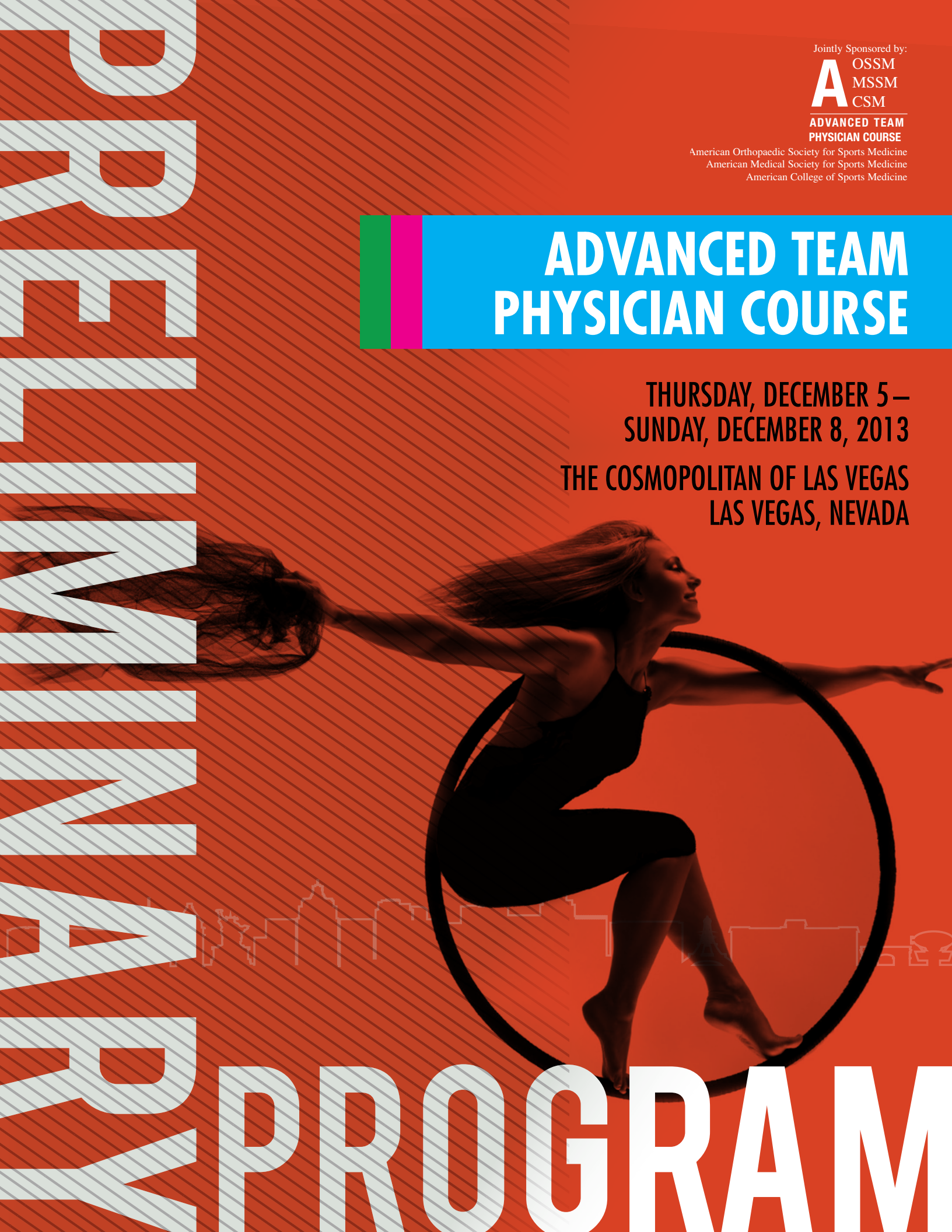


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**ADVANCED TEAM
PHYSICIAN COURSE**

American Orthopaedic Society for Sports Medicine
American Medical Society for Sports Medicine
American College of Sports Medicine



