

Jointly Provided By University of Cincinnati

Cincinnati SportsMedicine Research & Education Foundation 30th Annual

ADVANCES ON THE KNEE, SHOULDER & SPORTS MEDICINE

WESTIN RESORT
HILTON HEAD ISLAND, SOUTH CAROLINA



MAY 24 - MAY 27, 2015
MEMORIAL DAY WEEKEND

PHYSICIAN FACULTY

Frank R. Noyes, M.D. - Cincinnati, OH

President, Cincinnati SportsMedicine Research and Education Foundation; Orthopaedic Surgeon, Mercy Health - Cincinnati SportsMedicine and Orthopaedic Center

Matthew L. Busam, M.D. - Cincinnati, OH

Orthopaedic Surgeon, Mercy Health-Cincinnati SportsMedicine and Orthopaedic Center; Assistant Orthopaedic Physician, Cincinnati Bengals

Marc T. Galloway, M.D. - Cincinnati, OH

Orthopaedic Surgeon, Mercy Health - Cincinnati SportsMedicine and Orthopaedic Center; Head Team Physician and Orthopaedic Surgeon, Cincinnati Bengals; Adjunct Associate Professor, Department of Biomedical Engineering, University of Cincinnati

Samer S. Hasan, M.D., Ph.D. - Cincinnati, OH

Orthopaedic Surgeon, Mercy Health-Cincinnati SportsMedicine and Orthopaedic Center; Volunteer Instructor, Department of Orthopaedic Surgery, University of Cincinnati; Adjunct Associate Professor, Department of Biomedical Engineering, University of Cincinnati

Thomas N. Lindenfeld, M.D. - Cincinnati, OH

Orthopaedic Surgeon, Mercy Health-Cincinnati SportsMedicine and Orthopaedic Center; Associate Director, Cincinnati SportsMedicine Research and Education Foundation; Volunteer Instructor, Department of Orthopaedic Surgery, University of Cincinnati

J.W. Thomas Byrd, M.D. - Nashville, TN

Team Physician, Tennessee Titans; Orthopaedic Surgeon Nashville Sports Medicine and Orthopaedic Center

G. Peter Maiers, II, M.D. - Indianapolis, IN

Orthopaedic Surgeon, Methodist Sports Medicine; Team Physician Indiana University; Assistant Professor of Orthopaedic Surgery, Indiana University School of Medicine

Claude T. Moorman, III, M.D. - Durham, NC

Professor, Orthopaedic Surgery; Director, Sports Medicine; Head Team Physician Duke University

Anthony A. Romeo, M.D. - Chicago, IL

Professor, Head Section of Shoulder and Elbow Surgery Department of Orthopaedic Surgery, Rush University Medical Center; Assistant Team Physician, Chicago White Sox and Chicago Bulls

Felix H. Savoie, III, M.D. - New Orleans, LA

Professor & Vice Chairman, Dept. of Orthopaedics Chief, Division of Sports Medicine Director, Tulane Institute of Sports Medicine

Edward M. Wojtys, M.D. - Ann Arbor, MI

Professor, Chief, Sports Medicine Service, Department of Orthopaedic Surgery, University of Michigan; Medical Director, MedSport; Editor, Sports Health: A Multidisciplinary Approach

REHABILITATION FACULTY

Timothy P. Heckmann, P.T., ATC - Cincinnati, OH

Rehabilitation Supervisor, Mercy Health - Cincinnati SportsMedicine and Orthopaedic Center; Clinical Instructor, College of Mount St. Joseph

Julie Jasontek, P.T., MHS - Cincinnati, OH

Rehabilitation Supervision, Mercy Health - Cincinnati SportsMedicine and Orthopaedic Center

Michael A. McCormack, Jr., P.T., MHS, ATC - Cincinnati, OH

Manager of Rehabilitation Services, Mercy Health - Cincinnati SportsMedicine and Orthopaedic Center

George J. Davies, DPT, MEd, P.T., ATC - Savannah, GA

Professor, Armstrong Atlantic State University; Sports Physical Therapy, Costal Therapy; Gundersen Lutheran Sports Medicine, LaCrosse, WI; Associate Editor, Sports Health: A Multidisciplinary Approach

Russell M. Paine, P.T. - Houston, TX

Director of Rehabilitation and Research, Memorial Hermann Sportsmedicine, Memorial Hermann Hospital; Team Physical Therapist, Houston Rockets

Kevin E. Wilk, P.T., DPT - Birmingham, AL

Associate Clinical Director, Champion Sports Medicine, A Physiotherapy Associates Clinic; Rehabilitation Consultant, Tampa Bay Rays, St. Petersburg, FL; Associate Clinical Professor, Programs in Physical Therapy, Marquette University, Milwaukee, WI

Paul B. Sparling, MEd, ATC - Cincinnati, OH

Head Athletic Trainer and Medical Coordinator, Cincinnati Bengals

RESEARCH AND SPORTSMEDICINE FELLOW FACULTY

Darin Jurgensmeier, M.D. - Cincinnati, OH

Clinical Fellow, Mercy Health - Cincinnati SportsMedicine and Orthopaedic Center

Arun K. Reddy, M.D. - Cincinnati, OH

Clinical Fellow, Mercy Health - Cincinnati SportsMedicine and Orthopaedic Center

Jared J. White, D.O. - Cincinnati, OH

Clinical Fellow, Mercy Health - Cincinnati SportsMedicine and Orthopaedic Center

James H. Walsh, D.O. - Cincinnati, OH

Clinical Fellow, Mercy Health - Cincinnati SportsMedicine and Orthopaedic Center

Stephanie L. Smith, M.S. - Cincinnati, OH

Sportsmetrics™ Program Manager - Mercy Health - Cincinnati SportsMedicine and Orthopaedic Center



Conference Co-Directors:

Frank R. Noyes, M.D.

