

KEEP YOUR EDGE

Hockey Sports Medicine 2018

Hilton Toronto
Toronto, ON Canada
August 17-19, 2018

Preliminary Program

Provided by:



Sponsored by:

FACULTY

KEEP YOUR EDGE
Hockey Sports Medicine **2018**

Mark Aubry MD, CCFP

Team Physician, Ottawa Senators
Ottawa, ON

Paul Ayotte ATC

Head Athletic Therapist,
Toronto Maple Leafs
Toronto, ON

Ray Barile MS, ATC, PES

Head Trainer, St. Louis Blues
St. Louis, MO

Amanda Black PhD, CAT

University of Calgary
Calgary, AB

Joel L. Boyd MD

Team Physician, Minnesota Wild
St. Paul, MN

L. Michael Brunt MD

General Surgery, St. Louis Blues
St. Louis, MO

JW Thomas Byrd MD

Nashville Sports Medicine Foundation
Nashville, TN

Robert J. Dimeff MD

Team Physician, Dallas Stars
Dallas, TX

Gary W. Dorshimer MD, FACP, FCPP

Team Physician, Philadelphia Flyers
Philadelphia, PA

Ken Dryden

Toronto, ON

Joseph Eischen ATC, PT, CSCS

Mayo Clinic Sports Medicine Center
Rochester, MN

Michael Ellis MD, FRCSC

Medical Director, Pan Am
Concussion Program
Winnipeg, MB

Noah A. Forman MD

Medical Director & Head Team
Physician, Toronto Maple Leafs
Toronto, ON

Jon Geller ATC, CSCS

Assistant Athletic Therapist,
Toronto Maple Leafs
Toronto, ON

Ashley James BA, ND

Bay Dermatology Centre
Toronto, ON

Guy Lanzi DMD

Team Physician, Philadelphia Flyers
Philadelphia, PA

Robert P. Luberto DO

Team Internist, Arizona Coyotes
Phoenix, AZ

Peter B. MacDonald MD, FRCSC

Head Team Physician, Winnipeg Jets
Edmonton, AB

Matthew J. Matava MD

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

James M. McCrossin ATC, CSCS

Director of Sports Medicine,
Philadelphia Flyers
Philadelphia, PA

Willem Meeuwisse MD, PhD

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

David S. Mulder MD, FRCSC

Chief Surgeon, Montreal Canadiens
Montreal, QC

Dhiren Naidu MD, FRCPC

Team Physician, Edmonton Oilers
Edmonton, AB

Bradley J. Nelson MD

NHLTPS President & Team Physician,
Minnesota Wild
St. Paul, MN

Brian R. Neri MD

Head Team Orthopedist, NY Islanders
New Hyde Park, NY

Johnny Owens MPT

Owens Recovery Science
San Antonio, TX

Steven E. Rokito MD

Associate Team Orthopedist,
NY Islanders
New Hyde Park, NY

Brian M. Schulz MD

Orthopaedic Surgeon, Anaheim Ducks
Anaheim, CA

Brian Shaw PhD

NHL/NHLTPS Substance Abuse
and Behavioral Program
Toronto, ON

Michael J. Stuart MD

Chief Medical & Safety Officer,
USA Hockey
Rochester, MN

**John S. Theodoropoulos MD,
FRCSC**

Team Orthopaedic Physician,
Toronto Maple Leafs
Toronto, ON

Jeff Winslow MS, ATC, CSCS

Athletic Trainer,
University of Minnesota Hockey
Minneapolis, MN

John Worley ATC, EMT

Athletic Trainer, Minnesota Wild
St. Paul, MN



KEYNOTE SPEAKERS

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KEN DRYDEN

Friday, August 17

11:30 am -12:15 pm

Ken Dryden was a goalie for the Montreal Canadiens in the 1970s winning six Stanley Cups. He was also a member of Team Canada in 1972. He is a member of the Hockey Hall of Fame and the Canadian Sports Hall of Fame. He is a former member of parliament and cabinet minister, and is the author of six books, including *The Game and Home Game* (with Roy MacGregor), and most recently, *Game Change: The Life and Death of Steve Montador, and the Future of Hockey*. He and his wife, Lynda, live in Toronto and have two children and four grandchildren.



