



February 19-23, 2014

THE US GRANT, San Diego
San Diego, California



Who Should Attend?

Residents, Fellows, Physicians,
Physician Assistants, Nurse
Practitioners, Athletic Trainers,
Physical Therapists.

Earn up to 25.5 continuing education credits

- CMEs, AMA PRA Category 1 Credits™
- ACSM CECs
- NATA CEUs

ACSM Team PhysicianSM Course – Part I

Essentials of Sports Medicine: From Sideline to the Clinic

PRELIMINARY PROGRAM

Register Online! www.acsm.org/tpc

The ACSM Team PhysicianSM Course is the only conference to bring you the full range of athlete care and sports medicine, giving you a conference experience that extends beyond any one specialty.

Participate in hands-on workshops, fill in gaps in your course work, and gain new perspectives in the orthopedic, primary care, and emergency medicine aspects of sports medicine and athlete care.

Photos (left to right) provided courtesy Shutterstock, Jon Patricios, MBBCh MMedSci and Mary Lloyd Ireland, MD.



AGENDA

Wednesday, February 19, 2014

Pre-Conference Workshop

6:00-9:00 p.m. Sideline Trauma and Event Medicine
Aaron Rubin, M.D., FACSM

Learn the tricks of the trade from experienced sideline team physicians.

Session Highlights

- Care of the Helmeted Athlete
- Immediate Care of Life Threatening Issues in Sports Medicine
- Planning for the Unexpected Disaster at a Sporting Event
- Creating Emergency Action Plans

Thursday, February 20, 2014

7:00-7:45 a.m. Registration/Continental Breakfast

7:50-8:00 a.m. Welcome, Introductory Remarks
David Olson, M.D., FACSM

Head and Neck Problems in Athletes

Moderator: David Olson, M.D., FACSM

8:00-8:30 a.m. Closed Head Injury and Concussion
Margot Putukian, M.D., FACSM

8:30-9:00 a.m. Update on Zurich Concussion Guidelines
Margot Putukian, M.D., FACSM

9:00-9:30 a.m. Cervical Spine: Anatomy, Catastrophic C-spine Injury, Transient Quadriplegia
Matthew Gammons, M.D.

9:30-10:00 a.m. Interactive Break-out Sessions:
Examination of the C-Spine

10:00-10:30 a.m. Break

Upper Extremity Injuries in Athletes: Shoulder and Elbow I

Moderator: Peter Gerbino, M.D., FACSM

10:30-10:50 a.m. Functional Anatomy of the Shoulder
Tamara Scerpella, M.D.

10:50-11:10 a.m. Exam and Imaging of the Shoulder
Peter Gerbino, M.D., FACSM

11:10-11:30 a.m. Acute Injuries About the Adult Shoulder:
Fractures, Dislocations and Separations
Peter Gerbino, M.D., FACSM

11:30-11:50 a.m. Chronic Injuries About the Adult Shoulder:
Impingement, Rotator Cuff Injuries and Instability
Tamara Scerpella, M.D.

11:50 a.m.-12:20 p.m. Interactive Break-out Sessions:
Examination of the Shoulder

12:20-1:30 p.m. Lunch (on your own)

Upper Extremity Injuries in Athletes: Shoulder and Elbow II

Moderator: Tamara Scerpella, M.D.

1:30-1:50 p.m. Functional Anatomy of the Elbow
Peter Gerbino, M.D., FACSM

1:50-2:10 p.m. Examination and Imaging of the Elbow
Susan M. Ott, D.O., FACSM

2:10-2:30 p.m. Adult Elbow Injuries: Acute and Chronic
Tamara Scerpella, M.D.

2:30-2:50 p.m. Pediatric Elbow and Shoulder Injuries
Peter Gerbino, M.D., FACSM

2:50-3:20 p.m. Interactive Break-out Sessions:
Examination of the Elbow

3:20-3:50 p.m. Break

3:50-4:20 p.m. Upper Extremity Neurologic Injury
Tamara Scerpella, M.D., FACSM

Return to Play

Moderator: John Hatzenbuehler, M.D., FACSM

4:20-4:40 p.m. Psychology of the Injured Athlete
Matthew Gammons, M.D.

