



Sports Medicine Seminars 2014

For Physical
Therapists &
Athletic Trainers

Scripps Green Hospital
Timken Amphitheater
10666 N. Torrey Pines Road
La Jolla, California 92037



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For Physical Therapists & Athletic Trainers

Course Overview

These quarterly seminars are designed for physicians, physical therapists, athletic trainers and others who work with athletes. Content will consist of anatomy, mechanisms of injury, diagnostics and assessments, surgical and non-surgical interventions, rehabilitation treatment progression, injury prevention and return to play considerations. Among the topics offered are: Thrower's Shoulder; Soccer Knee Injury and Football Multi-Ligament Injury.

Target Audience

- Physicians
- Physical Therapists
- Athletic Trainers
- and others desiring an update in these specialty areas.

About Scripps

Scripps Health, a nonprofit health care system based in San Diego, California, includes more than 2,600 affiliated physicians and over 13,000 employees at five acute-care hospital campuses, home health care services and a network of clinics, physician offices and outpatient centers. Scripps is committed to contributing to the future of medicine through its clinical research trials, graduate medical education and continuing medical education programs. More information can be found at www.scripps.org.

Accreditation

Physicians (MD, DO)

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

Scripps Health designates this live activity for a maximum of 2.0 *AMA PRA Category 1 Credit(s)*[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Documentation of awarded credit is provided for registered attendees in exchange for a completed activity evaluation. Certificates of attendance are available, upon request, at the end of the course.

Athletic Trainers



Scripps Health 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 2.0 hours of Category A continuing education. Certified Athletic Trainers are responsible for claiming only those hours actually spent participating in the continuing education activity.

Physical Therapists

This program has been approved for 2 contact hours by the Physical Therapy Board of California.

Disclosure

Commercial Support

This course is supported, in part, by educational grants from industry, in accordance with ACCME accreditation Standards for Commercial Support. At the time of printing, a complete listing of commercial supporters was not available. Appropriate acknowledgement will be given to all supporters at the time of the educational activity.

Cultural and Linguistic Competency

This activity is in compliance with California Assembly Bill 1195 which requires that all CME activities comprising a patient care element include curriculum addressing the topic of cultural and linguistic competency. The intent of this bill is to ensure that health care professionals are able to meet the cultural and linguistic concerns of a diverse patient population through effective and appropriate professional development. Cultural and linguistic competency was incorporated into the planning of this activity.

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Course Descriptions

Soccer Knee Injuries

Wednesday, June 25, 2014 – 6:30 p.m. to 9 p.m.

Soccer is the most popular sport in the world with more than 260 million players participating per year. In U.S. soccer alone, 3 million children ages 5-18 participate annually. Non-contact injuries to the lower extremities are the most common, with an estimated 15%-24% of soccer injuries occurring at the knee. The seminar will begin with an overview of the anatomy, mechanism of injury and diagnostics related to knee injuries in soccer players. This will be followed by a discussion of surgical and non-surgical interventions. A final section on treatment considerations, including rehab progression, education, prevention of injury and return to play criteria will conclude the evening.

Football Multi-Ligament Injuries

Wednesday, October 15, 2014 – 6:30 p.m. to 9 p.m.

Knee injuries are among the most common musculoskeletal injuries in American football players with contact multiligament knee injuries being the most severe. Although the incidence of this injury is less than 1% of all orthopedic injuries, optimal and timely surgical management is key. The seminar will begin with an overview of the anatomy, mechanism of injury and diagnostics related to knee injuries in football players. This will be followed by a discussion of surgical and non-surgical interventions. A final section on treatment considerations, including rehab progression, education, prevention of injury and return to play criteria will conclude the evening.



Attendance Policies

Registration Confirmation

A confirmation letter will be e-mailed or mailed to you upon receipt of the conference registration form and payment. If you have not received it within two weeks, please contact the Scripps Conference Services & CME office.

Scripps Conference Modification or Cancellation

Scripps reserves the right to modify the course's schedule or program as necessary. Scripps also reserves the right to cancel this conference, in which case a full refund of the registration fee will be provided. We are unable to refund any travel costs (flight, hotel, etc.) in the case of Scripps cancellation.