DAVID S. MULDER MD

Saturday, August 18

11:45 am - 12:30 pm

Dr. Mulder is a native of Eston Saskatchewan and received his MD degree magna cum laude from the College of Medicine, University of Saskatchewan in 1962. Following a year of rotating internship, he did residency training in General Surgery at the Montreal General Hospital/McGill University between 1963 and 1967. He is a member of many professional societies and received numerous awards for his work. One of the most significant contributions made by Dr. Mulder in health care delivery was the important role he played in the development of a trauma care system in Quebec as a member of the Trauma Committee of the Province of Quebec. This system was based on regionalization of care, integrating four Level I trauma centres with more than ninety other trauma centres in Quebec. In October 2015, the Montreal General Hospital Trauma Centre was named the Dr. David S. Mulder Trauma Centre. Dr. Mulder currently serves as the H. Rocke Robertson Professor of Surgery, at McGill University and the Senior Surgeon in the Division of Thoracic Surgery at Montreal General Hospital, MUHC.



AGENDA

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COURSE DIRECTORS:

Gary W. Dorshimer MD, FACP, FCPP
Peter B. MacDonald MD, FRCS

Bradley J. Nelson MD
Michael J. Stuart MD

Friday, August 17, 2018

7:00 – 7:50 AM	Registration and Continental Breakfast	
7:50 – 8:00 AM	Welcome and Introductions	Gary W. Dorshimer MD, FACP, FCPP Peter B. MacDonald MD, FRCS Bradley J. Nelson MD Michael J. Stuart MD
Session I: Epidemiology of Ice Hockey Injuries Time: 8:00 – 9:00 AM Moderator: Michael J. Stuart MD		
Time	Talk Title	Faculty
8:00 – 8:15 AM	Hockey Injury Risk, Mechanism, Types and Severity in Youth Players	Amanda Black PhD, CAT
8:15 – 8:30 AM	Epidemiology of Injuries in the NHL	Willem Meeuwisse MD, PhD
8:30 – 8:45 AM	Lessons Learned from the IIHF Injury Reporting System	Mark Aubry MD, CCFP
8:45 – 9:00 AM	Q & A	
Session II: Prevention of Ice Hockey Injuries and Return to Play Decision Making Time: 9:00 - 10:00 AM Moderator: Bradley J. Nelson MD		
Time	Talk Title	Faculty
9:00 – 9:15 AM	Pre-participation Screening in the NHL, NCAA, High School and Youth Players	Joseph J. Ruane DO
9:15 – 9:30 AM	Strength and Conditioning: In-season and Off-season Strategies	James McCrossin ATC, CSCS
9:30 – 9:45 AM	Hockey Injuries: Decision Making and RTP	Joel Boyd MD
9:45 – 10:00 AM	Q & A	
10:00 – 10:30 AM	Break	
Session III: Performance Enhancement Healing: Fact or Fiction? Time: 10:30 - 11:30 AM Moderator: Peter B. McDonald MD, FRCS		
Time	Talk Title	Faculty
10:30 – 10:45 AM	Orthobiologics Update: PRP, Stem Cells	Robert J. Dimeff MD
10:45 – 11:00 AM	Dietary Supplements: Safe, Effective, or Neither?	Ashley James BA, ND
11:00 – 11:15 AM	Blood Flow Restriction Training	Johnny Owens MPT
11:15 – 11:30 AM	Q & A	
11:30 AM – 12:15 PM	Keynote Speaker – Ken Dryden	
12:15 – 12:30 PM	Q & A	
12:30 – 1:15 PM	Lunch	On your own



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Friday, August 17, 2018 continued

Session IV: Hockey Emergencies: Are You Prepared?

