

AMSSM 26TH ANNUAL MEETING

MEDICINE *in Motion*



MAY 8-13, 2017
San Diego, CA

Manchester Grand Hyatt
San Diego

PROGRAM PLANNING COMMITTEE

Ken Mautner, MD; Program Chair

Irfan M. Asif, MD

Chad Asplund, MD

David J. Berkoff, MD

Chad Carlson, MD

Katherine L. Dec, MD

Jonathan T. Finnoff, MD

Cassidy Foley, DO

Marci Goolsby, MD

Joshua Hackel, MD

Mederic M. Hall, MD

Eugene Hong, MD

Neeru Jayanthi, MD

Kelsey Logan, MD, MPH

Dawn Mattern, MD

Jason M. Matuszak, MD

Rebecca Myers, MD

Fran O'Connor, MD, MPH

Oluseun "Alfy" Olufade, MD

Paul Stricker, MD

Ashwin Rao, MD

Craig Young, MD

Jason L. Zaremski, MD



AMSSM FOUNDATION HUMANITARIAN SERVICE PROJECT

MONDAY, MAY 8, 2017 • 10:00 A.M. – 6:00 P.M.
SAN DIEGO, CA



AMSSM 26th ANNUAL MEETING • MAY 8-13, 2017

MANCHESTER GRAND HYATT SAN DIEGO – SAN DIEGO, CA

PRE-CONFERENCES

MONDAY, MAY 8, 2017

8:00 a.m. – 5:40 p.m. FUNDAMENTALS OF SPORTS ULTRASOUND PRE-CONFERENCE Course Director: Jonathan T. Finnoff, DO Co-Course Chairs: Robert Monaco, MD, MPH and Evan Peck, MD	7:00 a.m. – 3:45 p.m. ADVANCED SPORTS ULTRASOUND PRE-CONFERENCE Course Director: Jonathan T. Finnoff, DO Co-Course Chairs: Mederic M. Hall, MD and Douglas F. Hoffman, MD
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TUESDAY, MAY 9, 2017

7:00 a.m. – 9:30 a.m. FELLOWSHIP FORUM Co-Chairs: Irfan M. Asif, MD and Amanda Weiss Kelly, MD		6:15 a.m. – 7:45 a.m. SPORTS US INSTRUCTIONAL COURSE LECTURE: • #1 Sports Ultrasound of Gluteal Pain Moderator: Joanne Borg-Stein, MD 8:00 a.m. – 9:30 a.m. SPORTS US INSTRUCTIONAL COURSE LECTURE: • #2 Sports Ultrasound of the Groin Co-Moderators: Douglas F. Hoffman, MD and Anthony E. Joseph, MD
9:45 a.m. – 11:45 a.m. AMSSM/NCAA PRE-CONFERENCE* Co-Chairs: Jonathan A. Drezner, MD and Sourav K. Poddar, MD *The AMSSM Foundation gratefully acknowledges the NCAA for their educational grant in support of this pre-conference.		10:00 p.m. – 12:00 p.m. CUSTOMIZED SPORTS US WORKSHOPS (1:1 Ratio Individualized Instruction) Course Director: Jonathan T. Finnoff, DO
12:00 p.m. – 2:00 p.m. AMSSM/ACSM CAQ PREPARATION REVIEW SESSION Co-Chairs (AMSSM): M. Kyle Smoot, MD Mark Stovak, MD Co-Chairs (ACSM): William W. Dexter, MD Carrie A. Jaworski, MD Kevin Vincent, MD, PhD	12:00 p.m. – 2:00 p.m. FACULTY DEVELOPMENT: Battling Burnout & Building Resilience Co-Chairs: Irfan M. Asif, MD; Thomas Bishop, PhD; Diana L. Heiman, MD; and Michael W. Wiederman, PhD	

AMSSM 26th ANNUAL MEETING • MEDICINE in Motion

TUESDAY, MAY 9, 2017

5:45 a.m. – 7:00 p.m.

Registration

1:30 p.m. – 8:00 p.m.

AMSSM Foundation Silent Auction

2:30 p.m. – 2:45 p.m.

MEETING KICKOFF

President's Welcome

Matthew Gammons, MD, AMSSM President

Welcome and Announcements

Katherine L. Dec, MD, First Vice President

Ken Mautner, MD, Program Chair

2:45 p.m. – 4:25 p.m.

**SESSION #1: OVERHEAD ATHLETE –
PREVENTING INJURY AND IMPROVING
PERFORMANCE THROUGH MISSING LINKS**

Co-Moderators: Joshua Hackel, MD
and Jason L. Zaremski, MD

2:45 p.m. – 2:50 p.m.

