

Jointly Provided By The Jewish Hospital &

Cincinnati SportsMedicine Research & Education Foundation 31st Annual

ADVANCES ON THE KNEE, SHOULDER & SPORTS MEDICINE

SONESTA RESORT
HILTON HEAD ISLAND, SOUTH CAROLINA



MAY 28 - MAY 31, 2016
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

James R. Andrews, M.D. - Birmingham, AL

Medical Director, The American Sports Medicine Institute, Birmingham, AL; Medical Director, The Andrews Institute, Gulf Breeze, FL; Orthopaedic Surgeon, Andrews Sports Medicine and Orthopaedic Center, Birmingham, AL and Gulf Breeze, FL

Sanjeev Bhatia, M.D. - Cincinnati, OH

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

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

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

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. Lindendorf, 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

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

Stephen J. O'Brien, M.D. - New York City, NY

Vice Chairman, Department of Sports Medicine, Hospital for Special Surgery; Associate Attending Orthopaedic Surgeon, Hospital for Special Surgery, Associate Attending Orthopaedic Surgeon, New York Presbyterian Hospital

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

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, The Jewish Hospital Orthopaedics and Sports Rehabilitation; Clinical Instructor, College of Mount St. Joseph

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

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

Rehabilitation Supervision, The Jewish Hospital Orthopaedics and Sports Rehabilitation

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

Manager of Rehabilitation Services, The Jewish Hospital Orthopaedics and Sports Rehabilitation

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

RESEARCH AND SPORTSMEDICINE FELLOW FACULTY

Matthew B. Beck, M.D. - Cincinnati, OH

Clinical Fellow, Mercy Health - Cincinnati SportsMedicine and Orthopaedic Center

Firas I. Kawtharani, M.D. - Cincinnati, OH

Clinical Fellow, Mercy Health - Cincinnati SportsMedicine and Orthopaedic Center

Leslie E. Schwindel, M.D. - 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, The Jewish Hospital Orthopaedics and Sports Rehabilitation; Clinical Instructor, College of Mount St. Joseph

Dear Colleagues:

Welcome to the 31st Annual Advances on the Knee and Shoulder Conference. We hope that you will join our outstanding conference faculty for presentations on the latest controversies and clinical, surgical and rehabilitation recommendations for knee and shoulder problems. Cincinnati SportsMedicine Research and Education Foundation has long recognized the collaborative efforts of orthopaedists, physical therapists, athletic trainers and many other to successfully diagnosis and treat musculoskeletal problems. The Annual Advances on the Knee and Shoulder Conference is one of the few comprehensive continuing education courses that include clinical, surgical and rehabilitation techniques for knee and shoulder pathology. 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 fantastic Sonesta Resort, located inside Shipyard Plantation.

Join us to see why we've fallen in love with the Sonesta, a stunning AAA Four-Diamond Resort that includes 340 beautiful guest rooms with views of the Shipyard Plantation grounds, lush tropical gardens, swimming pool and the Atlantic Ocean. Whether you are new to our meeting or a returning attendee, you will appreciate the ambiance, charm, service and amenities of this lovely resort. The Sonesta Resort meets our high standards while offering a familiar but refreshed approach to combining business and pleasure. Visit <http://www.sonesta.com/hiltonheadisland/> for more details.

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 31st 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 hip 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 2016...

- **Innovative CKC and OKC Testing to Assess Shoulder Functional Performance**
- **Surgical Repair Options for SLAP Tears**
- **New Rehabilitation Techniques to Enhance Dynamic Stabilization of the Knee and Shoulder**
- **Expanded Hip Session with Live Examination**
- **Hip and Patellofemoral Rehabilitation Principles**
- **Operative and Non-Operative Treatment of Knee Arthrofibrosis**

Here's what you'll learn:

- Objective examination techniques of the shoulder complex
- UCL Reconstruction of the elbow: the "Tommy John" procedure
- Treatment options for knee and shoulder arthritis
- Rehabilitation techniques following rotator cuff repair
- Indications and techniques for knee and shoulder injections
- Hip exam techniques
- Knee Rehabilitation: dynamic changes with motor learning and brain plasticity
- Mechanisms of ACL injuries
- Neuromuscular training program options for return to play
- Current concepts in multiple ligament knee injuries
- 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 integrated OKC and CKC approach to knee rehabilitation
- Describe and demonstrate alternative exercise and rehabilitation options
- Demonstrate key components of neuromuscular training programs
- Diagnose and treat multiple ligament injuries to the knee

Continuing Education Units and CMEs

This activity has been planned and implemented in accordance with the Essential Areas, Elements & Policies of the Ohio State Medical Association through the joint sponsorship of The Jewish Hospital and Cincinnati SportsMedicine Research and Education Foundation. The Jewish Hospital is accredited by the Ohio State Medical Association (OSMA) to provide continuing medical education for physicians.

