

≈ 19th Annual ≈

VCU

SPORTS MEDICINE

Update in Primary Care

From Basic Principles

To Advanced Topics in Orthopaedic Care

December 6 – 8, 2013

KINGSMILL RESORT AND SPA
Williamsburg, Virginia

“New Location/Great Rates”



Colonial Williamsburg's
Grand Illumination Weekend

≈ **FEATURING** ≈

OPTIONAL WORKSHOPS

- Hands-On Physical Exam Skills • Concussion Evaluation
- Joint Injection Skills Practice along with Introduction to MSK Ultrasound
 - SMART Workshop • Splinting Workshop
 - Evaluation of a Barefoot Runner
- Treatment of Myofascial Pain and Introduction to OMT

CONFERENCE

- Sports Injury Topics • Update on Concussion Management
- Advanced Topics in Sports Medicine the Orthopaedic Perspective
 - The Medical Aspects of Sports Medicine

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

Presented by:

VCU Office of Continuing Medical Education
In collaboration with the Department of Orthopaedic Surgery
Virginia Commonwealth University School of Medicine

PROGRAM REGISTRATION

The registration fee of \$395.00 does not include optional sessions, (\$325.00 for physicians in training, athletic trainers and other health care professionals) includes tuition, program materials, and transcript of credit hours, continental breakfast each morning, lunch with the exhibitors on Saturday and coffee breaks. Please note that a letter of verification must accompany all Physician-In-Training registration fees. You can register on-line by going to www.vcuhealth.org/cme/register

CANCELLATION

Registration fee, less a \$60.00 non-refundable administrative fee, will be refunded only if written notice of cancellation is received on or before **November 21, 2013**.

To receive additional information, please contact:

VCU Office of Continuing Medical Education

PO Box 980048

Richmond, VA 23298-0048

Telephone: (804) 828-3640 or (800) 413-2872 Fax: (804) 828-7438

Email for more information: cmeinfo@vcu.edu

SPECIAL GUEST SPEAKER

GRAHAM SMITH, Grad Dip Phys, FCSP, DipTP, CertED
Professor

PhysioTech - Rehabilitation & Sports Injury Clinic
Scotland, United Kingdom

GUEST FACULTY

KRISTINA CARTER, DPT

Physical Therapist

Williamsburg Physical Therapy and Sports Therapy

Williamsburg, VA

STEVEN COLE, ATC, CSCS

Director of Sports Medicine

The College of William and Mary

Williamsburg, VA

KATHERINE DEC, MD, CAQ

Medical Director, Women's Sports Medicine

CJW Sports Medicine, Richmond, VA

Team Physician, Longwood University

Farmville, VA

B. KENT DIDUCH, MD

Family Practice Team Physician and Associate Professor

James Madison University

Harrisonburg, VA

THOMAS HOWARD, MD, FACSM

Program Director, Sports Medicine Fellowship

VCU Fairfax Family Practice

Fairfax, VA

JOHN MITROVIC, PT, SCS, ATC, CSCS

Vice President and Regional Director

Tidewater Physical Therapy, Inc.

Williamsburg, VA

AMITY RUBEOR, DO

Assistant Clinical Professor of Family Medicine

Brown University Medical School

Memorial Hospital of Rhode Island

Pawtucket, RI

SIOBHAN STATUTA, MD, CAQSM

Assistant Professor

Director, Primary Care Sports Medicine Fellowship

University of Virginia Family Medicine

Charlottesville, VA

FACULTY and PLANNING COMMITTEE

Virginia Commonwealth University

School of Medicine

MICHAEL PETRIZZI, MD, CAQ

Program Chairman

Clinical Professor of Family Medicine

Hanover Family Physicians, PC

Mechanicsville, VA

THOMAS LOUGHRAN, MD

Program Co-Chair

Associate Professor of Orthopaedic Surgery

Medical Director, VCU Sports Medicine Center

Richmond, VA

SETH CHEATHAM, MD

Assistant Professor of Orthopaedic Surgery

VCU Sports Medicine Center

Richmond, VA

WILLIAM MOSKOWITZ, MD, FAAP, FACC, FSCAI

Professor, Pediatrics and Medicine

Chair, Pediatric Cardiology

Vice Chair Clinical Operations, Pediatrics

Director, Pediatric Cardiac Catheterization Laboratory

The Children's Hospital of Richmond

Richmond, VA

JEFFREY ROBERTS, MD, CAQSM

Assistant Clinical Professor of Family Medicine

St. Francis Family Medicine Center

Midlothian, VA

CONFERENCE MANAGER

Sag  Blaska, MFA, GradDip

VCU Office of Continuing Medical Education

Richmond, VA

Course Description

VCU VCU Office of Continuing Medical Education in collaboration with the Department of Orthopaedic Surgery at Virginia Commonwealth University (VCU) School of Medicine is pleased to offer the **19th Annual Sports Medicine Update in Primary Care Conference, December 6 – 8, 2013 at the Kingsmill Resort and Spa in Williamsburg, Virginia.**