Introduction

Joshua Hackel, MD and Jason L. Zaremski, MD

2:50 p.m. – 3:05 p.m.

**AOSSM EXCHANGE LECTURE: The Evidence-
Based Shoulder and Elbow Exam in the
Overhead Athlete**

Keynote: Steve E. Jordan, MD

3:05 p.m. – 3:25 p.m.

**The Swimmer's Shoulder: What is It and How
Do I Treat It?**

Brian J. Krabak, MD, MBA

3:25 p.m. – 3:45 p.m.

**The Role of the Kinetic Chain in Injury
Prevention in the Overhead Athlete**

Keynote: Mark Kovacs, PhD

3:45 p.m. – 4:10 p.m.

**ACSM EXCHANGE LECTURE: Biomechanics in
Motion – The Role of the Scapula in Clinical
Performance in the Overhead Athlete**

Keynote: W. Ben Kibler, MD

TUESDAY, MAY 9, 2017 (Continued)

4:10 p.m. – 4:25 p.m.

Discussion and Questions

4:25 p.m. – 5:00 p.m.

Refreshment Break (Exhibit Hall)

5:00 p.m. – 7:00 p.m.

SESSION #2: MILITARY MEDICINE – LESSONS LEARNED

*Co-Moderators: Anthony Beutler, MD
and Francis O'Connor, MD, MPH*

5:00 p.m. – 5:10 p.m.

Introduction

*Anthony Beutler, MD
and Francis O'Connor, MD, MPH*

5:10 p.m. – 5:30 p.m.

SARMs: The New Kid on the Supplement Block *COL Melissa L. Givens, MD, MPH, CSCS*

5:30 p.m. – 5:50 p.m.

Is Prevention Worth the Effort?

Anthony Beutler, MD

5:50 p.m. – 6:10 p.m.

Exertional Collapse: Changing the Paradigm in Basic Training

Nathaniel Nye, MD

6:10 p.m. – 6:30 p.m.

Exercise Intolerance: Finding the Needle in the Haystack

Francis O'Connor, MD, MPH

6:30 p.m. – 6:45 p.m.

PRESIDENTIAL KEYNOTE: Chronic Pain and Addiction – What the DOD and the VA Are Doing to Step Up to the Challenge

Keynote: LTG(R) Eric B. Schoomaker, MD, PhD

6:45 p.m. – 7:00 p.m.

Discussion and Questions

7:00 p.m. – 8:30 p.m.

AMSSM WELCOME RECEPTION (Exhibit Hall)

WEDNESDAY, MAY 10, 2017

6:00 a.m. – 6:20 p.m.

Registration

6:00 a.m. – 7:00 a.m.

Yoga

6:15 a.m. – 7:55 a.m.

Continental Breakfast (Exhibit Hall)

6:15 a.m. – 7:45 a.m.

SPORTS US INSTRUCTIONAL COURSE LECTURE:

• #3 Sideline Sports Ultrasound

*Co-Moderators: Mederic M. Hall, MD
and Jeremiah W. Ray, MD*

7:00 a.m. – 7:45 a.m.

FACULTY DEVELOPMENT INSTRUCTIONAL COURSE LECTURE:

- #4 Teaching and Learning – What Works, What Doesn't, and Why
*Moderator: Irfan M. Asif, MD
Speakers: Nailah Coleman, MD;
Todd May, MD; and
Michael W. Wiederman, PhD*

7:00 a.m. – 7:45 a.m.

INSTRUCTIONAL COURSE LECTURES

- #5 The Disabled Thrower
W. Ben Kibler, MD
- #6 Advanced Sideline OMT
*Warren A. Bodine, DO
and Douglas Comeau, DO*
- #7 Overtraining: Causes, Recognition and Prevention
Randall L. Wilber, PhD
- #8 RESEARCH TRACK: How (Not) to Displease a Statistical Reviewer – Best Practices in Navigating Statistics for the Clinical Researcher
Stephanie Kliethermes, PhD
- #9 Oculomotor Training for Gaining a Competitive Edge in Sports Performance
William D. Harrison, OD
- #10 RESIDENT/FELLOW SPECIFIC ICL: Interactive Shoulder and Elbow Exam
Steve E. Jordan, MD

7:00 a.m. – 7:50 a.m.

EYE-OPENING CASES

8:00 a.m. – 8:05 a.m.

Announcements

8:05 a.m. – 10:15 a.m.

SESSION #3: GAINING A COMPETITIVE EDGE – CURRENT CONCEPTS IN SPORTS PERFORMANCE TRAINING

Moderator: Cassidy Foley, DO

8:05 a.m. – 8:10 a.m.

