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YEARS



CURRENT CONCEPTS

SPORTS MEDICINE IN TENNIS

DECEMBER 13 & 14, 2013

Hospital for Special Surgery | New York City



LIVE STREAMING WEBCAST is also available!

JOINTLY SPONSORED BY HSS Office of Continuing Medical Education and ATP World Tour

This activity has been approved for *AMA PRA Category 1 Credits™*, Physical Therapy Contact Hours and BOC credits



SPORTS MEDICINE IN TENNIS

DECEMBER 13 & 14, 2013



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LOCATION Hospital for Special Surgery
Richard L. Menschel Education Center, 2nd Floor
535 East 70th Street, New York City

STATEMENT OF NEED Many physicians lack an awareness of current diagnostic treatment options in sports injuries related to tennis. This comprehensive review of all treatment modalities, including rehabilitation, preventive rehabilitation and surgical techniques, will augment the practitioners' armamentarium of treatment options and enhance their ability to treat this group of injured athletes. New forms of pathophysiological diagnosis and treatment affecting tennis injuries will be covered through videos, lectures, discussions and case presentations. After participating in this activity, physicians will be able to apply these skills and new knowledge to their day-to-day practice.

TARGET AUDIENCE This activity is targeted to orthopaedic surgeons, physiatrists, sports medicine physicians, physical therapists, rehabilitation therapists, athletic trainers, residents and fellows. Physician assistants and nurse practitioners may also find this course valuable.

LEARNING OBJECTIVES HSS activities are intended to improve the quality of patient care and safety. At the completion of the course, the participant should be able to:

- ✓ Select appropriate new forms of pathophysiological diagnosis and treatment affecting tennis injuries and apply these skills to their day-to-day practice.
- ✓ Demonstrate awareness of innovative techniques and applications in the recognition, treatment, diagnosis and therapy of tennis injuries of the hip, shoulder and elbow.
- ✓ Identify the indications and appropriate techniques of hip arthroscopy as it relates to musculoskeletal injuries in tennis and apply the best rehabilitative and surgical techniques in their practice.
- ✓ Recognize more subtle injury patterns and related instability as it relates to shoulder injuries in tennis.
- ✓ Describe the current controversies that exist in the treatment of tendon injuries to the elbow and appraise the use of PRP and other biologic therapies.

ACCREDITATION This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of Hospital for Special Surgery and

ATP World Tour. Hospital for Special Surgery is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

CREDIT DESIGNATION Hospital for Special Surgery designates this live activity for a maximum of 11.75 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Hospital for Special Surgery is a New York State Education Department approved provider for physical therapy continuing education. Hospital for Special Surgery designates this activity for a maximum of 11.75 Contact Hours on-site and 11.75 Contact Hours online. This activity is pending approval in New Jersey, Florida, and Maryland. The following states require continuing education units with no state-specific approval: CT, DE, IA, ID, MO, MT, NC, ND, NE, OR and WA.



Hospital for Special Surgery is recognized by the Board of Certification, Inc., to offer continuing education for Certified Athletic Trainers. This symposium is accredited for up to 11.75 Contact Hours on-site and 11.75 Contact Hours online for BOC credits. According to the education levels described by the CEC Committee of the NATA, the following continuing education course is considered to be Essential Level.

SPECIAL NEEDS Hospital for Special Surgery is accessible for individuals with disabilities or special needs. Participants with special needs are requested to contact the Office of Continuing Medical Education at 212.606.1812.

FINANCIAL DISCLOSURE In accordance with the Accreditation Council for Continuing Medical Education's Standards for Commercial Support, all CME providers are required to disclose to the activity audience the relevant financial relationships of the planners, teachers and authors involved in the development of CME content. An individual has a relevant financial relationship if he or she has a financial relationship in any amount occurring in the last 12 months with a commercial interest whose products or services are discussed in the CME activity content over which the individual has control.

It is the policy of Hospital for Special Surgery to request all financial relationships that Activity Directors, planning committee members, planners, authors and staff have with commercial interests, but to disclose to the activity audience only the **relevant** financial relationships.

FOR MORE Go to www.hss.edu/cme for a complete calendar of scheduled live CME activities and online CME offerings.



