

2nd Annual Central Pennsylvania

SPORTS MEDICINE SYMPOSIUM

Tuesday, July 29, 2014

7:30AM – 5PM

Penn State Milton S.
Hershey Medical Center
University Conference Center



A continuing education service of Penn State College of Medicine and Penn State Hershey
Bone and Joint Institute—in collaboration with CPRS Physical Therapy.

AUDIENCE

- ▶ Athletic Trainers
- ▶ Physical Therapists
- ▶ Orthopaedic Surgeons
- ▶ Physicians
- ▶ Physician Assistants
- ▶ Nurse Practitioners



This publication is available in alternative media on request.

The Pennsylvania State University is committed to the policy that all persons shall have equal access to programs, facilities, admission, and employment without regard to personal characteristics not related to ability, performance, or qualifications as determined by University policy or by state or federal authorities. It is the policy of the University to maintain an academic and work environment free of discrimination, including harassment. The Pennsylvania State University prohibits discrimination and harassment against any person because of age, ancestry, color, disability or handicap, genetic information, national origin, race, religious creed, sex, sexual orientation, gender identity, or veteran status and retaliation due to the reporting of discrimination or harassment. Discrimination, harassment, or retaliation against faculty, staff, or students will not be tolerated at The Pennsylvania State University. Direct all inquiries regarding the Nondiscrimination Policy to the Affirmative Action Director, The Pennsylvania State University, 328 Boucke Building, University Park, PA 16802-5901; tel 814-863-0471/TTY: U.Ed. MED C5517-15-Y

CREDIT

American Medical Association (AMA)

Penn State College of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Penn State College of Medicine designates this live activity for a maximum of **6.0 AMA PRA Category 1 Credit(s)[™]**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

PA State Board of Physical Therapy

Application has been made to the PA State Board of Physical Therapy for continuing education credits.

National Athletic Trainers' Association (NATA)

Penn State University is recognized by the NATA Board of Certification (BOC), Inc., to offer continuing education for Certified Athletic Trainers.

Penn State University is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. **This program has been approved for a maximum 3.0 hours of EBP Category continuing education and 3.0 category A.** Certified Athletic Trainers are responsible for claiming only those hours actually spent participating in the continuing education activity.

BOC Approved EBP Provider #: P2856-2000

It is our policy to ensure balance, independence, objectivity, and scientific rigor in all of our sponsored educational programs. Faculty and course directors have disclosed relevant financial relationships with commercial companies, and Penn State has a process in place to resolve any conflict of interest. Complete faculty disclosure will be provided to program participants at the beginning of the activity.

ACCOMMODATIONS

Accommodations are the responsibility of the program participant. A list of Hershey area lodging is available upon request or online at: pennstatehershey.org/web/ce/home/resources/links.

ACCESS

Penn State encourages persons with disabilities to participate in its programs and activities. If you anticipate needing any type of special accommodation or have questions about the physical access provided, please contact Continuing Education at least one week in advance of your participation or visit.

COURSE DIRECTORS

Lynn Brumbach, MA, LAT, ATC

Education Coordinator
Certified Athletic Trainer
Red Land High School
Central PA Rehabilitation Services

Robert Gallo, MD*

Associate Professor of Orthopaedics and Rehabilitation
Penn State Hershey Bone and Joint Institute

PLANNING COMMITTEE

Yvonne Powers, CCMEP*

CME Specialist
Penn State Continuing Education

Jeff Shields, MEd, LAT, ATC

Director of Athletic Training Services
Director of Wellness
Central PA Rehabilitation Services



FACULTY

Kevin Black, MD*

C. McCollister Evarts Chair
Department of Orthopaedics and Rehabilitation
Penn State Hershey Bone and Joint Institute

Harry Bramley, DO*

Associate Professor of Pediatrics
Medical Director, Penn State Hershey Concussion Program
Pediatric Rehabilitation

Mark Brown, MSPT, OCS, Cert. MDT, CAES

Regional Vice President, Residency Director
Clinic Manager
Orthopedic Certified Specialist
Certified Mechanical Diagnosis and Therapy CPRS

