

KEEP **YOUR** EDGE

Hockey Sports Medicine **2015**

Toronto Marriott Downtown,
Eaton Centre Hotel
Toronto, ON, Canada
August 28-30, 2015



Preliminary Program

Provided by:



The American Orthopaedic
Society for Sports Medicine



Support by:

FACULTY

KEEP YOUR EDGE
Hockey Sports Medicine **2015**

Mark Aubry MD

Team Physician, Ottawa Senators
Ottawa, ON

Raymond Barile

Athletic Trainer, St. Louis Blues
St. Louis, MO

Brian W. Benson MD, PhD

Sport Medicine Centre
University of Calgary
Calgary, AB

Leslie J. Bisson MD

Head Team Physician, Buffalo Sabres
Amherst, NY

Josh Bloom MD, MPH

Team Physician, Carolina Hurricanes
Cary, NC

Don Chow MD

Team Physician, Ottawa Senators
Ottawa, ON

Anthony Colucci DO

Head Team Physician
Detroit Redwings
South Lyon, MI

Robert J. Dimeff MD

Team Physician, Dallas Stars
Dallas, TX

Gary W. Dorshimer MD, FACP

Head Team Physician
Philadelphia Flyers
Philadelphia, PA

Ruben J. Echemendia PhD

NHL/NHLPA Concussion Working
Group
State College, PA

Joseph Eischen ATC, PT, CSCS

Sports Medicine Center, Mayo Clinic
Rochester, MN

Carolyn A. Emery BScPT, PhD

Professor, Kinesiology
University of Calgary
Calgary, AB

Jonathan T. Finnoff DO

Mayo Clinic
Minneapolis, MN

Noah A. Forman MD

Team Physician, Toronto Maple Leafs
Toronto, ON

Ashley James ND

Team Nutritionist, Toronto Maple Leafs
Toronto, ON

Bryan T. Kelly MD

Chief, Sports Medicine and Shoulder
Service, Hospital for Special Surgery
New York, NY

Guy Lanzi DMD

Team Physician, Philadelphia Flyers
Haddonfield, NJ

Orr Limpisvasti MD

Team Physician, Anaheim Ducks
Anaheim, CA

Peter B. MacDonald MD, FRCS

Head Team Physician, Winnipeg Jets
Pan Am Clinic
Winnipeg, MB

Matthew J. Matava MD

Team Physician, St. Louis Blues
St. Louis, MO

James M. McCrossin

Trainer, Philadelphia Flyers
Philadelphia, PA

Willem Meeuwisse MD, PhD

Co-Chair, NHL/NHLPA
Joint Health and Safety Committee
Calgary, AB

David S. Mulder MD

Montréal General Hospital
Montréal, QC

Bradley J. Nelson MD

Team Physician, Minnesota Wild
Minneapolis, MN

Brian R. Neri MD

Head Team Orthopedist
New York Islanders
Lake Success, NY

Paul Piccininni B.Sc., DDS

Team Dentist, Mississauga Steelheads
Sport Medicine staff, York University
IOC Medical Commission,
IIHF Medical Committee
Toronto, ON

Jim Ramsay

Trainer, New York Rangers
New York, NY

John Rizos MD

NHLPA
Toronto, ON

Steven E. Rokito MD

Division Chief, Sports Medicine
Long Island Jewish Medical Center
Assistant Professor, Orthopaedic
Surgery Hofstra North Shore-LIJ
School of Medicine
Associate Team Orthopedist
NY Islanders
Great Neck, NY

Kathryn Schneider PT, PhD

Assistant Professor, Sports Injury
Prevention Research Centre
Faculty of Kinesiology
University of Calgary
Calgary, AB

Brian Shaw PhD

NHL/NHLPA Substance Abuse
and Behavioral Health Program
Toronto, ON

Michael J. Stuart MD

Chief Medical and Safety Officer
USA Hockey
Rochester, MN

John S. Theodoropoulos MD, FRCSC

Orthopaedic Surgeon
Toronto Maple Leafs
Toronto, ON

KEYNOTE SPEAKERS:

Mathieu Schneider

National Hockey League
Players Association
Toronto, ON

Bill Daly

NHL Deputy Commissioner
New York, NY

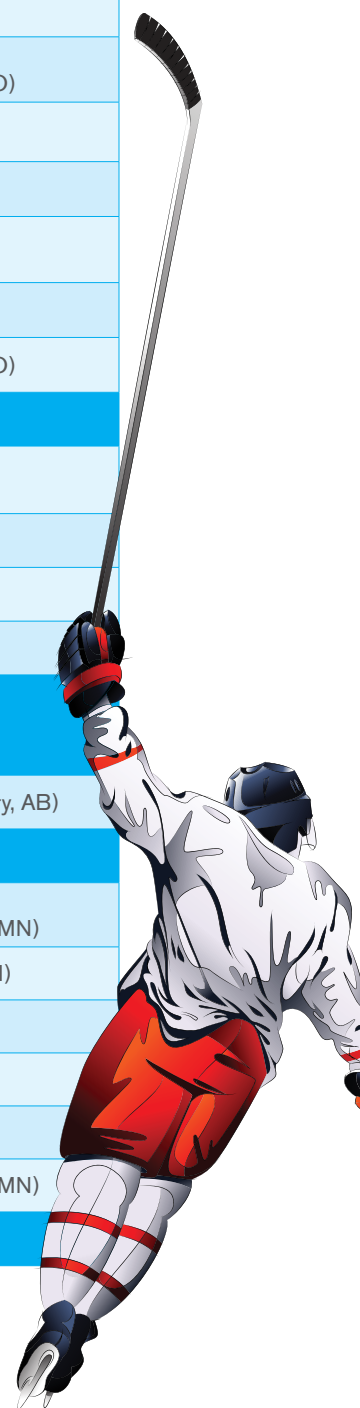


AGENDA

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Friday, August 28, 2015

07:00 AM-07:45 AM	Welcome and Introductions	Donald Chow MD (Ottawa, ON) Michael J. Stuart MD (Rochester, MN)
8:00 AM-8:40 AM	Epidemiology of Ice Hockey Injuries	Moderator: Mark Aubry MD (Ottawa, ON)
8:00 AM-8:15 AM	Hockey Injury Risk, Mechanisms, Types, and Severity in Youth Players	Carolyn A. Emery BScPT, PhD (Calgary, AB)
8:15 AM-8:30 AM	Epidemiology of Injuries in the NHL	Willem Meeuwisse MD, PhD (Calgary, AB)
8:30 AM-8:40 AM	Questions and Discussion	Moderator: Mark Aubry MD (Ottawa, ON)
8:40 AM-9:55 AM	Prevention of Hockey Injuries: Making a Difference	Moderator: Matthew J. Matava MD (St. Louis, MO)
8:40 AM-8:55 AM	Pre-participation Screening in the NHL, NCAA, and High School and Youth Player	Josh Bloom MD, MPH (Cary, NC)
8:55 AM-9:10 AM	Equipment and Arena Characteristics	Brian W. Benson MD (Calgary, AB)
9:10 AM-9:25 AM	Strength and Conditioning: In-season and Off-season Strategies	James M. McCrossin ATC, CSCS (Philadelphia, PA)
9:25 AM-9:40 AM	Mouthguards and Dental Trauma	Paul Piccininni DDS (Toronto, ON)
9:40 AM-9:55 AM	Questions and Discussion	Matthew J. Matava MD (St. Louis, MO)
9:55 AM-10:25 AM	Break	
10:25 AM-11:05 AM	Performance Enhancement Healing: Fact or Fiction?	Moderator: Jim Ramsay (New York, NY)
10:25 AM-10:40 AM	Regenerative Sports Medicine: PRP, Stem Cells?	Robert J. Dimeff MD (Dallas, TX)
10:40 AM-10:55 AM	Dietary Supplements: Safe, Effective, or Neither?	Ashley James BA, ND (Toronto, ON)
10:55 AM-11:05 AM	Questions and Discussion	Jim Ramsay (New York, NY)
11:05 AM-11:50 AM	Keynote Address #1	Mathieu Schneider (National Hockey League Players Association)
11:50 AM-12:00 NOON	Questions and Discussion	Willem Meeuwisse MD, PhD (Calgary, AB)
12:00 NOON-1:00 PM	Lunch (on own)	
1:00 PM-2:20 PM	Hockey Emergencies: Are You Prepared?	Moderator: Bradley J. Nelson MD (Minneapolis, MN)
1:00 PM-1:15 PM	Emergency Action Plan	Anthony Colucci DO (South Lyon, MI)
1:15 PM-1:30 PM	Airway Compromise	Noah A. Forman MD (Toronto, ON)
1:30 PM-1:45 PM	Cardiac and Pulmonary Injuries	David S. Mulder MD (Montréal, QC)
1:45 PM-2:00 PM	Maxillofacial and Eye Injuries	Guy Lanzi MD (Haddonfield, NJ)
2:00 PM-2:20 PM	Questions and Discussion	Bradley J. Nelson MD (Minneapolis, MN)
2:20 PM-3:10 PM	Break	