4:40-5:00 p.m. Return to Play
John Hatzenbuehler, M.D., FACSM

5:00-5:10 p.m. Questions and Answers

Friday, February 21, 2014

7:15 a.m. Continental breakfast

7:30-8:00 a.m. Ask the Faculty
Peter Gerbino, M.D., FACSM
Susan M. Ott, D.O., FACSM
Jeffrey Parr, Ph.D.

The Female Athlete

Moderator: Suzanne Hecht, M.D., FACSM

8:00-8:20 a.m. Gender Differences and Special Concerns of the Female Athlete
Suzanne Hecht, M.D., FACSM

8:20-8:40 a.m. Eating Disorders
Matthew Gammons, M.D.

8:40-9:00 a.m. Exercise and Pregnancy
Heather Gillespie, M.D.

9:00-9:20 a.m. Questions and Answers

9:20-9:50 a.m. Break

The Hand and Wrist in Athletes

Moderator: Jeffrey Parr, Ph.D.

9:50-10:10 a.m. Functional Anatomy of the Hand and Wrist
Susan M. Ott, D.O., FACSM

10:10-10:30 a.m. Hand and Wrist Diagnosis and Imaging
Susan M. Ott, D.O., FACSM

10:30-10:50 a.m. Hand and Wrist Injuries
Susan M. Ott, D.O., FACSM

10:50-11:20 a.m. Interactive Break-out Sessions:
Examination of the Hand and Wrist

- 11:20-11:40 a.m.** Questions and Answers
11:40 a.m.-6:30 p.m. Free Time – Enjoy San Diego

Rehabilitation of Upper Extremity Injuries

Moderator: Susan M. Ott, D.O., FACSM

- 6:30-6:50 p.m.** Writing an Effective Physical Therapy Prescription
Susan M. Ott, D.O., FACSM
- 6:50-7:10 p.m.** Physical Therapy Modalities for the Office
Jeffrey Parr, Ph.D.
- 7:10-7:30 p.m.** Core Strengthening: Importance to Upper Extremity Rehabilitation
Jeffrey Parr, Ph.D.
- 7:30-7:50 p.m.** Home Exercise Program for the Shoulder
Jeffrey Parr, Ph.D.
- 7:50-8:10 p.m.** Questions and Answers
- 8:10-9:30 p.m.** Attendee/Faculty Mixer

Saturday, February 22, 2014

- 7:15 a.m.** Continental Breakfast
- 7:30-8:00 a.m.** Ask the Faculty
Aaron Baggish, M.D.
John Hatzenbuehler, M.D., FACSM
Jerrad Zimmerman, M.D.

Cardiovascular/Pulmonary Issues in Sports

Moderator: Aaron Baggish, M.D.

- 8:00-8:20 a.m.** Hypertension in Athletes
Aaron Baggish, M.D.
- 8:20-8:40 a.m.** Exercise Induced Bronchospasm and Vocal Cord Dysfunction
Jerrad Zimmerman, M.D.
- 8:40-9:05 a.m.** Cardiac Murmurs: Evaluation and Participation
Aaron Baggish, M.D.
- 9:05-9:25 a.m.** Exercise Prescription
Jerrad Zimmerman, M.D.
- 9:25-9:45 a.m.** Break
- 9:45-10:10 a.m.** Collapse in the Athlete
John Hatzenbuehler, M.D., FACSM
- 10:10-10:40 a.m.** Sudden Death in Sports
Suzanne Hecht, M.D., FACSM
- 10:40-11:05 a.m.** Sudden Cardiac Death in Sports
Aaron Baggish, M.D.
- 11:05-11:20 a.m.** Questions and Answers

Performance and Enhancement

Moderator: Jerrad Zimmerman, M.D.

- 11:20-11:45 a.m.** Ergogenic Aids and Drug Testing
John Hatzenbuehler, M.D., FACSM
- 11:45 a.m.-12:05 p.m.** Medicolegal Issues Facing the Team Physician
Jerrad Zimmerman, M.D.
- 12:05-12:15 p.m.** Questions and Answers
- 12:15-1:30 p.m.** Lunch (on your own)

