

Frank R. Noyes, MD | Cincinnati, OH
Conference Co-Director; President, Cincinnati SportsMedicine
Research and Education Foundation; Orthopaedic Surgeon,
Cincinnati SportsMedicine and Orthopaedic Center – Mercy Health

Sanjeev Bhatia, MD | Cincinnati, OH
Orthopaedic Surgeon, Cincinnati SportsMedicine and Orthopaedic
Center – Mercy Health; Research Faculty, Cincinnati SportsMedicine
Research and Education Foundation

Jeffrey R. Dugas, MD | Birmingham, AL
Fellowship Director, ASMI; Managing Partner, Andrews Sports Medicine
and Orthopaedic Center

Thomas N. Lindenfeld, MD | Cincinnati, OH
Orthopaedic Surgeon, Cincinnati SportsMedicine and Orthopaedic
Center – Mercy Health; Research Faculty, Cincinnati SportsMedicine
Research and Education Foundation

Edward M. Wojtys, MD | Ann Arbor, MI
William S. Smith Collegiate Professor, Department of Orthopaedic
Surgery, University of Michigan; Editor-in-Chief, Sports Health:
A Multidisciplinary Approach

Timothy P. Heckmann, PT | Cincinnati, OH
Conference Co-Director; Rehabilitation Supervisor, The Jewish Hospital
Orthopaedics and Sports Rehabilitation; Clinical Instructor, College of Mount
St. Joseph; Research Faculty, Cincinnati SportsMedicine Research and
Education Foundation

Julie Jasontek, PT | Cincinnati, OH
Rehabilitation Supervisor, The Jewish Hospital Orthopaedics and Sports
Rehabilitation; Research Faculty, Cincinnati SportsMedicine Research and
Education Foundation

Kevin E. Wilk, DPT | Birmingham, AL
Associate Clinical Director, Champion Sports Medicine, Physiotherapy
Associates Clinic; Rehabilitation Consultant, Tampa Bay Rays, St. Petersburg, FL;
Associate Clinical Professor, Programs in Physical Therapy, Marquette University,
Milwaukee, WI

Oscar F. Noel, DO | Cincinnati, OH
Clinical Fellow, Cincinnati SportsMedicine and Orthopaedic Center – Mercy Health

Andrew C. Smith, DO | Cincinnati, OH
Clinical Fellow, Cincinnati SportsMedicine and Orthopaedic Center – Mercy Health

Stephanie L. Smith, MS | Cincinnati, OH
Sportsmetrics™ Program Manager, Cincinnati SportsMedicine and Orthopaedic
Center – Mercy Health



***This course is a must for
you and your colleagues.***

Attendee's name: _____

Address: _____

City: _____ State/Country: _____ Zip: _____

Home phone: _____ Work phone: _____ Mobile phone: _____

Email: _____

Emergency Contact: _____ Phone: _____

Last Four of SS# and Date of birth (MD's and PA's only): _____ PT Lic # and State: _____

N.A.T.A. Cert #: _____ NSCA #: _____

☐ Visa ☐ Discover ☐ MC Credit Card #: _____ Exp Date: _____

Name on card: _____

Billing Address: _____

Please select: ☐ M.D./D.O. \$1,000 ☐ Resident/Fellow \$1,000 (\$100 refunded upon receipt of certified letter of training status) ☐ NP \$800

☐ Physical Therapist \$800 ☐ Athletic Trainer \$800 ☐ Physician Assistant \$800 ☐ P.T. Assistant \$800

☐ Student \$800 (\$100 refunded upon receipt of certified letter of student status) ☐ Other \$800 (please specify) _____

How did you hear about this course?

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

Mercy Health — Cincinnati SportsMedicine & Orthopaedic Center

KNEE, SHOULDER, HIP AND SPORTSMEDICINE

A world class conference providing education for all.