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Friday, August 28, 2015 *continued*

3:10 PM-4:10 PM	Medical Conditions in Hockey	Moderator: David S. Mulder MD (Montréal, QC)
3:10 PM-3:25 PM	Non-concussion Related Cognitive Problems (Learning Issues, ADHD)	Brian Shaw PhD (Toronto, ON)
3:25 PM-3:40 PM	Dermatologic Conditions	Robert J. Dimeff MD (Dallas, TX)
3:40 PM-3:55 PM	Infectious Disease: Measles and Mumps Epidemics, Inuenza, Gastroenteritis	Josh Bloom MD, MPH (Cary, NC)
3:55 PM-4:10 PM	Questions and Discussion	David S. Mulder MD (Montréal, QC)
4:10 PM-5:00 PM	Medical Hockey Scenarios: What Would You Do?	Moderator: Josh Bloom MD, MPH (Cary, NC) Case Presentations/Panel Discussion Noah A. Forman MD (Toronto, ON) Robert J. Dimeff MD (Dallas, TX) Mark Aubry MD (Ottawa, ON)
5:00 PM	Adjourn	
6:30 PM-8:30 PM	Reception: Hockey Hall of Fame; Brookfield Place, 30 Yonge Street	

Saturday, August 29, 2015

7:45 AM-9:05 AM	Concussion Symposium	Moderator Michael J. Stuart MD (Rochester, MN)
7:45 AM-8:00 AM	Initial Evaluation of Suspected Concussion: King-Devick, Oculovestibular, EEG	Jonathan Finnoff DO (Minneapolis, MN)
8:00 AM-8:15 AM	Role and Value of Neuropsychological Testing	Ruben J. Echemendia MD (State College, PA)
8:15 AM-8:30 AM	Therapeutic Interventions for the Slow to Recover	Kathryn Schneider PT, PhD (Calgary, AB)
8:30 AM-8:45 AM	Follow-up and Return to Play	Mark Aubry MD (Ottawa, ON)
8:45 AM-9:05 AM	Questions and Discussion	Michael J. Stuart MD (Rochester, MN)
9:05 AM-9:35 AM	Break	
9:35 AM-11:05 AM	Orthopaedic Problems in Hockey (Focus on Upper Extremity)	Moderator Anthony Colucci DO (South Lyon, MI)
9:05 AM-9:50 AM	Shoulder—Glenohumeral Instability	John S. Theodoropoulos MD, FRCSC (Toronto, ON)
9:50 AM-10:15 AM	Shoulder—Clavicle, SC, and AC Joints	Matthew J. Matava MD (St. Louis, MO) Raymond Barile (St. Louis, MO)
10:15 AM-10:30 AM	Elbow	Orr Limpisvasti MD (Anaheim, CA)
10:30 AM-10:45 AM	Wrist/Hand	Steven E. Rokito MD (Great Neck, NY) Brian R. Neri MD (Lake Success, NY)
10:45 AM-11:05 AM	Questions and Discussion	Anthony Colucci DO (South Lyon, MI)
11:05 AM-11:45 AM	Safety in Ice Hockey: Perspective from the NHLPA	John Rizos MD (Toronto, ON)
11:45 AM-1:00 PM	Lunch (on own)	

