



Jacksonville

Hyatt Regency Jacksonville Riverfront
Jacksonville, Florida



Who Should Attend?

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

Earn up to 25 continuing education credits

- CMEs
- ACSM CECs
- NATA CEUs

February 3-7, 2016

ACSM Team PhysicianSM Course – Part I

Essentials of Sports Medicine: From Sideline to the Clinic

PRELIMINARY PROGRAM

Register Today! www.acsm.org/tpc

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

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



AGENDA

Wednesday, February 3, 2016

- 6:00-8:00 p.m.** Basic Ultrasound in Sports Medicine
Chair: Stephen M. Simons, M.D., FACSM
John Hatzenbuehler, M.D., FACSM
Mark Lavallee, M.D., FACSM
David Olson, M.D., FACSM
Jerrad Zimmerman, M.D.

Thursday, February 4, 2016

Upper Extremity Injuries in Athletes - Head/Neck and Shoulder

- 7:45 a.m.** Course Introduction
Mary Lloyd Ireland, M.D., FACSM
David Olson, M.D., FACSM
Moderator: Mary Lloyd Ireland, M.D., FACSM
- 8:00-8:30 a.m.** Closed Head Injury and Concussion
Stephen M. Simons, M.D., FACSM
- 8:30-9:00 a.m.** Update on Concussion Guidelines
James Moriarity, M.D., FACSM
- 9:00-9:30 a.m.** Cervical Spine: Anatomy, Catastrophic C-spine Injury, Transient Quadraparesis
Jerrad Zimmerman, M.D.
- 9:30-9:50 a.m.** Functional Anatomy of the Shoulder
Tamara Scerpella, M.D.
- 9:50-10:10 a.m.** Exam and Imaging of the Shoulder
Mary Lloyd Ireland, M.D., FACSM
- 10:10-10:30 a.m.** Break

Upper Extremity Injuries in Athletes: Shoulder and Elbow

Moderator: Daryl Osbahr, M.D.

- 10:30-10:50 a.m.** Acute Injuries About the Adult Shoulder: Fractures, Dislocations and Separations
Daryl Osbahr, M.D.
- 10:50-11:10 a.m.** Chronic Injuries About the Adult Shoulder: Impingement, Rotator Cuff Injuries and Instability
Tamara Scerpella, M.D.
- 11:10-11:30 a.m.** Upper Extremity Neurologic Injury
Tamara Scerpella, M.D.
- 11:30 a.m.-12:00 p.m.** Interactive Break-out Sessions: Examination of the Shoulder and Neck
- 12:00-1:30 p.m.** Lunch on your Own

Upper Extremity Injuries in Athletes: Shoulder and Elbow II

Moderator: Tamara Scerpella, M.D.

- 1:30-1:50 p.m.** Functional Anatomy of the Elbow
Daryl Osbahr, M.D.
- 1:50-2:10 p.m.** Examination and Imaging of the Elbow
Daryl Osbahr, M.D.
- 2:10-2:30 p.m.** Adult Elbow Injuries: Acute and Chronic
Tamara Scerpella, M.D.
- 2:30-2:50 p.m.** Pediatric Elbow and Shoulder Injuries
Mary Lloyd Ireland, M.D., FACSM
- 2:50-3:10 p.m.** Break

Return to Play

Moderator: Mark Lavallee, M.D., FACSM

- 3:10-3:30 p.m.** Return to Play
John Hatzenbuehler, M.D., FACSM
- 3:30-3:50 p.m.** Psychology of the Injured Athlete
Mark Lavallee, M.D., FACSM
- 3:50-4:15 p.m.** Selected Issues in Injury and Illness Prevention and the Team Physician (Primary Care and Injury Issues)
Mark Lavallee, M.D., FACSM
- 4:15-4:30 p.m.** Questions and Answers

Friday, February 5, 2016

- 7:30-8:00 a.m.** Ask the Faculty
Mary Lloyd Ireland, M.D., FACSM
Jeff Konin, Ph.D., ATC, PT, FACSM
Daryl Osbahr, M.D.

