIDAY, APRIL 25

LOCATION: Hospital for Special Surgery, Richard L. Menschel Education Center, 535 East 70th Street, 2nd Floor, except where noted.

8:20 am **Registration & Breakfast**
Location: Sports Rehabilitation and Performance Center,
525 East 71st Street, ground floor



Live streaming webcast begins

8:50 am **Welcome & Announcements**

SESSION 1

Managing Rotator Cuff Disease in the Athlete

Moderator: Robert DiGiacomo, PT, DPT, ATC

8:55 am **The Throwing Athlete**
David W. Altchek, MD

9:15 am **The Contact Athlete**
Frank A. Cordasco, MD, MS

9:35 am **Current Concept**
Non-Operative Management
Theresa Chiaia, PT, DPT

9:55 am **Rehabilitation Following Rotator Cuff Repair**
Sarah Killian, PT, MSPT, ATRIC

10:10 am **Discussion**

10:30 am **Break**

SESSION 2

Articular Cartilage

Moderator: Robert G. Marx, MD, MSc, FRCSC

10:55 am **Keynote Address**
Thirty-Year Perspective on Microfracture in Athletes
J. Richard Steadman, MD

11:20 am **Options in Treating Articular Cartilage Lesions:**
The HSS Experience
Riley J. Williams III, MD

11:45 am **Current Concept**
Rehabilitation of Articular Cartilage Lesions
John T. Cavanaugh, PT, MEd, ATC, SCS

12:05 pm **Discussion**

12:25 pm **Lunch (will be provided)**

agenda

FRIDAY



FRIDAY agenda

SESSION 3

Managing Shoulder Injuries in the Contact Athlete

Moderator: Frank A. Cordasco, MD, MS

1:35 pm

Anterior Instability

Scott A. Rodeo, MD

1:55 pm

Posterior Instability

Russell F. Warren, MD

2:15 pm

AC/SC Injuries

Thomas L. Wickiewicz, MD

2:35 pm

Upper Extremity Fractures in the Athlete

Lawrence V. Gulotta, MD

2:55 pm

Current Concept

Returning the Contact Athlete to Play

Michael Levinson, PT, CSCS

3:15 pm

Discussion

3:35 pm

Break

CONCURRENT WORKSHOPS

Offered for onsite attendees only, participants choose one in advance.

WAVE 1

4:00 pm

A. Live Surgery (Hip Arthroscopy)

Surgeon: Struan H. Coleman, MD, PhD

Moderator: Peter Draovitch, PT, MS, ATC, CSCS



Added bonus for live streaming viewers: Live Surgery (4:00-5:05 pm)

B. Troubleshooting in Sports Physical Therapy:

The Complicated Patient (Upper Extremity)

Moderator: Michael Levinson, PT, CSCS

Jessica Graziano, PT, DPT, CSCS; Marla Ranieri, PT, DPT;

Sean Rose, PT, MPT; Andrea Tychanski, PT, DPT, ATC, CSCS

C. The Female Athlete Triad and the Role of Exercise

Marci A. Goolsby, MD; Polly de Mille, RN, MA, RCEP, CSCS, USAT

D. Multidirectional Movement: The Foundation to Athletic Activity

Sue Falsone, PT, SCS, ATC, CSCS

5:05 pm

Adjourn

PLEASE JOIN US

Please join us from 5:15 to 6:15 pm on Friday, April 25, for the Chairmen's Reception at the Sports Rehabilitation and Performance Center (525 East 71st Street, Belaire Building, Ground Floor). The reception is open to participants, faculty and exhibitors. Invitation to follow.



SATURDAY, APRIL 26

LOCATION: Hospital for Special Surgery, Richard L. Menschel Education Center, 535 East 70th Street, 2nd Floor, except where noted.