This program provides an intensive update of sports medicine topics of specific interest to physicians in primary care, pediatrics, internal medicine, sports medicine, physician assistants, athletic trainers, nurse practitioners and other healthcare professionals. Faculty panels each day, optional skills workshops, continental breakfasts, lunch, coffee breaks and instructional materials will be provided. *Please note that the Friday evening and Saturday afternoon workshops are optional and require additional registration fees.*

❧ COURSE OBJECTIVES ❧

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

- demonstrate skills for improved history, physical examination, and treatment of sports medicine injuries;
- determine which injuries can be cared for by primary care physicians and which injuries should be referred;
- diagnose and treat medical conditions that affect athletes and their participation in sports;
- recognize the need for sideline medical coverage and obtain the skills needed to cover events including improved "return to play" decisions;
- apply current guidelines for assessment and management of concussions;
- determine if a patient has myofascial pain and how to treat it;
- identify potential cardiac health issues in young athletes;
- review the indications and perform landmark-guided common joint injections;
- recognize cervical spine injuries that should be referred to an orthopaedic surgeon;
- determine which patients are appropriate for barefoot running;
- identify components of the triad and evaluate how they interact with one another to produce negative outcomes for the athlete.

❧ EDUCATIONAL CREDIT ❧

University Health Services Professional Education Programs (UHS-PEP) of Virginia Commonwealth University Health System is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

UHS-PEP designates this live activity for a maximum of 15 **AMA PRA Category 1 Credits™** (9.5 hours without the optional sessions). Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit pending.

CME activities approved for AAFP credit are recognized by the AOA as equivalent to AOA Category 2 credit.

AAPA accepts certificates of participation for educational activities certified for **AMA PRA Category 1 Credits™** from organizations accredited by ACCME. Physician assistants may receive a maximum of 15.0 hours of Category 1 credit for completing this program.

Virginia Commonwealth University is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program has been approved for 15 CEUs (Provider # P2004)

For the purpose of recertification, the American Nurses Credentialing Center accepts for **AMA PRA Category 1 Credits™** issued by organizations accredited by the ACCME. For the purpose of relicensure, the VA Board of Nursing accepts **AMA PRA Category 1 Credits™** (report up to 15.0 hours of credit and list "CME Category 1" as the provider number) as approved by one of the certifying entities outlined in the Nurse Practitioner Regulations.

This continuing education activity meets the criteria of Virginia Commonwealth University and the Southern Association of Colleges and Schools. A maximum of 1.5 CEUs will be recorded with the University.

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

COLONIAL WILLIAMSBURG

From 1699 to 1780, Williamsburg served as the capital of Virginia—England's largest mainland North American colony—and as the cradle and intellectual flash point for the founding fathers of the American Revolution. Faithfully preserved and restored, the Historic Area is now a town-sized museum. America's oldest and largest living history experience.

Twenty-first-century guests debate the "issues of the day" with a founding father, take a carriage ride, and visit the shops and taverns where Thomas Jefferson, Patrick Henry, and others conceived the ideals of liberty, independence, and the personal freedom that influenced the founding of our country. World-class indoor museums offer opportunities to explore American folk art and 18th- and 19th-century decorative arts.

Colonial Williamsburg Information

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

Go online for your Colonial Williamsburg Vacation Planner at www.history.org

GRAND ILLUMINATION

Sunday, December 8, 2013

Enjoy one of the highlights of Colonial Williamsburg's Christmas season—Grand Illumination—featuring candles, cressets fireworks, and music. The celebration begins at 4:45 p.m. on outdoor stages throughout the Historic Area. Colonial Williamsburg's Fifes and Drums provide 18th-century music as costumed performers present holiday entertainment found in Williamsburg two centuries ago. At 5:45 p.m., the Fifes and Drums signal the beginning of the Grand Illumination. At 6:15 p.m., candles are lit in public buildings, shops, and homes and fireworks are launched at three Historic Area locations: the Governor's Palace, Magazine, and Capitol. After the fireworks, entertainment resumes on the outdoor stages, continuing until 7:30 p.m.