ADVANCED TEAM PHYSICIAN COURSE

THURSDAY, DECEMBER 5 –
SUNDAY, DECEMBER 8, 2013

THE COSMOPOLITAN OF LAS VEGAS
LAS VEGAS, NEVADA

PROGRAM

2013 ATPC FACULTY

Christopher S. Ahmad MD
New York, NY

Elizabeth A. Arendt MD
Minneapolis, MN

Sean T. Bryan MD, FAAFP
Greenville, SC

Steven B. Cohen MD
Philadelphia, PA

Robert J. Dimeff MD
Dallas, TX

John Eliot PhD
Menlo Park, CA

Matthew Gammons MD
Rutland, VT

Kerry Gordon MS,
ATC, CSCS, PES
Las Vegas, NV

Stanley A. Herring MD
Seattle, WA

Mary Lloyd Ireland MD
Lexington, KY

Darren L. Johnson MD
Lexington, KY

John D. Kelly IV MD
Philadelphia, PA

Bruce S. Miller MD, MS
Ann Arbor, MI

Kevin D. Plancher MD
Cos Cob, CT

Matthew Provencher MD
Boston, MA

Frederick C. Redfern MD
Las Vegas, NV

Morris W. Schaner MD
Las Vegas, NV

Ian Shrier MD, PhD,
FACSM
Montreal, Canada

Matthew R. Smith PT
Las Vegas, NV

Craig C. Young MD
Milwaukee, WI

SUPPORTERS

The American Society for Sports Medicine (AOSSM), the American College of Sports Medicine (ACSM) and the American Medical Society for Sports Medicine (AMSSM) gratefully acknowledge the following company for an educational grant.



REGISTRATION

Deadline: November 11, 2013

Advanced registration is strongly recommended and must be received by November 11, 2013. After this date, registration rates increase by \$50.00. Registration is available online at www.sportsmed.org or via mail with the registration form included in this program.

On-site Registration will begin on Thursday, December 5 at 6:30am and continue daily through the course hours.

ADVANCED TEAM PHYSICIAN COURSE

THURSDAY, DECEMBER 5—
SUNDAY, DECEMBER 8, 2013

THE COSMOPOLITAN OF LAS VEGAS
LAS VEGAS, NEVADA

COURSE PLANNING COMMITTEES

AOSSM

Steven B. Cohen MD
Philadelphia, PA

John D. Kelly IV MD
Philadelphia, PA



The American Orthopaedic
Society for Sports Medicine

ACSM

Matthew Gammons MD
Rutland, VT

Mary Lloyd Ireland MD
Lexington, KY



AMERICAN COLLEGE
of SPORTS MEDICINE

AMSSM

Robert J. Dimeff MD
Dallas, TX

Craig C. Young MD
Milwaukee, WI



COURSE DESCRIPTION

The Advanced Team Physician Course is a collaborative effort between AOSSM, ACSM and AMSSM. This live activity is designed to provide up-to-date information on the evaluation and treatment of medical illnesses and musculoskeletal injuries occurring in competitive and recreational athletes. While the emphasis will be on athletes participating in team sports, many topics will be applicable to competitors in individual sports. The live activity format utilizes lectures, case presentations, debates on controversial topics, panel discussions, question and answer sessions and informal discussions with the faculty. Presenters are encouraged to rely on Evidence-Based Medicine where available.

GENERAL INFORMATION

STATEMENT OF NEED

A need for this live activity has been determined based on identifying professional practice gaps, previous course evaluations, the AOSSM Self Assessment and AOSSM Educational Curriculum. The content of this course was based on current issues and hot topics provided by AOSSM, ACSM and AMSSM membership and leadership.

TARGET AUDIENCE

This conference should prove valuable to any team physician, certified athletic trainer, physical therapist or coach concerned with the management or prevention of injuries to the team athlete.

PROGRAM INFORMATION

AOSSM, ACSM and AMSSM attest that the people responsible for the development of this live activity did so independently and were not influenced by commercial supporters.

COURSE OBJECTIVES

Upon completion of this live activity, learners should be able to:

- Implement strategies to institutionalize enhanced collaboration between team physicians and allied health personnel from different disciplines in their care of athletes
- Integrate appropriate prevention strategies with their health care teams to improve musculoskeletal and medical health in their athlete population
- Apply effective evaluation, management and rehabilitation algorithms for musculoskeletal and medical conditions afflicting their athlete population

ACCREDITATIONS

AMA/PRA

This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Education through the joint sponsorship of AOSSM, ACSM and AMSSM. The American Orthopaedic Society for Sports Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The American Orthopaedic Society for Sports Medicine designates this live activity for a maximum of *24 AMA PRA Category 1 Credits™*. Physicians should claim only the credits commensurate with the extent of their participation in the activity.

AAFP CREDITS

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

NATA/CEUs



AOSSM 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 24 hours of Category A continuing education credit.

Certified Athletic Trainers are responsible for claiming only those hours actually spent participating in the continuing education activity.