Cases

Moderator: Suzanne Hecht, M.D., FACSM

- 1:30-2:00 p.m.** Small Groups: Cases
Suzanne Hecht, M.D., FACSM
- 2:00-2:30 p.m.** Difficult Cases in Sports Medicine – Upper Extremity
Heather Gillespie, M.D.
Suzanne Hecht, M.D., FACSM
Susan M. Ott, D.O., FACSM
Jerrad Zimmerman, M.D.
- 2:30-3:00 p.m.** Difficult Cases in Sports Medicine – Return to Play
Aaron Baggish, M.D.
John Hatzenbuehler, M.D., FACSM
- 3:00-4:00 p.m.** Guest Speaker: Technology and the Future of Your Sports Medicine Practice
Tim Huckaby, Interknowledge and Actus Interactive Software

Sunday, February 23, 2014

- 7:15 a.m.** Continental Breakfast
- 7:30-8:00 a.m.** Ask the Faculty
Heather Gillespie, M.D.
Suzanne Hecht, M.D., FACSM
Todd May, D.O.

Subspecialty Issues in Sports Medicine I

Moderator: Heather Gillespie, M.D.

- 8:00-8:20 a.m.** Facial Injuries in the Athlete
Natalie Voskarian, M.D.
- 8:20-8:40 a.m.** Ophthalmology: Eye Injuries and Prevention
Heather Gillespie, M.D.
- 8:40-9:00 a.m.** Exercise Related Headaches
Natalie Voskarian, M.D.
- 9:00-9:20 a.m.** Infectious Disease
Suzanne Hecht, M.D., FACSM
- 9:20-9:40 a.m.** Allergic Conditions in Sports
Todd May, D.O.
- 9:40-10:00 a.m.** Break

Subspecialty Issues in Sports Medicine II

Moderator: Natalie Voskarian, M.D.

- 10:00-10:20 a.m.** Abdominal Trauma in Sports
Natalie Voskarian, M.D.
- 10:20-10:40 a.m.** GI Problems in the Athlete
Todd May, D.O.
- 10:40-11:00 a.m.** GU Tract Illness and Injury in the Athlete
Heather Gillespie, M.D.
- 11:00-11:15 a.m.** Questions and Answers
- 11:15 a.m.** Adjourn

Faculty and lecture titles subject to change.

The American College of Sports Medicine gratefully acknowledges the following companies for the educational grants to help support the 2014 ACSM Team PhysicianSM Course:



Needs Statement

This course is primarily designed to meet the educational needs of clinical practitioners from all types of medical practices who care for and manage athletic teams as a part of their total practice.

With the completion of the two parts of the ACSM Team PhysicianSM Course, a clinician will have been presented the information needed to perform the duties of a team physician. These include:

1. Organization of medical care for the team.
2. Delivery of medical care for athletes:
 - a. Pre-participation evaluation.
 - b. Treatment of illnesses and injuries with return to activity recommendations.
 - c. Identification and proper management of nutritional, psychological and drug problems.
3. Assisting in the development of conditioning and training programs.
4. Providing coverage for games and other athletic events including mass participation events.
5. Developing injury prevention strategies.

Therefore, the American College of Sports Medicine has designed the course to provide the information necessary for clinicians supporting athletic teams.

Course Objectives

1. Develop protocol to diagnose and treat concussions on and off the field in order to facilitate safe return to play.
2. Develop a screening protocol to diagnose and treat common cardiac conditions in athletes in order to prevent sudden death or disabilities.
3. Evaluate neck, shoulder, elbow, hand and wrist injuries in order to expedite treatment and recovery.
4. Develop a treatment plan for upper extremity injuries that includes physical therapy, exercises and core strengthening to effectively manage rehabilitation.
5. Evaluate and treat various medical conditions in athletes in order to improve performance and facilitate return to play.
6. Evaluate health risks of the female athlete and intervene with treatments to minimize health risks, both current and future.
7. Determine the risks and benefits of popular nutritional supplements and ergogenic aids to accurately counsel athletes about use of these substances

Accreditation

The American College of Sports Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.



AMA/PRA Credits

The American College of Sports Medicine designates this live activity for a maximum of 25.5 *AMA PRA Category 1 Credits*TM. (These hours include 3 hours for the pre-conference session). Physicians should claim only the credit commensurate with the extent of their participation in the activity.

AAFP

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

NATA - CEUs

ACSM is recognized by the Board of Certification, Inc. to offer continuing education (CE) for Certified Athletic Trainers. 25.5 CEUs awarded.



Target Audience

Clinicians and providers interested in learning the basic information needed to perform the duties of a "team physician" from a variety of medical specialties. (Includes: physicians, physician assistants, nurse practitioners, athletic trainers and other health care providers.)

