



22nd Annual
VCU Health Sports Medicine
Update in Primary Care
& Pediatrics

December 2 – 4, 2016

**Sports Related Challenges in Pediatrics
and Primary Care**

Friday, December 2, 2016 - Pediatric Topics Begin
1:00 p.m. - 6:30 p.m. (includes dinner)

Saturday, December 3 and Sunday, December 4, 2016 -
General Primary Care Topics

Optional Workshops Friday Evening & Saturday Afternoon

Presenting renowned clinician experts and featuring
Graham Smith, GradDip Phys, FCSP, DipTP, CertEd

Kingsmill Resort • Williamsburg, Virginia

22nd Annual VCU Health Sports Medicine Update in Primary Care

This program provides an intensive update of sports medicine topics of specific interest to physicians in primary care, pediatrics, internal medicine, sports medicine, physician assistants, athletic trainers, nurse practitioners and other health care professionals. Faculty panels each day, optional skills workshops, continental breakfasts, lunch, coffee breaks and instructional materials will be provided. Please note that the optional Friday evening and Saturday afternoon workshops require additional registration fees.

Course Objectives

At the conclusion of this conference the successful learner should be better able to:

- collaborate with your high school's ATC;
 - determine best methods for the student athlete to transition from high school sports to college athletics;
 - recognize pediatric and adolescent athlete conditions such as: heart problems, back pain, sprains/strains & traumatic brain injury, healthy eating and sports performance, mental health and well-being of the athlete;
 - review the diagnosis and treatment of medical conditions that affect athletes and their participation in sports;
 - discuss when to use joint injections in the treatment of arthritis;
 - review key imaging findings on knee x-ray, MRI & CT for acute knee injuries;
 - discuss the evaluation of the hip and sacroiliac, knee & back
 - recognize when joint pain is a rheumatoid condition and how to treat;
 - recognize common skin problems and care in athletes;
 - review lower GI and abdominal concerns in athletes;
 - discuss labral tears and other problems of the shoulder & when to refer to an orthopaedic surgeon;
-



- determine non-neurogenic thoracic outlet syndrome;
- learn to mobilize joints and soft tissue injuries in athletes;
- discuss occupational and physical therapy treatments of the child/adolescent with concussion;
- review the factors contributing to skin problems.

(Refresher topics)

- discuss current guidelines for assessment and management of concussions;
- demonstrate skills for improved history, physical examination, and treatment of sports medicine injuries;
- determine which injuries can be cared for by primary care physicians and which injuries should be referred;
- recognize the need for sideline medical coverage and obtain the skills needed to cover events including improved “return to play” decisions;
- determine joint injuries and best methods for treatment;
- determine when knee injuries need surgery.

Optional Workshops

- SMART Workshop • Joint Injection • Manual Therapy and Mobilisations for Hip, Knee and Ankle • Managing Osteoarthritis – New Expert Consensus Protocols & Innovative Biomechanical Solutions

Accreditation and Educational Credit

Physicians

University Health Services Professional Education Programs (UHS-PEP) of Virginia Commonwealth University Health System is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

UHS-PEP designates this live activity for a maximum of 20.25 **AMA PRA Category 1 Credits™** (provided that the learner takes all optional workshops). Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This continuing medical education activity has been reviewed by the American Academy of Pediatrics and is acceptable for a maximum of 20.25 AAP credits. These credits can be applied toward the AAP CME/CPD Award available to Fellows and Candidate Members of the American Academy of Pediatrics.

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

Nurses

ANCC accepts **AMA PRA Category 1 Credits™** from organizations accredited by the ACCME for your CNE contact hour requirements for recertification. ANCC recognizes credit in terms of hours so 1.0 Category 1 Credit is equal to ANCC 60 minutes (1 hour) of learning. *Check with your credentialing center or state board of nursing on how to report your credit received from this activity.*

Physician Assistants

AAPA accepts certificates of participation for educational activities certified for **AMA PRA Category 1 Credits™** from organizations accredited by the ACCME or a recognized state medical society.