BOC approved Provider Number: P460

COURSE LOCATION

All educational sessions and exhibits will be held at The Cosmopolitan of Las Vegas, Las Vegas, Nevada in Condesa 3 & 4. This luxury resort and casino hotel which opened in late 2010, is 3 miles from McCarran International Airport and centrally located on the Las Vegas strip. The Cosmopolitan of Las Vegas, Las Vegas, Nevada has 13 restaurants on-site, many featuring world class chefs. In addition, guests enjoy oversized residential living spaces with terraces and views of the Las Vegas Skyline. For more information visit www.cosmopolitanlasvegas.com/.

DISCLAIMER

The material presented in this continuing medical educational program is being made available by AOSSM for educational purposes only. This material is not intended to represent the only methods or procedures appropriate for the medical situation discussed.

DISCLOSURE STATEMENT

In accordance with the guidelines of the Accreditation Council for Continuing Medical Education (ACCME), it is the policy of the AOSSM that faculty and planners disclose to the learners all financial relationships during the past twelve months with any commercial interest (any entity producing, marketing, re-selling, or distributing health care goods and services consumed by, or used on, patients). Any and all disclosures will be provided in the final program that is distributed at the meeting to program participants. In accordance with AOSSM policy, faculty participation is predicated upon timely submission and review of AOSSM disclosures. Non-compliance results in faculty being removed from the program.

EXHIBITS

Exhibits will be on display Thursday, December 5 through Saturday, December 7 in the Condesa Commons adjacent to the Scientific Session.

HOTEL ACCOMMODATIONS

A block of rooms has been reserved at The Cosmopolitan of Las Vegas, Las Vegas, Nevada at a group rate of \$189 single and double occupancy. Call 1-855/435-0005 and reference either "American Orthopaedic Society for Sports Medicine" or group code "SAOSS3" for this rate. You can also book directly online by visiting www.sportsmed.org. This room rate is for a Terrace Studio which includes a Kitchenette and Private Terrace. The reservation deadline is November 11, 2013. Rooms are guaranteed until this date pending availability. Marriott members receive reward points for their stay. Attendees are encouraged to book early.

Registration costs are predicated on attendees staying at The Cosmopolitan Las Vegas. A \$150 differential is assessed to registrants staying at other hotels to offset expenses incurred. Meeting registrants will be confirmed with hotel master list.

REFUND POLICY

A written request must be received in the AOSSM office prior to November 11, 2013. The registration fee, minus a \$150 processing fee, will be refunded following the conference. No refunds will be made after November 11, 2013.

MEETING AGENDA

ROOM LOCATIONS:

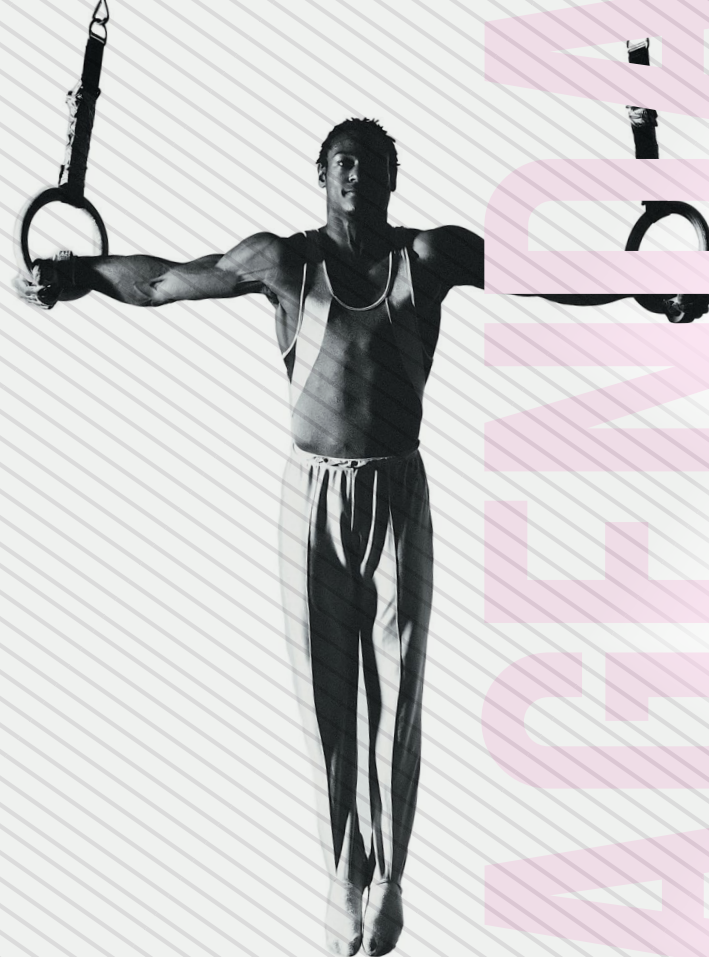
General Session: Condesa 3 & 4

Exhibits: Condesa Commons

Continental Breakfast: Condesa Commons

THURSDAY, DECEMBER 5, 2013

- 7:15–7:25am Welcome and Announcements
Steven B. Cohen MD
- 7:25–10:00am **CONCUSSION**
Moderator: Robert J. Dimeff MD
- 7:25–7:45am RTP and the NFL
Stanley A. Herring MD
- 7:45–8:05am RTP and Lacrosse
Kevin D. Plancher MD
- 8:05–8:25am Consequences of Multiple Concussions
Stanley A. Herring MD
- 8:25–8:45am Neuropsychological Testing
Robert J. Dimeff MD
- 8:45–9:05am Vestibular Training and Rehabilitation
Matthew Gammons MD
- 9:05–9:25am Medications
Craig C. Young MD
- 9:25–9:45am Prevention and Legislation
Robert J. Dimeff MD
- 9:45–10:00am **Question and Answer Session**
- 10:00–10:30am **Break**
- 10:30am–12:15pm **UPDATE: PHARMACOLOGY**
Moderator: Craig C. Young MD
- 10:30–10:50am PRP and Autologous Blood Injections
Matthew Gammons MD
- 10:50–11:05am Supplements
Robert J. Dimeff MD
- 11:05–11:20am Drug Testing in Athletes
Craig C. Young MD
- 11:20–11:35am Stem Cells
Matthew Gammons MD
- 11:35am–12:00pm Injectable Toradol
Moderator: Craig C. Young MD
Panelists:
Steven B. Cohen MD
Robert J. Dimeff MD
Matthew Gammons MD
Mary Lloyd Ireland MD
John D. Kelly IV MD



- 12:00–12:15pm **Question & Answer Session**
- 12:15–1:15pm **Lunch (on your own)**
- 1:15–2:50pm **HEMATOLOGIC ISSUES IN SPORTS**
Moderator: Robert J. Dimeff MD
- 1:15–1:35pm Sick Cell Trait
Sean T. Bryan MD, FAAFP
- 1:35–1:55pm Anemia/Iron Deficiency
Robert J. Dimeff MD
- 1:55–2:15pm Hypocoagulable States
Matthew Gammons MD
- 2:15–2:35pm DVT: Upper and Lower Extremities
Craig C. Young MD
- 2:35–2:50pm **Question & Answer Session**
- 2:50–3:20pm **Break**
- 3:20–5:00pm **SPINE**
Moderator: Craig C. Young MD
- 3:20–3:40pm Sideline Evaluation of Spine Injuries
Mary Lloyd Ireland MD
- 3:40–4:00pm C-Spine Injuries
Ian Shrier MD, PhD, FACSM
- 4:00–4:20pm Low Back Pain in Athletes
Stanley A. Herring MD
- 4:20–4:40pm Imaging of the Back: What, When & Why
Matthew Gammons MD
- 4:40–5:00pm **Question & Answer Session**

FRIDAY, DECEMBER 6, 2013

6:45–7:15am **Welcome Reception/
Breakfast with the Faculty**

7:15–9:10am **MEDICAL ISSUES IN SPORTS**

Moderator: Matthew Gammons MD

7:15–7:35am Exercise in the Management of Obesity
John D. Kelly IV MD

7:35–7:55am Congenital Long QT Syndrome:
To Play Or Not to Play
Sean T. Bryan MD, FAAFP

7:55–8:15am Vitamin D Deficiency in Athletes:
Should We Screen?
Matthew Gammons MD

8:15–8:30am Exercise Intolerance
Matthew Gammons MD

8:30–8:50am Update on Managing the Diabetic Athlete
Robert J. Dimeff MD

8:50–9:10am **Question & Answer Session**

9:10–10:40am **SHOULDER**

Moderator: John D. Kelly IV MD

9:10–9:25am Glenohumeral Instability:
First-time Dislocation and Role of
Latarjet and Remplissage
John D. Kelly IV MD

9:25–9:40am AC Instability: Who Needs to be Fixed and
Determining the Best Technique
Matthew Provencher MD

