

2ND ANNUAL
INOVA CAPITAL CITY
SPORTS
MEDICINE
SUMMIT

MAY 12 AND 13, 2017

W HOTEL
WASHINGTON, DC



Official Health System of the Washington Redskins



Official Hospital Network of the Washington Nationals



INOVA®



Continuing
Medical
Education

www.inova.org/sportsmedcme

THE FOOTBALL INSIDE THE MEDICAL CARE—



PLAYBOOK

THE NEW ERA

The diagnosis and management of football related injuries has dramatically changed over the past decade. This 2 day interactive course will feature regionally and nationally acclaimed sports medicine specialists from top NFL and NCAA football programs. This Summit will focus on the latest, evidence-based approach to the diagnosis and treatment of football related injuries. There will also be a historical perspective from our panel of highly experienced longtime team physicians, athletic trainers, professional athletes and physical therapists.

TARGET AUDIENCE

- *Orthopaedic Surgeons*
- *Primary Care Sports Medicine Physicians*
- *Other Health Care Professionals That Treat Athletes*
- *Physical Therapists*
- *Athletic Trainers*
- *Sports Medicine Physician Assistants*

LEARNING OBJECTIVES

Applying evidence based guidelines in practice, i.e., concussion management, return to play guidelines following an injury

Correlate new and emerging information and how to incorporate this into practice, i.e., Blood Flow Restriction Training, Ultrasound Evaluation

Evaluate evidence based guidelines in practice; keeping abreast of new and emerging information and how to incorporate this into practice



PROGRAM DIRECTOR

Robin West, MD

Chairman, Inova Sports Medicine

*Lead Team Physician,
Washington Nationals*

*Head Team Physician,
Washington Redskins*

*Associate Professor, Georgetown
University Medical Center*

*Associate Professor, Virginia
Commonwealth University
School of Medicine*



CO-PROGRAM DIRECTOR

Robert Najarian, MD

Inova Sports Medicine

*Team Physician,
Washington Nationals*

*Assistant Professor, Georgetown
University Medical Center*

*Assistant Professor, Virginia
Commonwealth University
School of Medicine*

INOVA CME CREDIT DESIGNATION

The Inova Office of Continuing Medical Education is accredited by the Medical Society of Virginia to provide continuing medical education for physicians.

The Inova Office of Continuing Medical Education designates this live activity for a maximum of **14.5 AMA PRA Category 1 Credit(s)[™]**. Physicians should claim only the credit commensurate with the extent of their participation in the activity. Physicians may claim up to 14.5 credits Type 1 CME on the Virginia Board of Medicine Continued Competency and Assessment Form required for renewal of an active medical license in Virginia.

Inova Health System has submitted an application to be approved by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. If approved, this program would be eligible for a maximum of **8.25 Category A or Evidence Based Practice CEU hours**.

7.5 Category 1 CEUs are approved by the NBCOT, Inc. for the "OTC®, OT-SC[™]" credential holder

This activity has been submitted to the Virginia Nurses Association for approval to award contact hours. The Virginia Nurses Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.



AGENDA

FRIDAY, MAY 12

6:45am-7:30am

Registration and Breakfast

7:25am-7:30am

Welcome

Robin West, MD

Concussion

Peter MacArthur, MD (Moderator)

7:30am-7:45am

Sideline Evaluation/NFL Protocol
Melissa Womble, PhD

7:45am-8:00am

In-Office Concussion Evaluation and
Management Guiding a Safe Return to
Play
Jessica Wertz, DO
Melissa Womble, PhD

8:00am-8:15am

Emerging Research in Concussion
RJ Elbin, PhD

8:15am-8:30am

Vestibular Post-Concussion Therapy
Sheri Fedor, PT, DPT, NCS

8:30am-8:45am

Vision Therapy
Keith Smithson, OD

8:45am- 9:00am

Panel Discussion

Sideline Emergencies

Rob Blanc MS, ATC (Moderator)