This continuing education activity meets the criteria of Virginia Commonwealth University and the Southern Association of Colleges and Schools. 2.0 CEUs will be awarded and recorded with the University.

The College of William & Mary (BOC AP #P769-2000) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of 2.0 hours of EBP CEUs. *Certified Athletic Trainers are responsible for claiming only those hours actually spent participating in the CE activity.*

Credit approval pending from the Board of Certification, Inc. to provide Athletic Trainer continuing education credits for the rest of the conference.

Colonial Williamsburg Information

Call (757) 253-2277 or 1-800-HISTORY (1-800-447-8679)

Go online for your Colonial Williamsburg Vacation Planner at www.history.org

Grand Illumination at Colonial Williamsburg—Sunday, December 4, 2016

Enjoy one of the highlights of Colonial Williamsburg's Christmas season—Grand Illumination—featuring candles, cressets, fireworks and music. The celebration begins at 4:45 p.m. on outdoor stages throughout the Historic Area. Colonial Williamsburg's Fifes and Drums provide 18th-century music as costumed performers present holiday entertainment found in Williamsburg two centuries ago. At 5:45 p.m., the Fifes and Drums signal the beginning of the Grand Illumination. At 6:15 p.m., candles are lit in public buildings, shops, and homes and fireworks are launched at three Historic Area locations: the Governor's Palace, Magazine and Capitol. After the fireworks, entertainment resumes on the outdoor stages, continuing until 7:30 p.m.

Program Registration

The registration fee of \$395.00 does not include optional sessions, (\$325.00 for physicians in training, athletic trainers and other health care professionals) includes tuition, program materials, and transcript of credit hours, continental breakfast each morning, lunch with the exhibitors on Saturday and coffee breaks. **Registration will increase by \$50 for plenary and any workshops AFTER OCTOBER 1, 2016.**

You can register online at cme.vcuhealth.org

Cancellation

Registration fee, less a \$60.00 non-refundable administrative fee, will be refunded only if written notice of cancellation is received on or before **November 17, 2016.**

To receive additional information, please contact:

VCU Health Continuing Medical Education

PO Box 980048

Richmond, VA 23298-0048

Telephone: (804) 828-3640 or (800) 413-2872

Fax: (804) 828-7438

Email for more information: cmeinfo@vcuhealth.org

Conference Location – Kingsmill Resort

Kingsmill Resort is located at 1010 Kingsmill Road, Williamsburg, VA 23185 on the James River. Each of the recently updated 425 guest rooms and suites at Kingsmill Resort is villa-style. Choose from a James River, Warham's Pond, Golf Course or Tennis Center view, all with proximity to the fitness center, the marina and the Spa. Kingsmill Resort is compliant with ADA standards, with rooms and suites available upon request for any persons with disabilities. The resort shuttle will take you anywhere on the property and also goes to nearby attractions including Colonial Williamsburg and Busch Gardens.

The two closest airports are Richmond International Airport (RIC) in Richmond, VA., and Williamsburg–Newport News International Airport (PHF) in Newport News, VA.

Accommodations and Reservations

A block of rooms is being held at the Kingsmill Resort in Williamsburg, Virginia. ***The cutoff date for reservations is November 20, 2016.*** Any room not reserved by this time will be available on a space available basis and may not be available at the conference rate. Check-in time is 4:00 p.m. and check-out time is 11:00 a.m. Complimentary parking is provided for hotel guests and those not staying at the hotel but attending the meeting. For more information on this property go to www.kingsmill.com

The room rate is \$139.00 plus tax for single or double occupancy plus 11% State and Occupancy tax and \$2.00 per room night guest room tax. This room rate will be honored for two days prior and two days after the conference dates based on availability to allow you to enjoy all the festivities of Grand Illumination.

To make your reservation call the hotel directly at (800) 832-5665 and request the group name VCU Sports Medicine Conference 2016 to obtain the group rate. Reservations must be guaranteed with a credit card number or by a first night's deposit. Cancellations may be made until 72 hours prior to the date of arrival to avoid any penalty.