May 25-28, 2019
Memorial Day Weekend

Sportsmetrics™
Certification Course

Blood Flow Restriction
Pre-Conference Event

- Enjoy the holiday weekend combining a great educational meeting with relaxation in a resort setting
- Hear internationally recognized experts on the knee, shoulder and hip 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 Country Buffet
- Receive CMEs/CEUs

TIME TO ENJOY THE RESORT

Attend both the Sportsmetrics and Advances Courses and save \$400 on your registration

Cincinnati SportsMedicine & Orthopaedic Center, The Noyes Knee Institute and The Jewish Hospital — Mercy Health

CONTINUING EDUCATION UNITS AND CMEs

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

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

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.

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.

Athletic Trainers: Cincinnati SportsMedicine Research and Education Foundation has been approved as a BOC Approved Provider for Category A CEUs. Request for EBP hours pending.

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 CEUs depending on sessions attended.

COURSE SOCIAL EVENTS

Chairmen's Low Country Buffet

Monday, May 27, 2019 | 7:00 p.m. – 10:00 p.m.

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!

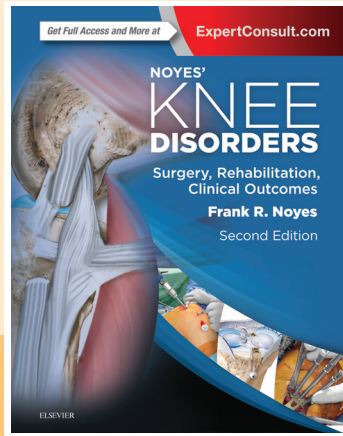
(Guest fees apply: adults \$35 - children \$15 - children 5 & under free.)

Breakfast Buffet (Santee Ballroom Salons F, G, H)

Saturday through Tuesday | 6:00 a.m. – 7:00 a.m.

Participants will enjoy a full breakfast buffet to start their day.

(Guest or family not included.)



Frank R. Noyes, MD, internationally-renowned knee surgeon and orthopaedic sports medicine specialist, presents this unparalleled resource on the diagnosis, management, and outcomes analysis for the full range of complex knee disorders.

ACCOMMODATIONS

The course is being held at the ocean front Sonesta Resort Shipyard Plantation. We have negotiated pre-conference and conference rates depending on your nights of stay. Dates before and after Fri/Sat/Sun (5/24-26) will show a blended rate. Make reservations early because the resort will be sold out. **Group rate ends April 24, 2019.** For guaranteed room types or special requests, please contact the hotel directly.

IMPORTANT: RESERVATION CONFIRMATION
One night advance deposit required

SONESTA CANCELLATIONS/REFUNDS

Three (3) business days prior to arrival & cancellation number to ensure advance deposit refund.

HOLIDAY INN EXPRESS (1 mile from the Sonesta Resort)
2 Tanglewood Drive
Hilton Head Island, SC 29928
Reservations: (843) 842-6662

REGISTRATION FEE AND REFUNDS

The course is limited to 300 participants. Please be aware that previous courses have sold out. Fees include all sessions, break-outs, course notebook, breaks, Chairmen's Beachside Cookout, course t-shirt and tote bag.

MD/DO	\$1,000
Resident/Fellow	\$1,000
(\$100 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 canceled, a full refund will be given if we are notified (in writing) by March 31, 2019. Your fees, less 20% for administrative costs, will be refunded if we are notified (in writing) beginning April 1 through 30, 2019. No refunds will be made for any reason beginning May 1, 2019. 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.

QUESTIONS? Contact Debbie Hartwig at 513-794-8461 or dlhartwig@csmoc.com

SPORTSMETRICS CERTIFICATION PROGRAM (Separate Registration)

THURSDAY, MAY 23, 2019:

1:00 p.m. - 2:00 p.m. Sportsmetrics™ Course Check-In, Santee Ballroom Foyer

2:00 p.m. - 7:00 p.m. Sportsmetrics™ Certification Course, Savannah Junior Ballroom

FRIDAY, MAY 24, 2019:

7:30 a.m. - 4:00 p.m. Sportsmetrics™ Certification Course, Savannah Junior Ballroom



ADVANCES IN BLOOD FLOW RESTRICTION TRAINING PRE-CONFERENCE

This pre-conference is open, free of charge, to all Sportsmetrics and Advances on the Knee, Shoulder, Hip and Sports Medicine participants.