9:40–9:55am Biceps Tendon: Diagnostic Pearls,
Mechanical Role? Cut It or Tenodesis?
Steven B. Cohen MD

9:55–10:10am Thrower's Shoulder: Prevention, Kinetic
Chain, GIRD: Should the SLAP Tear Be
Fixed?
Christopher S. Ahmad MD

10:10–10:25am Rehabilitation
Matthew Gammons MD

10:25–10:40am **Question & Answer Session**

10:40–11:10am **Break**

11:10am–1:20pm **ACL**

Moderator: Steven B. Cohen MD

11:10–11:30am Graft Choice
Steven B. Cohen MD

11:30–11:50am Pediatrics
Christopher S. Ahmad MD

11:50am–12:10pm Technique
John D. Kelly IV MD

12:10–12:30pm Prevention
Matthew Gammons MD

12:30–12:50pm Return to Sport
Mary Lloyd Ireland MD

12:50–1:10pm Update: ACL Injuries in Females–
Where are We in 2013?
Elizabeth A. Arendt MD

1:10–1:20pm **Question & Answer Session**



SATURDAY, DECEMBER 7, 2013

7:15–8:45am **CASES THAT KEPT ME AWAKE**

Moderator: Mary Lloyd Ireland MD

Panelists:

Elizabeth A. Arendt MD

Steven B. Cohen MD

Robert J. Dimeff MD

Darren L. Johnson MD

John D. Kelly IV MD

Matthew Gammons MD

8:30–8:45am **Question & Answer Session**

8:45–10:00am **PSYCHOLOGICAL ISSUES IN SPORTS**

Moderator: Robert J. Dimeff MD

8:45–9:00am **Depression**

Sean T. Bryan MD, FAAFP

9:00–9:15am **Psychological Doping**

John Eliot PhD

9:15–9:30am **Drug and Alcohol Addiction**

John D. Kelly IV MD

9:30–9:45am **Psychology of Returning to Sports After Injury**

John Eliot PhD

9:45–10:00am **Question & Answer Session**

10:00–10:30am **Break**

10:30–11:50am **DEBATES: SURGERY VS REHAB**

Moderator: Mary Lloyd Ireland MD

10:30–10:50am **First-time Patellar Dislocations**

Elizabeth A. Arendt MD vs Mary Lloyd Ireland MD

10:50–11:10am **Acute MCL Sprain**

Darren L. Johnson MD vs Matthew Gammons MD

11:10–11:30am **First-time Anterior Shoulder Dislocation**

Steven B. Cohen MD vs John D. Kelly IV MD

11:30–11:50am **Small Full-Thickness Rotator Cuff Tears**

Christopher S. Ahmad MD vs

Matthew Provencher MD

11:50am–1:30pm **CIRQUE DU SOLEIL**

Moderator: Steven B. Cohen MD

11:50am–12:10pm **Injury and Policy**

Ian Shrier MD, PhD, FACSM

12:10–12:30pm **Common Injuries**

Kerry Gordon MS, ATC, CSCS, PES

12:30–12:50pm **My Experience with Cirque Du Soleil**

Guest Artist

12:50–1:10pm **Rehabilitation**

Kerry Gordon MS, ATC, CSCS, PES

1:10–1:30pm **Question & Answer Session**

SUNDAY, DECEMBER 8, 2013

7:00–8:35am **PRACTICE MANAGEMENT ISSUES**

Moderator: John D. Kelly IV MD

7:00–7:20am **Coding and Legislative Update**

Bruce S. Miller MD, MS

7:20–7:35am **Private Practice/Academic: How Do You Choose?**

Steven B. Cohen MD

7:35–7:50am **University: Good, Bad and Ugly**

John D. Kelly IV MD

7:50–8:05am **My Biggest Administrative Mistakes**

Robert J. Dimeff MD

8:05–8:20am **Women in Sports Medicine: Trials and Tribulations**

Mary Lloyd Ireland MD

8:20–8:35am **Question & Answer Session**

8:35–10:00am **RADIOLOGY REVIEW**

Moderator: Sean T. Bryan MD, FAAFP

8:35–9:05am **Radiology Update**

Morris W. Schaner DO

9:05–9:25am **Ultrasound**

Robert J. Dimeff

9:25–9:45am **Advances**

Sean T. Bryan MD, FAAFP

9:45–10:00am **Question & Answer Session**

10:00–10:15:00am **Break**

10:15am–12:00pm **THE AGING ATHLETE: KNEE AND SHOULDER**

Moderator: Mary Lloyd Ireland MD

10:15–10:25am **Introduction: Epidemiology: How Many of Us Are Arthritic?**

Mary Lloyd Ireland MD

Knee Osteoarthritis

10:25–10:45am **Medical Management**

Sean T. Bryan MD, FAAFP

10:45–11:05am **Surgical Management**