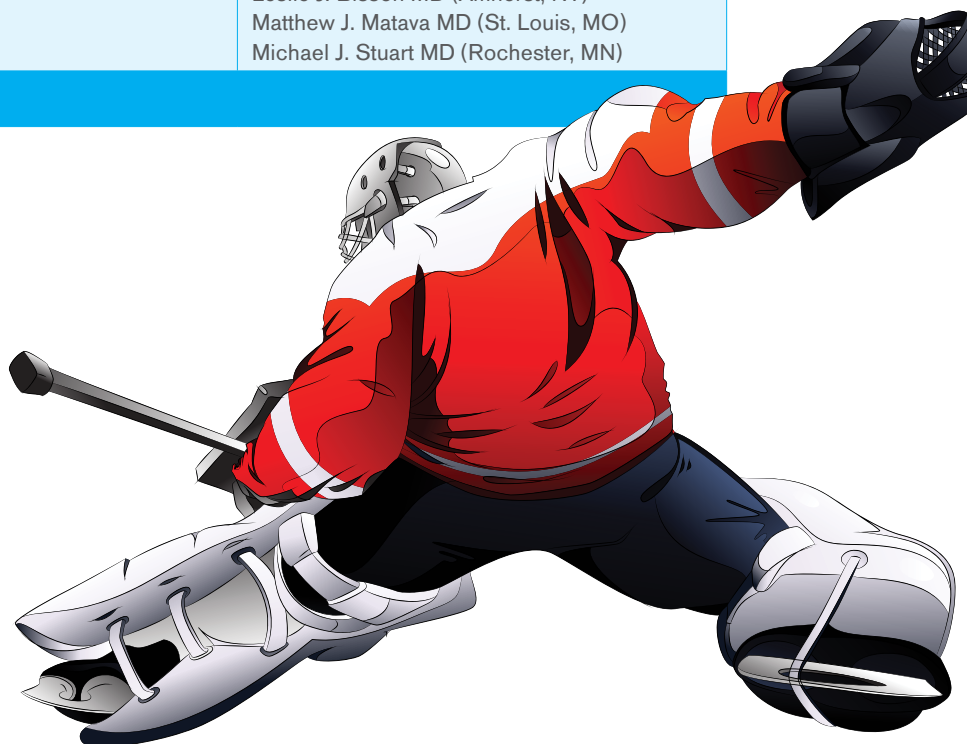


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Saturday, August 29, 2015 *continued*