Introduction

Cassidy Foley, DO

8:10 a.m. – 8:30 a.m.

Blood Flow Restrictive Training

Keynote: Johnny G. Owens, MPT

8:30 a.m. – 8:50 a.m.

The Role of Sleep in Sports Performance

Keynote: Cheri D. Mah, MS

8:50 a.m. – 9:10 a.m.

Load Management for Injury Prevention

Keynote: Simon Kemp, MBBS, MRCP, MSc (SEM)

9:10 a.m. – 9:25 a.m.

Advances in Sports Psychology

Keynote: Nicole Detling, PhD

9:25 a.m. – 9:45 a.m.

Oculomotor Training for Sports Performance

Keynote: William D. Harrison, OD

9:45 a.m. – 10:05 a.m.

RIO 2016: Preparation of Team USA for Podium Performance

Keynote: Randall L. Wilber, PhD

10:05 a.m. – 10:15 a.m.

Discussion and Questions

10:15 a.m. – 10:45 a.m.

Refreshment Break

Poster Session 1A (Exhibit Hall)

10:45 a.m. – 12:15 p.m.

SESSION #4A: CONCURRENT SESSIONS – PHYSICIANS IN MOTION – BEYOND THE CLINIC

Moderator: Marci Goolsby, MD

10:45 a.m. – 10:50 a.m.

Introduction

Marci Goolsby, MD

10:50 a.m. – 11:10 a.m.

Giving Back

Brian Halpern, MD

11:10 a.m. – 11:25 a.m.

Disaster Relief at Home and Abroad

Charles S. Peterson, MD

11:25 a.m. – 11:40 a.m.

Into the Wild: Doctoring the Adventurer

Aaron D. Campbell, MD, MHS

11:40 a.m. – 11:55 a.m.

I'm with AMSSM: Advocacy at Every Level

Chad T. Carlson, MD

11:55 a.m. – 12:15 p.m.

Discussion and Questions

10:45 a.m. – 12:15 p.m.

SESSION #4B: CONCURRENT SESSIONS – IMAGING IN MOTION – WHAT CAN WE SEE?

Moderator: David J. Berkoff, MD

10:45 a.m. – 10:50 a.m.

Introduction

David J. Berkoff, MD

10:50 a.m. – 11:15 a.m.

Imaging in Motion: 3D Motion Analysis

Keynote: Darin A. Padua, PhD, ATC

11:15 a.m. – 11:40 a.m.

MRI in Motion: What Can We See?

Keynote: Kimberly K. Amrami, MD

11:40 a.m. – 12:05 p.m.

Ultrasound in Motion: What Can We See?

Keynote: Johan Michaud, MD

12:05 p.m. – 12:15 p.m.

Discussion and Questions

12:15 p.m. – 1:30 p.m.

Lunch (on your own)

12:15 p.m. – 1:30 p.m.

Industry-Sponsored Lunch Symposia

(optional)

*These programs are not AMSSM educational activities.
AMSSM is not responsible for the planning, content or
speakers of these programs. CME Credit is not available.*

WEDNESDAY, MAY 10, 2017 (Continued)

12:15 p.m. – 1:15 p.m.

TEAM PHYSICIAN BREAKOUT SESSIONS

- High School
- Collegiate/NCAA
- Olympic/Paralympic
- Professional

12:15 p.m. – 1:15 p.m.

RESIDENT/STUDENT SPECIAL INTEREST BREAKOUT

1:15 p.m. – 1:30 p.m.

DIVERSITY SPECIAL INTEREST GROUP BREAKOUT

1:30 p.m. – 3:30 p.m.

SESSION #5A-B: CONCURRENT SESSIONS – RESEARCH PRESENTATIONS – PART 1 NATA EXCHANGE RESEARCH AWARD PRESENTATION

Keynote: Brian Pietrosimone, PhD, ATC

3:30 p.m. – 4:00 p.m.

Refreshment Break Poster Session 1B (Exhibit Hall)

4:00 p.m. – 6:20 p.m.

SESSION #6A-B: CONCURRENT SESSIONS – CASE PRESENTATIONS

6:30 p.m. – 7:30 p.m.

SPECIAL INTEREST GROUP BREAKOUT

- Academic
- Emergency Medicine
- Internal Medicine
- Pediatrics
- PM&R

7:30 p.m. – 10:00 p.m.

Industry-Sponsored Evening Symposium *(optional)*

This program is not AMSSM educational activity.

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THURSDAY, MAY 11, 2017

6:00 a.m. – 5:30 p.m.

Registration

6:00 a.m. – 7:00 a.m.

Yoga

6:15 a.m. – 7:55 a.m.

Continental Breakfast (Exhibit Hall)

6:15 a.m. – 7:45 a.m.