Subspecialty Issues in Sports Medicine I

Moderator: Stephen M. Simons, M.D., FACSM

- 8:00-8:20 a.m.** Exercise Induced Bronchospasm and Vocal Cord Dysfunction
Stephen M. Simons, M.D., FACSM
- 8:20-8:40 a.m.** GU Tract Illness and Injury in the Athlete
Mark Lavallee, M.D., FACSM
- 8:40-9:00 a.m.** GI Problems in the Athlete
Stephen M. Simons, M.D., FACSM
- 9:00-9:20 a.m.** Abdominal Trauma in Sports
Mark Lavallee, M.D., FACSM
- 9:20-9:40 a.m.** Break

The Hand and Wrist in Athletes

Moderator: Jeff Konin, Ph.D., ATC, PT, FACSM

- 9:40-10:00 a.m.** Functional Anatomy of the Hand and Wrist
Daryl Osbahr, M.D.
- 10:00-10:20 a.m.** Hand and Wrist Diagnosis and Imaging
Mary Lloyd Ireland, M.D., FACSM
- 10:20-10:40 a.m.** Rehabilitation and Bracing of Hand and Wrist Injuries
Jeff Konin, Ph.D., ATC, PT, FACSM
- 10:40-11:00 a.m.** Questions and Answers
- 11:00-11:30 a.m.** Interactive Break-out Sessions: Examination of the Hand/Wrist and Elbow
- 11:30 a.m.-6:30 p.m.** Free Time – Enjoy Jacksonville

Rehabilitation of Upper Extremity Injuries

Moderator: Mary Lloyd Ireland, M.D., FACSM

- 6:30-6:50 p.m.** Writing an Effective Physical Therapy Prescription
Jeff Konin, Ph.D., ATC, PT, FACSM
- 6:50-7:10 p.m.** Physical Therapy Modalities for the Office
Jeff Konin, Ph.D., ATC, PT, FACSM
- 7:10-7:30 p.m.** Core Strengthening: Importance to Upper Extremity Rehabilitation
Jeff Konin, Ph.D., ATC, PT, FACSM
- 7:30-7:50 p.m.** Home Exercise Program for the Shoulder
Jeff Konin, Ph.D., ATC, PT, FACSM
- 7:50-8:10 p.m.** Questions and Answers
- 8:10-9:15 p.m.** Attendee/Faculty Mixer

Saturday, February 6, 2016

7:30-8:00 a.m. Ask the Faculty
Matthew Gammons, M.D.
John Hatzenbuehler, M.D., FACSM
David Olson, M.D., FACSM
Jerrad Zimmerman, M.D.

Cardiovascular Issues in Sports

Moderator: Matthew Gammons, M.D.

8:00-8:20 a.m. Exercise Induced Headaches
Matthew Gammons, M.D.

8:20-8:40 a.m. Hypertension in Athletes
Jerrad Zimmerman, M.D.

8:40-9:05 a.m. Cardiac Murmurs: Evaluation and Participation
Matthew Gammons, M.D.

9:05-9:30 a.m. Collapse in the Athlete
John Hatzenbuehler, M.D., FACSM

9:30-9:45 a.m. Break

9:45-10:15 a.m. Sudden Death in Sports
John Hatzenbuehler, M.D., FACSM

10:15-10:45 a.m. Sudden Cardiac Death in Sports
Jerrad Zimmerman, M.D.

10:45-11:05 a.m. Questions and Answers

Performance Enhancement

Moderator: John Hatzenbuehler, M.D., FACSM

11:05-11:30 a.m. Ergogenic Aids and Drug Testing
John Hatzenbuehler, M.D., FACSM

11:30-11:55 a.m. Exercise Prescription
James Moriarity, M.D., FACSM

11:55 a.m.-12:10 p.m. Questions and Answers

12:10-1:30 p.m. Lunch on your own

Cases

Moderator: David Olson, M.D., FACSM

1:30-2:00 p.m. Difficult Cases in Sports Medicine –
Return to Play
David Olson, M.D., FACSM
Jerrad Zimmerman, M.D.