9:00am-9:15am

Long bone fractures/dislocations
Brandon Bryant, MD

9:15am-9:30am

Chest/Abdominal Trauma
Thom Mayer, MD

9:30am-9:45am

Eye Injury
Keith Smithson, OD

9:45am-10:00am

Spinal Cord Injury
Andy Cappuccino, MD

10:00am-10:15am

Panel Discussion

10:15am-10:30am

Coffee Break and Exhibitors

10:30am-11:00am

Ryan Clark
SuperBowl Champion, Pro Bowl
Selection, Retired NFL Player,
ESPN NFL Analyst



Upper Extremity Injuries

Robert Najarian, MD (Moderator)

- 11:00am-11:15am Shoulder Instability
Asheesh Bedi, MD
- 11:15am-11:30am ACJ and SCJ Injuries
Matthew Matava, MD
- 11:30am-11:45am Common Elbow Injuries
Robert Najarian, MD
- 11:45am-12:00pm Common Hand and Wrist Injuries
A. Bobby Chhabra, MD
- 12:00pm-12:15pm Panel Discussion
- 12:15pm-1:15pm **Lunch and Keynote Speaker**
20 years as an NFL Physician
Matthew Matava, MD

Hip

Brandon Bryant, MD (Moderator)

- 1:15pm-1:30pm Groin Pain Work-up
William Postma, MD
- 1:30pm-1:45pm Labral Tears and FAI
Asheesh Bedi, MD
- 1:45pm-2:00pm Hamstring and Adductor Strains
Eddie Chang, MD
- 2:00pm-2:15pm Panel Discussion

Foot and Ankle *Robin West, MD (Moderator)*

- 2:15pm-2:30pm Common Ankle Injuries
Steve Neufeld, MD

- 2:30pm-2:45pm Common Foot Injuries
Robert Anderson, MD

- 2:45pm-3:00pm Panel Discussion

- 3:00pm-3:15pm **Afternoon Break and Exhibitors**

Knee

Robert Najarian, MD (Moderator)

- 3:15pm-3:30pm ACL: Graft Choices, Return to Play, Outcomes
Lee Kaplan, MD
- 3:30pm-3:45pm Patellofemoral Issues: Instability to Arthritis
Robin West, MD
- 3:45pm-4:00pm Mult-Ligamentous Knee Injuries: MCL, PCL, PLC
Matthew Matava, MD
- 4:00pm-4:15pm Panel Discussion

Football Medicine: Then and Now/Is Football Safe? *Stephanie Bell (Moderator)*

- 4:15pm-5:30pm Panel Discussion
- Longtime NCAA Div I Head Football AT
Rob Blanc, MS, ATC
- Longtime NFL Team Physicians
Robert Anderson, MD
James Bradley, MD
Anthony Casolaro, MD
Matthew Matava, MD
- NFL Player
Ryan Clark
- NFLPA Medical Director
Thom Mayer, MD
- NFLPA VP, Business and Legal Affairs
Sean Sansiveri, JD

- 5:30pm-7:00pm **Conference Reception**
W Hotel, POV Rooftop Terrace

AGENDA

SATURDAY, MAY 13

6:45am-7:30am **Registration and Breakfast**

7:25am-7:30am **Welcome**
Robin West, MD

Medical *Amanda Weiss-Kelly, MD (Moderator)*

7:30am-7:45am Cardiac Screening
Tony Casolaro, MD

7:45am-8:00am One Organ Athlete
Amanda Weiss-Kelly, MD

8:00am-8:15am Heat Illness
Francis O'Connor, MD

8:15am-8:30am Panel Discussion

Alternative Medicine
Jessica Wertz, DO (Moderator)

8:30am-8:45am The Holistic Approach to Pain Management: Sensory Deprivation, Meditation, Acupuncture
Amanda Weiss-Kelly, MD