CONFERENCE LOCATION

Kingsmill Resort and Spa is located at 1010 Kingsmill Road, Williamsburg, VA 23185 on the James River. Each of the recently updated 425 guest rooms and suites at Kingsmill Resort is villa-style. Choose from a James River, Warham's Pond, Golf Course or Tennis Center view, all with proximity to the fitness center, the marina and the Spa. Kingsmill Resort and Spa is with ADA standards, with rooms and suites available upon request for any persons with disabilities. Nearby attractions include Busch Gardens (Christmas Towne). The shuttle will take you anywhere on the property and also goes to Colonial Williamsburg and Busch Gardens.

The two closest airports are Richmond International Airport (RIC) in Richmond, VA., and Williamsburg–Newport News International Airport (PHF) in Newport News, VA.

ACCOMMODATIONS AND RESERVATIONS

A block of rooms is being held at the Kingsmill Resort and Spa in Williamsburg, Virginia. *The cutoff date for reservations is November 6, 2013.* Any room not reserved by this time will be available on a space available basis and may not be available at the conference rate. Check-in time is 4:00 p.m. and check-out time is 11 a.m. Complimentary parking is provided for hotel guests and those not staying at the hotel but attending the meeting. For more information on this property go to www.kingsmill.com

To make your reservation call the hotel directly at (800) 832-5665 and request the group name VCU Sports Medicine Conference 2013 to obtain the group rate. Reservations must be guaranteed with a credit card number or by a first night's deposit. Cancellations may be made until 72 hours prior to the date of arrival to avoid any penalty. The room rate is \$119.00 plus tax for single or double occupancy plus 11% State and Occupancy tax and \$2.00 per room night guest room tax. This room rate will be honored for two days prior and two days after the conference dates based on availability to allow you to enjoy all the festivities of Grand Illumination.

SCHEDULE

Friday, December 6, 2013

OPTIONAL – Hands-On Skills Workshops (A, B)

PM

5:45-7:00 Registration Open

6:30-8:30 SESSION A

Physical Exams Skills of the Shoulder, Elbow, Knee, Foot and Ankle
Jeff Roberts, MD, CAQSM, Siobhan Statuta, MD, CAQSM,
Amity Rubeor, DO

*Please wear comfortable, loose attire for examinations
Hands-on practice of physical exam skills*

6:30-8:30 SESSION B

Joint Injections and Introduction to Musculoskeletal Ultrasound
Thomas Howard, MD, FACSM

*Skill based practice in ultrasound and joint injections
Interpret common radiographic views*

Saturday, December 7, 2013

AM

6:15 Registration & Continental Breakfast with Exhibits

7:00 Welcome, Announcements

Michael Petrizzi, MD, CAQ, Program Chairman and Moderator

PRIMARY CARE ASPECTS OF SPORTS INJURIES

7:10 Shoulder Injuries

Michael Petrizzi, MD, CAQ

7:40 Evaluation of the Elbow

Thomas Howard, MD, FACSM

8:10 Most Common Closed Hand, Wrist and Finger Injuries

Katherine Dec, MD, CAQ

8:40 Evaluation of Hip Pain and Introduction to Osteopathic Principles

Amity Rubeor, DO

9:10 Questions & Answers

9:30 Break with Exhibits

10:00 Knee Injuries

Michael Petrizzi, MD, CAQ

10:30 Evaluation and Treatment of Leg, Ankle and Foot Injuries

Jeff Roberts, MD, CAQSM

11:00 Concussion Management: Recognition, Evaluation, and Return to Play

What's New This Year?