Wendy Cheesman, DPT, ATC

Senior Lecturer/Athletic Trainer
Messiah College

Aman Dhawan, MD*

Assistant Professor of Orthopaedics and Rehabilitation
Penn State Hershey Bone and Joint Institute

Robert Gallo, MD*

Associate Professor of Orthopaedics and Rehabilitation
Penn State Hershey Bone and Joint Institute

William Hennrikus, MD*

Professor of Orthopaedics
Associate Dean for Continuing Medical Education
Medical Director, Pediatric Bone and Joint Institute

Bret Jacobs, DO, MA*

Assistant Professor of Family and Community Medicine
Department of Family and Community Medicine
and Orthopaedics

Paul J. Juliano, MD*

Professor, Vice-Chairman, Residency Director
Chief, Foot and Ankle Division
Department of Orthopaedics
Capt.-USNR, Retired

Robert Kelly, PT, ATC*

Certified Athletic Trainer
Team Physical Therapist
Hershey Bears Hockey Club

Hyun-Min (Mike) Kim, MD*

Assistant Professor of Orthopaedics and Rehabilitation
Penn State Hershey Bone and Joint Institute

Russell Knapp III, EMS, EMT

HersheyPark, EMS
Assistant Chief, EMS, EMT

Scott Lynch, MD*

Associate Professor of Orthopaedics and Rehabilitation
Director of Sports Medicine Service
Penn State Hershey Bone and Joint Institute

Cayce Onks, DO, MS, ATC*

Assistant Professor of Family and Community Medicine
Family and Sports Medicine
Departments of Family Medicine and Orthopaedics

Wayne Sebastianelli, MD*

Kalenak Professor in Orthopaedics
Director, Athletic Medicine
Penn State University Park

Elizabeth V. Seiverling, MD*

Assistant Professor of Dermatology

Matthew Silvis, MD*

Associate Professor of Family and Community
Medicine and Orthopaedics and Rehabilitation
Program Director, Penn State Primary Care
Sports Medicine Fellowship

John Wawrzyniak, PT, MS, ATC, CSCS*

Certified Athletic Trainer
Strength and Conditioning Specialist
Hershey Bears Hockey Club

Michael Wilkinson, MD*

Associate Professor of Ophthalmology and Surgery

PROGRAM

7:45AM–11:00AM

Evidence-Based Debates

► 7:45AM–8:30AM

What is the Optimal Graft Choice for ACL Reconstruction in the Adolescent Athlete?

William Hennrikus, MD

Aman Dhawan, MD

Scott Lynch, MD

- Describe optimal graft choices
- Discuss options for graft choices

► 8:30AM–9:05AM

Should Neurocognitive Testing be a Primary Parameter in Dictating Return-To-Play After a Concussion?

Harry Bramley, DO

Matthew Silvis, MD

- Recognize the potential benefits and limitations of neurocognitive testing, and describe current controversies in regard to the role of its management

► 9:05AM–9:35AM

Kinesio Taping: A Useful Technique or Marketing Ploy?

Wendy Cheesman, DPT, ATC

John Wawrzyniak, PT, MS, ATC, CSCS

- Identify the current evidence of the effects of kinesio taping in people with musculoskeletal conditions

► 9:35AM–9:50AM

Break

► 9:50AM–10:25AM

Are Formal, Mandatory Heat Acclimatization Programs Worth the Time?

Cayce Onks, DO, MS, ATC

Bret Jacobs, DO, MA

- Identify goals and reasons for the use of heat acclimatization programs
- Compare high school heat acclimatization programs to NCAA and NFL programs
- Learn pros and cons to having a heat acclimatization program in place
- Identify the impact of these programs on athlete safety





► **10:25AM–11:00AM**

How Do You Surgically Manage Anterior Shoulder Instability: Open Versus Arthroscopic Bankart Repair?