Children's Hospital of Richmond (CHoR) Richmond, VA Faculty

Joanna Horstmann, MD

Assistant Professor

Aileen Jones, DPT

Eugenio Monasterio, MD

Assistant Professor

Department of Physical Medicine and Rehabilitation

Division Chief Pediatric Rehabilitation

William Moskowitz, MD, FAAP, FACC, FSCAI, FAHA

Professor, Pediatrics and Medicine

Chair, Pediatric Cardiology

Vice Chair, Clinical Operations, Department of Pediatrics

Director, Pediatric Cardiac Catheterization Laboratory

Allison Wolf, DPT, OT/L

Rehabilitation Manager

Brianne Steigleder, PT, DPT

Special Guest Speaker

Graham Smith, Grad Dip Phys, FCSP, DipTP, CertEd

Professor

PhysioTech

Rehabilitation & Sports Injury Clinic

Edinburgh, Scotland, United Kingdom

Guest Faculty

Steve Cole, MEd, ATC

Associate Athletic Director

The College of William and Mary

Williamsburg, VA

B. Kent Diduch, MD

Family Practice Team Physician and Associate Professor

James Madison University

Harrisonburg, VA

Karen Hensley, MS, RDN, CSSD

Registered Dietitian

Richmond, VA

Thomas Howard, MD, FACSM, FACSM

Associate Director of Medical Services

North Carolina State University

Raleigh, NC

John Mitrovic, PT, SCS, ATC, CSCS

Vice President
Tidewater Physical Therapy, Inc.
Williamsburg, VA

Francis O'Connor, MD, MPH, COL

Professor and Chair
Military and Emergency Medicine
Associate Director
Consortium for Health and Military Performance (CHAMP)
Uniformed Services University of the Health Sciences
Bethesda, MD

Jeffrey Roberts, MD, CAQSM

Assistant Clinical Professor
Department of Family Medicine
St. Francis Family Medicine Center
Midlothian, VA

**Faculty and Planning
Committee VCU
School Of Medicine****Michael Petrizzi, MD, CAQ**

Program Chairman
Clinical Professor of Family Medicine
Hanover Family Physicians, PC
Mechanicsville, VA

Katherine Dec, MD, FAAPMR, CAQ

Program Co-Chair
Professor
Department of Physical Medicine and Rehabilitation
Department of Orthopaedic Surgery
Head Team Physician
Longwood University
First Vice President
AMSSM

VCU School of Medicine Faculty

Dana R. Blackmer, PhD, CC-AASP

Clinical and Sport Psychologist
VCU Athletics

Seth Cheatham, MD

Associate Professor
Department of Orthopaedic Surgery
VCU Sports Medicine Center

Gregory Golladay, MD

Associate Professor
Department of Orthopaedic Surgery
Fellowship Director
Adult Reconstruction

Kevin Hoover, MD, PhD

Director
Musculoskeletal Imaging and Intervention
VCU Health Department of Radiology
Director
Clinical Optimization VCU Health Neuroscience, Orthopaedic and
Wellness Center

Thomas Loughran, MD

Associate Professor
Department of Orthopaedic Surgery
Medical Director
VCU Sports Medicine Center

Michael Messer, PT, DPT, SCS

VCU Sports Medicine

Beth Rubinstein, MD

Associate Professor
Department of Internal Medicine
Division of Rheumatology, Allergy and Immunology

Administration

Sagé Blaska, MFA, GradDip

Conference Manager
VCU Continuing Medical Education

Sherry Black, MBA

CHoR Business Manager

John Boothby, MSW

Director
VCU Continuing Medical Education

Friday, December 2, 2016



PEDIATRICS

1:00 – 1:45 p.m.

The Heart and Sports

William Moskowitz, MD, FAAP, FACC,
FSCAI, FAHA

1:45 – 2:15 p.m.

Healthy Eating and Sports Performance

Karen Hensley, MS, RDN, CSSD

2:15 – 2:45 p.m.

Mental Health and Well Being of the Scholar Athlete

Dana Blackmer, PhD, CC-AASP

2:45-3:15 p.m.

Collaborating with Your High School's ATC: How Can You Ease the Transition from High School Sports to College Athletics?