2:00-2:30 p.m. Difficult Cases in Sports Medicine –
Upper Extremity
Matthew Gammons, M.D.
Mark Lavallee, M.D., FACSM

2:30-3:15 p.m. Small Group Discussion of Cases and
Presentations
Zimmerman/Olson/VanBaak/Smith/Moriarity/Gammons

3:15-3:30 p.m. Break

3:30-4:15 p.m. Management of Common Dislocations
Matthew Gammons, M.D.
David Olson, M.D., FACSM

4:15-5:00 p.m. Sports Med Fellowship Opportunities and
Careers in Sports Medicine
Chair: David Olson, M.D., FACSM

Sunday, February 7, 2016

7:30-8:00 a.m. Ask the Faculty
James Moriarity, M.D., FACSM
Seth Smith, M.D.
Karin VanBaak, M.D.

Subspecialty Issues in Sports Medicine II

Moderator: Seth Smith, M.D.

8:00-8:20 a.m. Facial Injuries in the Athlete
David Olson, M.D., FACSM

8:20-8:40 a.m. Ophthalmology: Eye Injuries and Prevention
Seth Smith, M.D.

8:40-9:00 a.m. Medicolegal Issues Facing the Team Physician
David Olson, M.D., FACSM

9:00-9:20 a.m. Infectious Disease
Karin VanBaak, M.D.

9:20-9:40 a.m. Allergic Conditions in Sports
Seth Smith, M.D.

9:40-9:50 a.m. Questions and Answers

9:50-10:00 a.m. Break

The Female Athlete

Moderator: David Olson, M.D., FACSM

10:00-10:20 a.m. Sex Differences and Special Concerns of the
Female Athlete
Karin VanBaak, M.D.

10:20-10:40 a.m. Eating Disorders
Seth Smith, M.D.

10:40-11:00 a.m. Exercise and Pregnancy
Karin VanBaak, M.D.

11:00-11:15 a.m. Questions and Answers

11:15 a.m. Adjourn

Faculty and lecture titles subject to change.

The American College of Sports Medicine thanks the following organization who has provided general sponsorship for the Team Physician Course Part I.



**Please note that the above organization is not an ACCME-defined commercial interest.*

NEEDS STATEMENT

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

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

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

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

COURSE OBJECTIVES

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

ACCREDITATION

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



AMA/PRA Credits

The American College of Sports Medicine designates this live activity for a maximum of *25 AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

These hours include 2 hours for the pre-conference session.

AAFP

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

NATA - CEUs

ACSM is recognized by the Board of Certification, Inc. to offer continuing education (CE) for Certified Athletic Trainers. 25 CEUs awarded.



TARGET AUDIENCE

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

COURSE PLANNERS

Sandra J. Hoffmann, M.D., FACS
Mary Lloyd Ireland, M.D., FACS
David Olson, M.D., FACS

SPEAKERS

Matthew Gammons, M.D.
VT Ortho Clinic/Killington
Medical Center
Rutland, Vermont

John Hatzenbuehler, M.D., FACS
Intermed, PA
Portland, Maine

Mary Lloyd Ireland, M.D., FACS
UK Healthcare Sports Medicine
Lexington, Kentucky

Jeff Konin, Ph.D., ATC, PT, FACS
University of Rhode Island
West Kingston, Rhode Island

Mark Lavalley, M.D., FACS
Wellspring York Hospital Sports
Medicine Fellowship
York, Pennsylvania

James Moriarty, M.D., FACS
University of Notre Dame
South Bend, Indiana

David Olson, M.D., FACS
University of Minnesota
Minneapolis, Minnesota

Daryl Osbahr, M.D.
Orlando Health Orthopedic
Institute
Orlando, Florida

Tamara Scerpella, M.D.
University of Wisconsin School of
Medicine and Public Health
Madison, Wisconsin

Stephen M. Simons, M.D., FACS
South Bend-Notre Dame
Sports Medicine Fellowship
South Bend, Indiana

Seth Smith, M.D.
University of Florida
Gainesville, Florida

Karin VanBaak, M.D.
University of Minnesota
Minneapolis, Minnesota

Jerrad Zimmerman, M.D.
Carle Clinic
Urbana, Illinois

Course Outline

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

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

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

Disclosures

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

Jacksonville Information

The Hyatt Regency Jacksonville Riverfront will serve as the official hotel for the course. All sessions, receptions, breaks and workshops will be held at this hotel.