President, Cincinnati SportsMedicine Research and Education Foundation; Orthopaedic Surgeon, Mercy Health - Cincinnati SportsMedicine and Orthopaedic Center

Timothy P. Heckmann, P.T., ATC

Rehabilitation Supervisor, Mercy Health - Cincinnati SportsMedicine and Orthopaedic Center; Clinical Instructor, College of Mount St. Joseph

Dear Colleagues:

Welcome to the 30th Annual Advances on the Knee, Shoulder and Sports Medicine Conference. We hope that you will join our outstanding conference faculty for 31 hours of presentations on the latest controversies and clinical, surgical and rehabilitation recommendations for knee, shoulder, elbow and sports medicine problems. Cincinnati SportsMedicine Research and Education Foundation has long recognized the collaborative efforts of orthopaedists, physical therapists, athletic trainers and many others to successfully diagnose and treat musculoskeletal problems. The Annual Advances on the Knee, Shoulder and Sports Medicine Conference is one of the few comprehensive continuing education courses that includes clinical, surgical and rehabilitation techniques for knee, shoulder, elbow and sports medicine related issues. Our internationally recognized, multi-disciplinary faculty will share their experiences, research and outcomes to stimulate you to rethink your approach to many musculoskeletal challenges.

Our conference will be held at the Westin Resort, located inside Port Royal Plantation. The Westin Resort sits on 24 beachfront acres with miles of white sandy beaches. The Westin Resort has received numerous awards including:

- ♦ AAA Four-Diamond Award
- ♦ #2 of 10 Best Beaches - Readers Choice Award by 10Best.com
- ♦ "10 Hot Spas in the South" by Convention South Magazine

State-of-the-art audiovisual support, a luxurious conference setting, a course syllabus with handouts specific to each presentation, an extensive exhibitor's gallery and our traditional emphasis on small group break-out sessions are the successful hallmarks of our annual conference. The course is designed to allow afternoon break time to enjoy the beach, tennis, golf, and a host of other activities.

As a new or past conference attendee, you will find that your participation in the 30th Annual Advances on the Knee, Shoulder and Sports Medicine Conference is time well spent! We hope to see you in Hilton Head!

To register visit
www.csmoevents.com or contact
Debbie Hartwig: dlhartwig@csmoc.com,
513-794-8461 or fax 513-792-3230

COURSE FEATURES AND OBJECTIVES

This course has been designed to present select knee, shoulder, elbow and sports medicine problems and the latest treatment options from internationally recognized orthopaedic surgeons and physical therapists.

Target Audience: orthopaedic surgeons, residents, physical therapists (instructional levels basic through advanced), athletic trainers, physician assistants, physical therapy assistants.

New for 2015...

- Expanded Hip Session with Live Examination
- Objective Examination Techniques of the Shoulder Complex
- The Inferior Glide Test for Early Recognition of Adhesive Capsulitis
- Injection Therapy in Athletics
- Training for Performance Following Knee Injuries
- Patellofemoral Pain and Dysfunction: Hip and Knee Interaction
- Current Concepts in Multiple Ligament Knee Injury

Here's what you'll learn:

- Objective examination techniques of the shoulder complex
- The inferior glide test for early recognition of adhesive capsulitis
- Treatment options for knee and shoulder arthritis
- Rehabilitation techniques following rotator cuff repair
- Indications and techniques for knee and shoulder injections
- MUCL injuries: PRP, repair or reconstruction in the athlete's elbow
- Hip exam techniques
- Mechanisms of ACL injuries
- Neuromuscular training program options for return to play
- Current concepts in multiple ligament knee injuries
- Functional testing algorithm for return to play following knee injury
- Alternative exercise and rehabilitation options

Special Break-out Sessions with Expert Faculty

Evening sessions provide the course participant with the opportunity to spend additional time with the faculty to observe live demonstrations and ask questions one-on-one concerning course content. Participants will choose two or three 75 minute sessions each evening.

At the completion of this course, each participant should be able to:

- Describe the objective examination techniques for the shoulder complex
- Diagnose and treat adhesive capsulitis
- Describe the options available for treating the athlete's elbow
- Describe the indications and demonstrate injection techniques for the knee and shoulder
- Describe conservative and surgical management of knee and shoulder arthritis
- Explain and demonstrate hip examination techniques
- Define and explain the various mechanisms of ACL injuries
- Explain the functional testing algorithm for return to play following knee injury
- Describe and demonstrate alternative exercise and rehabilitation options
- Demonstrate key components of neuromuscular training programs
- Diagnose and treat multiple ligament injuries to the knee

The University of Cincinnati is committed to resolving all conflicts of interest issues that could arise as a result of prospective faculty members' relevant relationships with drug or device manufacturer(s). The University of Cincinnati is committed to maintaining only those speakers with financial interest that can be reconciled with the goals and educational integrity of the CME program.

Continuing Education Units and CMEs

This activity has been planned and implemented in accordance with the requirements and policies of the Accreditation Council for Continuing Medical Education through the joint providership of the University of Cincinnati and Cincinnati SportsMedicine Research and Education Foundation. The University of Cincinnati is accredited by the ACCME to provide continuing medical education for physicians.

The University of Cincinnati designates this live activity for a maximum of 31 AMA PRA Category 1 Credit(s)[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

For Physical Therapists - This course will be accredited by state designated representative bodies of the APTA. In addition, this course will also be certified through ProCert for CCUs. Each state varies on the number of CEUs approved. Participants may call their State Board or Cincinnati SportsMedicine Research and Education Foundation at (513) 794-8461 for more information.

For Athletic Trainers - Cincinnati SportsMedicine has been approved as a BOC Approved Provider for continuing education. This course has been approved for 31 CEUs.

For Strength Coaches - The Executive Council of the NSCA Certification Commission (National Strength Coaches Association) has approved the conference for CEUs. CEUs are not automatically recorded. The CSCS and/or NSCA-Certified Personal Trainer attending this conference is eligible to receive up to 2.0 CEUs depending on sessions attended. Sign-in will be required.



Why You Should Attend This Course:

- ★ Enjoy the holiday weekend combining a great educational meeting with relaxation in a resort setting
- ★ Hear internationally recognized experts on the knee and shoulder present their preferred techniques and clinical outcomes
- ★ Review advanced orthopaedic and rehabilitation products and educational materials in our Exhibitors' Gallery
- ★ Talk personally throughout the conference with our course faculty during breaks, panel discussions and break-outs
- ★ Network with other professionals
- ★ Relax, enjoy the beachside atmosphere, and rekindle old friendships at our Chairmen's Memorial Day Event
- ★ Receive 31 hours CMEs/CEUs

ON SITE COURSE CHECK-IN
Saturday, May 23th; 10:00 am - 5:00 pm
Advantage Foyer

COURSE SOCIAL EVENTS

Chairmen's Memorial Day

Beachside Cookout

Monday, May 25, 2015

7:00 pm – 10:00 pm

Location: Poolside at the Westin Resort

The beachside cookout is a great chance for participants, guests, exhibitors and faculty to interact. We think you will enjoy the company, food, music and drink at our beachside event! (Guest fees apply: adults \$35 - children \$15 - children 5 & under free.)