1:00 PM-1:45 PM	Keynote Address #2	Bill Daly (National Hockey League)
1:45 PM-2:00 PM	Questions and Discussion	Don Chow, MD (Ottawa, ON) Michael J. Stuart MD (Rochester, MN)
2:30 PM-3:00 PM	Break	
2:00 PM-3:00 PM	Orthopaedic Problems in Hockey (Spine/Trunk)	Moderator: Raymond Barile (St. Louis, MO)
2:00 PM-2:15 PM	Cervical Spine	Leslie J. Bisson MD (Amherst, NY)
2:15 PM-2:30 PM	Lumbar Spine	Don Chow MD (Ottawa, ON)
2:30 PM-2:45 PM	Focus and Rehabilitation: Core/Spine Strengthening	Joseph Eischen ATC, PT, CSCS (Rochester, MN)
2:45 PM-3:00 PM	Questions and Discussion	Raymond Barile (St. Louis, MO)
3:00 PM-3:30 PM	Break	
3:30 PM-4:15 PM	Orthopaedic Problems in Hockey (Spine/Trunk)	Moderator: John S. Theodoropoulos MD, FRCSC (Toronto, ON)
3:30 PM-3:55 PM	Hip	Bryan T. Kelly MD (New York, NY) Jim Ramsay (New York, NY)
3:55 PM-4:10 PM	Groin	Brian R. Neri MD (Lake Success, NY)
4:10 PM-4:20 PM	Questions and Discussion	John S. Theodoropoulos MD, FRCSC (Toronto, ON)
4:20 PM-5:00	Orthopaedic Hockey Injury Scenarios: What Would You Do?	Moderator: Peter B. MacDonald MD (Winnipeg, MB) Case Presentations/Panel Discussion Leslie J. Bisson MD (Amherst, NY) Matthew J. Matava MD (St. Louis, MO) Michael J. Stuart MD (Rochester, MN)
5:00 PM	Adjourn	



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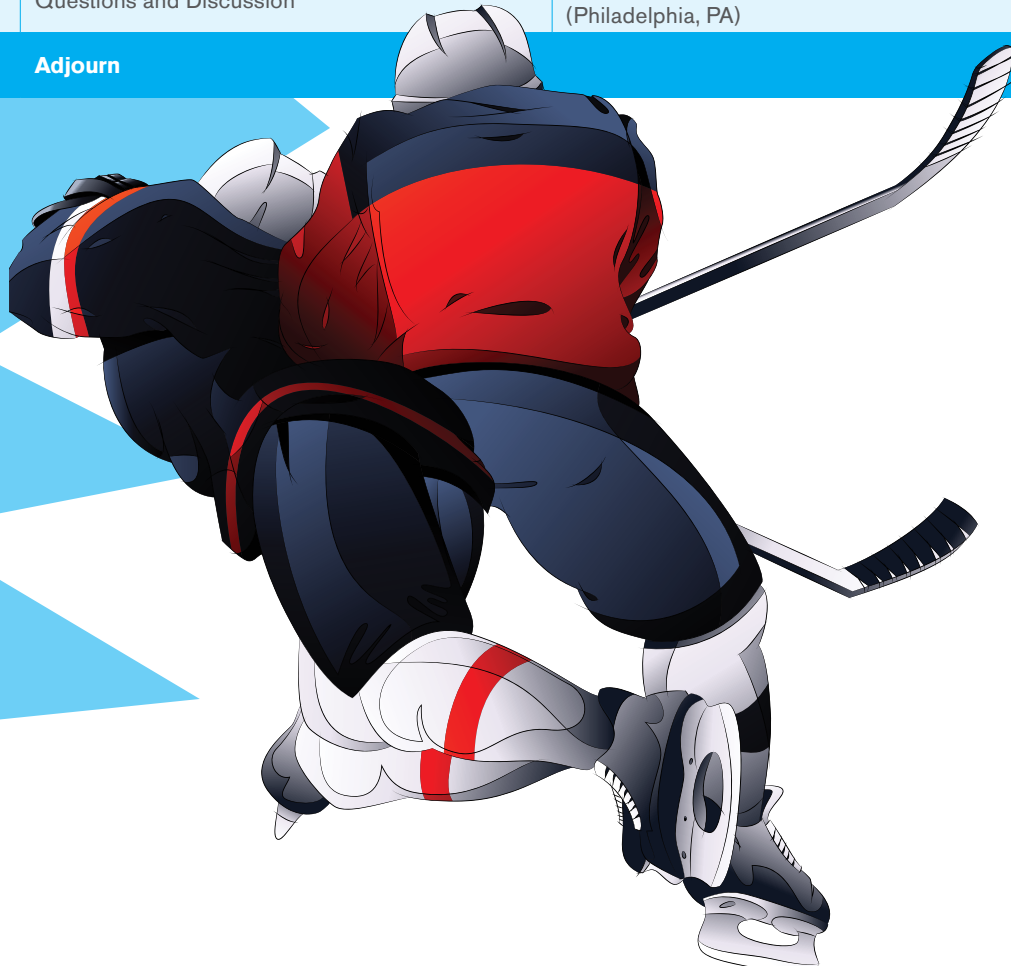
Sunday, August 30, 2015