The Jewish Hospital designates this live activity for a maximum of 32 AMA PRA Category 1 Credit(s)[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

For Physician Assistants: The American Academy of Physicians (AAPA) accepts AMA PRA Category 1 Credits[™] from organizations accredited by the ACCME.

For Nurses: For the purpose of recertification, the American Nurses Credentialing Center (ANCC) accepts AMA PRA Category 1 Credits[™] issued by organizations accredited by the ACCME.

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 Research and Education Foundation has been approved as a BOC Approved Provider for 32 Category A CEUs.

For Strength Coaches: The Executive Council of the NSCA Certification Commission (National Strength and Conditioning 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 Low County Buffett*
- ★ *Receive 32 hours CMEs/CEUs*

ON SITE COURSE CHECK-IN

Friday, May 27th; 10:00 am - 5:00 pm

Sonesta Resort, Santee Ballroom Foyer

COURSE SOCIAL EVENTS

Chairmen's Low Country Buffet

Monday, May 29, 2016

7:00 pm – 10:00 pm

Location: Ocean Front Beach Pavilion

The low country buffet 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

Saturday through Tuesday,

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 9:00 am - 5:30 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

Friday, May 27th 12:00 pm - 4:00 pm
(Set-up Only)

Saturday, May 28th 6:00 am - 1:00 pm

Monday, May 29th 6:00 am - 1:00 pm

Tuesday, May 30th 6:00 am - 1:00 pm

Wednesday, May 31st 6:00 am - 10:00 am

SPORTSMETRICS™ PRECONFERENCE PROGRAM

Thursday, May 26, 2016:

1:15 pm – 2:00 pm

Sportsmetrics™ Course Check-in, Santee Ballroom Foyer

2:00 pm – 7:00 pm

Sportsmetrics™ Certification Course, Savannah Junior Ballroom

Friday, May 27, 2016:

7:30 am – 4:00 pm

Sportsmetrics™ Certification Course, Savannah Junior Ballroom

ADVANCES ON THE KNEE, SHOULDER AND SPORTSMEDICINE

Friday, May 27, 2016:

10:00 am – 5:00 pm

Advances on the Knee, Shoulder and Sports Medicine Course Check-in, Sonesta Resort, Santee Ballroom Foyer

All meetings will be held in the Sonesta Resort

Saturday, May 28, 2016

6:00 am – 7:00 am

Breakfast Buffet - Santee Ballroom Salons F, G, H

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 – 9:35 am

Session II: Treatment of the SLAP/Biceps Complex

9:35 am – 10:05 am

Break in Exhibitors' Gallery

10:05 am - 12:55 pm

Session III: Diagnosis and Treatment Options for the Rotator Cuff and Shoulder Arthritis

4:00 pm – 7:45 pm

Session IV: Evening Breakouts - 5 Sessions

Sunday, May 29, 2016

6:00 am – 7:00 am

Breakfast Buffet - Santee Ballroom Salons F, G, H

6:50 am

Morning Announcements

7:00 am – 9:00 am

Session V: Shoulder Instability: Diagnosis and Treatment

9:00 am – 10:30 am

Session VI: Diagnosis and Treatment of Common

Elbow Pathology

10:30 am – 11:00 am

Break in Exhibitors' Gallery

11:00 am - 1:00 pm

Session VII: Role of Hip Arthroscopy in Sports Medicine

4:00 pm - 7:45 pm

Session VIII: Evening Breakouts - 3 Sessions

7:00 pm - 10:00 pm

Chairman's Low Country Buffet

Monday, May 30, 2016

6:00 am – 7:00 am

Breakfast Buffet - Santee Ballroom Salons F, G, H

6:45 am

Daily Announcements and Memorial Day Tribute

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 - 12:55 pm

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

4:00 pm – 7:45 pm

Session XII: Evening Breakouts - 4 Sessions

Tuesday, May 31, 2016

6:00 am – 6:30 am

Breakfast Buffet - Santee Ballroom Salons F, G, H

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

SPORTSMETRICS™ USA PRE-CONFERENCE CERTIFICATION COURSE

THURSDAY MAY 26TH- FRIDAY MAY 27TH 2016



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!