Breakfast Buffet

Sunday through Wednesday,

6:00 am – 7:00 am

Participants will enjoy a full breakfast buffet to start their day. (Guest or family not included.)

FOR COURSE INFORMATION

Contact our Conference Coordinator

via Email: dlhartwig@csmoc.com,

Phone: (513) 794-8461 or

Fax: (513) 792-3230

Monday - Friday 10:00 am - 6:00 pm EST.

Please leave a message if your call is after business hours.

EXHIBITORS' GALLERY

A variety of commercial exhibitors will be featured at the meeting, allowing participants to speak with key suppliers and learn about the technological advances regarding the knee and shoulder. Refreshment breaks will be served in the Exhibitors' Gallery.



Exhibit Hours

Saturday, May 23rd 12:00 pm - 4:00 pm

(Set-up Only)

Sunday, May 24th 6:00 am - 1:00 pm

Monday, May 25th 6:00 am - 1:00 pm

Tuesday, May 26th 6:00 am - 1:00 pm

Wednesday, May 27th 6:00 am - 10:00 am

SPORTSMETRICS™ PRECONFERENCE PROGRAM

Friday, May 22, 2015:

1:15 pm – 2:00 pm

Sportsmetrics™ Course Check-in, Advantage Foyer

2:00 pm – 7:00 pm

Sportsmetrics™ Certification Course, Jasmine/Hibiscus Room

Saturday, May 23, 2015:

7:30 am – 4:00 pm

Sportsmetrics™ Certification Course, Jasmine/Hibiscus Room

ADVANCES ON THE KNEE, SHOULDER AND SPORTSMEDICINE

Saturday, May 23, 2015:

10:00 am – 5:00 pm

Advances on the Knee, Shoulder and Sports Medicine

Course Check-in, Westin Resort Advantage Foyer

All meetings will be held in the Westin Resort

Sunday, May 24, 2015

6:00 am – 7:00 am

Breakfast Buffet - Archer

6:50 am

Course Welcome: Frank R. Noyes, M.D. and Timothy P. Heckmann, P.T.

7:00 am – 7:50 am

Session I: Anatomy and Examination of the Shoulder

7:50 am – 10:00 am

Session II - Rotator Cuff Tears, Scapular Dyskinesia, and Tendon Healing

10:00 am – 10:30 am

Break in Exhibitors' Gallery

10:30 am - 1:00 pm

Session III - Pearls for Treating Shoulder Instability and the Stiff Shoulder

4:00 pm – 7:45 pm

Session IV: Evening Breakouts - 5 Sessions

Monday, May 25, 2015

6:00 am – 7:00 am

Breakfast Buffet - Archer

6:50 am

Morning Announcements

7:00 am – 8:45 am

Session V: Treatment of the Arthritic Shoulder

8:45 am – 10:20 am

Session VI: Diagnosis and Treatment of Common Elbow Pathology

10:20 am – 10:50 am

Break in Exhibitors' Gallery

10:50 am - 12:45 pm

Session VII: Sports Medicine Injuries - Diagnosis and Treatment Options

4:00 pm - 7:45 pm

Session VIII: Evening Breakouts - 2 Sessions

7:00 pm – 10:00 pm

Chairmen's Memorial Day Low Country Buffet

Tuesday, May 26, 2015

6:00 am – 7:00 am

Breakfast Buffet - Archer

6:50 am

Morning Announcements

7:00 am – 8:00 am

Session IX: Understanding Knee Anatomy and the Comprehensive Knee Examination

8:00 am – 10:30 am

Session X: ACL Reconstruction, Rehabilitation and Clinical Outcomes

10:30 am – 11:00 am

Break in Exhibitors' Gallery

11:00 am - 12:30 pm

Session XI: Neuromuscular Training, Functional Testing and the Female Athlete

4:00 pm – 7:45 pm

Session XII: Evening Breakouts - 4 Sessions

Wednesday, May 27, 2015

6:00 am – 6:30 am

Breakfast Buffet - Archer

6:30 am – 8:05 am

Session XIII: Treatment Options for Complex Knee Ligament Injuries and Meniscus Repair

8:05 am – 10:30 am

Session XIV: Osteoarthritis of the Knee: Surgical and Rehabilitation Options

10:30 am

Course Adjourns

PRE-CONFERENCE CERTIFICATION COURSE

FRIDAY MAY 22ND- SATURDAY MAY 23RD 2015



Serious knee injuries are sidelining female athletes at an alarming rate and although there is no absolute prevention from these types of injuries, there is finally something you can do to help reduce the risk of sustaining a serious knee injury. Cincinnati SportsMedicine Research and Education Foundation has led the way with the development of Sportsmetrics™, the first program scientifically proven to decrease knee injuries in female athletes. The specialized progression of jump/plyometric drills found in Sportsmetrics™ teaches athletes safe techniques for jumping and landing, in an effort to significantly reduce the risk of serious knee injury in female athletes.



SPORTSMETRICS™ SPORT SPECIFIC PROGRAMS

- ♦ Offers athletes the same benefits of our original injury prevention program along with the added benefit of a complex conditioning program catered to the needs of their sport
- ♦ Offers concentration on correct running form and proper technique with cutting, pivoting, and decelerating

CONTINUING EDUCATION CREDITS:

- 10.5 BOC CEU's (3.25 EBP Category and 7.25 Category A) for Athletic Trainers
- 11.5 CEU's approved by the OPTA for Physical Therapists
- 9 CCU's approved by ProCert for Physical Therapists
- CEU's vary from state to state. Please check with your individual state for specifics

**Become a Certified Clinical Site and offer Sportsmetrics™ training in your community!
ATTEND THE PRE-CONFERENCE SPORTSMETRICS™ CERTIFICATION COURSE**

- ♦ Learn the scientifically-proven methods to reduce female knee ligament injuries
- ♦ Collaborate with the founders of Sportsmetrics™
- ♦ Receive hands-on instruction in Sportsmetrics™ training techniques
- ♦ Learn how to market Sportsmetrics™ to your community

- ♦ Save on travel and accommodations - attend two great educational meetings
- ♦ Be prepared to offer Sportsmetrics™ this summer to your community
SPORTSMETRICS™ can become your cornerstone for community outreach by focusing on injury prevention and athletic performance for healthy and recovering athletes!

