

AMERICAN COLLEGE of SPORTS MEDICINE®

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ACSM  
**TEAM PHYSICIAN COURSE Part I**

FEBRUARY 13-17, 2008  
SAN ANTONIO, TEXAS

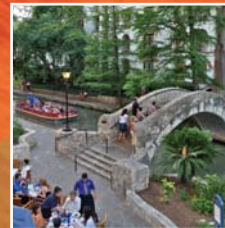
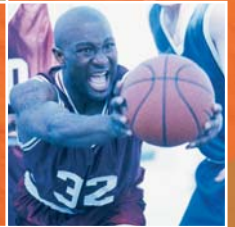


Photo courtesy of Houston San Antonio Convention & Visitors Bureau

# A Physician Essential!

## Pre-conference Workshops on Splinting and Injections

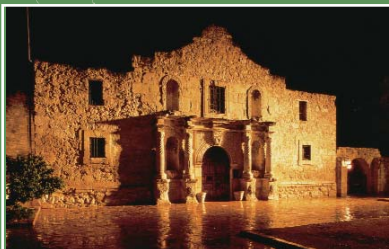
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*Register by December 17, 2007  
and receive a discounted rate!*

# Deep in the Heart of Texas...

SAN ANTONIO, TEXAS



- **Stroll** down the River Walk
- **Dine** at one of San Antonio's many fine restaurants
- **Visit** the historical Alamo
- **Golf** at one of San Antonio's many lush courses.

This program is sponsored by the American College of Sports Medicine and developed in cooperation with the American Academy of Family Physicians. The ACSM Team Physician<sup>SM</sup> Course Part II will be offered in 2009. The courses do not need to be taken in sequential order.



ACSM  
**TEAM PHYSICIAN COURSE Part I**

American College of Sports Medicine  
401 West Michigan Street  
Indianapolis, IN 46202-3233

## SPEAKERS

### **Holly Benjamin, M.D., FACS**

Associate Professor of Pediatrics and Surgery, Section of Pediatric Emergency Medicine, Section of Orthopedic Surgery and Rehabilitation Medicine, Director of Primary Care Sports Medicine, The University of Chicago, Chicago, Illinois

### **James Clugston, M.D.**

Director, University of Florida Primary Care Sports Medicine Fellowship Assistant Professor, Department of Community Health and Family Medicine and Orthopedics University of Florida Gainesville, Florida Team Physician, University of Florida

### **Robert J. Dimeff, M.D.**

Medical Director of Sports Medicine Director of Sports Medicine Community Affairs Cleveland Clinic Sports Health Cleveland, Ohio Team Affiliations: Cleveland Cavaliers, John Carroll University, Shaker Heights High School, WNFL Cleveland Fusion

### **Pierre d'Hemecourt, M.D., FACS**

Director of Primary Care Sports Medicine Children's Hospital Boston Boston, Massachusetts Team Physician, Boston College

### **Peter G. Gerbino, M.D., FACS**

Monterey Joint Replacement and Sports Medicine Monterey, California Team Physician, Seaside High School, California

### **Thomas M. Howard, M.D.**

Program Director, VCU-Fairfax Family Practice Sports Medicine Fellowship Fairfax, Virginia Team Physician, West Springfield High School, DC Divas Women's Football Team Assistant Team Physician, Washington Glory Women's National Pro Fastpitch Softball

### **Mary Lloyd Ireland, M.D., FACS**

Orthopaedic Surgeon President/Director, Kentucky Sports Medicine Lexington, Kentucky Former Team Physician, University of Kentucky, Eastern Kentucky University Volunteer Medical Staff, US Olympics, Barcelona, 1992

### **Robert Johnson, M.D., FACS**

Associate Professor Department of Family Medicine and Community Health University of Minnesota Team Physician, University of Minnesota Director, Primary Care Sports Medicine Fellowship Hennepin County Medical Center Minneapolis, Minnesota

### **Christine Lawless, M.D., FACS**

The Ohio State University Medical Center Davis Heart-Lung Research Institute Columbus, Ohio