Frederick C. Redfern MD

11:05–11:25am **Rehabilitation: Return to Activity**

Matthew R. Smith PT

Shoulder Osteoarthritis

11:25–11:35am **Non-Operative Management**

John D. Kelly IV MD

11:35–11:45am **Surgical Management**

Frederick C. Redfern MD

11:45am–12:00pm **What I Tell My Arthritic Patients**

Moderator: Mary Lloyd Ireland MD

Panelists:

Sean T. Bryan MD, FAAFP

John D. Kelly IV MD

Frederick C. Redfern MD

Matthew R. Smith PT

12:00pm **Course Adjourns**

REGISTRATION FORM

ADVANCED TEAM PHYSICIAN COURSE

THURSDAY, DECEMBER 5—
SUNDAY, DECEMBER 8, 2013
THE COSMOPOLITAN OF LAS VEGAS
LAS VEGAS, NEVADA

Advanced registration closes November 11, 2013
Online registration available at www.sportsmed.org

NAME (LAST) (FIRST) please type or print clearly DEGREE(S)

MAILING ADDRESS

CITY STATE / PROVINCE ZIP / POSTAL CODE COUNTRY

OFFICE PHONE FAX E-MAIL

MEMBERSHIP

Registration Category:

(Please indicate each organization of which you are a member)

☐ AMSSM ☐ ACSM ☐ AOSSM

Specialty (Please check one box only)

- ☐ Emergency Medicine
☐ Orthopaedic Surgery
☐ Family Practice
☐ Physiatry
☐ Internal Medicine
☐ Pediatrics
☐ Other: _____

Team Physician (Check each applicable box)

- ☐ Team Physician
☐ High School
☐ Collegiate
☐ Professional
☐ Olympic / Elite
☐ Other: _____

How many Advanced Team Physician Courses have you attended?

What Years? _____

FEE SCHEDULE

All fees quoted reflect US dollars. (The cost of meeting registration does not include hotel.) **All fees quoted reflect US dollars.**

	The Cosmopolitan of Las Vegas	*Other Hotel
☐ Registration received by 11/11/13	\$550	\$700
☐ Registration received after 11/11/13	\$600	\$750

Non-Members

☐ Registration received by 11/11/13	\$650	\$800
☐ Registration received after 11/11/13	\$700	\$850

(Residents and individuals in a fellowship program can deduct \$100 from the above fees—proof of fellowship must be included with registration)

* Note on Fee Differential: Registration costs are predicated on attendees staying at The Cosmopolitan of Las Vegas, Las Vegas, Nevada. A US \$150 differential is assessed to registrants staying at other hotels to offset expenses incurred. Meeting registrants will be confirmed with The Cosmopolitan of Las Vegas, Las Vegas, Nevada master list.

NOTE: Requests for refunds must be received in writing in the AOSSM office by November 11, 2013

ONLINE REGISTRATION NOW AVAILABLE AT

WWW.SPORTSMED.ORG

Return form and payment to AOSSM, 2884 Momentum Place, Chicago, IL 60689–5328. Make check payable in US dollars to American Orthopaedic Society for Sports Medicine (AOSSM) or provide credit card information and **fax form to 847 / 292–4905**. Your canceled check is your receipt.

☐ Check Enclosed ☐ Visa ☐ Mastercard ☐ American Express

CARD NUMBER CCV CODE EXP. DATE

NAME (AS IT APPEARS ON CARD)

SIGNATURE (I AGREE TO PAY ACCORDING TO THE CREDIT CARD ISSUER AGREEMENT) DATE

Note: Requests for refunds must be received in writing in the AOSSM office by November 11, 2013. The registration fee minus a US \$150 processing fee will be refunded. No refunds will be made after November 11, 2013.

WWW.SPORTSMED.ORG



QUESTIONS & INFORMATION

American Orthopaedic Society for Sports Medicine
6300 N. River Rd., Suite 500
Rosemont, IL 60018

Toll Free Phone: 877/321-3500
Phone: 847/292-4900
Fax: 847/292-4905
Email: aossm@aossm.org

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**AMERICAN COLLEGE
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