SPORTS US INSTRUCTIONAL COURSE LECTURE:

- #11 Sports Ultrasound of the Elbow

Moderator: Johan Michaud, MD

7:00 a.m. – 7:45 a.m.

FACULTY DEVELOPMENT INSTRUCTIONAL COURSE LECTURE:

- #12 Research, Scholarship and Publications – Starting Strategies for Success

Moderator: Irfan M. Asif, MD

Speakers: Morteza Khodaei, MD, MPH;

Robert Masacoli, MD; and

Michael W. Wiederman, PhD

7:00 a.m. – 7:45 a.m.

INSTRUCTIONAL COURSE LECTURES

- #13 Video Analysis of Lower Extremity

Motion in the Overhead Athlete

Mark Kovacs, PhD

- #14 Don't Be a Pig: Rethinking Rehabilitation for the Antifragile Athlete

*Gregory D. Myer, PhD, CSCS*D*

- #15 Advances in Sport Psychology

Nicole Detling, PhD

- #16 What to Do When You Can't Load the Injury/Surgery: Blood Flow Restriction Rehabilitation

Johnny G. Owens, MPT

- #17 Ask the Expert with Dr. W. Ben Kibler – Challenging Upper Extremity Cases in Overhead Athletes

W. Ben Kibler, MD

- #18 Using Motion Analysis for ACL Injury Prevention and Return to Sport Determination

Darin A. Padua, PhD, ATC

7:00 a.m. – 7:50 a.m.

EYE-OPENING CASES

8:00 a.m. – 8:05 a.m.

Announcements

8:05 a.m. – 9:45 a.m.

SESSION #7: YOUTH SPORTS SOLUTIONS

Moderator: Neeru Jayanthi, MD

8:05 a.m. – 8:10 a.m.

Introduction

Neeru Jayanthi, MD

8:10 a.m. – 8:30 a.m.

Increasing Physical Activity through Fundamentals

Keynote: Avery D. Faigenbaum, EdD

8:30 a.m. – 8:50 a.m.

Increasing Sports Access for All through Innovative Methods

Keynote: Tom Farrey

8:50 a.m. – 9:10 a.m.

Sports Performance in the Youngest Athlete: What is Actually Effective?

*Keynote: Gregory D. Myer, PhD, CSCS*D*

9:10 a.m. – 9:30 a.m.

AAP EXCHANGE LECTURE: Treatment for the Pre-Pubescent Athlete – A Pediatric Sports Medicine Approach

Keynote: Andrea Straccolini, MD

9:30 a.m. – 9:45 a.m.

Discussion and Questions

9:45 a.m. – 10:15 a.m.

Refreshment Break

Poster Session 2A (Exhibit Hall)

10:15 a.m. – 11:45 a.m.

SESSION #8: TAKING CARE OF PROFESSIONAL ATHLETES – WHAT WORKS, WHAT'S EVIDENCE-BASED AND WHAT YOU NEED TO KNOW

Moderator: Mark W. Niedfeldt, MD

10:15 a.m. – 10:20 a.m.

Introduction

Mark W. Niedfeldt, MD

10:20 a.m. – 10:35 a.m.

Preseason Testing and Labs: What Do We Order and Why?

Marci Goolsby, MD

10:35 a.m. – 10:50 a.m.

Pregame and Prepractice IVs Based on Player Preference, Player Performance and/or Urine Specific Gravity

Michael Swartzon, MD

10:50 a.m. – 11:05 a.m.

Supplements in Pro Sports

Mark W. Niedfeldt, MD

11:05 a.m. – 11:15 a.m.

Discussion and Questions

11:15 a.m. – 11:45 a.m.

Panel Discussion: "Lessons Learned as a Professional Team Physician"

Panelists: Robert Dimeff, MD;

Marci Goolsby, MD; Helen Iams, MD;

Neeru Jayanthi, MD; Dawn Mattern, MD;

and Michael Swartzon, MD

11:45 a.m. – 1:15 p.m.

Lunch *(on your own)*

12:00 p.m. – 1:15 p.m.

Industry-Sponsored Lunch Symposia

(optional)

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AMSSM is not responsible for the planning, content or speakers of these programs. CME Credit is not available.

12:00 p.m. – 1:00 p.m.

AMSSM COMMITTEE MEETINGS

- Education
- International/Inter-Organizational Relations
- Membership
- Research

1:15 p.m. – 1:30 p.m.

INTERNATIONAL VISITING FELLOW LECTURE

Simon Kemp, MBBS, MRCP, MSc (SEM)

Presented by the 2017 International Visiting Fellow

1:30 p.m. – 2:00 p.m.