Conference Hotel – Hyatt Regency Jacksonville Riverfront \$169

Make reservations online at www.acsm.org/tpc or call (904) 588-1234 and mention the American College of Sports Medicine Team Physician Course to receive the discounted rate. Reservations must be made by December 28, 2015 and are available on a first-come, first-serve basis.



Visit Jacksonville

Explore Jacksonville to the fullest. Relax on the miles of white sandy beaches, shop and dine in unique areas, and tap into the bustling culture of Downtown. The beauty of being in Jacksonville, is that within minutes you can travel to a new and exciting area! Along with hip urban spots, Jacksonville boasts acres of breathtaking, totally undeveloped natural landscape. No matter where you venture, you'll find Jacksonville's unique brand of Southern hospitality and charm.

The hotel's location speaks for itself, with a four-mile river walk right out the front door and The Landing only a short walk away. The downtown river walk, is perfect for a stroll or a jog. Have an incredible time in Jacksonville with numerous music, art, museums, concerts, sporting events and more. Discover the sights and sounds that make the city unique.



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

Questions and Information?

Contact: American College of Sports Medicine
401 W. Michigan Street
Indianapolis, IN 46202
Phone: (317) 637-9200, ext. 141
Fax: (317) 634-7817
Email: dhamilton@acsm.org



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Register online...
www.acsm.org/tpc

Please print (register online at www.acsm.org for best service). See below for registration instructions and policies. Mail completed form and payment to:
ACSM, Department 6022, Carol Stream, IL 60122-6022, Tel.: (317) 637-9200,
Fax: (317) 634-7817, meeting@acsm.org

ACSM Member? ☐ Yes ☐ No ACSM Fellow? ☐ Yes ☐ No Gender: ☐ M ☐ F

Would you like a roommate? ☐ Yes ☐ No If yes, we will forward a list of potential roommates to contact.

Membership ID# _____ Name on Badge _____

Degree _____ Birthdate _____

First Name _____

Last Name _____

Institution _____

Member, is this a change of address? ☐ Yes ☐ No

Address (☐ Home ☐ Work) _____

City _____ State _____ Zip Code _____ - _____

Country (if not United States) _____

Tel./Business _____ Tel./Home _____

Fax _____ E-mail _____

By submitting this registration, you agree to receive occasional emails from ACSM sponsors and exhibitors. To opt-out from these emails, please email meeting@acsm.org.

SPECIALTY (check one)

☐ 1. Family Practice ☐ 4. Emergency Medicine ☐ 7. Other (please list) _____

☐ 2. Internal Medicine ☐ 5. Pediatrics _____

☐ 3. Orthopaedic Surgery ☐ 6. Athletic Trainer _____

Are you a physician (M.D. or D.O.)? ☐ Yes ☐ No (for ACCME tracking purposes)

FEE SCHEDULE (Pre-registration ends January 20, 2016)

Check appropriate fee (payment must be in U.S. dollars).

	Early Bird Registration by 12/16/15	Late Registration after 12/16/15
☐ Preconference Workshop (Basic Musculoskeletal Ultrasound) February 3, 2016	\$200	\$200

ACSM Team Physician_{SM} Course Registration Options

ACSM Members (Membership dues must be current at time of the meeting)

☐ Physician	\$505	\$565
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☐ Resident/Professional-in-Training Member, Physician Assistant, Nurse Practitioner, Athletic Trainer, and Other Allied Health Professionals	\$405	\$455
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Non-Members (one year ACSM membership included)

☐ Physician	\$745	\$805
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☐ Resident/Professional-in-Training	\$560	\$610
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☐ Physician Assistant, Nurse Practitioner, Athletic Trainer, and Other Allied Health Professionals	\$645	\$695
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Special Offer

☐ Active Military*	\$300	\$300
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☐ Full time Students*	\$300	\$300
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* Verification required. Please include a valid military email address or student ID or email a scanned copy of your ID (for students) to meeting@acsm.org.