Steve Cole, MEd, ATC

3:30 – 5:30 p.m.

Physical Exam Pearls and Common Injuries of the Upper and Lower Extremities

Joanna Horstmann, MD, Michael Petrizzi, MD, CAQ and Jeff Roberts, MD, CAQSM

5:30 – 6:30 p.m.*

Youth Sports Concussion: What It Is and How Can We Help Doctor Determine?

Eugenio Monasterio, MD accompanied by Allison Wolf, DPT, OT/L and Brianne Steigleder, PT, DPT

**Dinner provided with this workshop sponsored by Children's Hospital of Richmond*

POST DINNER OPTIONAL – HANDS-ON SKILLS WORKSHOP

6:30 – 8:30 p.m.

Workshop A: S.M.A.R.T. Part 1

****Separate fee applies**

On Field Management of Upper and Lower Extremity Injuries and Sideline Concussion Assessment

Michael Petrizzi, CAQ and Steve Cole, MEd, ATC & W&M ATC

GENERAL SPORTS MEDICINE

Saturday, December 3, 2016

6:15 a.m. **Registration & Continental Breakfast
with Exhibits**

7:00 a.m. **Welcome & Announcements**
Michael Petrizzi, MD, CAQ
Program Chairman and Moderator

PRIMARY CARE ASPECTS OF SPORTS INJURIES

7:10 a.m. **Treatment of Soft Tissue Injuries**
Graham Smith, Grad Dip Phys, FCSP,
DipTP, CertEd

7:40 a.m. **Where Is the Evidence for Treatment for
the Most Common Injuries of Shoulder**
Michael Petrizzi, MD, CAQ

8:00 a.m. **Evaluation of the Elbow**
Jeff Roberts, MD, CAQSM

8:20 a.m. **Most Common Closed Hand, Wrist and
Finger Injuries**
Jeff Roberts, MD, CAQSM

8:40 a.m. **Evaluation of the Hip and Sacroiliac**
Thomas Howard, MD, FACS

9:00 a.m. **Evaluation of Lower Back Pain**
Francis O'Connor, MD, MPH, COL

9:20 a.m. **Questions & Answers**

9:30 a.m. **Break with Exhibits**

10:00 a.m. **Acute Knee Injuries & Key Tests:
HX & DX in Primary Care Sports
Medicine Office**
Michael Petrizzi, MD, CAQ

10:20 a.m. **Key Imaging Findings on Knee Xray, MRI,
CT for Acute Knee Injuries**
Kevin Hoover, MD, PhD

10:50 a.m.	Joint Injuries, Subsequent Arthritis Evidence For and Against Operative Approach Gregory Golladay, MD
11:20 a.m.	Sports Injuries of the Knee and When to Refer to Ortho Seth Cheatham, MD
11:50 a.m.	Knee OA: When to Refer the Active Able to Partial (UNI) or Total Knee Replacement Gregory Golladay, MD
12:20 p.m.	Questions & Answers Morning Session Adjourns
12:30 p.m.	Lunch Workshop NOT FOR CREDIT  Managing Osteoarthritis – New Expert Consensus Protocols & Innovative Biomechanical Solutions Knee osteoarthritis for three separate patient populations: the young patient; the aggressively active patient; and the older patient. Protocols for the conservative management of hip osteoarthritis will be discussed including new biomedical interventions. Sponsored by a Grant from Ossur Katherine Dec, MD, FAAPMR, CAQ <i>*Lunch on your own also available</i>
2:00 p.m.	Afternoon Session Begins Evaluation and Treatment of Leg, Ankle and Foot Injuries Jeff Roberts, MD, CAQSM
2:30 p.m.	The Role of Joint Injections in Treatment of Arthritis Francis O'Connor, MD, MPH, COL
3:00 p.m.	Concussion Collaboration between ATCs and Physician Steve Cole, MEd, ATC and Katherine Dec, MD, FAAPMR, CAQ

3:30 p.m.

Questions & Answers

3:45 – 5:45 p.m.