Friday, May 22, 2015

- 2:00 – 2:15 Introduction & Welcome - Thomas M. Campbell, BA
- 2:15 – 3:00 Sports Injury Testing - Cincinnati Sportsmetrics™
Normative Data - Stephanie L. Smith, MS
- 3:00 – 3:45 Testing Practicum
Video Analysis, Digitizing & Report Creation
Pre- & Post-Testing Requirements - Faculty
- 3:45 – 4:00 Break (Lite Snack Provided)
- 4:00 – 5:30 Sportsmetrics™ Training Overview
Program Defined/Demonstration
Warm-up Recommendations
Plyometric/Jump Training
Flexibility Training - Stephanie L. Smith, MS
- 5:30 – 6:15 Strength and Speed Training
Recommendations - Al Ducker, ATC
- 6:15 – 7:00 Sportsmetrics™ Speed and Conditioning Demo and Practice - Faculty

Saturday, May 23, 2015

- 7:30 – 9:30 Sportsmetrics™ Development, Research and ACL Experience - Frank R. Noyes, MD
- 9:30 – 9:45 Break
- 9:45 – 10:45 Implementation Options - Thomas M. Campbell, BA
- 10:45 – 11:45 Marketing Sportsmetrics™
Marketing Materials
Marketing Requirements - Thomas M. Campbell, BA
- 11:45 – 12:30 Break (Lunch Provided)
Clinical Site Q & A
- 12:30 – 2:30 Training Participation & Mock Instruction,
Feedback & Review - Faculty
- 2:30 – 4:00 Certification Practical Exam

Tuition for the Pre-Conference Certification Course is \$790 per person and includes the Sportsmetrics™ Certification Manual, CD-Rom with all forms and marketing materials, the Sportsmetrics™ Instructional Video Series and Video Analysis Digitizing Software.

***Sportsmetrics™ Certification does not provide CME credit. See Course Registration (page 11) to enroll.**

★ REGISTER EARLY! — space is limited to the first 45 paid registrants. ★

VISIT WWW.SPORTSMETRICS.ORG FOR MORE INFORMATION

DAY ONE SUNDAY, MAY 24

6:00 am Breakfast Buffet - Archer
6:00 am Course Check-in, Advantage Foyer
6:50 am Course Welcome: Frank R. Noyes, M.D. and Timothy P. Heckmann, PT.

Session I: Anatomy and Examination of the Shoulder

Moderator: Thomas N. Lindendorf, M.D.

7:00 am Shoulder Anatomy: What You Need to Know
– Thomas N. Lindendorf, M.D.
7:20 am Examination of the Shoulder: General Overview
– Anthony A. Romeo, M.D.
7:35 am Objective Examination Techniques of the Shoulder Complex
– George J. Davies, DPT

Session II: Rotator Cuff Tears, Scapular Dyskinesia, and Tendon Healing

Moderator: Anthony A. Romeo, M.D.

7:50 am Biologic Augmentation of Tendon Healing
– Marc T. Galloway, M.D.
8:05 am How to Succeed with Large and Massive Rotator Cuff Tears
– Anthony A. Romeo, M.D.
8:20 am Revision Rotator Cuff Repair: When and How
– Felix H. Savoie, III, M.D.
8:35 am Rehabilitation Following Rotator Cuff Repair Surgery:
When to Move the Shoulder and When to Go Slow
– Kevin E. Wilk, DPT
8:50 am Diagnosis and Treatment of Scapular Dyskinesia
– Michael A. McCormack, PT.
9:05 am SLAP Tears - Shouldn't We Tenodeses Them All?
Presentation of Cases to the Expert Panel
Moderator: Samer S. Hasan, M.D., PhD
Faculty: Thomas N. Lindendorf, M.D., Marc T. Galloway, M.D.,
Matthew L. Busam, M.D., Anthony A. Romeo, M.D.,
Felix H. Savoie, III, M.D.
9:35 am Q&A - Audience Participation
10:00 am Break in Exhibitors' Gallery

Session III: Pearls for Treating Shoulder Instability and the Stiff Shoulder

Moderator: Samer S. Hasan, M.D., PhD.

10:30 am The Inferior Glide Test for Early Recognition of Adhesive Capsulitis
– Felix H. Savoie, III, M.D.
10:45 am Operative and Non-Operative Treatment of the Stiff Shoulder
– Samer S. Hasan, M.D., PhD.
11:00 am Rehabilitation Techniques and Pearls for Treating the Stiff Shoulder
– Russell M. Paine, PT.
11:15 am Anterior Shoulder Instability
– Felix H. Savoie, III, M.D.
11:25 am Management of Glenoid and Humeral Bone Loss in Shoulder Instability
– Anthony A. Romeo, M.D.
11:35 am Shoulder Instability: Presentation of Cases to the Expert Panel
Moderator: Thomas N. Lindendorf, M.D.
Faculty: Samer S. Hasan, M.D., PhD, Anthony A. Romeo, M.D.,
Felix H. Savoie, III, M.D., Arun K. Reddy, M.D.
12:05 pm Conservative and Post-Operative Management of Shoulder Instability
– Michael A. McCormack, PT.
12:15 pm Rehabilitation Techniques for Shoulder Instability:
Presentation of Cases to the Expert Panel
Moderator: Michael A. McCormack, PT.
Faculty: Julie Jasontek, PT., George J. Davies, DPT,
Russell M. Paine, PT., Kevin E. Wilk, DPT
12:45 pm Q&A - Audience Participation
1:00 pm Adjourn

Break Outs

4:00 pm-7:45 pm

Participants may choose three breakouts. Each breakout runs for approximately 75 minutes

Session IV: Diagnosis, Treatment and Rehabilitation Options for Shoulder Pathology

4:00 pm #1 Comprehensive Examination of the Shoulder

Faculty: Thomas N. Lindendorf, M.D.,
Samer S. Hasan, M.D., Ph.D.,
Anthony A. Romeo, M.D.,
Felix H. Savoie, III, M.D.

