

HSS



MAJOR LEAGUE SOCCER 2017 MEDICAL SYMPOSIUM

SATURDAY
JANUARY 7, 2017

Manhattan Beach Marriott | Manhattan Beach, California

NEW
FOR 2017

BOC Evidence Based
Practice Category
hours/CEUs



ACCREDITATION This activity has been approved for AMA PRA Category 1 Credits™, BOC Evidence Based Practice Category hours/CEUs, and Physical Therapy Contact Hours. Pending approval for Physical Therapy CCUs.

Jointly Provided by **HOSPITAL FOR SPECIAL SURGERY** Office of Continuing Medical Education and Major League Soccer



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LOCATION

Manhattan Beach Marriott
Manhattan Beach, California

STATEMENT OF NEED

Collegiate and professional soccer leagues rely upon their medical teams to treat soccer related injuries and return injured players to the sport in a safe and efficient manner. This activity will provide medical teams with guidance on the identification, prevention, and treatment of injuries and illnesses common to the soccer athlete. The team approach will be emphasized during case presentations, updates on current recommendations for treatment, and methods for return to sport in common areas affecting the soccer population. Emphasis will be placed on acknowledging the rare, but life threatening catastrophic injuries and illnesses that can happen in contact sports.

TARGET AUDIENCE

This activity is targeted to family medicine physicians, orthopaedists, physiatrists, primary care physicians, sports medicine physicians, athletic trainers, physical therapists, physician assistants, nurse practitioners and rehabilitation therapists. Residents, fellows and medical students may also benefit from attending this course.

ACCREDITATION AND CREDIT DESIGNATION



Physicians: This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Hospital for Special Surgery and Major League Soccer. Hospital for Special Surgery is accredited by the ACCME to provide continuing medical education for physicians.

Hospital for Special Surgery designates this live activity for a maximum of 8.5 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



Athletic Trainers: Hospital for Special Surgery (BOC AP# P537) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of 8.5 EBP Category hours/CEUs. ATs should claim only those hours actually spent in the educational program.

Physical Therapists: Hospital for Special Surgery is a New York State Education Department approved provider for physical therapy continuing education. Hospital for Special Surgery designates this live activity for a maximum of 8.25 contact hours. The following states require continuing education units with no state-specific approval: CT, IA, MA and WA.

This activity is pending approval for CCUs by the Federation of State Boards of Physical Therapy (FSBPT) and therefore would be accepted by the physical therapy regulatory boards/agencies in certain U.S. jurisdictions. The CCU amount will be determined by the FSBPT. The physical therapy boards in the following states currently accept the FSBPT certification: AK, AR, AZ, CA, DE, District of Columbia, GA, HI, ID, IL, IN, KS, KY, MI, MO, MS, MT, NC, ND, NE, OR, SC, TN, UT, VA, VT, WI, and WY.

FINANCIAL DISCLOSURE

In accordance with the Accreditation Council for Continuing Medical Education's Standards for Commercial Support, all CME providers are required to disclose to the activity audience the relevant financial relationships of activity directors, planning committee members, presenters, authors and staff involved in the development of CME content. An individual has a relevant financial relationship if he or she has a financial relationship in any amount occurring in the last 12 months with a commercial interest whose products or services are discussed in the CME activity content over which the individual has control.

It is the policy of Hospital for Special Surgery to request all financial relationships that activity directors, planning committee members, presenters, authors and staff have with commercial interests, but to disclose to the activity audience only the **relevant** financial relationships.

FOR MORE INFORMATION

Go to www.hss.edu/cme for a complete calendar of scheduled live and online CME activities.

LEARNING OBJECTIVES

HSS continuing medical education activities are intended to improve the quality of patient care and safety. At the completion of the course, the participants should be able to:

- Recognize each person's role in the team approach for injury prevention, evaluation, and treatment of soccer athletes.
- Recognize risk factors and signs and symptoms of cardiac arrest, so that they can efficiently and effectively respond to a critical situation should it arise. They will develop and be able to implement a protocol for treating an athlete in a critical cardiac situation.
- Review current recommendations, techniques, and protocols for identifying and managing on field spinal cord injuries. They will be able to apply proper spine precautions and techniques to evaluate and treat the injury when necessary.
- Review guidelines to recognize, care, evaluate, and treat athletes suffering from acute heat stroke. Develop and implement a clear protocol to guide the medical team with evidence based recommendations, including directions and procedures for identifying and treating athletes suffering from acute heat stroke.
- Review the evolving recommendations for recognizing, diagnosing, and treating concussions among soccer athletes in an acute on-field setting. They will implement into practice the protocols, such as on-field evaluation and safe reintegration back into the sport, developed as a result of the recommendations for concussions in the soccer athlete.
- Recognize the public health and safety risks associated with large crowds and event medicine, and be able to develop and incorporate into practice appropriate protocols when planning athlete and spectator safety.
- Report the importance of emergency preparedness and emergency action planning due to the spectrum and severity of injury and illness that one can encounter, as well as the key components of an action plan.
- Relate recommended standards for healthy and safe playing environments for all levels of the sport, such as youth, club, NCAA, United States, and Major League Soccer.
- Report pathology of emerging diseases, such as Zika, as well as pathology changes in well-known diseases that soccer athletes may encounter while traveling internationally and the necessary prevention and treatment plans.
- Report present and future research on synthetic playing surfaces, so that they are better informed to care for soccer athletes from youth level through professional elite players. They will recognize a possible relationship between turf and illness, and report on protective measures, future investigations, and treatment.
- Identify preparation, competition, and recovery techniques that can prevent injury and illness in elite athletes due to poor hydration, sleep, and nutrition; describe recommendations, research, and emerging techniques and technology related to hydration, nutrition, and sleep that enable them to better monitor all of these elements of well-being, and be able to integrate these into practice.
- Relate potential differences and preferences, such as communication preferences, among athletes from different cultures and backgrounds, and how these may complicate the evaluation and treatment of concussions.
- Describe the risks of testicular and urological emergencies, injuries, and illnesses specifically for male soccer athletes. They will be able to describe and implement recommendations for screening, diagnosing, and treating these emergencies, injuries and illnesses.

*For complete learning objectives and updates about this course, please visit www.hss.edu/cme.



Activity Agenda

Earn CME/CEU credit online through our on-demand offerings www.hss.edu/eAcademy

7:25 am Welcome and Introductions*

Preparedness: "It Happened To Me"

- 7:30 am On Field Management of Sudden Cardiac Arrest**
Matthew W. Martinez, MD, FACC
- 7:45 am On Field Management of Spinal Cord Injuries**
Robert G. Watkins IV, MD
- 8:00 am On Field Management of Heat Stroke**
George Chiampas, DO
- 8:15 am On Field Management of Head Injury**
Brian Goodstein, MS, ATC, CSCS, CES
- 8:30 am The Medical Team's Role in Emergency Action Plans for Soccer Venues**
George Chiampas, DO

"An amazing panel of experts"
—2016 Symposium Participant

- 8:55 am EXPERT PANEL DISCUSSION
Emergencies in Soccer**
George Chiampas, DO
Ruben Echemendia, PhD
Brian Goodstein, MS, ATC, CSCS, CES
Lawrence J. Lemak, MD
Matthew W. Martinez, MD, FACC
Robert G. Watkins IV, MD

9:15 am Break*

- 9:25 am Caring for the Male Athlete: Testicular Injuries, Testicular Cancer, Urologic Emergencies**
Jamin V. Brahmbhatt, MD and Sijo J. Parekattil, MD

9:45 am Discussion/Q&A

Infectious Disease Considerations in the Soccer Athlete

- 9:55 am Case Presentation: Infection While Traveling**
Alex Margarito, ATC
- 10:05 am Infectious Disease Considerations in the Soccer Athlete: 21st Century Answers for Age Old Challenges**
Byron O. Patterson, MD
- 10:25 am Discussion/Q&A**
- 10:35 am Break***

Turf Wars: Does a Synthetic Surface Place Athletes at Risk for Illness?

- 10:45 am Turf Injury Case Presentation**
Patrick Tanner, ATC
- 11:00 am Athlete Perspective: Lymphoma and "The List"**
Faculty TBD
- 11:15 am Return-to-Play for Sport-Specific Surfaces**
Patrick Vignona, PT, MSPT, SCS, Cert MDT
- 11:30 am Turf Wars: What Does the Research Really Show Regarding Injury, Incidence, and Illness?**
Bert R. Mandelbaum, MD, DHL (hon)

"Very usable information applicable to practice"
—2016 Symposium Participant

- 12:00 pm Panel Discussion: Grass vs. Turf**
John Gallucci, Jr., MS, ATC, PT, DPT
Bert R. Mandelbaum, MD, DHL (hon),
Patrick Tanner, ATC
Patrick Vignona, PT, MSPT, SCS, Cert MDT

12:25 pm Lunch*

Wellness in the Soccer Athlete and its Contribution to Recovery and Performance

- 1:25 pm Hydration in the Elite Athlete**
Marie Spano, MS, RD, CSCS, CSSD
- 1:45 pm Nutrition in the Elite Athlete: Pre-Contest Preparation & Recovery**
Heidi Skolnik, MS, CDN, FACSOM
- 2:05 pm The Role of Sleep in Recovery**
Kurt Andrews, MS, ATC, PES, CES
- 2:25 pm The Latest Technology to Improve Recovery, Nutrition, and Sleep**
Mark Kovacs, PhD, FACSM, CSCS*D, CTPS, MTPS
- 2:50 pm Discussion/Q&A**
- 3:05 pm Break***