Time: 1:15 – 2:30 PM

Moderator: Gary W. Dorshimer MD, FACP, FCPP

Time	Talk Title	Faculty
1:15 – 1:30 PM	Emergency Action Plan for the Community Ice Rink (spine trauma, major orthopaedic trauma, unconscious player)	Noah A. Forman MD
1:30 – 1:45 PM	Airway Compromise	David S. Mulder MD, FRCSC
1:45 – 2:00 PM	Cardiac and Pulmonary Injuries	David S. Mulder MD, FRCSC
2:00 – 2:15 PM	Maxillofacial, Dental and Eye Injuries	Guy Lanzi DMD
2:15 – 2:30 PM	Q & A	

2:30 – 3:00 PM

Break

Session V: Medical Conditions in Hockey

Time: 3:00 – 4:00 PM

Moderator: Gary W. Dorshimer MD, FACP, FCPP

Time	Talk Title	Faculty
3:00 – 3:15 PM	Asthma, Diabetes and Other Medical Conditions	Noah A. Forman MD
3:15 – 3:30 PM	Dermatologic Conditions in the Hockey Player	Richard J. Dimeff MD
3:30 – 3:45 PM	Infectious Disease: Measles and Mumps Epidemics, Influenza, Gastroenteritis	Bradley Changstrom MD
3:45 – 4:00 PM	Q & A	

Session VI: Medical Hockey Scenarios: What Would You Do? (Panel Discussion)