5:15 pm #2 Shoulder and Knee Injections: Demonstration of Technique and Hands on Practicum

Faculty: Frank R. Noyes, M.D.,
Thomas N. Lindendorf, M.D.,
Matthew L. Busam, M.D.,

5:15 pm #3 Scapular Evaluation and Training

**Michael A. McCormack, PT.,
George J. Davies, DPT**

6:30 pm #4 Controversies in the Shoulder: Presentation of Cases and Discussion with the Expert Panel

Moderator: Samer S. Hasan, M.D., PhD
Faculty: Thomas N. Lindendorf, M.D.,
Marc T. Galloway, M.D.,
Matthew L. Busam, M.D.,
Anthony A. Romeo, M.D.,
Felix H. Savoie, III, M.D.

6:30 pm #5 Specific Joint Mobilization and Stretching Techniques for the Glenohumeral and Scapulothoracic Joints

**Russell M. Paine, PT.,
Kevin E. Wilk, DPT**



"This is my 10th course. I always feel that I have the most cutting edge information following attendance."
-former course participant

DAY TWO MONDAY, MAY 25

6:00 am Breakfast Buffet - Archer
6:50 am Announcements and Memorial Day Tribute by George J. Davies, DPT

Session V: Treatment of the Arthritic Shoulder

Moderator: *Felix H. Savoie, III, M.D.*

7:00 am Non-Prosthetic Treatment of Shoulder Arthritis
– *Matthew L. Busam, M.D.*

7:15 am Management of the Arthritic Shoulder in the Young, Active Patient
– *Felix H. Savoie, III, M.D.*

7:30 am Anatomic Total Shoulder Replacement: Options and Pearls
– *Samer S. Hasan, M.D., Ph.D.*

7:50 am Reverse Total Shoulder Replacement
– *Anthony A. Romeo, M.D.*

8:10 am Conservative and Post-Operative Treatment Options for the Arthritic Shoulder
– *Julie Jasontek, P.T.*

8:25 am Q&A - Audience Participation

Session VI: Diagnosis and Treatment of Common Elbow Pathology

Moderator: *Matthew L. Busam, M.D.*

8:45 am Elbow Anatomy and Basic Arthroscopy
– *Thomas N. Lindendorf, M.D.*

9:00 am Open Tendon Releases
– *Samer S. Hasan, M.D., Ph.D.*

9:10 am Distal Biceps Injuries
– *Matthew L. Busam, M.D.*

9:20 am Arthroscopic Treatment Options for the Athlete's Elbow
– *Anthony A. Romeo, M.D.*

9:35 am MUCL Injuries: PRP, Repair or Reconstruction in the Athlete's Elbow
– *Felix H. Savoie, III, M.D.*

9:50 am Rehabilitation Following UCL Reconstruction
– *Kevin E. Wilk, DPT*

10:05 am Q&A - Audience Participation

10:20 am Break in Exhibitors' Gallery

Session VII: Sports Medicine Injuries - Diagnosis and Treatment Options

Moderator: *Marc T. Galloway, M.D.*

10:50 am Management of the In-Season Athlete:
Presentation of Cases to the Expert Panel
Faculty: Matthew L. Busam, M.D., Edward M. Wojtys, M.D., Anthony A. Romeo, M.D., Felix H. Savoie, III, M.D., Claude T. Moorman III, M.D., Paul B. Sparling, ATC, Russell M. Paine, P.T., Kevin E. Wilk, DPT

12:45 pm Adjourn

Break Outs

4:00 pm-7:45 pm
Participants may choose two breakouts. Each breakout runs for approximately 75 minutes

Session VIII: Expert Panel on Hip Disorders

4:00 pm #6 Comprehensive Examination of the Hip
*J.W. Thomas Byrd, M.D.,
G. Peter Maiers, II, M.D.*

5:15 pm #7 Treatment Options for the Hip
*Moderator: J.W. Thomas Byrd, M.D.
Faculty: G. Peter Maiers, II, M.D.,
Michael A. McCormack, P.T.,
Julie Jasontek, P.T.*

**Chairmen's Memorial Day
BeachSide Cookout**
Monday May 25th 7:00-10:00 PM
(immediately following the end of our evening breakout session)



DAY THREE TUESDAY, MAY 26

6:00 am Breakfast Buffet - Archer
6:50 am Morning Announcements

Session IX: Understanding Knee Anatomy and the Comprehensive Knee Examination

Moderator: *Timothy P. Heckmann, P.T.*

7:00 am The Key to the Knee: Medial and Anterior Knee Anatomy
– James H. Walsh, D.O.
7:20 am The Key to the Knee: Lateral and Posterolateral Knee Anatomy
– Darin Jurgensmeier, M.D.
7:40 am Comprehensive Knee Exam: Clinical Rationale and Diagnosis
– Frank R. Noyes, M.D.

Session X: ACL Reconstruction, Rehabilitation and Clinical Outcomes

Moderator: *Frank R. Noyes, M.D.*

8:00 am ACL Injury Mechanisms
– Edward M. Wojtys, M.D.
8:15 am Treatment of the ACL Deficient Knee: Presentation of Cases to the Expert Panel
Moderator: Frank R. Noyes, M.D.
Faculty: Marc T. Galloway, M.D., Claude T. Moorman, III, M.D., Edward M. Wojtys, M.D., Darin Jurgensmeier, M.D., James H. Walsh, D.O., Timothy P. Heckmann, P.T., George J. Davies, DPT, Russell M. Paine, P.T.
9:15 am Considerations in Revision ACL Reconstruction
– Claude T. Moorman, III, M.D.
9:30 am Avoiding Complications in ACL Surgery
– Matthew L. Busam, M.D.
9:45 am Post-Operative Management Following ACL Reconstruction
– Timothy P. Heckmann, P.T.
10:00 am Training for Performance Following Knee Injuries: Key Points
– Kevin E. Wilk, DPT
10:15 am Q&A - Audience Participation
10:30 am Break In Exhibitors' Gallery