Concussion Management in 2017

- 3:20 pm Cultural Considerations and Issues in the Evaluation and Management of Concussions in Sports**
David M. Lechuga, PhD, ABPP, ABPN
- 3:40 pm Vestibular Rehab and Emerging Techniques in Concussion Return to Play**
Faculty TBD
- 3:55 pm Review of MLS Policy and Discussion of Concussion Management**
Ruben Echemendia, PhD
David M. Lechuga, PhD, ABPP, ABPN

Evaluation of the Elite Soccer Athlete

- 4:30 pm Cardiac and Medical Screening Pearls in Soccer Athletes**
Matthew W. Martinez, MD, FACC
- 4:40 pm Musculoskeletal Screening Pearls and Pitfalls in Soccer Athletes**
Wayne Gersoff, MD
Michael Heitkamp, ATC
- 5:05 pm Case Presentation and Discussion Among MLS and US Soccer Leadership on Evaluation and Screening of the Elite Soccer Athlete: How This Pertains to You**
Moderator: Amanda Martin, DO
George Chiampas, DO
Wayne Gersoff, MD
Michael Heitkamp, ATC
Lawrence J. Lemak, MD
Matthew W. Martinez, MD, FACC
- 5:25 pm Closing Remarks/Networking Reception***

*Not designated for credit.
Faculty and agenda subject to change.

Program Faculty

ACTIVITY DIRECTOR



Amanda Martin, DO
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Medical Meetings
Major League Soccer Sports
Medicine Surgeon
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University of California, Los Angeles
Neuropsychological Consultant
Los Angeles Kings and the LA Galaxy
Los Angeles, CA

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Chief Medical Officer
Major League Soccer
Sports Medicine Advisory Board
National Federation of High Schools
Medical Advisory Committee
Pop Warner
Chairman of the Board
Youth Sports of Americas
Birmingham, AL

Bert R. Mandelbaum, MD, DHL (hon)
FIFA Medical Officer Rio Olympics 2016
Co-Chair of Medical Affairs Kerlan Jobe
Institute at Cedars Sinai
Santa Monica Orthopaedic and Sports
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Robert G. Watkins IV, MD
Orthopaedic Spine Surgeon
Director, Marina Spine Center
Marina Del Ray, CA





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WAYS TO REGISTER

Register and pay online at www.hss.edu/cme.

Register by mail using the registration form.

Payment By Mail

Make check payable to:

Hospital for Special Surgery

Mail registration form to:

Hospital for Special Surgery
Professional Education Department
Education & Academic Affairs
535 East 70th Street
New York, NY 10021

Confirmations

All registered participants will receive a confirmation via email.

Refund Policy

A handling fee of \$75 is deducted for cancellation. Written refund requests must be received one week prior to the course. No refund will be made thereafter.

Hospital for Special Surgery reserves the right to cancel this course. In the unlikely event the course is cancelled, HSS will issue a full refund of the registration fee, but will not be responsible for any other charges incurred by the registrant due to the cancellation of the course.

Information about a discounted room rate will be available soon!
For more information please contact Wanda Napolitano

Senior Events and Marketing Coordinator
Professional Education
Education & Academic Affairs

Hotel Reservations

Manhattan Beach Marriott
Manhattan Beach, CA
For more information please email Wanda Napolitano at napolitanow@hss.edu.

Find Hospital for Special Surgery on the web at www.hss.edu



Program Registration

PLEASE PRINT LEGIBLY

First Name MI Last Name

Degree Company

Email Address

Street Address Suite/Apt #

City State Zip Code

Daytime Phone

\$ Amount Enclosed ☐ American Express ☐ Mastercard ☐ Visa ☐ Check Enclosed

Credit Card # Exp. Date

Signature

☐ Check here to receive the HSS Links eNewsletter for professionals.
☐ I do not wish to share my email address with exhibitors.

How did you hear about this course?

☐ Print Brochure ☐ Email Blast ☐ HSS Website
☐ LinkedIn (HSS Professional Education) ☐ Recommendation ☐ Other _____
☐ Twitter (@HSSProfEd)

Registration Fees

Registration fees include breakfast, lunch, networking reception, online access to lecture handouts, access to post produced content on HSS eAcademy, and credits. All registered participants will receive a confirmation via email.

	EARLY BIRD RATE Closes 11/28/16 at 5 pm	REGULAR RATE Closes 1/2/17 at 5 pm
Physicians	\$275	\$300
Non-Physicians	\$200	\$225

For day-of registration at the onsite course, add \$75 to the appropriate category above (available only if space permits—please call first).

Please note: Registration will not be processed unless accompanied by payment.

Please note: This program may be recorded, filmed or photographed. By attending this program, you give permission to Hospital for Special Surgery to use your voice and likeness for any purpose (promotional, educational, or other), in any medium, and without remuneration of any kind to you.

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