8:45am-9:00am Safety of NSAIDs
Peter MacArthur, MD

9:00am-9:15am Injections: Steroids/PRP/Stem Cells/Hyaluronic Acid
Brandon Bryant, MD

9:15am-9:30am The Role of a Team Chiropractor
Hirad Bagy, DC

9:30am-9:45am Panel Discussion

9:45am-10:15am **Coffee Break and Exhibitors**

Updates *Seth Blee, PT, DPT, CFMT, CSCS (Moderator)*

10:15am-10:30am In-Season Bracing for Knee/shoulder Injuries
Ariko Iso, MA, ATC

10:30am-10:50am Blood Flow Restriction
Johnny Owens, MPT

10:50am-11:10am Advances in PT and What's on the Horizon
Seth Blee, DPT, PT, CFMT, CSCS

11:10am-11:30am Panel Discussion

11:30am-12:45pm **Breakout Sessions**

Kinesiotaping, Graston, Dry Needling
Ariko Iso, MA, ATC
Hirad Bagy, DC

Trunk/Core Stability Assessment and Treatment
Seth Blee, PT, DPT, CFMT, CSCS

Sideline Management of Common Orthopaedic Injuries
Brandon Bryant, MD

VOMS Screening and Use of Exertion in Concussion Management
Brett Gustman, MS, ATC
Eric Castor, ATC

12:45pm **Meeting Adjourned**

INTRODUCTION TO ULTRASOUND— SHOULDER

OPTIONAL COURSE—SPORTS MEDICINE
SUMMIT REGISTRATION REQUIRED
SATURDAY, MAY 13, 2017

LEARNING OBJECTIVES

1. Perform a systematic musculoskeletal ultrasonographic examination of the shoulder.
2. Identify muscles, tendons, ligaments, nerves, joints, and more using musculoskeletal ultrasound.
3. Recognize pathologic conditions in the shoulder using musculoskeletal ultrasound.
4. Use dynamic examinations to evaluate normal anatomy and pathologies of the shoulder.
5. Understand the principles and applications of ultrasound-guided procedures including injections and percutaneous needle tenotomies.

TARGET AUDIENCE

- Primary Care Physicians
- Sports Medicine Physicians
- Orthopaedic Surgeons
- Resident and Fellow Physicians
- Physical Therapists
- Athletic Trainers
- Nurses
- Medical Professionals interested in learning about musculoskeletal ultrasound

AGENDA

1:45pm– 2:00pm	Introduction to Ultrasound <i>Peter MacArthur, MD, CAQSM, RMSK</i>
2:00pm– 2:15pm	Shoulder Scanning Protocol – The 12 Point Diagnostic Exam <i>Peter MacArthur, MD, CAQSM, RMSK</i>
2:15pm– 2:30pm	Rotator Cuff Pathologies <i>Jessica Wertz, DO, CAQSM</i>
2:30pm– 2:45pm	Shoulder Scanning Demonstration <i>Peter MacArthur, MD, CAQSM, RMSK</i>
2:45pm– 3:30pm	Small Groups: Hands-on Scanning of the Shoulder
3:30pm–4:30pm	US-guided Intervention for Shoulder <i>Peter MacArthur, MD, CAQSM, RMSK</i>
4:30pm–5:30pm	Small Groups: Practice US-guided Injections

ULTRASOUND COURSE FACULTY

Peter MacArthur, MD, CAQSM, RMSK

Inova Medical Group-Primary Care, Sports Medicine

Jessica Wertz, DO, CAQSM

Inova Medical Group-Primary Care, Sports Medicine

Alex MacArthur, MD

American Radiology Services

William Astor, MD

Fairfax Radiological Consultants

SPORTS MEDICINE FACULTY

Robert Anderson, MD

Head Team Physician, Carolina Panthers
OrthoCarolina

Hirad Najaf Bagy, DC

United Wellness & Sports Rehab
Team Sports Chiropractor Washington Redskins,
Washington Nationals, D.C. United