Session XI: Neuromuscular Training, Functional Testing and the Female Athlete

Moderator: *Edward M. Wojtys, M.D.*

11:00 am ACL Graft Considerations for the Female Athlete
– Edward M. Wojtys, M.D.
11:15 am Scientific Basis and Development of the Sportsmetrics™ Neuromuscular Training Programs
– Frank R. Noyes, M.D.
11:35 am Neuromuscular Training Programs as a Bridge for Return to Play Following ACL Injuries
– Timothy P. Heckmann, P.T.
11:55 am Demonstration of the Sportsmetrics™ Neuromuscular Training Program
– Stephanie L. Smith, M.S.
12:10 pm Q&A - Audience Participation
12:30 pm Adjourn

Break Outs

4:00 pm-7:45 pm

Participants may choose three breakouts. Each breakout runs for approximately 75 minutes

Session XII: Diagnosis, Treatment, and Rehabilitation for Common Knee Pathology

4:00 pm #8 Comprehensive Examination of the Knee

Faculty: Frank R. Noyes, M.D., Marc T. Galloway, M.D., Claude T. Moorman, III, M.D.

5:15 pm #9 Treatment Options for Patellofemoral Disorders

Moderator: Frank R. Noyes, M.D.
Faculty: Timothy P. Heckmann, P.T., George J. Davies, DPT, Russell M. Paine, P.T., Kevin E. Wilk, DPT

6:30 pm #10 Techniques to Enhance Dynamic Stabilization and Neuromuscular Control

George J. Davies, DPT
Kevin E. Wilk, DPT

#11 Exercise Progression for the Patellofemoral Joint

Timothy P. Heckmann, P.T.
Russell M. Paine, PT



DAY FOUR WEDNESDAY, MAY 27

6:00 am Breakfast Buffet - Archer

Session XIII: Treatment Options for Complex Knee Ligament Injuries and Meniscus Repair

Moderator: Claude T. Moorman, III, M.D.

- 6:30 am Current Concepts in Multiple Ligament Knee Injury
– Claude T. Moorman, III, M.D.
- 6:45 am Surgical Treatment of PCL and Posterolateral Ligament Injuries
– Frank R. Noyes, M.D.
- 7:05 am Rehabilitation Principles Following PCL and Posterolateral Reconstruction
– Timothy P. Heckmann, PT.
- 7:20 am Functional Testing Algorithm for Return to Play Following Knee Injury
– George J. Davies, DPT
- 7:35 am Meniscus Repair and Transplantation: What's New In 2015
– Frank R. Noyes, M.D.
- 7:50 am Rehabilitation Techniques Following Meniscus Repair and Transplantation
– Timothy P. Heckmann, PT.

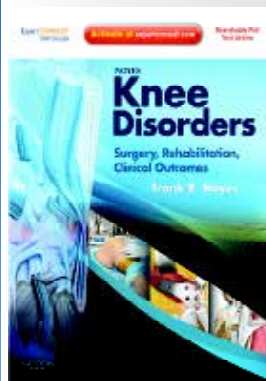
Session XIV: Osteoarthritis of the Knee: Surgical and Rehabilitation Options

Moderator: George J. Davies, DPT

- 8:05 am Management of the Arthritic Athlete
– Russell M. Paine, PT.
- 8:20 am Treatment Options for Medial Compartment Osteoarthritis
– Claude T. Moorman, III, M.D.
- 8:35 am High Tibial Osteotomy: Techniques and Surgical Results
– Frank R. Noyes, M.D.
- 8:50 am Integrated OKC and CKC Approach to Knee Rehabilitation
– George J. Davies, DPT
- 9:05 am Partial Joint Replacement: Unicompartamental and Patellofemoral
– Frank R. Noyes, M.D.
- 9:20 am Advances in Total Knee Replacement
– Jared J. White, D.O.
- 9:35 am Rehabilitation Following High Tibial Osteotomy and Knee Replacement
– Timothy P. Heckmann, PT.
- 9:50 am Alternative Exercise and Rehabilitation Options
– Julie Jasontek, PT.
- 10:05 am Q&A - Audience Participation
- 10:30 am Adjourn



Do You Have Patients With Complex Knee Problems?



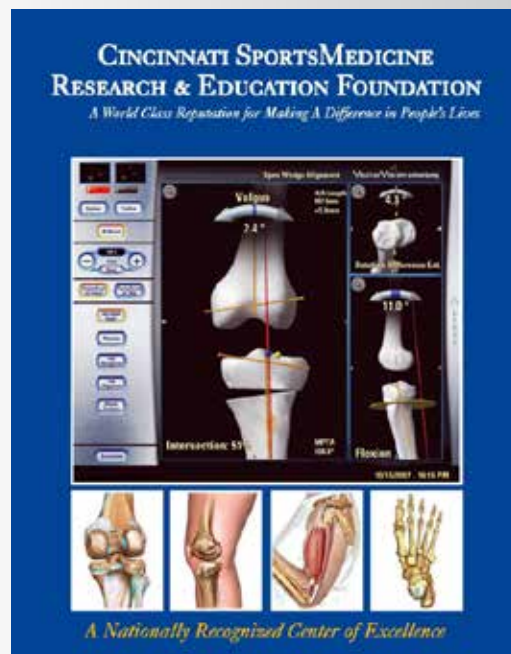
Cincinnati SportsMedicine Research and Education Foundation is recognized for clinical outcome studies involving surgical treatment of complex knee conditions. We are currently studying and seeking patient candidates for the following surgical procedures:

- ★ Meniscus Transplantation
- ★ PCL Reconstruction using a QT Autograft
- ★ Posterolateral Ligament Reconstruction
- ★ ACL Autogenous Revision Reconstruction
- ★ Articular Cartilage Restoration Procedures
- ★ Partial Joint Replacements

Patients benefit from the highly advanced diagnostic testing services offered by our Foundation including:

- ★ Stress radiography
- ★ Advanced muscle function testing
- ★ Objective ligament testing

To learn more about these studies, please contact Sue Barber-Westin at sbwestin@csoref.org



TRAVEL AND ACCOMMODATIONS

Accommodations

The course is being held in its entirety at the ocean front Westin Resort on Port Royal Plantation. The Westin Resort offers more than 412 beautiful guest rooms and suites.