CONCURRENT INSTRUCTIONAL COURSES *(Additional fee applies)*

7:20-8:40 am

A. Clinical Examination of the Athlete's Hip

Peter Draovitch, PT, MS, ATC, CSCS; Ioonna Felix, PT, DPT, OCS;
Jessica Hettler, PT, MS, ATC, SCS, Cert MDT;
James F. Wyss, MD, PT

B. Running Analysis: Tools for Prevention and Rehabilitation

Julie Khan, PT, DPT; Leigh-Ann Plack, PT, DPT;
Michael Silverman, PT, MSPT, Level 2 TPI

C. Golf: Strategies for Injury Prevention and Performance Enhancement

Michael Levinson, PT, CSCS;
Gregory Reinhardt, PT, MSPT, USGTF-II

D. The Thoracic Spine:

The Missing Link to your Core Stability Program

Sue Falsone, PT, SCS, ATC, CSCS

8:20 am

Registration & Breakfast

Location: Sports Rehabilitation Center and Performance Center,
525 East 71st Street, ground floor



Live streaming webcast begins for Day 2

8:50 am

Welcome & Announcements

SESSION 4

Soft Tissue Injuries in Sports

Moderator: Peter Draovitch, PT, MS, ATC, CSCS

8:55 am

Current Concept

Role of Imaging

Douglas N. Mintz, MD

9:15 am

Hamstring Injuries in the Runner

Michael Silverman, PT, MSPT, Level 2 TPI

9:35 am

Groin Injuries in Hockey

Timothy F. Tyler, PT, MSPT, ATC

10:00 am

Manual Techniques

Michele Naumann-Carlstrom, LMT

10:15 am

The Art of ART (Active Release Therapy)

Christopher J. Anselmi Jr., DC

10:30 am

Discussion

10:50 am

Break



SATURDAY agenda

CONCURRENT FOCUS SESSIONS

Please note that Session B only will be offered for all live streaming participants.

SESSION A

Managing Patella Disorders in the Athlete

Moderator: Polly de Mille, RN, MA, RCEP, CSCS, USAT

11:10 am

Differential Diagnosis in the Athlete with Patellofemoral Disease

Sabrina M. Strickland, MD

11:30 am

Current Concept

Conservative Management of Patellofemoral Pain

Jessica Hettler, PT, MS, ATC, SCS, Cert MDT

11:50 am

When is Soft Tissue Surgery Not Enough?

Beth E. Shubin Stein, MD

12:10 pm

Post-Operative Rehabilitation

Theresa Chiaia, PT, DPT

12:30 pm

Discussion

SESSION B

Decision-Making in Sports Medicine

Moderator: John T. Cavanaugh, PT, MEd, ATC, SCS

11:10 am

Return to Play:

Concussion Management, from Adolescents to the NFL

James J. Kinderknecht, MD

11:30 am

Management of Biceps Lesions

Stephen J. O'Brien, MD, MBA

11:50 am

When is PRP Indicated?

Brian C. Halpern, MD

12:10 pm

Graft Selection for ACLR: How it Affects My Rehabilitation

Jo A. Hannafin, MD, PhD

12:30 pm

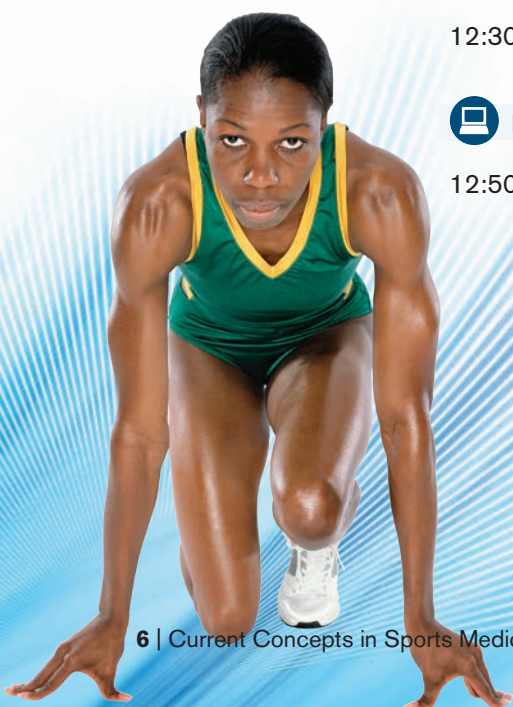
Discussion



Live streaming webcast ends for Day 2

12:50 pm

Lunch (on your own)



agenda

SATURDAY

CONCURRENT WORKSHOPS

Offered for onsite attendees only, participants choose one for each wave in advance.