HOUGH MEMORIAL LECTURE: Healthcare Transformation

Keynote: Sean T. Bryan, MD

2:00 p.m. – 3:00 p.m.

STATE OF THE UNION FOR AMSSM AND ANNUAL AWARD PRESENTATIONS

(All members encouraged to attend)

THURSDAY, MAY 11, 2017 (Continued)

3:00 p.m. – 4:00 p.m.

Poster Session 2B: RESEARCH POSTER ORAL PRESENTATIONS

Refreshment Break | Exhibitors (Exhibit Hall)

4:00 p.m. – 5:30 p.m.

SESSION #9: HOT OFF THE PRESS/SPORTS MEDICINE IN MOTION: LEADING THE CHANGE

Moderator: Jason M. Matuszak, MD

4:00 p.m. – 4:05 p.m.

Introduction

Moderator: Jason M. Matuszak, MD

4:05 p.m. – 4:20 p.m.

Quick Hits from Statements (Spine Boarding)

Margot Putukian, MD

4:20 p.m. – 4:35 p.m.

BJSM Special Issue Content

John P. DiFiori, MD

4:35 p.m. – 4:55 p.m.

Expanding the Treatment Options for Hand and Wrist Conditions

Keynote: Marko Bodor, MD

4:55 p.m. – 5:15 p.m.

Sports Medicine in Social Media

Keynote: Karim Khan, MD, PhD

5:15 p.m. – 5:30 p.m.

Discussion and Questions

5:35 p.m. – 6:35 p.m.

AMSSM COMMITTEE MEETINGS

- Communications
- Fellowship
- Practice & Policy
- Publications
- Sports Ultrasound

7:00 p.m. – 11:00 p.m.

AMSSM FOUNDATION CONTRIBUTORS' RECEPTION ON THE USS MIDWAY

All \$50 and higher Foundation contributors (\$25 and higher Foundation contributors for students, residents and fellows) since the 2016 AMSSM 25th Annual Meeting are invited.

PLEASE NOTE: Separate donations are required for guests attending, and there will be an additional \$50 minimum donation per guest to attend (\$25 per guest/spouse of Fellows/Residents/Students).

FRIDAY, MAY 12, 2017

6:00 a.m. – 5:15 p.m.

Registration

6:00 a.m. – 7:00 a.m.

Yoga

6:15 a.m. – 7:55 a.m.

Continental Breakfast (Exhibit Hall)

6:15 a.m. – 7:45 a.m.

SPORTS US INSTRUCTIONAL COURSE LECTURE:

- #19 Billing, Coding and Economics of Sports Ultrasound

Co-Moderators: Chad Carlson, MD and Andrew Concoff, MD

7:00 a.m. – 7:45 a.m.

FACULTY DEVELOPMENT INSTRUCTIONAL COURSE LECTURE:

- #20 Fantastic Fellows – Recruiting, Selecting and Enculturating for Optimal Fit
Moderator: Irfan M. Asif, MD
Speakers: Margaret E. Gibson, MD; Joshua Goldman, MD; and Michael W. Wiederman, PhD

7:00 a.m. – 7:45 a.m.

INSTRUCTIONAL COURSE LECTURES

- #21 Designing Your Sleep Playbook: How to Optimize Your Team's Sleep at Home and While Traveling
Cheri D. Mah, MS
- #22 The Management of Select Injuries in Competitive Athletes with Disabilities, Including Concussions and MSK/Nerve Injuries with Ultrasound Correlation
Cindy J. Chang, MD; and Adam M. Pourcho, DO, ATC
- #23 Youth Resistance Training: Current Knowledge and Practice
Avery D. Faigenbaum, PhD
- #24 RESEARCH TRACK: Secrets to Success – Getting Published in Premier Sports Medicine Journals
Moderator: Irfan M. Asif, MD
Speakers: Jonathan Drezner, MD; Christopher Hughes, MBBS, MSc; and Edward M. Wojtys, MD
- #25 Return to Learn Following Concussion
Mark E. Halstead, MD
- #26 RESIDENT/FELLOW SPECIFIC ICL: AIM for Fellowship – How to Apply, Interview and Match Well
Carly Day Kreps, MD; Melody Hrubes, MD; Tracy Ray, MD; and Amanda Weiss Kelly, MD

7:00 a.m. – 7:50 a.m.

FELLOWSHIP FAIR

7:00 a.m. – 7:50 a.m.

EYE-OPENING CASES

8:00 a.m. – 8:05 a.m.

Announcements

8:05 a.m. – 9:55 a.m.