The Hotel also features:

- Heavenly Spa by Westin™
- Westin WORKOUT® Gym
- 4 Restaurants • 2 Outdoor pools and 1 covered pool
- Outdoor Jacuzzi • Outdoor tennis • Three 18-hole championship golf courses
- Westin Kids Club®
- Free shuttle to surrounding areas (limited)
- Breathe Westin (hotel is completely smoke free)
- Check in 4PM, Check out noon
- Conference rate \$229(island view) \$249(ocean view) plus tax available until room block is sold out or April 29, 2015. For guaranteed room types, suites or special requests please contact hotel directly.

IMPORTANT: The Westin Resort will be sold out. Make reservations early. Hotel reservations must be cancelled 5 days prior to arrival to ensure advance deposit refund. 843-681-4000.

Visit: <https://www.starwoodmeeting.com/Book/CSE20A>

If you encounter problems booking a hotel room please contact our conference administrative assistant at 513-794-8461.



Hotels near the Hilton Head Westin Resort

Days Inn (5 miles from the Westin)

Group Code: Cincinnati SportsMedicine
9 Marina Side Drive, HWY 278 Business
@ Shelter Cove

Hilton Head Island, SC 29928

Reservations: (843) 842-4800

Special room rate: \$99

Special room rate guaranteed until room
block is sold out or April 26, 2015

Room block dates are May 22 – 27, 2015

The Westin will provide complimentary limited shuttle service before and at the end of course sessions Sunday-Wednesday to course participants staying at the Hampton and Days Inn hotels only. Schedule will be sent with registration confirmation.

Hampton Inn -

www.hamptoninnhhi.com - Group Code: CS4

(2 miles by vehicle from the Westin, 1 mile by foot)

One Dillon Road, Hilton Head Island, SC 29926

Reservations: (843) 681-7900

Special room rate: \$139

Special room rate guaranteed until room block is sold
out or April 24, 2015

Room block dates are May 20 – 28, 2015

Condo Rental

Ocean Palm Villas at Westin Resort

Reservations: phone (843) 681-4000, ext. 2;

www.oceanpalmsiltonhead.com

Port Royal Village Sales and Rentals

Reservations: phone (800) 673-9385;

(843) 681-9325; www.goodevacationrentals.com

Travel

Driving: Located at the southernmost tip of South Carolina, Hilton Head Island is an easy drive from many destinations. From I-95 take Exit 8 onto Highway 278 directly to Hilton Head Island. The fastest route to the Westin and nearby hotels is Highway 278, not the Cross Island Parkway.

By Air: Delta/KLM/Air France Airlines: Offers a 10% discount on full/non-restricted fares or a 2-5% discount on all other fares. Visit www.delta.com or call Delta Meeting Network Reservations at 1-800-328-1111, Monday thru Friday 7:00 am to 7:00 pm (CT). Refer to Ticket Designator/File Number NMKDR/NGC2N. Please note a Direct Ticketing Charge will apply for booking by phone. There is no ticketing fee for reservations made and ticketed on www.delta.com. When booking online, select Book a Trip, click on Advanced Search and enter the meeting code of NMKDR in the box provided on the Search Flights page. Valid travel dates: May 14 – June 6, 2015.

Southwest Airlines: Offers 8% discount on Business Select (K) fares and Anytime (Y) fares or a 2% discount in select Wanna Get Away public fare classes for travel to/from Charleston. Reservations must be booked online via www.swabiz.com and using Corporate ID # 99587821. Benefits also include 25% bonus reward points, first two bags free and no change or cancellation fees. Valid travel dates: May 19 – June 1, 2015.

Ground Transportation: The Westin Resort is 45 minutes from the Savannah International Airport and 5 minutes from the Hilton Head Airport. Traffic is heavier than normal on Memorial Day weekend so please consider this when making travel arrangements.

Car Rental: Most major car companies are represented at both airports. AVIS is offering special rates for course participants. For ease in making your reservation you may contact Avis at 800-331-1600 or www.avis.com. Reference the AWD discount # T323199. These rates are available May 17– June 3, 2015.

Taxi One Way Fares:

Savannah International Airport to Westin or Hampton Inn \$80.00, Days Inn \$85.00 (\$10 per passenger in excess of 2). Hilton Head Airport to Westin \$17.00, Days Inn and Hampton Inn \$14.00 (\$5 per passenger in excess of 2).

K-Shuttle: is the official provider of scheduled shuttle service from the Savannah International Airport to Hilton Head Island. Shuttles run throughout the day beginning at 10:00am with service from the island returning to the airport beginning at 3:45am with advance reservations. Reservations can be made by calling 877-243-2050 or via website at www.kshuttle.com.

Registration FEE and Refunds

The course is limited to 350 participants. Please be aware that previous courses have sold out. Fees include all sessions, break-outs, a 800 page course notebook (valued at \$100), four buffet breakfasts, breaks, Chairmen's Beachside Cookout, course t-shirt and tote bag.

MD / DO	\$1000
Resident / Fellow	\$1000
(\$200 Refunded upon receipt of certified letter of training status)	
Physical Therapist	\$800
Physical Therapy Assistant	\$800
Athletic Trainer	\$800
Physician Assistant	\$800
Student	\$800
(\$100 Refunded upon receipt of certified letter of training status)	
Other Allied Health Professional	\$800

If your registration must be cancelled, a full refund will be given if we are notified (in writing) by April 1, 2015. Your fees, less 20% for administrative costs, will be refunded if we are notified (in writing) beginning April 2nd up to April 30, 2015. No refunds will be made for any reason beginning May 1, 2015. Each participant who attends will receive a certificate of completion at the conclusion of the course. In case of adverse weather conditions or travel interruptions caused by national security issues, refunds will be determined on an individual basis. Cincinnati SportsMedicine Research and Education Foundation reserves the right to change speakers or cancel the conference if unforeseen circumstances arise.