Time: 4:00 – 5:00 PM

Moderator: Gary W. Dorshimer MD, FACP, FCPP

Panelists: Richard J. Dimeff MD, Noah A. Forman MD

5:00 PM

Adjourn

6:30 – 8:30 PM

Reception: Hockey Hall of Fame

30 Yonge Street, Toronto, Ontario

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

**Friday, August 17, 2018
6:30 pm - 8:30 pm**

**Brookfield Place
30 Yonge Street**

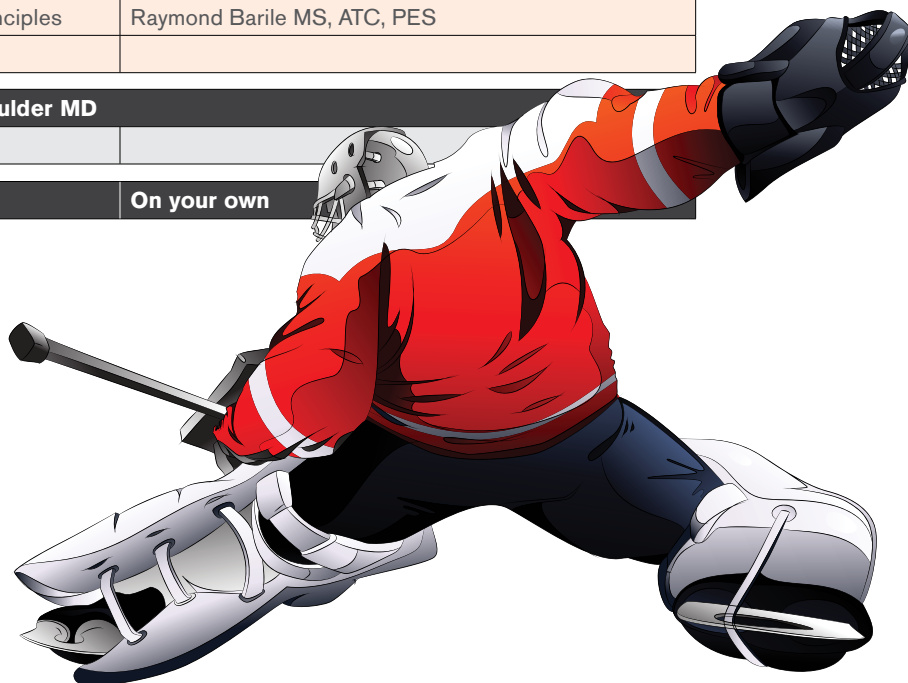


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Saturday, August 18, 2018

7:00 – 7:50 AM	Continental Breakfast	
7:50 – 8:00 AM	Welcome and Introductions	Gary W. Dorshimer MD, FACP, FCPP Peter B. MacDonald MD, FRCSC Bradley J. Nelson MD Michael J. Stuart MD
Session VII: Concussion Symposium Time: 8:00 – 9:45 AM Moderator: Michael J. Stuart MD		
Time	Talk Title	Faculty
8:00 – 8:15 AM	Concussion Epidemiology and Prevention Strategies	Willhem Meeuwisse MD, PhD
8:15 – 8:30 AM	Initial Evaluation of Suspected Concussion	Gary W. Dorshimer MD, FACP, FCPP James M. McCrossin ATC, CSCS
8:30 – 8:45 AM	Concussion Treatment in 2018	Michael Ellis MD, FRCSC
8:45 – 9:00 AM	Return to Play Criteria and Decision Making	Robert P. Luberto DO
9:00 – 9:15 AM	Post-Concussion Syndrome and Advanced Testing	Mark Aubry MD, CCFP
9:15 – 9:30 AM	Challenging Concussion Cases	Dhiren Naidu MD, FRCPC
9:30 – 9:45 AM	Q & A	
9:45 – 10:15 AM	Break	
Session VIII: Orthopaedic Problems in Hockey (Upper Extremity Focus) Time: 10:15 – 11:45 AM Moderator: Peter B. McDonald MD, FRCS		
Time	Talk Title	Faculty
10:15 – 10:30 AM	Shoulder – Glenohumeral Instability	John S. Theodoropoulos MD, FRCSC
10:30 – 10:45 AM	Shoulder – Clavicle, SC and AC Joints	Matthew J. Matava MD Raymond Barile MS, ATC, PES
10:45 – 11:00 AM	Elbow	Brian M. Schulz MD
11:00 – 11:15 AM	Wrist – Hand	Steven E. Rokito MD
11:15 – 11:30 AM	Upper Extremity Rehabilitation Principles	Raymond Barile MS, ATC, PES
11:30 – 11:45 AM	Q & A	
11:45 AM – 12:30 PM	Keynote Speaker – David S. Mulder MD	
12:30 – 12:45 PM	Q & A	
12:45 – 2:00 PM	Lunch	On your own



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Saturday, August 18, 2018 continued

Session IX: Orthopaedic Problems in Hockey (Hip/Groin/Core Muscle)

Time: 2:00 – 3:00 PM

Moderator: Bradley J. Nelson MD

Time	Talk Title	Faculty
2:00 – 2:15 PM	Where is the Problem? How to Diagnosis Groin/ Hip/Core Muscle Injuries	Brian R. Neri MD
2:15 – 2:30 PM	Treatment of Core Muscle Problems in the Hockey Player	L. Michael Brunt MD
2:30 – 2:45 PM	Treatment of Hip Problems in the Hockey Player	JW Thomas Byrd MD
2:45 – 3:00 PM	Q & A	

3:00 – 3:30 PM

Break

Session X: Rehabilitation for Hip/Groin/Core in Hockey

Time: 3:30 – 4:15 PM

Moderator: Bradley J. Nelson MD

Time	Talk Title	Faculty
3:30 – 3:45 PM	Trunk: Core Strengthening	Joseph Eischen ATC, PT, CSCS
3:45 – 4:00 PM	Hip – Groin Rehabilitation Principles	John Worley ATC, EMT
4:00 – 4:15 PM	Q & A	

Session XI: Orthopaedic Hockey Scenarios (Upper Extremity): What Would You Do? (Panel Discussion)

Time: 4:15 – 5:00 PM

Moderator: Peter B. MacDonald MD, FRCSC

Panelists: Matthew J. Matava MD, Steven E. Rokito MD, Brian M. Schulz MD, John S. Theodoropoulos MD, FRCSC