### **D. Scott Marr, M.D., FACS**

Orthopaedic Associates of Portland Portland, Maine Associate Professor, University of Vermont School of Medicine Adjunct Faculty, University of New England Team Physician: University of New England, Windham High School Medical Director: TriME (Maine Triathlon Race Series)

### **Susan M. Ott, D.O., FACS**

Clinical Instructor, Florida Southern College Team Physician, Florida Southern College Lakeland, Florida Team Affiliations: Lakeland Thunderbolts USA Gymnastics and USA Swimming Health Care referral networks

### **Aaron Rubin, M.D., FACS**

Program Director, Sports Medicine Fellowship Program Kaiser Permanente, Fontana Regional Coordinator of Disaster Preparedness Southern California Permanente Medical Group Team Physician, University of California, Riverside Team Physician, Rubidoux High School

### **Marc R. Safran, M.D., FACS**

Associate Director, Sports Medicine Team Physician Professor, Department of Orthopaedic Surgery Stanford University Stanford, California

### **Stephen M. Simons, M.D., FACS**

Co-Director at South Bend Sports Medicine Fellowship Clinical Assistant Professor, Indiana University School of Medicine Volunteer Physician, United States Olympic Committee – 2003 Pan American Team 2004 Athens Olympic Team Team Physician, Bethel College, St. Mary's College St. Joseph's High School South Bend, Indiana

## SUPPORTERS

The American College of Sports Medicine gratefully acknowledges the receipt of grants from:



## NEEDS STATEMENT

This course is primarily designed to meet the educational needs of clinical practitioners from all types of medical practices who care for and manage athletic teams as a part of their total practice.

With the completion of the two parts of the ACSM Team Physician Course<sup>SM</sup>, a clinician will have been presented the information needed to perform the duties of a team physician. These include:

1. Organization of medical care for the team.
2. Delivery of medical care for athletes:
  - a. Pre-participation evaluation.
  - b. Treatment of illnesses and injuries with return to activity recommendations.
  - c. Identification and proper management of nutritional, psychological and drug problems.
3. Assisting in the development of conditioning and training programs.
4. Providing coverage for games and other athletic events including mass participation events.
5. Developing injury prevention strategies.

Therefore, the American College of Sports Medicine has designed the course to provide the information necessary for clinicians supporting athletic teams.

## COURSE OBJECTIVES

- In order to prevent neck injuries, practitioners will counsel their patients about proper use and benefits of neck strengthening.
- Develop a protocol to identify neck and shoulder injuries in order to expedite treatment and recovery.
- In order to improve outcomes for patients, develop a pain management plan for your athletes with hand/wrist injuries.
- Educate patients that pain is NOT normal, and provide pain assessment guides to determine levels of pain and treatment options.
- In order to reduce or prevent overuse injuries, practitioners will provide patients with treatment strategies and exercises to reduce their symptoms.
- The practitioner will apply strategies to identify youth at risk for maladaptive behavior in order to reduce their sports related injuries.
- The practitioner will diagnose the female athlete triad, evaluate the health risks and intervene with treatments to minimize health risks, both current and future.
- Practitioners will develop a screening protocol to diagnose and treat common cardiac conditions in athletes

in order to prevent sudden death or disabilities.

- In order to present negative health effects of nutritional or ergogenic aids, practitioners will counsel athletes regarding the health risk of these supplements and agents.
- Practitioners will increase their knowledge of sports related facial injuries in order to properly diagnose and treat patients on the field.

## ACCREDITATION

The American College of Sports Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

**AMA/PRA Credits** — The American College of Sports Medicine designates this educational activity for a maximum of 25.5 *AMA PRA Category 1 Credits*<sup>SM</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

**AAFP** — Application for CME credit has been filed with the American Academy of Family Physicians.

**Determination of credit is pending.**

**NATA - CEUs** — The National Athletic Trainer's Association (NATA) has approved the course for 25.5 CEU credits.

*Above credit hours include 3.5 from the preconference.*

## TARGET AUDIENCE

Clinicians and providers interested in learning the basic information needed to perform the duties of a "team physician" from a variety of medical specialties.