Advances on the Knee, Shoulder and SportsMedicine - Course Registration

Sunday May 24 to Wednesday May 27, 2015

Attendee's Name: _____ Nickname: _____
first last preferred name for name tag

Address: _____

City: _____ State/Country: _____ Zip: _____

Home Phone: _____ Work Phone: _____ Mobile Phone: _____

Email: _____

Emergency Contact: _____ Phone: _____

Note: information will be kept strictly confidential, not published, nor released and used only in case of medical emergency.

SS# (MD's & PAs only): _____ PT Lic. # and State: _____
Last 4 Digits of SS and Full Birth Date Required for CME Certificate

N.A.T.A. Cert. #: _____ NSCA#: _____

☐ VISA ☐ Discover ☐ MC Credit Card #: _____ Exp. Date: _____

Name on Card: _____

Card Billing Address: _____

Please select: ☐ M.D. \$1000 ☐ D.O. \$1000 ☐ Resident/Fellow \$1000 (\$200 Refunded upon receipt of certified letter of training status)

☐ Physical Therapist \$800 ☐ Athletic Trainer \$800 ☐ Physician Assistant \$800 ☐ PT Assistant \$800

☐ Student \$800 (\$100 Refunded upon receipt of certified letter of student status) ☐ Other \$800 (please specify) _____

☐ Pre-Conference Sportsmetrics™ Certification Course ☐ \$790

How did you see/hear about this course? ☐ Brochure ☐ JOSPT ☐ Sports Health ☐ PT Bulletin Online ☐ JAAPA

☐ AAOS Now ☐ NATA News ☐ Former participant ☐ Internet ☐ Other (please specify) _____



Choose 2-3 breakouts per day. Make one selection from each of the color coded areas below

May 24, 2015

Session IV #1	
Session IV #2	
Session IV #3	
Session IV #4	
Session IV #5	

May 25, 2015

Session VIII #6	
Session VIII #7	

May 26, 2015

Session XII #8	
Session XII #9	
Session XII #10	
Session XII #11	

Registration Options: Online www.csmoevents.com Fax 513-792-3230 Phone 513-794-8461
 Mail to CSMREF: Debbie Hartwig 10663 Montgomery Road, Cincinnati, OH 45242
 Checks payable to Cincinnati SportsMedicine Research & Education Foundation

THE WESTIN RESORT HOTEL REGISTRATION

Group Name: Cincinnati SportsMedicine Research and Education Foundation • Major Arrival Date: Saturday May 23, 2015 • Major Departure Date: Wednesday May 27, 2015

Advances on the Knee, Shoulder & Sports Medicine -- Sunday, May 24 to Wednesday May 27, 2015

To make reservations, visit our website www.cincinnati-sportsmed.com and click on the Westin Resort link or fax this form to 843-681-7704 or call 843-681-4000 or 1-800-937-8461 or mail to: The Westin Resort, Two Grasslawn Avenue, Hilton Head Island, SC 29928, Attention Reservations

COURSE PARTICIPANT MUST MAKE HOTEL RESERVATIONS - DO NOT COMPLETE & SEND THIS PORTION OF THE FORM TO CINCINNATI SPORTSMEDICINE

Name: _____ Arrival Date: _____ Departure Date: _____

Company: _____ No. of Adults in Party (over 18 Years old): _____

Street: _____ No. of Children: _____ No. of Rooms Required: _____

City: _____ State: _____ Zip: _____ Telephone: () _____

Credit Card#: _____ Name on Credit Card: _____

Expiration Date: _____ Signature: _____

Email: _____

RATES WILL APPLY 3 DAYS BEFORE AND 3 DAYS AFTER OFFICIAL MEETING DATES.

Please check the rate of accommodations desired.

- ☐ Island View - \$229 ☐ Ocean View - \$249
☐ King ☐ Two Double Beds

Preferences will be noted on reservation, however, they are not guaranteed. All preferences are subject to availability upon check-in. Group rate is available three days prior and three days following the convention dates based upon availability.

GUARANTEE

Reservations will be accepted on a space available basis until the reservation cut-off date of April 29, 2015. All reservations must be guaranteed with a deposit of \$273.90 Island View / \$295.90 Ocean View. The deposit will be applied to the first night's room and tax and can be made via credit card or check.

RESERVATIONS MUST BE CANCELLED 5 DAYS PRIOR TO ARRIVAL TO ENSURE ADVANCE DEPOSIT REFUND.

Check-in time: 4:00 p.m. Check-out time: 12:00 p.m.

Attendees may be checked in earlier depending on occupancy levels & availability of ready rooms.

*Cincinnati SportsMedicine
Research and Education Foundation
10663 Montgomery Road
Cincinnati, OH 45242*

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Permit No. 7165

After spending the day participating in the education sessions offered in the 30th Annual Advances on the Knee, Shoulder and Sports Medicine course, we hope you'll be able to enjoy some of Hilton Head's amenities. The island of a thousand sunsets offers an abundance of activities for the young and old.

With the neighboring Atlantic Ocean, Hilton Head Island provides the perfect backdrop for those individuals who just want to sit back and bask beside a sparkling pool or stroll along 12 miles of golden sand beaches.

- On the other hand, it's a place where the ambitious, active person can...
- ... tee up for world-class golf at Port Royal's three 18-hole championship courses: Barony, Planter's Row and Robber's Row designed by Pete Dye. Honored with the Conference and Incentive Travel Magazine Greens of Distinction Award
 - ... enjoy an invigorating match at a world-class tennis facility
 - ... swim, sail, fish, jet ski - you name the watersport!
 - ... enjoy the nightlife either dancing at South Beach, listening to live blues music or relaxing at many of the wonderful local hangouts
 - ... experience the culinary delights - from fast food to French cuisine at the island's more than 300 restaurants, cafes, pubs, steak and seafood houses
 - ... head to one of the island's numerous factory outlet malls where the sales never end
 - ... discover the natural beauty of the low country on bicycles
 - ... explore the richness and diversity of the low country's saltwater tidal marshes by kayaking
 - ... share the experience as you take the helm or help raise the sails on a 62' and all wood Concordia yacht

Could There Be a Better Place?

Hilton Head Island

Site of the 30th Annual
Advances on the Knee, Shoulder and Sports Medicine Course



Got an Idle Hour?

We have at least a **million** ways to fill it up