PAYMENT WORKSHEET (from above fee schedule)

Preconference Workshop Fee \$ _____

ACSM Team Physician_{SM} Course Fee \$ _____

Membership renewal (if applicable) \$ _____

See ACSM renewal categories/fees at the bottom of the right column.

Regional Chapter Dues (Professional \$35; Student \$15)* \$ _____

Optional Donation to ACSM Foundation** \$ _____

Total Due \$ _____

FULL PAYMENT MUST ACCOMPANY THIS FORM

Payment must be in U.S. dollars. Make check payable to ACSM. \$25 fee for returned checks federal ID number 23-6390952

Pay by: ☐ MasterCard® ☐ VISA® ☐ Discover® ☐ American Express®
☐ Enclosed Check

Credit Card Number: _____

Expiration Date (month/year) _____ Security Code _____

Authorized Signature: _____

REGISTRATION INSTRUCTIONS AND POLICIES

For immediate registration, register online at www.acsm.org. An online receipt and confirmation will be generated upon your completion of your online registration. Mailed registrations may be sent to ACSM, Department 6022, Carol Stream, IL 60122-6022. Mailed registrations may take up to four weeks for processing and confirmations will be mailed to registrants. Pre-registration ends **Wednesday, January 20, 2016**. Thereafter, registration will be accepted/processed on site. The Final Program will be available on site.

Please notify ACSM by December 28, 2015 if you need any special accommodations as a result of disability. The planners and sponsors of this event claim no liability for the acts of any suppliers to this meeting, nor for the safety of any attendee at or while in transit to this event. The planners and sponsors reserve the right to cancel this event without penalty. Attendees who purchase non-refundable airline tickets, do so at their own risk. The total amount of any liability of the planners and sponsors will be limited to a refund of the registration fee. Your submission of this form acknowledges acceptance of these terms.

Image/Likeness/Voice Release: I understand and agree that, as a result of participating in the ACSM Team Physician_{SM} Course, my image, likeness or voice may be recorded by photography, video or other medium. I hereby grant irrevocable and unrestricted permission to ACSM and its representatives or assignees to use my image, likeness or performance in any medium and for any purpose. I hereby waive any right to inspect or approve such use or materials. Your submission of this form acknowledges acceptance of these terms.

Cancellation Policy: Cancellations will be accepted if sent in writing to the ACSM National Center and postmarked by January 20, 2016 or e-mailed to meeting@acsm.org by January 20, 2016. A service charge of \$50 will be applied to all cancellations. Refunds will not be issued for cancellations made after the course begins or for no-shows. **Member dues are not refundable.**

***You must be a current National Member to pay Chapter dues.**

****Optional Donation to ACSM Foundation.** This denotes an unrestricted contribution. ACSM did not provide goods or services (in whole or in part) in consideration for the above gift.

Non-Members: All non-member registrants will receive a complimentary one year membership.

MUST BE COMPLETED BY ALL NON-MEMBER REGISTRANTS

This form serves as your membership application, please do not submit a membership application apart from this form.

Have you been a member of ACSM previously?

☐ Yes (If yes, please list your previous ID# _____) ☐ No

Membership Category (See "ACSM Renewal Categories/Fees" Below)

☐ Professional ☐ Professional-in-Training

I affirm the statements made by me on this application are correct and that I meet the requirements for the membership category I have requested. I understand that ACSM membership is on an anniversary term and that applications are not refundable. I understand that \$33 of my membership dues is dedicated to a year's subscription to Medicine & Science in Sports & Exercise_®. I have read and agree to abide by the code of ethics and professional conduct of the American College of Sports Medicine.

Signature: _____ Date: _____

ACSM RENEWAL CATEGORIES/FEES

- Professional/\$240
- Resident/Professional-in-Training/\$155