5:00 PM

Adjourn

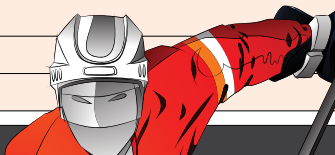


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Sunday, August 19, 2018

7:00 – 7:50 AM	Continental Breakfast	
7:50 – 8:00 AM	Welcome and Introductions	Gary W. Dorshimer MD, FACP, FCPP Peter B. MacDonald MD, FRCSC Bradley J. Nelson MD Michael J. Stuart MD
Session XII: Orthopaedic Problems in Hockey (Lower Extremity) Time: 8:00 – 9:15 AM		
Time	Talk Title	Faculty
8:00 – 8:15 AM	Knee – Meniscus	Peter B. MacDonald MD, FRCSC
8:15 – 8:30 AM	Knee – Ligaments	Michael J. Stuart MD Joseph Eischen ATC, PT, CSCS
8:30 – 8:45 AM	Foot – Ankle	Bradley J. Nelson, MD Jeff Winslow MS, ATC, CSCS
8:45 – 9:00 AM	Lower Extremity Rehabilitation Principles	Peter B. MacDonald MD, FRCSC Jon Geller CAT, CSCS
9:00 – 9:15 AM	Q & A	
9:15 – 9:45 AM	Break	
Session XIII: Orthopaedic Hockey Scenarios (Lower Extremity): What Would You Do? (Panel Discussion) Time: 9:45 – 11:00 AM Moderator: Bradley J. Nelson MD Panelists: Joseph Eischen ATC, PT, CSCS, Peter B. MacDonald MD, FRCSC, Michael J. Stuart MD, Jeff Winslow MS, CAT, CSCS		
Session XIV: Non-Orthopaedic Problems in Hockey Time: 11:00 AM – 12:00 PM Moderator: Gary W. Dorshimer MD, FACP, FCPP		
Time	Talk Title	Faculty
11:00 – 11:15 AM	Nutrition for Hockey Players	Ashley James BA, ND
11:15 – 11:30 AM	Sleep, Rest and Recovery	Paul Ayotte ATC
11:30 – 11:45 AM	Pain Management	Brian Shaw PhD
11:45 AM – 12:00 PM	Q & A	
12:00 PM	Adjourn	



GENERAL INFORMATION

KEEP YOUR EDGE
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COURSE DESCRIPTION

This live activity is designed to focus on 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 practical solutions, will be addressed. Time has been built into the agenda for question and answers. The American Orthopaedic Society for Sports Medicine (AOSSM) and the National Hockey League Team Physician Society (NHLTPS) believe these insights provide guidance for the management of similar problems in competitive and recreational settings.

LEARNING OBJECTIVES

Upon completion of the course learners should 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.

REGISTRATION FEES

Register for this meeting online at www.sportsmed.org before July 17 and pay the early bird rate.

REFUND POLICY

A written request must be received in the AOSSM office prior to July 17, 2018. The registration fee, minus a \$150 processing fee will be refunded. No refunds will be made after July 17, 2018.

LOCATION

The meeting will be held at the Hilton Toronto, Ontario, Canada. Located in the heart of downtown Toronto, the hotel is within walking distance to many dining options as well the theatre, entertainment and financial districts.

REGISTRATION HOURS

Every meeting attendee must present photo identification to pick up registration materials. On-site registration hours will be as follows:

Friday, August 17, 2018
7:00 AM-5:00 PM

Saturday, August 18, 2018
7:00 AM-5:00 PM

Sunday, August 19, 2018
7:00 AM-12:00 PM

HOUSING

A block of rooms has been reserved at the Hilton Toronto at a group rate of \$229CDN. Reservations may be made by calling 1/800-267-2281 and asking for the AOSSM Hockey Meeting Room Block. You can also book directly online at www.sportsmed.org. The reservation deadline is July 23, 2018. Rooms are guaranteed until this date pending availability. Attendees are encouraged to book early.