PROGRAM AGENDA

DAY 1 Friday, December 13

11:30a **Registration***

12:00p **Opening Remarks***
David M. Dines, MD

Introduction to Tennis Injury *Moderator: David M. Dines, MD*

12:10p **Epidemiology of Tennis Injury**
Gary Windler, MD

12:20p **Biomechanics of the Tennis Serve**
Todd S. Ellenbecker, DPT, MS, SCS, OCS, CSCS

12:30p **Understanding the Kinetic Chain in Tennis**
W. Ben Kibler, MD, FACSM

Upper Extremity, Hand and Wrist *Moderator: Michelle G. Carlson, MD*

12:45p **Wrist Injuries in Tennis: Diagnosis and Treatment**
Michelle G. Carlson, MD

1:00p **TFCC Injuries in Tennis (Video Presentation)**
Andrew J. Weiland, MD

Elbow *Moderator: David W. Altchek, MD*

1:10p **Pathophysiology of Elbow Injury in Tennis: Impingement and Tendinitis**
Asheesh Bedi, MD

1:30p **OCD of the Elbow in Tennis Players: Diagnosis and Treatment**
Joshua S. Dines, MD

1:45p **Arthroscopy Elbow (Video Presentation)**
David W. Altchek, MD

Mini-Symposium: Current Concepts in the Treatments of Epicondylitis *Moderator: Joshua S. Dines, MD*

2:00p **Conservative Treatment**
Asheesh Bedi, MD

Does PRP Work?
Scott A. Rodeo, MD

Is There a Place for Surgery?
David W. Altchek, MD

2:30p **Break***

Shoulder *Moderator: W. Ben Kibler, MD, FACSM*

2:45p **Common Shoulder Problems in Tennis: Pathophysiology and Scapular Dyskinesia**
W. Ben Kibler, MD, FACSM

2:55p **Imaging of the Shoulder and Elbow**
Hollis G. Potter, MD

3:05p **Internal Impingement**
Joshua S. Dines, MD

3:15p **Treatment of SLAP Tears in Tennis (Video Presentation)**
David W. Altchek, MD

3:25p **Treatment of Rotator Cuff Injuries in Tennis**
David M. Dines, MD

Rehabilitation Principles for Shoulder and Elbow *Moderator: Todd S. Ellenbecker, DPT, MS, SCS, OCS, CSCS*

- 3:35p **How I Do It**
- *Kevin E. Wilk, PT, DPT*
 - *Todd S. Ellenbecker, DPT, MS, SCS, OCS, CSCS*
 - *Michael Levinson, PT, CSCS*

Interactive Case Report Symposium: Upper Extremity Injuries in Tennis *Moderator: David M. Dines, MD*

4:05p **Case Presentations**

4:50p **Adjourn**

COCKTAIL RECEPTION

PLEASE JOIN US

Please join us from 5:30 to 7:00pm on Friday, December 13, for a cocktail reception at **Griffis Faculty Club** (521 East 68th Street, New York City). The reception is open to faculty and participants. Invitation to follow.

DAY 2 Saturday, December 14

7:30a **Registration & Breakfast***

8:00a **Opening Remarks***
David M. Dines, MD

Lower Back and Abdomen *Moderator: Peter J. Moley, MD*

8:05a **Lower Back Injuries in Tennis: Diagnosis Treatment Algorithm**
Vijay B. Vad, MD

8:15a **Spine Surgery in Tennis: Indications and Techniques**
Federico P. Girardi, MD

8:30a **Rehabilitation: Core Strengthening, Preventing and Treating Injury**
Clay Sniteman, MS, PT, ATC

8:40a **Rectus and Abdominal Injuries: Sports Hernia Overview**
Struan H. Coleman, MD, PhD

9:00a **Discussion and Case Presentation**
Peter J. Moley, MD

9:30a **Break***

Hip *Moderator: Anil S. Ranawat, MD*

9:45a **Pathophysiology and Diagnosis of Hip Injury in Tennis**
Asheesh Bedi, MD

10:00a **Imaging of the Hip**
Alissa J. Burge, MD

10:10a **Rehabilitation in Hip Injury in Sports: Will it Work?**
Peter Draovitch, PT, MS, ATC, CSCS