WAVE 2

1:55 pm

A. Clinical Examination of the Athlete's Knee

Theresa Chiaia, PT, DPT; Kenton Fibel, MD; Donald Fowler, MD;
Jaron Sullivan, MD; Samuel Taylor, MD

B. From Physical Therapy to Physical Power

Jamie Osmak, CSCS, CES, TPI GFI Level 1, USATF-1;
Kara Federowicz, CPT, USAW

C. Clinical Examination of the Athlete's Foot

Robert Turner, PT, OCS, MS, OM, LAc, PMA®, CPT

D. Troubleshooting in Sports Physical Therapy: The Complicated Patient (Lower Extremity)

*Moderator: Robert DiGiacomo, PT, DPT, ATC; Julie Khan, PT, DPT;
David Meyer, PT, DPT, CSCS; Aisling Toolan, PT, DPT, SCS, CSCS*

E. Aquatic Therapy in Sports Physical Therapy

Sarah Killian, PT, MSPT, ATRIC; Jessica Hettler, PT, MS,
ATC, SCS, Cert MDT

F. From Table to Field: Nutrition's Role in Athletic Recovery

Jason Machowksy, MS, RD, CSSD, CSCS

2:55 pm

Break

WAVE 3

3:05 pm

G. Clinical Examination of the Athlete's Shoulder

John T. Cavanaugh, PT, MEd, ATC, SCS; Brian Grawe, MD;
Timothy Griffith, MD; Moira McCarthy, MD; Jacqueline Munch, MD

H. Treatment Strategies for Overuse Injuries in the Runner

Leigh-Ann Plack, PT, DPT; Michael Silverman, PT, MSPT, Level 2 TPI

I. Core Stability and the Adolescent Athlete

Jessica Graziano, PT, DPT, CSCS; Marla Ranieri, PT, DPT

J. Massage Techniques to Increase Shoulder Mobility

Michele Naumann-Carlstrom, LMT

K. Managing LBP in the Athlete

Aisling Toolan, PT, DPT, SCS, CSCS;
Andrea Tychanski, PT, DPT, ATC, CSCS

L. Maximizing Performance through Metabolic Testing

Polly de Mille, RN, MA, RCEP, CSCS, USAT

4:05 pm

Adjourn

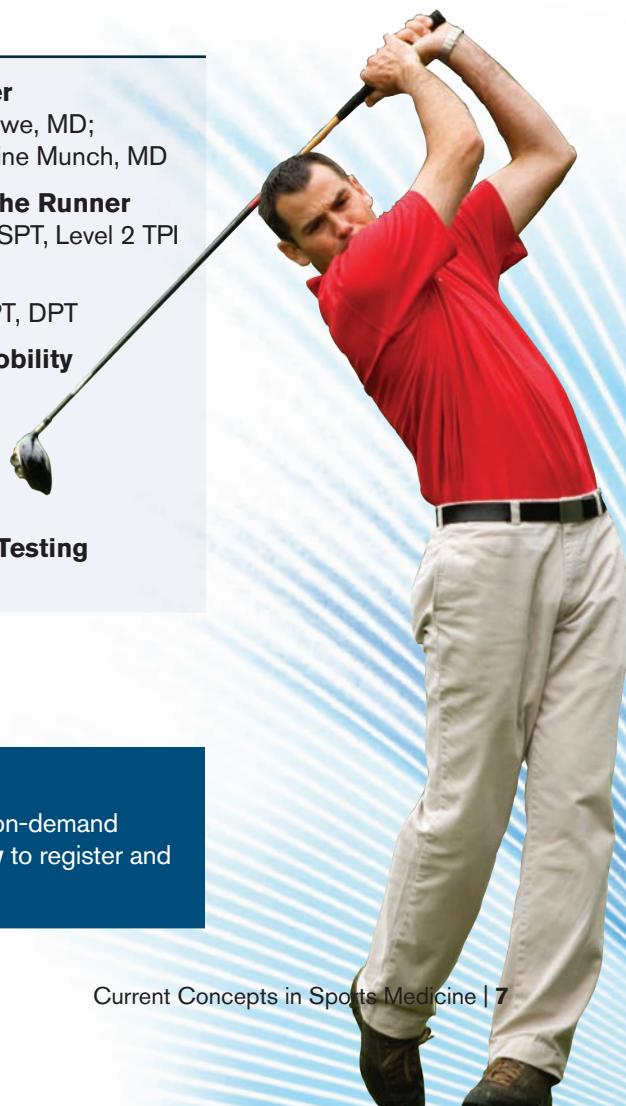


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ACTIVITY CO-DIRECTORS

John T. Cavanaugh, PT, MEd, ATC, SCS
Clinical Supervisor
Sports Rehabilitation and Performance Center
Team Physical Therapist
US Merchant Marine Academy
New York, NY