Thursday, May 26, 2016

- 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 - Danny Clifford, MS, ATC, CSCS
- 6:15 – 7:00 Sportsmetrics™ Speed and Conditioning Demo and Practice - Faculty

Friday, May 27, 2016

- 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 SATURDAY, MAY 28

6:00 am Breakfast Buffet - Santee Ballroom Salons F, G, H
 6:00 am Course Check-in, Santee Ballroom Foyer
 6:50 am Course Welcome: Frank R. Noyes, M.D. and Timothy P. Heckmann, P.T.

Session I: Anatomy and Examination of the Shoulder

Moderator: Thomas N. Lindenfeld, M.D.

7:00 am Shoulder Anatomy Review - What You Need to Know
 – Thomas N. Lindenfeld, M.D.
 7:20 am Examination of the Shoulder: General Overview
 – Anthony A. Romeo, M.D.
 7:35 am Innovative CKC and OKC Testing to Assess Shoulder Functional Performance
 – George J. Davies, DPT

Session II: Treatment of the SLAP/Biceps Complex

Moderator: Anthony A. Romeo, M.D.

7:50 am Diagnosis and Treatment of the Biceps-Labrum Complex
 – Stephen J. O'Brien, M.D.
 8:05 am Do We Have the Answer for Repair of Type II SLAP Tears
 – James R. Andrews, M.D.
 8:20 am SLAP Tears: Shouldn't We Tenodeses Them All?
 – Anthony A. Romeo, M.D.
 8:35 am Complications of SLAP and Biceps Surgeries
 – Samer S. Hasan, M.D., PhD
 8:50 am Rehabilitation Following SLAP Repair Surgery
 – Kevin E. Wilk, DPT
 9:05 am Q&A - Case Presentations
 9:35 am Break in Exhibitors' Gallery

Session III: Diagnosis and Treatment Options for the Rotator Cuff and Shoulder Arthritis

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

10:05 am What I've Learned About the Throwing Shoulder in the Last 35 Years
 – James R. Andrews, M.D.
 10:20 am The Rotator Cuff: Cased Based Symposium
Moderator: Samer S. Hasan, M.D., PhD.
Faculty: Thomas N. Lindenfeld, M.D., Matthew L. Busam, M.D., Sanjeev Bhatia, M.D., James R. Andrews, M.D., Stephen J. O'Brien, M.D., Anthony A. Romeo, M.D.
 11:05 am Rotator Cuff: Conservative Management and Keys to Success
 – Russell M. Paine, P.T.
 11:20 am Rehabilitation Following Rotator Cuff Repair Surgery: When to Go Slow and When to Move Immediately
 – Kevin E. Wilk, DPT
 11:35 am Non-Prosthetic Treatment of Shoulder Arthritis
 – Matthew L. Busam, M.D.
 11:50 am Shoulder Replacement Surgery
 – Samer S. Hasan, M.D., PhD
 12:10 pm Conservative and Post-Operative Treatment Options for the Arthritic Shoulder
 – Julie Jasontek, P.T.
 12:25 pm Q&A - Case Presentations
 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. Lindenfeld, M.D., Samer S. Hasan, M.D., Ph.D., Anthony A. Romeo, M.D., James R. Andrews, M.D., Stephen J. O'Brien, M.D.

5:15 pm #2

The Stiff Shoulder: Diagnosis and Treatment Options

Moderator: Samer S. Hasan, M.D., PhD
Faculty: Russell M. Paine, P.T., Kevin E. Wilk, DPT

6:30 pm #3

Role of Ultrasound: Diagnosis of Sports Medicine Injuries and Injection Techniques

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

6:30 pm #4

New Rehabilitation Techniques to Enhance Dynamic Stabilization Through Activation Exercises of the Shoulder Complex Musculature

George J. Davies, DPT, Michael A. McCormack, P.T., Russell M. Paine, P.T., 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 SUNDAY, MAY 29

6:00 am Breakfast Buffet - Santee Ballroom Salons F, G, H

Session V: Shoulder Instability: Diagnosis and Treatment

Moderator: James R. Andrews, M.D.