SESSION #10: KEEP 'EM RUNNING – ADVANCES IN THE EVALUATION AND MANAGEMENT OF EXERTIONAL LEG PAIN

Moderator: Chad Asplund, MD

8:05 a.m. – 8:10 a.m.

Introduction

Chad Asplund, MD

8:10 a.m. – 8:35 a.m.

Chronic Exertional Compartment Syndrome

Keynote: Andy Franklyn-Miller, MD

8:35 a.m. – 9:00 a.m.

Vascular Causes of Exertional Leg Pain

Keynote: Kevin Cohoon, DO

9:00 a.m. – 9:25 a.m.

Neurologic Etiologies

Mederic M. Hall, MD

9:25 a.m. – 9:45 a.m.

AAPM&R EXCHANGE LECTURE: Non-Surgical Procedures for Exertional Leg Pain

Keynote: Jonathan T. Finnoff, DO

9:45 a.m. – 9:55 a.m.

Discussion and Questions

9:55 a.m. – 10:25 a.m.

Refreshment Break

Fellowship Fair | Poster Session 3A (Exhibit Hall)

10:25 a.m. – 12:00 p.m.

SESSION #11: MENTAL HEALTH IN ATHLETES – NEW AWARENESS AND NOVEL CHALLENGES

Co-Moderators: Eugene Hong, MD and Ashwin Rao, MD

10:25 a.m. – 10:30 a.m.

Introduction

Eugene Hong, MD and Ashwin Rao, MD

10:30 a.m. – 10:45 a.m.

The Psychological Response to Illness and Injury

Keynote: Lynda Mainwaring, PhD

10:45 a.m. – 11:00 a.m.

Bullying and Hazing in the Athletic Culture

Alex B. Diamond, DO, MPH

11:00 a.m. – 11:15 a.m.

Are Athletes at Greater Risk for Suicide?

Ashwin Rao, MD

11:15 a.m. – 11:30 a.m.

Are Athletes More or Less Prone to Depression?

Keynote: Andrew Wolanin, Psy D

11:30 a.m. – 11:45 a.m.

Team Physician Consensus Statement on Mental Health in Athletes

Speaker TBD

11:45 a.m. – 12:00 p.m.

Discussion and Questions

12:00 p.m. – 1:15 p.m.

Lunch (on your own)

1:15 p.m. – 3:15 p.m.

SESSION #12A-B: CONCURRENT SESSIONS – RESEARCH PRESENTATIONS – PART 2

3:15 p.m. – 3:45 p.m.

Refreshment Break

Fellowship Fair | Poster Session 3B (Exhibit Hall)

4:00 p.m. – 7:00 p.m.

SESSION #13A-B: CONCURRENT SESSIONS –
#C1: S.M.A.R.T. WORKSHOP – INTRODUCTION
#C2: S.M.A.R.T. WORKSHOP – ADVANCED
(Sideline Management Assessment and Response Technique Workshop)
Chair: Michael J. Petrizzi, MD

FRIDAY, MAY 12, 2017 (Continued)

4:00 p.m. – 8:00 p.m.

SESSION #13C-D: SPORTS ULTRASOUND FOR FELLOWSHIP DIRECTORS (Two-Day Session)

SESSION #13C: CONCURRENT SESSIONS – SPORTS ULTRASOUND FOR FELLOWSHIP DIRECTORS – PART 1

Course Director: Jonathan T. Finnoff, DO

Co-Course Chairs: Bradley Sandella, DO, ATC and Jacob L. Sellon, MD

SATURDAY, MAY 13, 2017

6:30 a.m. – 12:00 p.m.

Registration

6:30 a.m. – 7:55 a.m.

Continental Breakfast

7:00 a.m. – 12:00 p.m.

SESSION #13C-D: SPORTS ULTRASOUND FOR FELLOWSHIP DIRECTORS (Two-Day Session)

SESSION #13D: SPORTS ULTRASOUND FOR FELLOWSHIP DIRECTORS – PART 2

Course Director: Jonathan T. Finnoff, DO

Co-Course Chairs: Bradley Sandella, DO, ATC and Jacob L. Sellon, MD

7:00 a.m. – 7:45 a.m.

FACULTY DEVELOPMENT INSTRUCTIONAL COURSE LECTURE:

• #27 Effective Committees, Workgroups and Meetings

Moderator: Irfan M. Asif, MD

Speakers: Diana L. Heiman, MD;

Yaowen Eliot Hu, MD; and

Michael W. Wiederman, PhD

7:00 a.m. – 7:45 a.m.