4:00 p.m. - 7:30 p.m. Advances in Blood Flow Restriction Training Pre-Conference

- 4:00 - 6:00 p.m. – Instruction, Clinical Outcomes, Techniques
– How to Implement in Your Clinic
– Precautions
- 6:00 - 7:00 p.m. – Practical Demonstration



COURSE AGENDA

SATURDAY, MAY 25

Session I: Anatomy and Examination of the Shoulder

- 7:00 a.m. Shoulder Anatomy Review - What You Need to Know
- 7:20 a.m. Examination of the Shoulder
- 7:35 a.m. Innovative OKC and CKC Testing of the Upper Extremity for Functional Performance

Session II: Treatment of the SLAP/Biceps Complex

- 7:50 a.m. SLAP Tears: Should We Tenodesc Them All?
- 8:05 a.m. Complications of SLAP and Biceps Surgeries
- 8:20 a.m. Rehabilitation Following SLAP Repair Surgery
- 8:35 a.m. Advances in Shoulder Rehabilitation: Personal Experience and Pearls
- 8:50 a.m. Q&A
- 9:20 a.m. Break in Exhibitors' Gallery

Session III: The Overhead Athlete; Diagnosis and Treatment of Rotator Cuff Tears and Shoulder Arthritis

- 9:50 a.m. Treatment of the Overhead Athlete: Case Based Symposium
- 10:25 a.m. Criteria for Functional Testing Algorithm for Clinical Reasoning for Return to Sports Following Shoulder Injuries
- 10:40 a.m. Conservative Management of Rotator Cuff Tears
- 10:55 a.m. Treatment of Partial Thickness Rotator Cuff Tears
- 11:10 a.m. New Treatment Options for Massive Rotator Cuff Tears
- 11:20 a.m. Role of the Reverse Shoulder Replacement in the Treatment of Massive Rotator Cuff Tears
- 11:30 a.m. Treatment of Massive Rotator Cuff Tears: Case Based Symposium
- 11:50 a.m. Socratic Debate: Slow vs. Fast Rehabilitation Following Rotator Cuff Repair Surgery
- 12:10 p.m. Shoulder Replacement Surgery
- 12:30 p.m. Conservative and Post-Operative Treatment Options for the Arthritic Shoulder
- 12:45 p.m. Q&A
- 1:15 p.m. Adjourn



Session IV: Diagnosis, Treatment, and Rehabilitation Option for Shoulder Pathology

- 4:00 p.m. Comprehensive Examination of the Shoulder
- 5:15 p.m. The Stiff Shoulder: Diagnosis and Treatment Options
- 6:30 p.m. Problem Shoulder Cases: What is the Best Treatment?
- 6:30 p.m. New and Advanced Rehabilitation Programs for Common Shoulder Problems

SUNDAY, MAY 26

Session V: Shoulder Instability: Diagnosis and Treatment

- 7:00 a.m. Non-Operative Rehabilitation for Patients with Shoulder Instability
- 7:15 a.m. Treatment of Shoulder Instability: Case Based Symposium
- 7:50 a.m. Post-Operative Management of Shoulder Instability
- 8:05 a.m. Effects of Isolated vs. Multi-Joint Training of the Upper Extremity: Which is More Effective?
- 8:20 a.m. Q&A

Session VI: Diagnosis and Treatment of Common Elbow Pathology

- 8:45 a.m. Elbow Anatomy and Basic Arthroscopy
- 9:00 a.m. Arthroscopic Treatment Options for the Athlete's Elbow
- 9:15 a.m. Distal Biceps Injuries
- 9:30 a.m. Rehabilitation Elbow Tendinitis and Other Elbow Pathology
- 9:45 a.m. Q&A
- 10:05 a.m. Break in Exhibitors' Gallery

COURSE AGENDA (continued)

Session VII: Advances in Hip Arthroscopy

- 10:35 a.m. Common Hip Problems and Injuries: Diagnosis and Treatment
- 10:50 a.m. Hip Arthroscopy: Current Indications and Outcomes
- 11:05 a.m. Hip Arthroscopy: What Works and What Doesn't
- 11:20 a.m. Rehabilitation Following Hip Arthroscopy
- 11:35 a.m. Presentation of Cases to the Expert Panel
- 11:50 a.m. Q&A