7:45 AM-9:35 AM	Orthopaedic Problems in Hockey (Lower Extremity)	Leslie J. Bisson MD (Amherst, NY)
8:15 AM-8:30 AM	Knee—Meniscus	Peter B. MacDonald MD (Winnipeg, MB)
8:30 AM-8:35 AM	Knee—Ligaments	Michael J. Stuart MD (Rochester, MN) Joseph Eischen ATC, PT, CSCS (Rochester, MN)
8:55 AM-9:20 AM	Foot/Ankle	Bradley J. Nelson MD (Minneapolis, MN) Jeff Winslow (Minneapolis, MN)
9:20 AM-9:35 AM	Questions and Discussion	Leslie J. Bisson MD (Amherst, NY)
9:35 AM-10:05 AM	Break	
10:05 AM-11:05 AM	Non-Orthopaedic Problems in Hockey	Moderator: James M. McCrossin ATC, CSCS (Philadelphia, PA)
10:05 AM-10:20 AM	Nutrition for Hockey Players	Ashley James BA, ND (Toronto, ON)
10:20 AM-10:35 AM	Sleep, Rest, and Recovery	Brian Shaw PhD (Toronto, ON) James M. McCrossin ATC, CSCS (Philadelphia, PA)
10:35 AM-10:50 AM	Sports Psychology for the Hockey Player	Brian Shaw PhD (Toronto, ON)
10:50 AM-11:05 AM	Questions and Discussion	James M. McCrossin ATC, CSCS (Philadelphia, PA)
11:05 AM	Adjourn	

**Don't miss the
reception at the
Hockey Hall of Fame**

Friday, August 28, 2015
6:30 pm - 8:30 pm

Brookfield Place
30 Yonge Street



GENERAL INFORMATION

KEEP YOUR EDGE Hockey Sports Medicine 2015

Score one for your team – learn from world-renowned hockey sports medicine specialists treating athletes at all levels.

COURSE LOCATION

The meeting will be held at the Toronto Downtown Marriott Eaton Centre Hotel. The hotel is located in the heart of downtown Toronto and connected by indoor walkway to the world class shopping complex The Toronto Eaton Centre. The hotel is within walking distance to many dining options as well the theatre, entertainment and financial districts.

EXHIBITS

To complement the educational session, tabletop exhibits will be on display throughout the meeting.

FACULTY

A complete listing of the faculty is included in this program. Any and all faculty disclosures will be provided in the final program, to be distributed at the meeting to all registrants.

HOTEL ACCOMMODATIONS

A block of rooms has been reserved at the Toronto Marriott Downtown Eaton Hotel at a group rate of \$189. Reservations may be made by calling 800-228-9290 and asking for the AOSSM Meeting Room Block. You can also book directly **online**. **The reservation deadline is July 24, 2015.** Rooms are guaranteed until this date pending availability. Attendees are encouraged to book early

REFUND POLICY

A written request must be received in the AOSSM office prior to July 28, 2015. The registration fee, minus a **\$150** processing fee will be refunded. No refunds will be made after July 28, 2015.

RECEPTION

On Friday, August 28, 2015 there will be a cocktail reception for all attendees from 6:30 pm – 8:30 pm at **The Hockey Hall of Fame**. The Hockey Hall of Fame will be closed to the public during this time and attendees and their guests can enjoy a private reception and have access to the Stanley Cup, interactive games and other hockey memorabilia. Light fare will be offered as well. This is included in the registration fee.