COMPLIMENTARY MEALS

A continental breakfast will be provided Friday - Sunday. A reception will be held on Friday evening at the Hockey Hall of Fame.

RECEPTION

On Friday, August 17, 2018 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. You will need your badge to enter.

MEETING REGISTRATION FEES

All fees in US dollars	Early Bird Fee Before July 17	Fee With Other Hotel	Fee After July 17	Fee With Other Hotel
Physician/Chiropractor/PhD	\$750 USD	\$900 USD	\$850 USD	\$1,000 USD
Therapist/Certified Athletic Trainer/Coach/Allied Health	\$450 USD	\$600 USD	\$550 USD	\$700 USD
Fellow/Resident/Intern/Student	\$400 USD	\$550 USD	\$400 USD	\$550 USD

***Please note: In order to offset Society expenses, all registrants not staying at the Toronto Hilton will be assessed an additional \$150 fee. Registrants will be confirmed via the hotel master list.**

GENERAL INFORMATION

KEEP YOUR EDGE Hockey Sports Medicine 2018

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

ATTIRE

Attire is business casual. Consider dressing in layers to accommodate all temperatures.

EXHIBITS

Exhibits will be on display on Friday and Saturday to complement the educational sessions.

PROGRAM

AOSSM attests that the people responsible for the development of this live activity did so independently and were not influenced by commercial supporters.

CONTINUING MEDICAL EDUCATION CREDIT

The American Orthopaedic Society for Sports Medicine (AOSSM) is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

AOSSM designates this live activity for a maximum of **17.50 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity. Activities held in Canada developed by Accreditation Council for Continuing Medical Education (ACCME) – accredited organizations can be recorded as accredited activities under Section 1 of the RCPSC MOC program. The AOSSM is an ACCME accredited organization.

CONTINUING EDUCATION FOR ATHLETIC TRAINERS

The American Orthopaedic Society for Sports Medicine (AOSSM) (BOC #P460) is approved by the Board of Certification, Inc. to provide continuing education for Athletic Trainers.



This program is eligible for a maximum of **17.50** hours of Category A hours / CEUs. ATs should claim only those hours actually spent in the educational program.

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, but rather it is intended to present an approach, view, statement, or opinion of the faculty, which may be helpful to others who face similar situations. Neither the content (whether written or oral) of any course, seminar or other presentation in the program, nor the use of a specific product in conjunction therewith, nor the exhibition of any materials by any parties coincident with the program, should be construed as indicating endorsement or approval of the views presented, the products used, or the materials exhibited by the AOSSM, or its Committees, Commissions, or Affiliates. The AOSSM makes no statements, representations or warranties (whether written or oral) regarding the Food and Drug Administration (FDA) status of any product used or referred to in conjunction with any course, seminar or other presentation being made available as part of this course. Faculty members shall have sole responsibility to inform attendees of the FDA status of each product that is used in conjunction with any course, seminar or presentation and whether such use of the product is in compliance with FDA regulations.

DISCLOSURE STATEMENT

In accordance with the guidelines of the Accreditation Council for Continuing Medical Education (ACCME), it is the policy of the American Orthopaedic Society for Sports Medicine that faculty and planners disclose to the learners all financial relationships during the past twelve months with any commercial interest (any entity producing, marketing, re-selling, or distributing health care goods and 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 is predicated upon timely submission and review of AOSSM disclosures. Non-compliance results in faculty being stricken from the program.

AMERICANS WITH DISABILITIES ACT

The AOSSM wishes to take those steps to ensure that no individual with a disability is excluded, denied services, segregated, or otherwise treated differently than other individuals because of the absence of auxiliary aids and services. If you require any of the auxiliary aids or services identified in the Americans with Disabilities Act in order to attend this program, please contact AOSSM prior to arrival at info@aossm.org.

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 | Info@aossm.org