- 7:00 am Current Concepts in Anterior Shoulder Instability
– Stephen J. O'Brien, M.D.
- 7:15 am Non-Operative Rehabilitation for Patients with Shoulder Instability
– Kevin E. Wilk, DPT
- 7:30 am Treatment of Anterior Instability: My Way
– James R. Andrews, M.D.
- 7:45 am Management of Glenoid and Humeral Bone Loss in Shoulder Instability
– Anthony A. Romeo, M.D.
- 8:00 am Posterior and Multidirectional Instability
– Samer S. Hasan, M.D., PhD
- 8:15 am Post-Operative Management of Shoulder Instability
– Michael A. McCormack, P.T.
- 8:30 am Q&A - Case Presentations

Session VI: Diagnosis and Treatment of Common Elbow Pathology

Moderator: Matthew L. Busam, M.D.

- 9:00 am Elbow Anatomy and Basic Arthroscopy
– Thomas N. Lindendorf, M.D.
- 9:15 am Arthroscopic Treatment Options for the Athlete's Elbow
– Anthony A. Romeo, M.D.
- 9:30 am Distal Biceps Injuries
– Matthew L. Busam, M.D.
- 9:45 am UCL Reconstruction of the Elbow: The "Tommy John Procedure"
– James R. Andrews, M.D.
- 10:00 am Rehabilitation Following UCL Reconstruction
– Kevin E. Wilk, DPT
- 10:15 am Q&A - Case Presentations
- 10:30 am Break in Exhibitors' Gallery

Session VII: Role of Hip Arthroscopy in Sports Medicine

Moderator: Sanjeev Bhatia, M.D.

- 11:00 am Femoroacetabular Impingement (FAI): Understanding and Management
– J.W. Thomas Byrd, M.D.
- 11:15 am Patient Selection for Hip Arthroscopy: The Key to Success
– J.W. Thomas Byrd, M.D.
- 11:30 am Evaluation of Hip Pain in Athletes
– G. Peter Maier, II, M.D.
- 11:45 am The Role of the Acetabular Labrum: What is the Suction Seal?
– Sanjeev Bhatia, M.D.
- 12:00 pm Surgical Management of FAI
– G. Peter Maier, II, M.D.
- 12:15 pm Capsular Management in Hip Arthroscopy: Does it Matter?
– Sanjeev Bhatia, M.D.
- 12:30 pm Rehabilitation Principles and Pearls for the Hip
– Michael A. McCormack, P.T.
- 12:45 pm Q&A - Case Presentations
- 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 VIII: Comprehensive Examination of the Hip; Patellofemoral Disorders- Diagnosis and Treatment Options

4:00 pm #5

Comprehensive Examination of the Hip

Sanjeev Bhatia, M.D.,
J.W. Thomas Byrd, M.D.,
G. Peter Maier, II, M.D.

5:15 pm #6

Treatment Options for Patellofemoral Disorders

Moderator: Frank R. Noyes, M.D.
Faculty: Stephen J. O'Brien, M.D.,
Timothy P. Heckmann, P.T.,
George J. Davies, DPT,
Russell M. Paine, P.T.,
Kevin E. Wilk, DPT

6:30 pm #7

Hip and Patellofemoral Rehabilitation Principles: Optimal Programs to Improve Deficiencies

Moderator: Timothy P. Heckmann, P.T.
Faculty: Michael A. McCormack, P.T.,
Julie Jasontek, P.T.,
George J. Davies, DPT,
Russell M. Paine, P.T.,
Kevin E. Wilk, DPT



DAY THREE MONDAY, MAY 30

6:00 am Breakfast Buffet - Santee Ballroom Salons F, G, H
6:50 am Announcements and Memorial Day Tribute - George J. Davies, DPT

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
– Leslie E. Schwindel, M.D.
7:20 am The Key to the Knee: Lateral and Posterolateral Knee Anatomy
– Matthew B. Beck, 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: Claude T. Moorman, III, M.D., Stephen J. O'Brien, M.D., Edward M. Wojtys, M.D., 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 Post-Operative Management Following ACL Reconstruction
– Timothy P. Heckmann, P.T.
9:45 am Avoiding Complications in ACL Surgery
– Matthew L. Busam, M.D.
10:00 am Quadriceps Deficits Following ACL Reconstructions: Is It Time to go Back to Open Kinetic Chain Isolated Exercises
– George J. Davies, DPT
10:15 am Q&A
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 Training the Lower Extremity for Performance
– Kevin E. Wilk, DPT
12:25 pm Q&A
12:55 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 and Treatment Options for Common Knee Pathology

4:00 pm #8 Comprehensive Examination of the Knee
Faculty: Frank R. Noyes, M.D., Claude T. Moorman, III, M.D.