Session VIII: Meniscus Repair and Transplantation

- 12:10 p.m. Meniscus Repair and Transplantation: What's New In 2018
- 12:30 p.m. Rehabilitation Techniques Following Meniscus Repair and Transplantation
- 12:45 p.m. Treatment of Meniscus Tears: Rapid Fire Case Presentation
- 1:05 p.m. Q&A
- 1:15 p.m. Adjourn

Session IX: Sports Medicine Review; Treatment Options for the Lower Extremity

- 4:00 p.m. Sports Medicine Review: Keeping Athletes in the Game
- 5:15 p.m. Treatment Options for Patellofemoral Disorders
- 6:30 p.m. Advances in Neuromuscular Facilitation and Control for the Complex Knee
- 6:30 p.m. Functional Testing Algorithm for Return to Sports for the Knee

MONDAY, MAY 27

Session X: Understanding Knee Anatomy and the Comprehensive Knee Examination

- 7:00 a.m. The Key to the Knee: Medial and Anterior Knee Anatomy
- 7:20 a.m. The Key to the Knee: Lateral and Posterolateral Knee Anatomy
- 7:40 a.m. Comprehensive Knee Exam: Clinical Rationale and Diagnosis
- 8:00 a.m. Memorial Day Tribute

Session XI: ACL Reconstruction, Rehabilitation and Clinical Outcomes

- 8:20 a.m. ACL Copers: Who Can Survive without ACL Reconstruction?
- 8:35 a.m. Treatment of the Pediatric ACL
- 8:50 a.m. Treatment of the ACL Deficient Knee: Presentation of Cases to the Expert Panel
- 9:50 a.m. Avoiding Complications in ACL Surgery
- 10:05 a.m. Q&A
- 10:35 a.m. Break in Exhibitors' Gallery

Session XII: Neuromuscular Training, Functional Testing

- 11:05 a.m. Post-Operative Management Following ACL Reconstruction
- 11:25 a.m. Scientific Basis and Development of the Sportsmetrics™ Neuromuscular Training Programs
- 11:45 a.m. Demonstration of the Sportsmetrics™ Neuromuscular Training Program and Return-to-Play App
- 12:00 p.m. Utilization of Return-to-Play Criteria Following ACL Surgery
- 12:20 p.m. Training the Lower Extremity for Performance
- 12:40 p.m. Q&A
- 1:15 p.m. Adjourn



Session XIII: Advances in the Diagnosis and Treatment of the Lower Extremity

- 4:00 p.m. Comprehensive Examination of the Knee
- 5:15 p.m. Prevention and Treatment of Knee Arthrofibrosis: A Major Complication of Knee Injury and Surgery
- 6:30 p.m. New and Advances Rehabilitation Programs for Common Knee Problems
- 6:30 p.m. Sportsmetrics™ Neuromuscular Training Program - Jump Training Demonstration and Audience Participation

TUESDAY, MAY 28

Session XIV: Treatment Options for Complex Knee Ligament Injuries

- 7:00 a.m. Surgical Treatment of PCL and Posterolateral Ligament Injuries
- 7:20 a.m. PCL Surgery: Treatment Options and Outcomes
- 7:35 a.m. Rehabilitation Principles Following PCL and Posterolateral Reconstruction
- 7:50 a.m. Alternative Exercise and Rehabilitation Options
- 8:05 a.m. Use of Blood Flow Restriction Training in the Treatment of Severe Muscle Atrophy

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

- 8:20 a.m. Articular Cartilage Management in the Athletic Population
- 8:35 a.m. Cartilage Restoration of the Knee
- 8:50 a.m. Innovative Rehabilitation Exercises for the Lower Extremity
- 9:05 a.m. High Tibial Osteotomy: Techniques and Surgical Results
- 9:25 a.m. Advances in Total Knee Replacement for the Young, Active Patient
- 9:40 a.m. Partial Joint Replacement: Unicompartmental and Patellofemoral
- 10:00 a.m. Rehabilitation Following High Tibial Osteotomy and Knee Replacement
- 10:15 a.m. Knee Club: Presentation of Interesting and Complex Knee Cases
- 10:50 a.m. Adjourn