INSTRUCTIONAL COURSE LECTURES:

• #28 Interventional Headache Management Post-Concussion

Sara Gould, MD, MPH

• #29 Concussion Prevention in Rugby Union – Can Video Analysis of the Tackle Lead to “Zero Tolerance” Policy

Simon Kemp, MBBS, MRCP, MSc (SEM)

Chief Medical Officer, Rugby Football Union, London, UK

• #30 Evaluation and Treatment of Venous Thromboembolism in Athletes

Kevin Cohoon, DO

• #31 RESEARCH TRACK: Researching Mental Health in Athletes – Pearls and Pitfalls

Andrew Wolanin, Psy D

• #32 The Biomechanics of Dance and the Correlation to Injury

Marc I. Harwood, MD;

Melody Hrubes, MD; and Selina Shah, MD

• #33 RESIDENT/FELLOW SPECIFIC ICL:

Training is Over – Now What

Katherine L. Dec, MD; Marci Goolsby, MD;

and Jason L. Zaremski, MD

7:00 a.m. – 7:50 a.m.

EYE-OPENING CASES

8:00 a.m. – 8:05 a.m.

Announcements

8:05 a.m. – 9:30 a.m.

SESSION #14: MYTHBUSTERS IN SPORTS MEDICINE

Moderator: Oluseun “Alfy” Olufade, MD

8:05 a.m. – 8:10 a.m.

Introduction

Oluseun “Alfy” Olufade, MD

8:10 a.m. – 8:20 a.m.

Strenuous Exercise During Pregnancy Can Hurt Baby’s Health

Elizabeth A. Joy, MD, MPH

8:20 a.m. – 8:30 a.m.

Ice is Good for the Treatment of Musculoskeletal Injuries

Gerard A. Malanga, MD

8:30 a.m. – 8:40 a.m.

Sports Psychology is Only for the Weak

Andrew Wolanin, Psy D

8:40 a.m. – 8:50 a.m.

The Purpose of Pre-Participation Physical Exam is Only to Prevent Death in Sports Winner of 2016 Showcase Talks

David A. Wang, MD

8:50 a.m. – 9:00 a.m.

Helmet Protects Against Concussion

David Webner, MD

9:00 a.m. – 9:10 a.m.

Stretching Before Playing Sports Can Prevent Injury

Valerie E. Cothran, MD

9:10 a.m. – 9:20 a.m.

Running Causes Knee Osteoarthritis

William O. Roberts, MD, MS

9:20 a.m. – 9:30 a.m.

Functional Movement Screening Predicts Injuries in Athletes

Thomas H. Trojjan, MD

9:30 a.m. – 9:50 a.m.

AWARD PRESENTATIONS: RESEARCH AND CASE AWARDS | RESIDENT SCHOLARSHIP

9:50 a.m. – 10:15 a.m.

Refreshment Break

10:15 a.m. – 11:45 a.m.

SESSION #15: SHOWCASE TALKS

Moderator: Justin D. Rothmier, MD

(Presenters chosen by a submission process who will speak on a variety of current hot topics in sports medicine)

10:15 a.m. – 10:20 a.m.

Introduction

Justin D. Rothmier, MD

10:20 a.m. – 11:30 a.m.

Showcase Talks (12 minutes each)

10:20 a.m. – 10:32 a.m.

Got Your ZZZ’s? The Role of Sleep in Performance: Theory and Mental Health in Pediatric Athletes

Rachel A. Coel, MD, PhD

10:32 a.m. – 10:44 a.m.

Myth or Fact: Fish Oil Supplementation – Facilitates Recovery Before and After Concussion

Leonard Oliveira, MD

10:44 a.m. – 10:56 a.m.

The Evidence for Non-Operative Management of Femoroacetabular Impingement Syndrome

Brett G. Toresdahl, MD

10:56 a.m. – 11:08 a.m.

Don’t Get Stung: A Review of Our Knowledge on Stingers

Jacob James Miller, MD

11:08 a.m. – 11:20 a.m.

Developing a Sports Medicine Model and Return to Ride Protocol at the Horse Racing Track

Kelly Ryan, DO

11:20 a.m. – 11:32 a.m.

From Hero WOD to Hospital: The Risk of Rhabdo in Competitive Athletes

Megan F. Raleigh, MD

11:32 a.m. – 11:47 a.m.

Discussion and Questions Announcement of Winner of Showcase Talks

11:47 a.m.

Closing Remarks/Adjourn

HOTEL ACCOMMODATIONS

HOTEL BLOCK OPENS: NOVEMBER 17, 2016

COURSE LOCATION

MANCHESTER GRAND HYATT SAN DIEGO

One Market Place • San Diego, CA 92101

(619) 232-1234 (Hotel Direct Line)

Customized Website Reservations: <https://aws.passkey.com/event/14792963/owner/414/home>

All of the educational sessions and exhibits will be held at the Manchester Grand Hyatt San Diego in San Diego, California. Ideally situated on the San Diego Bay, the hotel offers a spectacular waterfront resort-like setting, complete with shopping, dining and entertainment venues only a short distance away in the Gaslamp Quarter as well as being located only three miles (10 minutes by car) from the San Diego International Airport (Lindbergh Field).