COURSE OBJECTIVES

Upon completion of this course, learners will be able to:

- Analyze epidemiological trends in hockey injuries for professional, female and youth hockey players
- Integrate prevention strategies with their health care team(s) to improve musculoskeletal and medical health for hockey players
- Implement an effective evaluation algorithm for musculoskeletal and medical conditions afflicting hockey players

- Assess and apply surgical and non-surgical treatment recommendations and rehabilitation protocols for the management of essential musculoskeletal and medical conditions in ice hockey

REGISTRATION

Every meeting attendee must present photo identification to pick up registration materials

On-site registration hours will be as follows:

Friday, August 28, 2015
6:30 am-5:00 pm

Saturday, August 29, 2015
7:00 am-5:00 pm

Sunday, August 30, 2015
7:00 am-11:00 am

DESCRIPTION

This live activity is designed to identify areas of concern or controversy in the management of hockey athletes in a team sport setting through didactic presentations and case based scenarios. Key issues, along with up-to-date and practice solutions, will be addressed. Time has been built into the agenda for questions and answers. The American Orthopaedic Society for Sports Medicine (AOSSM) and the National Hockey League Team Physicians Society (NHLTPS) believe these insights provide guidance for the management of similar problems in competitive and recreational settings.

TARGET AUDIENCE

This conference is designed for any orthopaedic surgeon, physician, athletic trainer, physical therapist, or coach concerned with the management or prevention of injuries to the hockey athlete.



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Score one for your team – learn from world-renowned hockey sports medicine specialists treating athletes at all levels.

DISCLOSURE

AOSSM attests that the person(s) responsible for the development of this educational activity did so independently and were not influenced by commercial supporters.

ACCREDITATION AND AMA CREDIT DESIGNATION STATEMENT

The AOSSM is accredited by the Accreditation Council of Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

AOSSM designates this live activity for a maximum of **17.0 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

NATA/CEUs

AOSSM is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers.

This program has been approved for a maximum of **17.0** hours of Category A continuing education. Certified Athletic Trainers are responsible for claiming only those hours actually spent participating in the continuing education activity.