Frank A. Cordasco, MD, MS
Associate Attending
Orthopaedic Surgeon
Surgical Director
Ambulatory Surgery Center
Co-Medical Director
Leon Root, MD Motion Analysis Laboratory
Hospital for Special Surgery
Associate Professor of Orthopaedic Surgery
Weill Cornell Medical College
New York, NY

GUEST FACULTY

Sue Falsone, PT, SCS, ATC, CSCS
Phoenix, AZ

J. Richard Steadman, MD
Founder and Managing Partner
The Steadman Clinic
Founder and Co-Chairman of the Board
Steadman Philippon Research Institute
Vail, Colorado

Timothy F. Tyler, PT, MSPT, ATC
Owner
Pro Sports Physical Therapy
Scarsdale, NY

HSS FACULTY

David W. Altchek, MD
Co-Chief
Sports Medicine and Shoulder Service
Attending Orthopaedic Surgeon
Professor of Clinical Orthopaedic Surgery
Weill Cornell Medical College
Medical Director
New York Mets
Brooklyn Nets

Christopher J. Anselmi Jr., DC
Board Certified Chiropractor
Integrative Care Center

Theresa Chiaia, PT, DPT
Section Manager
Sports Rehabilitation and Performance Center

Struan H. Coleman, MD, PhD
Assistant Attending
Orthopaedic Surgeon
Instructor in Orthopaedics
Weill Cornell Medical College
Head Team Physician
New York Mets

Polly de Mille, RN, MA, RCEP, CSCS, USAT
Clinical Supervisor
Sports Performance
Sports Rehabilitation and Performance Center

Robert DiGiacomo, PT, DPT, ATC
Director
Sports Rehabilitation and Performance Center

Peter Draovitch, PT, MS, ATC, CSCS
Clinical Supervisor
Hip Disorders
Sports Rehabilitation and Performance Center

Kara Federowicz, CPT, USAW
Performance Specialist
Sports Rehabilitation and Performance Center

Ionna Felix, PT, DPT, OCS
Staff Physical Therapist
Sports Rehabilitation and Performance Center

Kenton Fibel, MD
Fellow
Primary Care Sports Medicine

Donald Fowler, MD
Fellow
Sports Medicine and Shoulder Service

Marci A. Goolsby, MD
Assistant Attending Physician
Instructor of Medicine
Weill Cornell Medical College
Consulting Team Physician
New York Liberty

Brian Grawe, MD
Fellow
Sports Medicine and Shoulder Service

Jessica Graziano, PT, DPT, CSCS
Staff Physical Therapist
Sports Rehabilitation and Performance Center

Timothy Griffith, MD
Fellow
Sports Medicine and Shoulder Service

Lawrence V. Gulotta, MD
Assistant Attending
Orthopaedic Surgeon
Assistant Professor of Orthopaedic Surgery
Weill Cornell Medical College

Brian C. Halpern, MD
Chief, Primary Care Sports Medicine Service
Associate Attending Physician
Clinical Associate Professor in Medicine
Weill Cornell Medical College

Jo A. Hannafin, MD, PhD
Attending Orthopaedic Surgeon
Senior Clinician Scientist
Research Division
Director, Orthopaedic Research
Professor of Orthopaedic Surgery
Weill Cornell Medical College
Team Physician
New York Liberty

Jessica Hettler, PT, MS, ATC, SCS, Cert MDT
Advanced Clinician
Sports Rehabilitation and Performance Center

James J. Kinderknecht, MD
Assistant Attending Physician
Assistant Professor of Pediatrics
Weill Cornell Medical College
Assistant Team Physician
New York Giants

Julie Khan, PT, DPT
Staff Physical Therapist
Sports Rehabilitation and Performance Center

Sarah Killian, PT, MSPT, ATRIC
Staff Physical Therapist
Sports Rehabilitation and Performance Center

Michael Levinson, PT, CSCS
Clinical Supervisor
The Overhead Athlete
Sports Rehabilitation and Performance Center
Team Physical Therapist
New York Mets

Jason Machowsky, MS, RD, CSSD, CSCS
Registered Dietician and Performance Specialist
Sports Rehabilitation and Performance Center