10:20a **How I Deal with Hip Injury in ATP Tennis Players**
Paul Ness

10:30a **Surgical Treatment & Arthroscopy in Tennis Hip Injuries (Video Demonstration of Hip Arthroscopy)**
Bryan T. Kelly, MD

10:50a **Discussion**

Mini-Symposium: Current State of the Treatment of the Athlete's Hip *Moderator: Anil S. Ranawat, MD*

- 11:00a **Case Presentations**
- *Asheesh Bedi, MD*
 - *Struan H. Coleman, MD, PhD*
 - *Bryan T. Kelly, MD*

11:45a **Lunch***

Foot and Ankle

Moderator: Jonathan T. Deland, MD

12:45p **Forefoot Injuries in Tennis**
Rock G. Positano, DPM, MSc, MPH

1:00p **Ankle Instability in Tennis
Players: Diagnosis, Prevention
and Treatment Modalities**
Jonathan T. Deland, MD

1:15p **Current Concepts: Achilles
Tendon Problems in Tennis –
From Tendinitis to Overt Tears**
David S. Levine, MD

1:30p **Rehabilitation: Injury
Prevention and Treatment
of the Ankle**
*John T. Cavanaugh, PT, MEd,
ATC, SCS*

1:45p **Discussion**

2:15p **Break***

Knee and Thigh

Moderator: Answorth A. Allen, MD

2:35p **Hamstring Injuries:
Current Concepts in
Diagnosis and Treatment**
Per A.F.H. Renström, MD, PhD

2:55p **Knee Injuries in Tennis:
Overview**
Answorth A. Allen, MD

3:10p **Patellar Tendinopathy:
Current Thoughts**
Peter Jokl, MD

3:25p **Rehabilitation:
Treatment Specifically for
Tendinopathy and Tendinosis**
Theresa Chiaia, PT, DPT

4:00p **Discussion**

Interactive Case Report Symposium: Lower Extremity Injuries in Tennis

Moderator: Joshua S. Dines, MD

4:10p **Case Presentations**

5:00p **Closing Remarks***

*Not designated for AMA PRA Category 1 Credit™
Faculty and agenda are subject to change

PROGRAM FACULTY

ACTIVITY DIRECTOR

David M. Dines, MD
Attending Orthopaedic Surgeon
Hospital for Special Surgery
Professor of Orthopaedics
Weill Cornell Medical College
Medical Director, ATP World Tour
President, American Shoulder and
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GUEST FACULTY

Asheesh Bedi, MD
Harold and Helen W. Gehring Early Career
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Sports Medicine and Shoulder Surgery
University of Michigan and MedSport Program
Team Physician, University of Michigan Athletics
Ann Arbor, MI

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Orthopaedics – Sports Medicine Center
Medical Director
Shoulder Center of Kentucky
USTA National Sport Science Committee Member
Founding Member
Society of Tennis Medicine and Science
Lexington, KY

Paul Ness

Physiotherapist, ATP World Tour
Melbourne, Australia

Per A.F.H. Renström, MD, PhD

Medical Director, ATP World Tour
Head Physician
Swedish Football/Soccer Federation
Professor Emeritus
Department of Molecular Medicine and Surgery
Karolinska Institutet
Stockholm, Sweden

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Physical Therapist and Athletic Trainer
Director of Medical Services
ATP World Tour
Layton, UT

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Champion Sports Medicine
Birmingham, AL
Adjunct Assistant Professor, Marquette University
Milwaukee, WI
Rehabilitation Consultant
Tampa Bay Rays Baseball
Tampa, FL

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Medical Director, ATP World Tour
South Carolina Sports Medicine and
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Associate Professor of Clinical
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Co-Chief, Sports Medicine & Shoulder Service
Attending Orthopaedic Surgeon
Professor of Clinical Orthopaedic Surgery
Weill Cornell Medical College
Medical Director, New York Mets Baseball

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Division of Magnetic Resonance Imaging
Department of Radiology and Imaging
Assistant Professor of Radiology
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Team Physical Therapist
US Merchant Marine Academy

Theresa Chiaia, PT, DPT

Section Manager, Department of Rehabilitation
Sports Rehabilitation and Performance Center

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Associate Professor of Clinical
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Weill Cornell Medical College
Head Team Physician, New York Mets Baseball

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Sports Rehabilitation and Performance Center

Federico P. Girardi, MD

Associate Attending Orthopaedic Surgeon
Associate Professor of Orthopaedic Surgery
Weill Cornell Medical College

Bryan T. Kelly, MD

Co-Director, Center for Hip Preservation
Associate Attending Orthopaedic Surgeon

(Continued on back panel)

THREE EASY WAYS TO REGISTER!