BOC Approved Provider Number:
P460

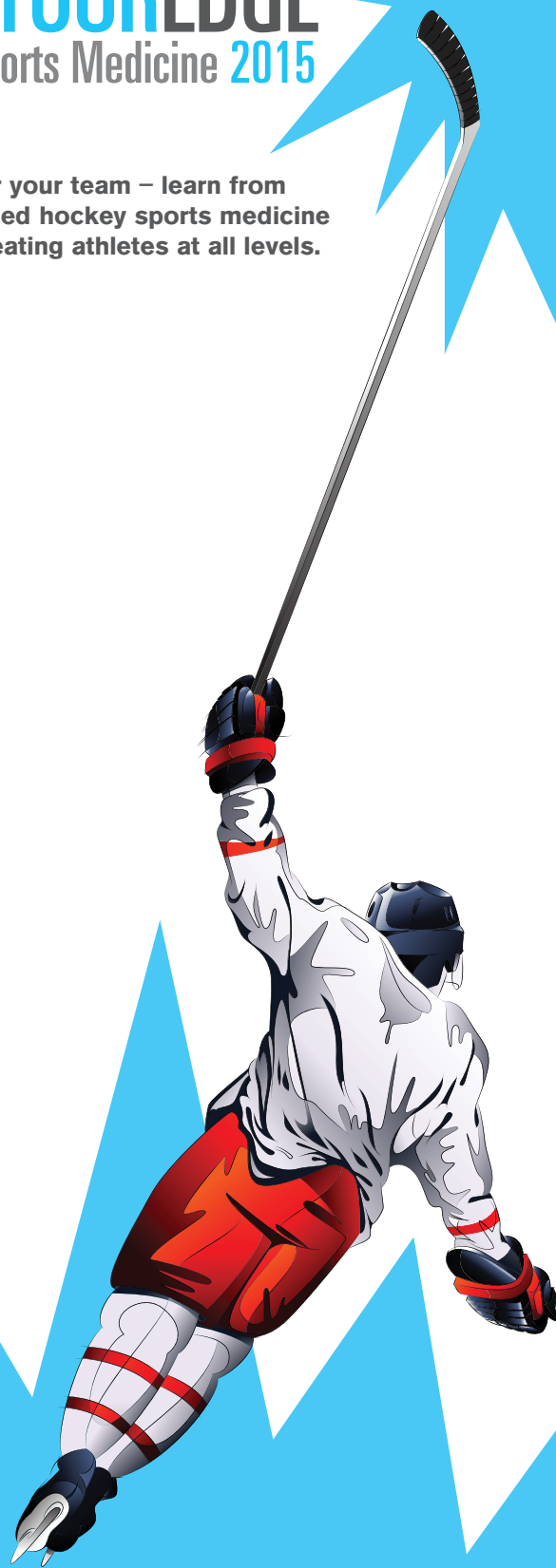


DISCLAIMER

The material presented in this continuing medical education program is being made available by the AOSSM for educational purposes only. This material is not intended to represent the only methods or procedures appropriate for the medical situation discussed. AOSSM is not responsible for expenses incurred by an individual who is not confirmed and for whom space is not available at the meeting. Costs incurred by the registrant, such as airline or hotel fees or penalties, are the responsibility of the registrant.

DISCLOSURE STATEMENT

In accordance with the standards of the ACCME, it is the policy of the AOSSM that faculty and planners disclose to the learners all financial relationships during the past twelve months with any commercial interest (any proprietary entity producing, marketing, re-selling, or distributing health care goods or services consumed by, or used on, patients). Any and all disclosures will be provided in the final program that is distributed at the meeting to program participants. In accordance with AOSSM policy, faculty participation in this live activity is predicated upon timely submission and review of AOSSM disclosures. Non-compliance will result in a faculty member being stricken from the program.



Questions and information

American Orthopaedic Society for Sports Medicine

9400 W. Higgins Road | Suite 300
Rosemont, Illinois 60018

Phone: 847/292-4900 | Fax: 847/292-4905 | Toll-Free Phone: 877/321-3500
www.sportsmed.org/NHLMeeting

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Toronto Marriott Downtown, Eaton Centre Hotel
Toronto, ON, Canada | August 28-30, 2015

Advanced registration closes JULY 28, 2015 | www.sportsmed.org/NHLMeeting

Name		Degree	
Mailing Address			
City	State/Province	Zip/Postal Code	Country
Phone	Fax	Email	

Meeting Registration Category

(the cost of meeting registration does *not* include hotel.)

All fees quoted in US dollars	If staying at Toronto Marriott Downtown, Eaton Centre	If staying at other hotel*
Course Faculty	NC	US \$150
Physician/Chiropractor/PhD	US \$700	US \$850
Therapist/Certified Athletic Trainer/ Coach/Allied Health	US \$350	US \$500
Fellow/Resident/Intern/Student	US \$300	US \$450
TOTAL		

On-site registration will be available for a surcharge of US \$100 added to the pre-registration fees.

Payment Information

Return form with check payable to: AOSSM, 2884 Momentum Place, Chicago, IL 60689-5328. Your cancelled check is your receipt. **If you prefer, you may charge your registration.** Provide credit card information and fax form to 847/292-4905.

☐ Check Enclosed ☐ Visa ☐ Mastercard ☐ American Express

Card Number	Exp. Date
Name (as it appears on card)	
Signature	Date

*Note on Fee Differential: Registration costs are predicated on attendees staying at Toronto Marriott Downtown Eaton Centre. A US \$100 differential is assessed to registrants staying at other hotels to offset expenses incurred. Meeting registrants will be confirmed with hotel master list.

NOTE: Requests for refunds must be received in writing in the AOSSM office by July 28, 2015. The registration fee minus a US \$150 processing fee will be refunded. No refunds will be made after July 28, 2015.



The American Orthopaedic
Society for Sports Medicine