Asheesh Bedi, MD

Service Chief for Sports Medicine
Associate Professor, Orthopaedic Surgery
Sports Medicine and Shoulder Surgery
University of Michigan
Team Physician, University of Michigan, Detroit Lions

Stephanie Bell, PT, OCS, CSCS

ESPN Football Injury Analyst

Rob Blanc, MS, ATC

Head Football Athletic Trainer and Clinical Instructor
University of Pittsburgh

Seth Blee, PT, DPT, CFMT, CSCS

Director, Inova Physical Therapy Center
Team Physical Therapist, Washington Nationals

Brandon Bryant, MD

Inova Medical Group - Orthopaedics and Sports Medicine
Team Physician, Washington Redskins

Andy Cappuccino, MD

Orthopedic Surgeon of Buffalo Spine Surgery
Team Physician, Buffalo Bills

Anthony Casolaro, MD

Pulmonary and Medical Associates of Northern Virginia
Head Team Physician, Washington Redskins

Eric Castor, LAT, ATC, ITAT

Athletic Trainer, Inova Sports Medicine Concussion Program

Edward S. Chang, MD

Inova Orthopaedics and Sports Medicine
Assistant Professor
Department of Orthopaedic Surgery
Virginia Commonwealth University School of Medicine

A. Bobby Chhabra, MD

Lillian T. Pratt Distinguished Professor and Chair of
Orthopaedic Surgery
David A. Harrison Distinguished Educator
Hand and Upper Extremity Consultant, UVA Athletics
University of Virginia Health System

Ryan Clark

SuperBowl Champion
Pro Bowl Selection
Retired NFL Player
ESPN NFL Analyst

R. J. Elbin, PhD

Associate Professor, University of Arkansas
Director, Office for Sports Concussion Research
Department of Health, Human Performance and Recreation
Human Performance Laboratory

Sheri Fedor, PT, DPT, NCS

Director of Vestibular Physical Therapy, Inova Physical
Therapy Center

Brett Gustman, MS, LAT, ATC, ITAT

Athletic Trainer
Inova Sports Medicine Concussion Program

Ariko Iso, MA, ATC

Head Football Athletic Trainer, Oregon State University

Lee Kaplan, MD

Chief, Division of Sports Medicine, University of Miami
Health System
Medical Director, Team Physician University of Miami
Medical Director, Team Physician Miami Marlins

Peter MacArthur, MD, CAQSM, RMSK

Inova Medical Group-Primary Care, Sports Medicine
Team Physician, Washington Redskins

Matthew J. Matava, MD

Professor of Orthopaedic Surgery and Professor of
Physical Therapy
Chief of Sports Medicine, Washington University Orthopedics
Former Team Physician, St. Louis Rams
Former President, NFLPS

Thom Mayer, MD, FACEP, FAAP

Founder and CEO, BestPractices
Medical Director NFLPA

Robert Najarian, MD

Inova Medical Group-Orthopaedics and Sports Medicine
Team Physician, Washington Nationals
Assistant Professor, Georgetown University Medical Center
Assistant Professor, Virginia Commonwealth University
School of Medicine

THE DETAILS

Steven Neufeld, MD

Director, Orthopedic Foot and Ankle Center
Centers for Advanced Orthopedics

Francis G. O'Connor, MD, MPH

Professor and Chair, Military and Emergency Medicine
Associate Director, Consortium for Health and Military Performance
Uniformed Services University of the Health Sciences

Johnny Owens, MPT

Owens Recovery Science
Former Chief of Human Performance Optimization, Center for the Intrepid (CFI)

William F. Postma, MD

Chief, Sports Medicine Medstar Georgetown University Hospital, Department of Orthopaedic Surgery
Co-Director of Education, Georgetown University Hospital Orthopaedic Surgery Residency
Team Physician Georgetown University Athletic Department

Sean Sansiveri, JD

Vice President, Business and Legal Affairs at NFL Players Inc.