Robert Gallo, MD

Wayne Sebastianelli, MD

- Discuss the benefits, risks and decision-making in the surgical treatment of anterior shoulder instability

► **11:00AM–12:00PM**

Lunch



12:00PM–4:00PM

Break-Out Sessions / Choose one selection from each session

► **12:00PM–12:45PM / SESSION 1**

The Functional Movement Screen

Cayce Onks, DO, MS, ATC

OR

Spine Boarding Practicum

Russell Knapp III, EMS EMT

► **1:00PM–1:45PM / SESSION 2**

Identification and Treatment of Sun-Related Skin Conditions

Elizabeth Seiverling, MD

OR

Treatment of Patellofemoral Disease (Differential, PT Treatment, Surgical Treatment)

Mark Brown, MSPT, OCS, Cert. MDT, CEAS

Kevin Black, MD

► **2:00PM–2:45PM / SESSION 3**

Eye Injuries in Sports

Michael Wilkinson, MD

OR

Rehabilitation After Concussion

Robert Kelly, PT, ATC

► **3:00PM–3:45PM / SESSION 4**

The Ankle Sprain that Doesn't Heal

Paul Juliano, MD

OR

Injuries Around the Clavicle

Mike Kim, MD

4:00PM–5:30PM

Reception



FEE

\$75 per person

Athletic Trainers: No Charge

Includes: Instruction • Handout Materials • Refreshments • Lunch • Reception

CANCELLATION POLICY

Cancellations received later than

► **July 22, 2014**

will incur a \$25 processing fee.

No refunds

► **After July 24, 2014**

Substitutes are accepted at any time.

The University reserves the right to cancel or postpone any course or activity because of insufficient enrollment or other unforeseen circumstances.

Please provide a cell phone number so we can reach you in the event of last-minute changes or cancellation. If a program is canceled or postponed, the University will refund registration fees but cannot be held responsible for any related costs, charges, or expenses, including cancellation/change charges assessed by airlines or travel agencies. Preregistered participants will be notified if a program is filled or canceled.

REGISTRATION

Registrations will be confirmed by email upon receipt of payment, authorization to bill, or a credit card guarantee.

If you do not receive a confirmation within two weeks, call 717-531-6483 to confirm your registration. Walk-ins and late registrations will be accepted if space is available.

Call 717-531-6483

Fax 717-531-5604

Email ContinuingEd@hmc.psu.edu

Mail Registrar, Penn State Hershey Continuing Education
G220 P. O. Box 851, Hershey, PA 17033



Register Online Today!

pennstatehershey.org/web/ce

2nd Annual Central Pennsylvania

SPORTS

MEDICINE SYMPOSIUM

Tuesday, July 29, 2014 • C5517-15-Y

Name (First Name, MI, Last Name)

☐ Male ☐ Female

Degree/Credentials ☐ MD/DO ☐ PA ☐ NP ☐ PT ☐ AT ☐ Other

Email Address (Print legibly. Used for confirmation/registration/program materials.)

Home Address

City

State

Zip Code

Daytime Phone

Cell Phone (For last-minute change or cancellation)

Hospital or Organization

Specialty/Position

Address (HMC/COM employees—dept. name/mail code)

City

State

Zip Code

Special Needs (Dietary, access, etc.)

▼ Choose One Selection From Each Break-Out Session:

Break-Out Session 1

- ☐ Functional Movement Screen
☐ Spine Boarding Practicum

Break-Out Session 3

- ☐ Eye injuries in Sports
☐ Rehabilitation After Concussion

Break-Out Session 2

- ☐ Sun-Related Skin Conditions
☐ Treatment of Patellofemoral Disease

Break-Out Session 4

- ☐ Ankle Sprain that Doesn't Heal
☐ Injuries Around the Clavicle

► **Fee \$75 per person**

Athletic Trainers: No Charge

▼ **Indicate method of payment:**

- ☐ Check enclosed—payable to Penn State
☐ Bill my sponsoring organization—attach authorization letter
☐ HMC/COM employee—bill department budget

Cost center/budget #

Charge my credit card: ☐ VISA ☐ MasterCard ☐ AMEX

Account #

Exp. Date

Signature

THE PENNSYLVANIA STATE UNIVERSITY
PENN STATE MILTON S. HERSHEY MEDICAL CENTER
DEPARTMENT OF CONTINUING EDUCATION G220
P.O. BOX 851
HERSHEY, PA 17033-0851

Nonprofit Org.
U.S. Postage
PAID
PA State University
M.S. Hershey Med. Ctr.

Central PA
SPORTS
Medicine
Symposium
Tuesday, July 29, 2014



Register Online Today!

pennstatehershey.org/web/ce