- Hyatt Stay Fit gym available 24 hours
- 25,000-square foot pool with whirlpools, adult lap pool, fire pit and bay-view sundeck
- 80 miles of beaches minutes from the hotel
- Near the waterfront's famous harbor cruises, sport-fishing tours and the USS Midway, with easy access to the San Diego Zoo, SeaWorld, historic Old Town, Balboa Park, Children's Museum, tennis and championship golf Courses
- Check-in: 3:00 p.m. | Check-out: 12:00 p.m.
- San Diego International Airport (Lindbergh Field): 3 miles (10 minutes by car)

ROOM RATE

A block of rooms has been reserved at the single/double/triple/quadruple occupancy rate listed below. This does not include the applicable taxes (currently 12.5%) and the 21-cent per room per night California Hotel and Tourism Fee subject to change with prior notice and any hotel specific fees in effect at the time of check-out. Guest room rates will be available three days prior and three days after the meeting dates in the room block, subject to availability of guest rooms and rate at the time of reservations. Children under the age of 18 may stay for free in their parents' room.

All reservations must be guaranteed to a major credit card with a deposit of one night's room rate plus applicable taxes.

Room Type	Room Rate/night
Single/Double occupancy	\$229.00*
Triple occupancy	\$254.00*
Quadruple occupancy	\$279.00*

*Plus applicable taxes (currently 12.5% and 21-cent tourism fee) or hotel specific fees in effect at the time of check-out

MAKING YOUR ROOM RESERVATION

The Manchester Grand Hyatt San Diego offers an online reservations website customized to reflect room rates and availability. Guests can make, modify or cancel their room reservation online at the following URL: <https://aws.passkey.com/event/14792963/owner/414/home>

ROOM AND RATE AVAILABILITY CAN ONLY BE GUARANTEED UNTIL APRIL 14, 2017 OR UNTIL THE BLOCK OF ROOMS IS SOLD OUT, WHICHEVER COMES FIRST!

PLEASE MAKE YOUR RESERVATIONS EARLY!

CANCELLATION POLICY

Cancellations for a hotel room reservation must be received 30 days prior to the expected day of arrival. If cancellation of a guaranteed reservation is not received by the required date, the hotel will charge a late cancellation penalty of one night's room plus applicable taxes.

PARKING

The Manchester Grand Hyatt San Diego offers convenient parking (valet and self-parking) options for guests and visitors.

	Valet	Self-Parking
Overnight Guests	\$47/night	\$32/night
First Hour	\$10	\$8
After the First Hour	\$8/hour	\$8/hour
Daily Maximum	\$49	\$36

AMSSM FOUNDATION HUMANITARIAN SERVICE PROJECT

MONDAY, MAY 8, 2017

SAN DIEGO, CA



The AMSSM Foundation invites all AMSSM members and guest to arrive in San Diego, CA on Monday, May 8, 2017 to participate in the 4th Annual Humanitarian Service Project. This project is part of the Foundation Initiative "Impacting Lives: Why We Give Back".

Last year, more than 70 AMSSM members as well as friends and family of AMSSM members volunteered with United Way of Metropolitan Dallas to promote health in schools with the Healthy Zone School Recognition Program® at Gray Elementary School. With guidance from United Way of Metropolitan Dallas, AMSSM members worked together on several projects for Gray Elementary School including giving the outdoor basketball courts a long overdue facelift; complete with repainting, constructed picnic tables, finished a pergola and a book nook.

Similar to last year, transportation to/from the service project site, lunch and a commemorative t-shirt will be provided to all volunteers.

This project is funded with contributions to the AMSSM Foundation, a 501(c)3 nonprofit educational foundation dedicated to the support and recognition of excellence in sports medicine education, research and scientific activities, while promoting opportunities for humanitarian outreach.

TWO WAYS TO PARTICIPATE

1. **Volunteer for the Service Project** – Sign up as a volunteer for one of the shift options on the Annual Meeting Registration form.
2. **Make a Gift to Support the Service Project** – (The project will cost \$10,000 - \$12,000). To donate, please indicate "Humanitarian" as your Foundation gift designation option on the AMSSM Foundation Donation form.

**MAKE PLANS NOW TO PARTICIPATE
IN THE AMSSM FOUNDATION
HUMANITARIAN SERVICE PROJECT
MONDAY, MAY 8, 2017!**