5:15 pm #9 Prevention and Treatment of Knee Arthrofibrosis: A Major Complication of Knee Injury and Surgery
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, Timothy P. Heckmann, P.T., Julie Jasontek, P.T., Russell M. Paine, P.T., Kevin E. Wilk, DPT

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



DAY FOUR TUESDAY, MAY 31

6:00 am Breakfast Buffet - Santee Ballroom Salons F, G, H

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, P.T.*
- 7:20 am Knee Rehabilitation: Dynamic Changes with Motor Learning and Brain Plasticity
– *George J. Davies, DPT*
- 7:35 am Meniscus Repair and Transplantation: What's New In 2016
– *Frank R. Noyes, M.D.*
- 7:50 am Rehabilitation Techniques Following Meniscus Repair and Transplantation
– *Timothy P. Heckmann, P.T.*

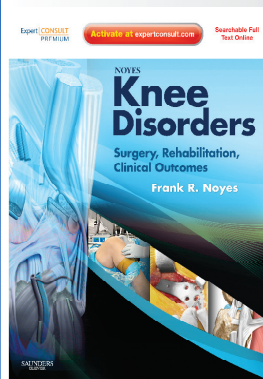
Session XIV: Osteoarthritis of the Knee: Surgical and Rehabilitation Options

Moderator: *George J. Davies, DPT*

- 8:05 am Articular Cartilage Management in the Athletic Population
– *Russell M. Paine, P.T.*
- 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: Unicompartmental and Patellofemoral
– *Frank R. Noyes, M.D.*
- 9:20 am Advances in Total Knee Replacement
– *Firas I. Kawtharani, M.D.*
- 9:35 am Rehabilitation Following High Tibial Osteotomy and Knee Replacement
– *Timothy P. Heckmann, P.T.*
- 9:50 am Alternative Exercise and Rehabilitation Options
– *Julie Jasontek, P.T.*
- 10:05 am Q&A - Audience Participation
- 11:00 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@csmref.org

CINCINNATI SPORTSMEDICINE RESEARCH & EDUCATION FOUNDATION

A World Class Reputation for Making A Difference in People's Lives



A Nationally Recognized Center of Excellence

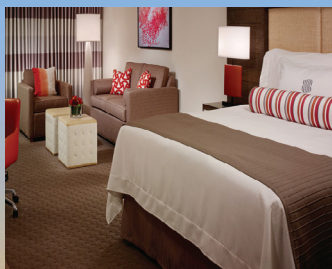
TRAVEL AND ACCOMMODATIONS

Accommodations

The course is being held in its entirety at the Sonesta Resort which is located on Shipyard Plantation on the South end of Hilton Head Island, overlooking the Atlantic Ocean. This beautifully landscaped AAA 4-Diamond resort offers a wonderful escape with onsite pool and beach, and nearby golf and tennis. The Sonesta Resort offers 340 guest rooms and is located just 45 miles from Savannah, in an area surrounded by outdoor recreation, shopping and fine dining. The hotel also features:

- Two outdoor pools and poolside cabanas
- 24-hour fitness center
- Arum Spa & Indigo Spa
- Three 9-hole championship golf courses
- Four restaurants & lounges
- Van Der Meer Shipyard Tennis Club
- Just Us Kids program
- Complimentary shuttle to Coligny and within Shipyard Plantation
- Check in 4:00pm; check out noon
- Recent \$30 million renovation

IMPORTANT: RESERVATIONS MUST BE CANCELLED 3 BUSINESS DAYS PRIOR TO ARRIVAL TO ENSURE ADVANCE DEPOSIT REFUND. If you encounter problems booking a hotel room please contact our conference administrative assistant at 513-794-8461.