PROGRAM faculty

Robert G. Marx, MD, MSc, FRCS
Attending Orthopaedic Surgeon
Director, Foster Center for
Clinical Outcome Research
Professor of Orthopaedic
Surgery and Public Health
Weill Cornell Medical College

Moirá McCarthy, MD
Fellow
Sports Medicine and
Shoulder Service

David Meyer, PT, DPT, CSCS
Sports Physical
Therapy Resident
Sports Rehabilitation and
Performance Center

Douglas N. Mintz, MD
Associate Attending Radiologist
Associate Professor of
Clinical Radiology
Weill Cornell Medical College

Jacqueline Munch, MD
Fellow
Sports Medicine and
Shoulder Service

**Michele Naumann-
Carlstrom, LMT**
Massage Therapist
Sports Rehabilitation and
Performance Center

Stephen J. O'Brien, MD, MBA
Vice Chairman
Sports Medicine Department
Associate Attending
Orthopaedic Surgeon
Associate Professor of Clinical
Orthopaedic Surgery
Weill Cornell Medical College

**Jamie Osmak, CSCS, CES,
TPI GFI Level 1, USATF-1**
Performance Specialist
Sports Rehabilitation and
Performance Center

Leigh-Ann Plack, PT, DPT
Staff Physical Therapist
Joint Mobility Center

Marla Ranieri, PT, DPT
Staff Physical Therapist
Sports Rehabilitation and
Performance Center

**Gregory Reinhardt, PT,
MSPT, USGTF-II**
Advanced Clinician
Physical Therapy Affiliated with
Hospital for Special Surgery at
Goldman Sachs

Scott A. Rodeo, MD
Co-Chief, Sports Medicine and
Shoulder Service
Attending Orthopaedic Surgeon
Professor of Orthopaedic Surgery
Weill Cornell Medical College
Associate Team Physician
New York Giants

Sean Rose, PT, MPT
Staff Physical Therapist
Sports Rehabilitation and
Performance Center

Beth E. Shubin Stein, MD
Associate Attending
Orthopaedic Surgeon
Associate Professor of
Orthopaedic Surgery
Weill Cornell Medical College

**Michael Silverman, PT, MSPT,
Level 2 TPI**
Coordinator for Performance
Sports Rehabilitation and
Performance Center

Sabrina M. Strickland, MD
Associate Attending
Orthopaedic Surgeon
Associate Professor of
Orthopaedic Surgery
Weill Cornell Medical College

Jaron Sullivan, MD
Fellow
Sports Medicine and
Shoulder Service

Samuel Taylor, MD
Fellow
Sports Medicine and
Shoulder Service

**Aisling Toolan, PT,
DPT, SCS, CSCS**
Staff Physical Therapist
Sports Rehabilitation and
Performance Center

**Robert Turner, PT, OCS, MS,
OM, LAc, PMA®, CPT**
Clinical Supervisor
Spine Therapy Center

**Andrea Tychanski, PT,
DPT, ATC, CSCS**
Staff Physical Therapist
Sports Rehabilitation and
Performance Center

Russell F. Warren, MD
Attending Orthopaedic Surgeon
Professor of Orthopaedic Surgery
Weill Cornell Medical College
Team Physician
New York Giants

Thomas L. Wickiewicz, MD
Attending Orthopaedic Surgeon
Professor of Clinical
Orthopaedic Surgery
Weill Cornell Medical College

Riley J. Williams III, MD
Associate Attending
Orthopaedic Surgeon
Director of the Institute for
Cartilage Repair
Associate Professor of
Orthopaedic Surgery
Weill Cornell Medical College
Team Physician
New York Red Bulls
Brooklyn Nets

James F. Wyss, MD, PT
Assistant Attending Physiatrist

HSS PROGRAM COORDINATOR

Melody Mokhtarian, JD
Marketing and Events
Coordinator
Professional Education
Education & Academic Affairs



INFORMATION & registration

Please print legibly.

____ - ____ - ____ ☐ Check here to receive the HSS eNewsletter. Please include email address.
DATE (MONTH-DAY-YEAR)

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How did you hear about this course?

- ☐ Print brochure ☐ Email blast ☐ HSS website ☐ Journal advertisement
☐ LinkedIn ad ☐ Recommendation ☐ Google ad ☐ Other _____

Every effort will be made to accommodate your choices. Space is limited in each session and will be allocated on a first-come, first-serve basis.