****Separate fee applies**

Optional

Workshop B: Intro to Ultrasound and Joint Injections

Thomas Howard, MD, FACSM

Optional

Workshop C: Manual Therapy and Mobilisations for Hip, Knee and Ankle

Graham Smith, Grad Dip Phys, FCSP, DipTP, CertEd

Optional

Workshop D: S.M.A.R.T. Part 2

(2.0 EBP CEU credit approved)

On-field Management of the Spine Injured Athlete

Sunday, December 4, 2016

6:45 a.m.

Registration & Continental Breakfast with Exhibits

7:25 a.m.

Announcements

Michael Petrizzi, MD, CAQ

7:30 a.m.

Rheumatology – When is Joint Pain a Rheumatoid Condition and Workup? Diagnosis and Treatment Recommendations

Beth Rubinstein, MD

8:00 a.m.

Common Skin Problems and Care in Athletes

Kent Diduch, MD

8:30 a.m.

Problems Below the Belt: Lower GI and Abdominal Concerns in Athletes

Kent Diduch, MD

9:00 a.m.

Questions & Answers

9:15 a.m.

Break and Exhibits

9:45 a.m.

Labral Tears of the Shoulder and Other Problems You Should Refer to Me

Thomas Loughran, MD

10:15 a.m.

Non-Neurogenic Thoracic Outlet Syndrome

Katherine Dec, MD, FAAPMR, CAQ

10:45 a.m.

Exertional Leg Pain in the High School Runner and Non-operative Treatment

Katherine Dec, MD, FAAPMR, CAQ

11:00 a.m.

Exertional Leg Pain: The Gait Components of 3D Analysis that Help Us with Impact Loading

Mike Messer, PT, DPT, SCS

11:30 a.m.

Questions & Answers

12:00 p.m.

Conference Adjourns

Course Registration

PEDIATRIC SPORTS MEDICINE FEES



- ☐ \$150 Children's Hospital of Richmond Pediatric Sports Medicine (Friday only) Registration Fee includes dinner (1:00 - 6:30 p.m. Friday, December 2)

GENERAL SPORTS MEDICINE FEES

- ☐ \$395 Physicians (Saturday and Sunday plenary - optional workshops not included)
- ☐ \$325 Physician-in-Training and other Health Care Professionals (letter of verification for residents must be provided)
- ☐ \$325 Athletic Trainers Registration Fee
- ☐ 6:30 – 8:30 p.m. Friday, December 2
\$125 For optional **Workshop A: S.M.A.R.T.**
- ☐ 3:45 – 5:45 p.m. Saturday, December 3
\$125 For optional **Workshop B: Intro To Ultrasound and Joint Injections**

OR

- ☐ 3:45 – 5:45 p.m. Saturday, December 3
\$125 For optional **Workshop C: Manual Therapy and Mobilisations for Hip, Knee and Ankle**
- ☐ 3:45 – 5:45 p.m. Saturday, December 3
\$125 For optional **Workshop D: S.M.A.R.T. Part 2**
- ☐ \$250 fee to attend only ONE DAY without workshops
☐ Saturday ☐ Sunday

Please select one of the following to obtain syllabus:

- ☐ \$25 USB Card with learning materials
- ☐ *Free download of syllabus will be available one week prior to conference

USB Cards are only available to those who have paid in advance

EARLY REGISTRATION FEE ENDS OCTOBER 1, 2016

- ☐ Additional Registration fee after October 1, 2016: \$50.00

TOTAL DUE _____

Do you plan to attend the optional Lunch Workshop on Saturday, December 3 sponsored by OSSUR

- ☐ Yes - No additional fee ☐ No

REGISTRATION ON-LINE PREFERRED AT CME.VCUHEALTH.ORG



in conjunction with

University Health Services Professional Education Programs

VCU Office of Continuing Medical Education

P.O. Box 980048

Richmond, Virginia 23298-0048

The 22nd Annual

VCU Health Sports Medicine Update
in Primary Care & Pediatrics

December 2 – 4, 2016

NONPROFIT ORG.
U.S. POSTAGE
PAID
Richmond, Virginia
Permit No. 4