Hotels near the Sonesta Resort

Holiday Inn Express

Group Code: Cincinnati SportsMedicine
2 Tanglewood Drive
Hilton Head Island, SC 29928
Reservations: (843) 842-6662
Special room rate: \$139
Special room rate guaranteed until room block is sold out or April 26, 2016
Room block dates are May 26 – 31, 2016

Hampton Inn

Group Code: CSM
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 26, 2016
Room block dates are May 26 – 31, 2016

Condo Rental

Sunset Rentals; www.sunsetrentals.com; 800-276-8991
Hilton Head Rentals & Golf; www.hiltonheadvacation.com; 800-445-8664
Resort Rentals of Hilton Head Island; www.hhivacations.com; 800-845-7017
Wyndham Vacation Rentals; www.wyndhamvacationrentals.com; 844-873-8314
Goode Vacation Rentals; www.goodevacationrentals.com; 843-681-9325
Seashore Vacations; www.seashorehhi.com; 800-845-0077

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 Sonesta and nearby hotels is 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 NMMBS/NGDYQ. 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 NMMBS 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 23 – June 4, 2016.

United/Air Canada Airlines: Offers a 2-10% discount depending on type of fare booked. Visit www.united.com or call United Meeting Reservations at 1-800-426-1122, Monday thru Friday, 7:00 am to 9:00 pm (CST). Refer to Offer Code Number ZVSG797527. Please note a Direct Ticketing Charge will apply for booking by phone. There is no ticketing fee for reservations made and ticketed on www.united.com. When booking online, enter the Offer Code in the Offer Code box when searching flights. Valid travel dates: May 20 – June 7, 2016.

Ground Transportation: The Sonesta Resort is 1 hour 5 minutes minutes from the Savannah International Airport and 15 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 21–June 7, 2016.

Taxi One Way Fares: Savannah International Airport to Hampton Inn \$80.00, Sonesta Resort or Holiday Inn Express Hilton Head Island \$85.00 (\$10 per passenger in excess of 2). Hilton Head Airport to Sonesta Resort or Holiday Inn Express Hilton Head Island \$25.00 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. Approximate one way fare is \$47; round trip \$84. Please allow a 15 minute window after the pick-up time when scheduling your shuttle

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, 2016. Your fees, less 20% for administrative costs, will be refunded if we are notified (in writing) beginning April 2nd up to April 29, 2016. No refunds will be made for any reason beginning April 30, 2016. 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 28 to Wednesday May 31, 2016

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 & PA's 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)

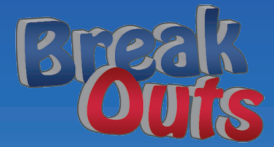
☐ Physical Therapist \$800 ☐ Athletic Trainer \$800 ☐ Physician Assistant \$800 ☐ PT. Assistant \$800

☐ 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 28, 2016

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

May 29, 2016

Session VIII #5	
Session VIII #6	
Session VIII #7	

May 30, 2016

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

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 SONESTA RESORT HOTEL RESERVATION

Group Name: Cincinnati SportsMedicine Research and Education Foundation

•Major Arrival Date: Friday, May 27, 2016 •Major Departure Date: Tuesday, May 31, 2016

Advances on the Knee, Shoulder & Sports Medicine Saturday, May 28 to Tuesday, May 31, 2016

To make reservations, visit our website www.csmoevents.com and click on the Sonesta Resort link or call 843-842-2400 or mail to The Sonesta Resort, 130 Shipyard Dr., Hilton Head Island, SC 29928, Attention Reservations.

COURSE PARTICIPANT MUST MAKE HOTEL RESERVATIONS

IMPORTANT NOTE: We have negotiated pre-conference and conference rates depending on your nights of stay. Dates before and after Fri/Sat/Sun (5/27-29) will show a blended rate. Price will be broken down per night by hitting the "view price breakdown" on your "select room" page. Preferences will be noted on reservation, however, they are not guaranteed. All preferences are subject to availability upon check-in.

GUARANTEE: Reservations will be accepted on a space available basis until the reservation cut-off date of April 27, 2016. All reservations must be guaranteed with a deposit of one night's stay. Check or credit card acceptable. Reservations must be cancelled three (3) business days prior to arrival and a cancellation number obtained to ensure advance deposit refund.

RESERVATIONS MUST BE CANCELLED 3 BUSINESS DAYS PRIOR TO ARRIVAL TO ENSURE ADVANCE DEPOSIT REFUND.

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

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After spending the day participating in the education sessions offered in the 31st 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 31st 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