CONCURRENT WORKSHOPS Friday, April 25 (onsite attendees only)

Please rank your first, second and third preference.

Afternoon Workshops: Wave 1

- ____ A. Surgery (Hip Arthroscopy) ____ C. The Female Athlete Triad and the Role of Exercise
____ B. Troubleshooting in Sports Physical Therapy: ____ D. Multidirectional Movement: The Foundation to
The Complicated Patient (Upper Extremity) Athletic Activity

OPTIONAL INSTRUCTIONAL COURSES Saturday, April 26 (onsite attendees only)

Morning Pre-Conference Courses (additional \$60 per instructional course)

- ____ A. Clinical Examination of the Athlete's Hip ____ C. Golf: Strategies for Injury Prevention and
____ B. Running Analysis: Tools for Prevention Performance Enhancement
and Rehabilitation ____ D. The Thoracic Spine: The Missing Link to your
Core Stability Program

CONCURRENT WORKSHOPS Saturday, April 26 (onsite attendees only)

Please rank your first, second and third preference for each group of workshops.

Afternoon Workshops: Wave 2

- ____ A. Clinical Examination of the Athlete's Knee
____ B. From Physical Therapy to Physical Power
____ C. Clinical Examination of the Athlete's Foot
____ D. Troubleshooting in Sports Physical Therapy:
The Complicated Patient (Lower Extremity)
____ E. Aquatic Therapy in Sports Physical Therapy
____ F. From Table to Field: Nutrition's Role in
Athletic Recovery

Afternoon Workshops: Wave 3

- ____ G. Clinical Examination of the Athlete's Shoulder
____ H. Treatment Strategies for Overuse Injuries
in the Runner
____ I. Core Stability and the Adolescent Athlete
____ J. Massage Techniques to Increase Shoulder Mobility
____ K. Managing LBP in the Athlete
____ L. Maximizing Performance through Metabolic Testing

REGISTRATION FEES

Registration fees include breakfasts and lunch on Friday and Reception (onsite attendees only), online access to lecture handouts, physical therapy contact hours, BOC credits and NSCA CEUs. All registered participants will receive a confirmation via email. Rehabilitation Network members receive an exclusive 20 percent discount.

Register early! Onsite space is limited to 100 participants.

	EARLY BIRD (Ends 3/28 at 5pm)		REGULAR		REGISTRATION CLOSE DATE
	Non-network	Network	Non-network	Network	
 On-site	\$475	\$380	\$540	\$432	4/23 at 5pm
 On-site with Saturday morning pre-conference instructional course	\$535	\$428	\$600	\$480	4/23 at 5pm
 Live web streaming <i>Day 1 and morning of Day 2</i>	\$275	\$220	\$340	\$272	4/18 at 5pm

For day-of registration for the onsite course, add \$25 to the appropriate category above plus \$15 per instructional course (available only if space permits—please call first). Please note: Registration will not be processed unless accompanied by payment.

Please note: This program may be recorded, filmed or photographed by Hospital for Special Surgery. By attending this program, you give permission to Hospital for Special Surgery to use your voice and likeness for any purpose (promotional, educational, or other), in any medium, and without remuneration of any kind to you.

HOW TO REGISTER

Two easy ways to register!

1 Register and pay online at www.hss.edu/cme-calendar.

2 Register by mail using the registration form.

PAYMENT BY MAIL

Make check payable to:
Hospital for Special Surgery

Mail registration form to:
Hospital for Special Surgery
Professional Education Department
Education & Academic Affairs Division
535 East 70th Street
New York, NY 10021

CONFIRMATIONS

All registered participants will receive a confirmation via email.

REFUND POLICY

A handling fee of \$75 is deducted for cancellation. Written refund requests must be received one week prior to the course. No refund will be made thereafter.

FOR MORE INFORMATION, PLEASE CONTACT

Melody Mokhtarian, JD
Marketing and Events Coordinator
Professional Education
Education & Academic Affairs
Hospital for Special Surgery
tel: 212.606.1812
email: mokhtarianm@hss.edu

PARKING, ACCOMMODATIONS AND TRANSPORTATION

For information on parking, accommodations and transportation, please go to www.hss.edu/visitor-information.asp and view our Neighborhood Directory. Local accommodations are limited and early reservations are recommended.

» Go to www.hss.edu/cme for a complete calendar of scheduled live and online CME activities.

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Hospital for Special Surgery

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