Keith Smithson, OD

Northern Virginia Doctors of Optometry
Director Visual Performance, Washington Nationals
Team Optometrist Washington Wizards, Washington Spirit, Washington Mystics and DC United
Sports Vision Consultant, Washington Redskins and Washington Capitals

Amanda Weiss-Kelly, MD

Division Chief, Pediatric Sports Medicine, UH Cleveland Medical Center
Division Chief, Pediatric Sports Medicine, UH Rainbow Babies and Children's Hospital
Program Director, Pediatric Sports Medicine, UH Cleveland Medical Center
Associate Professor, Pediatrics, CWRU School of Medicine
Team Physician, Cleveland Browns

Jessica Wertz, DO, CAQSM

Inova Medical Group-Primary Care, Sports Medicine
Concussion Consultant, Washington Nationals and Washington Redskins

Robin West, MD

Chairman, Inova Sports Medicine
Lead Team Physician, Washington Nationals
Head Team Physician, Washington Redskins
Associate Professor, Georgetown University Medical Center
Associate Professor, Virginia Commonwealth University School of Medicine

Melissa Womble, PhD

Director, Inova Sports Medicine Concussion Program
Independent Neuropsychologist, Washington Redskins



CONFERENCE REGISTRATION

Pre-Registration is accepted online by visiting **www.inova.org/sportsmedcme**. We will accept walk-in registration onsite however please add an additional \$50 to your registration price.

	Full Conference
Inova Physician	\$375.00
General Physician	\$425.00
Inova Athletic Trainer	\$250.00
Athletic or Personal Trainer	\$300.00
Physician Assistant, Nurse or Other Allied Health Professional	\$200.00
Student, Resident or Fellow	\$100.00

Optional Ultrasound Course

This course is only open to conference attendees as an additional registration

Saturday, May 13	\$125.00
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Register Online at www.inova.org/sportsmedcme

Cancellation Policy

Registration cancellation is only accepted prior to April 20, 2017 via email to Marchelle Albertson, marchelle.albertson@inoa.org. An administrative fee of \$50.00 will be deducted from fees for all cancellations. The registration fee is non-refundable after the cancellation date.

Course Syllabus

In maintaining Inova Green standards, the course syllabus will be available online this year with log-in information given at the conference during check-in. Please be sure to bring your laptop or tablet for complimentary Wi-Fi service to access the syllabus.

ACCOMMODATIONS

Inova CME complies with the Americans With Disabilities Act. If you require assisted services, facilities or dietary considerations (outside of vegetarian) to support your participation in this CME program, please contact Marchelle Albertson, marchelle.albertson@inoa.org at least 14 days prior to the conference date.

Location and Accommodations

W Hotel, Washington DC

515 N. 15th Street, NW, Washington, DC 20004

Hotel rate for conference: \$349.00 per night

To secure your Inova conference rate at the W Hotel, Washington, DC please visit

<https://www.starwoodmeeting.com/events/start.action?id=1702079252&key=9D5B480>
or call 202-661-2400.

Other Area Hotels

Hilton Garden Inn, Washington, DC

815 14th St NW
Washington, DC 20005
(.3 miles from the W Hotel)
<http://hiltongardeninn3.hilton.com/en/hotels/district-of-columbia/hilton-garden-inn-washington-dc-downtown-DCACHGI/index.html>
202-783-7800

Hotel Monaco, Washington, DC

700 F St NW
Washington, DC 20004
(.6 Miles from the W Hotel)
<http://www.monaco-dc.com/>
202-628-7177

Parking

Valet Parking is available at the W Hotel for \$35 per day. Other area parking garages are on 15th Street and could result in different rates.

For More Information

Marchelle Albertson, Program Manager
703-204-6348, marchelle.albertson@inoa.org

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