1 Scan this QR code to register with your mobile device.

2 Register and pay online at www.hss.edu/cme-calendar.

3 Register by mail using the registration form.

PAYMENT BY MAIL

Make check payable to:
Hospital for Special Surgery

Mail registration form to:
Hospital for Special Surgery
Professional Education Department
Education & Academic Affairs
535 East 70th Street
New York, NY 10021

CONFIRMATIONS

All registered participants will receive a confirmation via email.

REFUND POLICY

A handling fee of \$25 is deducted for cancellation. Refund requests must be received by mail one week prior to the course. No refund will be made thereafter.

FOR MORE INFORMATION, PLEASE CONTACT

Melody Mokhtarian
Marketing and Events Coordinator
Professional Education
Education & Academic Affairs
Hospital for Special Surgery
Tel: 212.606.1812
Email: mokhtarianm@hss.edu

ACCOMMODATIONS

Space is limited and early reservations are recommended. For local accommodations, please go to www.hss.edu and click on For Patients > Patient Information > Neighborhood Directory > Accommodations.

TRANSPORTATION

Airport: LaGuardia (LGA) is 8 miles northeast of the city. Kennedy International (JFK) is 15 miles southeast of the city. Newark International (EWR) is 16 miles southwest of the city.

Bus: M72, M31 stop at East 69th Street and York Avenue.

Subway: Nearest line is the 6 train stop at East 68th Street and Lexington Avenue.

Car (FDR Drive): Driving south, exit at 71st Street. Driving north, exit at 63rd Street. Continue on York Avenue.

Parking: Parking garages are located in the area.

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Education Publications & Communications

PROGRAM REGISTRATION

Please print legibly.

____ - ____ - ____
DATE (MONTH-DAY-YEAR)

____ MI ____
FIRST NAME LAST NAME

DEGREE HOSPITAL AFFILIATION

EMAIL ADDRESS

____ SUITE/APT #
STREET ADDRESS

____ STATE ____
CITY ZIP CODE

____ - ____
DAYTIME PHONE

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How did you hear about this course?

☐ Print brochure ☐ Email blast ☐ HSS website ☐ Journal advertisement
☐ LinkedIn ad ☐ Recommendation ☐ Google ad ☐ Other _____

☐ Check here to receive the HSS eNewsletter. Please include email address above.

REGISTRATION FEES

Registration fees for on-site participants include cocktail reception on Friday night and breakfast and lunch on Saturday. Registration fees for all participants include online access to lecture handouts and credits.

REGISTER EARLY, SPACE IS LIMITED!

(EARLY BIRD REGISTRATION CLOSING OCTOBER 18)

	Physicians		ATs/PTs		ATP Physicians/ATs/PTs		Residents & Fellows	
	Early Bird	Regular	Early Bird	Regular	Early Bird	Regular	Early Bird	Regular
ON-SITE	\$420	\$475	\$299	\$349	\$200		\$0	
LIVE STREAMING WEBCAST	\$320	\$375	\$199	\$249	\$100		\$0	

Regular registration closes **December 6** for on-site and **December 11** for live streaming webcast. For day-of registration, add \$25 to the appropriate category above (available only if space permits – please call first). Please note: Registration will not be processed unless accompanied by payment.

This program may be recorded, filmed or photographed. By attending this program, you give permission to Hospital for Special Surgery to use your voice and likeness for any purpose (promotional, educational or other), in any medium, and without remuneration of any kind to you.

Hospital for Special Surgery is an affiliate of NewYork-Presbyterian Healthcare System and Weill Cornell Medical College.

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(HSS Faculty continued)

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Weill Cornell Medical College
Associate Team Physician
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The Coleman Chair in MRI Research
Chief, Division of Magnetic
Resonance Imaging
Director of Research, Department
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Attending Radiologist
Senior Scientist
Clinical Research Section
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