Course Planners

Sandra J. Hoffmann, M.D., FACSM

David Olson, M.D., FACSM

Susan M. Ott, D.O., FACSM

Speakers

Aaron Baggish, M.D.

Massachusetts General Hospital,
Boston, Massachusetts

Matthew Gammons, M.D.

VT Ortho Clinic/
Killington Medical Center
Rutland, Vermont

Peter Gerbino, M.D., FACSM

Monterey Joint Replacement
and Sports Medicine
Monterey, California

Heather Gillespie, M.D.

UCLA
Santa Monica, California

John Hatzenbuehler, M.D., FACSM

Maine Medical Center Sports Medicine
Portland, Maine

Suzanne Hecht, M.D., FACSM

University of Minnesota
Minneapolis, Minnesota

Sandra J. Hoffmann, M.D., FACSM

Idaho State University
Pocatello, Idaho

Todd May, D.O.

Naval Hospital Camp Pendleton
Fallbrook, California

David Olson, M.D., FACSM

University of Minnesota
Minneapolis, Minnesota

Susan M. Ott, D.O., FACSM

Diagnostic Clinic
Largo, Florida

Jeffrey Parr, Ph.D.

University of Pittsburgh
Virginia Beach, Virginia

Margot Putukian, M.D., FACSM

Princeton University
Princeton, New Jersey

Aaron Rubin, M.D., FACSM

Kaiser Permanente
Fontana, California

Tamara Scerpella, M.D.

University of Wisconsin
Madison, Wisconsin

Natalie Voskanian, M.D.

UC San Diego
San Diego, California

Jerrad Zimmerman, M.D.

Carle Clinic
Urbana, Illinois

Course Outline

The ACSM Team Physician_{SM} Course was designed to give primary care, specialty physicians and other healthcare providers the core of knowledge to care for sports teams in the community. The course is offered in two parts (offered in February of each year). Participants are not required to complete courses in sequential order. Below are the topics for each part:

Part I: Musculoskeletal, Shoulder, Upper Arm, Elbow - Forearm, Rehabilitation, Cervical Spine, Upper Extremity, Head/Neurology, Cardiovascular/Cardiopulmonary, Infectious Disease, Immunology, Female Athlete, Psychology, Eye, ENT, Dental, GI, GU.

Part II: Musculoskeletal, Overuse, Knee, Hip, Foot and Ankle, Rehabilitation, Pharmacology, Child, Environmental, Conditioning and Training, Nutrition, Dermatology, Organization and Administration, Lumbar Spine, Thoracic Spine.

Disclosures

The ACSM Policy on the Standards for Commercial Support require all faculty, planners and others involved in the development and execution of a CME activity to disclose any relevant financial relationships with commercial interests they or their spouse/partner have with either the supporters of this activity or commercial entities related to their financial relationships. All conflicts of interest will be resolved prior to the learners in the Final Program. Anyone who refuses to provide disclosure information will be disqualified from participation.

Thinking about joining ACSM? Or, currently a member?

Current ACSM members receive a substantial discount on conference registration!

Not a member? Join at the time of registration and save.

www.acsm.org/tpc



San Diego Information

Join us in San Diego's historic Gaslamp Quarter, located in the heart of downtown's dining, shopping, entertainment and cultural district. With natural beauty and a rich heritage, San Diego offers a wide variety of popular and unique things to see and do. The region is home to 70 miles of stunning coastline and year-round near-perfect weather.

Conference Hotel: The US GRANT, A Luxury Collection Hotel, San Diego. This Starwood Hotel, a San Diego icon since 1910, is situated in the lively, historic downtown Gaslamp quarter, just steps from top shopping, dining, and entertainment destinations, and a short drive from beaches, museums and family attractions. Participants are eligible for discounted hotel rates, available on a first-come first-serve basis. Call 1-866-837-4270 or visit www.acsm.org/tpc to make reservations online. Be sure to mention the ACSM Team Physician_{SM} Course to receive the discounted rate of \$209.

Travel to San Diego

ACSM's preferred travel agency, ALTOUR, can assist you with travel plans. Call 800-428-6186 to speak with an agent.



**AMERICAN COLLEGE
of SPORTS MEDICINE**
LEADING THE WAY

Questions and Information?

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