Katherine Dec, MD, CAQ

11:45 Introduction: Barefoot Running: Should Your Patient Do It? / Cool Running!
(See Optional Workshop D2 to learn more)

Kristina Carter, DPT

PM

12:00 Introduction: Adding Myofascial Pain to the Differential Diagnosis
(See Optional Workshop C2 to learn more)

Michael Petrizzi, MD, CAQ, Katherine Dec, MD, CAQ

12:15 Questions & Answers

SCHEDULE

12:30-1:30 Buffet Lunch with Exhibitors– *This year we offer you an extended opportunity to meet our exhibitors, network with your colleagues and exchange information.*

OPTIONAL SESSIONS (C, D, E)

1:20-2:50 **SESSION C** (choose one session from C)

C1. S.M.A.R.T. (Sideline Management Assessment Response Techniques)
Hands-On Skills and Practice with Athletes in Uniform

Steven Cole, ATC, CSCS, John Mitrovic, PT, SCS, ATC, CSCS, Michael Petrizzi, MD, CAQ

C2. Introduction to Osteopathic Manipulative Treatment and Options for Patients with Myofascial Pain

Amity Rubeor, DO

3:05-3:50 **SESSION D** (choose one session from D)

D1. Concussion Assessment Skills

Steven Cole, ATC, CSCS and Michael Petrizzi, MD, CAQ

D2. Barefoot Running: Should Your Patient Do It? / Cool Running!

Kristina Carter, DPT

3:50-4:10 Break

4:00-5:30 **SESSION E**

(Snacks and beverages provided for participants in workshop rooms)

E. Splinting Workshop

Michael Petrizzi, MD, CAQ

Sunday, December 8, 2013

AM

6:45 Registration & Continental Breakfast With Exhibits

7:25 Announcements

Michael Petrizzi, MD, CAQ

ADVANCED TOPICS IN SPORTS MEDICINE: THE ORTHOPAEDIC PERSPECTIVE

7:30 Sports & Spinal Injuries: Neck to Tail Bone

When Do You Need to Refer Your Patients to An Orthopaedist?

Seth Cheatham, MD

8:15 Shoulder: Orthopaedic Perspective of Injuries

When Do You Need to Refer Your Patients to Me?

Thomas Loughran, MD

9:00 Physiotherapy for Knee Injuries: The United Kingdom Perspective

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

9:45 Questions & Answers

10:00 Break/Hotel Checkout and Exhibits

MEDICAL ASPECTS OF SPORTS MEDICINE

10:30 Medical Conditions Affecting Sports Participation

Kent Diduch, MD

11:00 Play Ball...Sports Related Cardiac Health Issues in Young Athletes

William Moskowitz, MD, FAAP, FACC, FSCAI

11:30 Female Athletic Triad....Or Is It Tetrad?

Siobhan Statuta, MD, CAQSM

PM

12:00 The Downed Athlete

Kent Diduch, MD

12:30 Questions & Answers

12:45 Conference Adjourns

COURSE REGISTRATION FORM**MCA-3301****15 / 9.5 / 5.5**19th Annual VCU Sports Medicine Update in Primary Care

December 6-8 , 2013

Kingsmill Resort and Spa, Williamsburg, VA

FIRST NAME_____
LAST NAME_____
ADDRESS_____
CITY_____
STATE_____
ZIP_____
PROVINCE / COUNTRY

()

TELEPHONE WORK

()

HOME_____
FIRM_____
E-MAIL Required_____
DEGREE SPECIALTY / CERTIFICATION**Register On-line: www.vcuhealth.org/cme/register**Registrations will be accepted by fax at (804) 828-7438 or mail with this
completed registration form to:

UHS-PEP, Inc.

P.O. Box 980048

Richmond, VA 23298-0048

- ☐ \$395 MD/DO Registration Fee w/ Luncheon Buffet
☐ \$325 Physician-in-Training and other Health Care Professionals
(letter of verification for residents must be provided)
☐ \$325 Athletic Trainers Registration Fee
☐ \$125 For one optional Session A or B
☐ \$125 For optional Session C
☐ \$75 For optional Session D
☐ \$100 For optional Session E

Please indicate optional workshop sessions you plan to attend:
(if applicable)☐ A or ☐ B // ☐ C1 or ☐ C2 // ☐ D1 or ☐ D2 // ☐ E

- ☐ \$250 fee to attend only ONE DAY without sessions
☐ Saturday ☐ Sunday

Please select one of the following to obtain syllabus:

- ☐ \$15 USB Card w/ learning materials
☐ ★Free download of syllabus will be available one week prior
to conference

USB Cards are only available to those who have paid in advance

\$ _____ TOTAL ENCLOSED

Make check payable to UHS-PEP, or you may pay by Credit Card

☐ MasterCard ☐ Visa ☐ AMEX ☐ Discover_____
NAME ON CARD_____
CARD #_____
EXP. DATE_____
SECURITY CODE_____
SIGNATURE

For more information call us at (804) 828-3640 or (800) 413-2872