Attendee Cancellation, Substitution, Refund

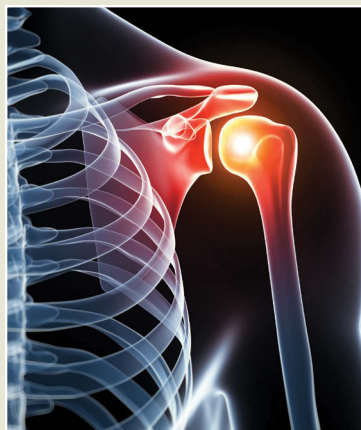
The course tuition is refundable, minus a \$10 processing fee if your cancellation is received in writing no later than one week prior to the course. Attendee substitutions are allowed, but notification must be made in writing no later than one week prior to the course. After this date, under no circumstances will refunds, credits, or substitutions be granted. No refunds or credits will be given to "no shows."

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Seminar Agenda

- 5:30 p.m. – 6:30 p.m. **Registration**
- 6:30 p.m. – 7 p.m. **Anatomy, Mechanics of Injury, Assessment and Diagnostics**
- 7 p.m. – 7:30 p.m. **Current Trends in Surgical and Non-Surgical Intervention**
- 7:30 p.m. – 7:45 p.m. Break and View Exhibits
- 7:45 p.m. – 8:15 p.m. **Rehabilitation, Prevention and Return to Sport considerations**
- 8:15 p.m. – 8:45 p.m. **Panel Discussion and Question & Answer**
- 9 p.m. Adjourn



Faculty

Course Director

Jan Fronek, MD

Team Physician
San Diego Padres
Scripps Clinic
Division of Orthopedics
Head, Sports Medicine
Scripps Health
La Jolla, California

Planning Committee

Gail Kuwatani, PT, OCS, SCS, CSCS

Physical Therapist
Scripps Health
La Jolla, California

Katie Foster, PT, MTC, OCS, SCS

Physical Therapist
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Speakers

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Orthopedic Surgeon
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Jon Garrelts, PT, OCS

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Head Team Physician
San Diego Chargers
Associate Clinical Professor
Chief, Sports Medicine
University of California, San Diego
Department of Orthopedic Surgery
San Diego, California

Faculty Disclosure

In accordance with the ACCME Standards for Commercial Support, course directors, planning committees, faculty and all others in control of the educational content of the CME activity must disclose all relevant financial relationships with any commercial interest that they or their spouse/partner may have had within the past 12 months. If an individual refuses to disclose relevant financial relationships, they will be disqualified from being a part of the planning and implementation of this CME activity. Employees of a commercial interest with business lines or products relating to the content of the CME activity will not participate in the planning or any accredited portion of the conference. Disclosure will be made to all participants at the conference location, prior to the educational activity commencement.

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Conference Fees

Included: Course tuition **Not Included:** Travel costs, lodging, parking, meals

REGISTRATION

	Jun. 25	Oct. 15	On-site
Non Scripps Employee and Physicians	\$25	\$25	\$50
Scripps Employees/Physicians	\$15	\$15	\$40
Students, Residents and Fellows	waived	waived	\$25

Please note, if you are registering as a Scripps Employee/Physician or a Student, Resident or Fellow you will be requested to provide verification.

CONFERENCE REGISTRATION

Three Easy Ways to Register

Online scripps.org/conferenceservices
Fax 858-652-5565
Mail Scripps Conference Services & CME
 Physical Therapist – Athletic Trainer
 Sports Medicine Seminar 2014
 11025 North Torrey Pines Road
 Suite 200, Maildrop: SCRC200
 La Jolla, California 92037

Questions

Contact Scripps Conference Services & CME
Phone 858-652-5400
Email med.edu@scrippshealth.org

Would you like to receive the Scripps Conference Services & CME email newsletter? ☐ Yes ☐ No

By completing this registration form and returning it to Scripps you are acknowledging compliance with all attendance policies.

Please print clearly. Should we have any conference communications or updates please provide your direct contact information.

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Educational Objectives

After attending this activity, participants should be able to:

- Understand the anatomy, mechanisms of injury, common surgical and non-surgical interventions of sports injuries
- Explore the principals of tissue healing time and biomechanics in relation to program progression
- Develop an integrated plan of manual therapy, sequences of therapeutic exercises and patient education based on current best practices