## PLANNING COMMITTEE

*Peter G. Gerbino, M.D., FACS*

*Marc R. Safran, M.D., FACS*

*Stephen M. Simons, M.D., FACS*

This course is a function of the ACSM Medical Education Committee.

*Joseph Moore, M.D., AAFP*

*Representative to the Planning Committee*

## COURSE OUTLINE

*Participants are not required to complete courses in sequential order.*

**Part I** - Musculoskeletal, Shoulder, Upper Arm, Elbow - Forearm, Rehabilitation, Cervical Spine, Upper Extremity, Head/Neurology, Cardiovascular/Cardiopulmonary, Infectious Disease, Immunology, Female Athlete, Psychology, Eye, ENT, Dental, GI, GU.

**Part II** - Musculoskeletal, Overuse, Knee, Hip, Foot and Ankle, Rehabilitation, Pharmacology, Child, Environmental, Conditioning and Training, Nutrition, Dermatology, Organization and Administration, Lumbar Spine, Thoracic Spine.

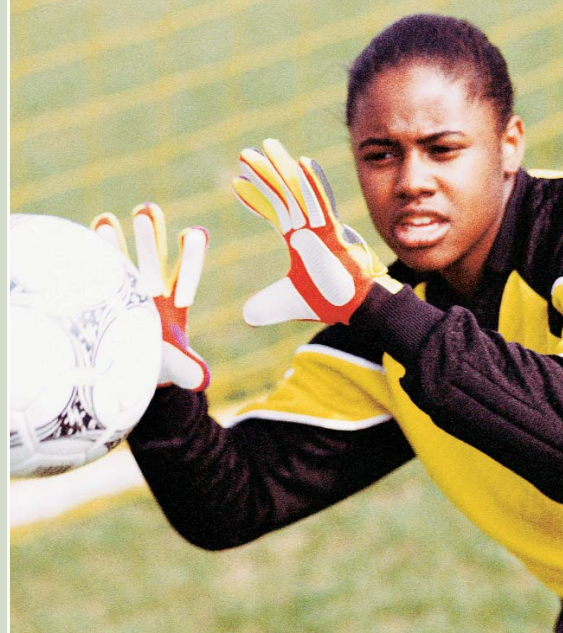


## WEDNESDAY, FEBRUARY 13, 2008

### Preconference Workshops (Optional pre-conference offered prior to the ACSM Team Physician<sup>SM</sup> Course)

Workshop Chair: Aaron Rubin, M.D., FACS  
Kaiser Permanente  
Fontana, California

- 5:00 – 6:30 p.m. **Injection Workshops:** Joint and bursal injections are easy to do and provide great relief for many conditions. Techniques will be demonstrated and we will provide hands-on instruction for the provider to learn this valuable procedure.
- 6:30 – 6:45 p.m. Break
- 7:00 – 9:00 p.m. **Splinting Workshops:** Splinting injured joints and bones is an effective treatment for many conditions and provides relief of pain and prevention of further injury. We will demonstrate simple office splinting techniques and have hands-on practice with ready made splinting materials.



## THURSDAY, FEBRUARY 14, 2008

- 7:00 – 7:45 a.m. Continental Breakfast
- 7:00 – 7:45 a.m. Registration
- 7:50 – 8:00 a.m. Welcome and Introductory Remarks ..... Peter G. Gerbino, M.D., FACS  
Stephen M. Simons, M.D., FACS

### HEAD AND NECK PROBLEMS IN ATHLETES Moderator: Pierre A. d'Hemecourt, M.D., FACS

- 8:00 – 8:30 a.m. Closed Head Injury and Concussion ..... Thomas Howard, M.D.
- 8:30 – 8:50 a.m. Cervical Spine: Developmental to Degenerative ..... Pierre A. d'Hemecourt, M.D., FACS
- 8:50 – 9:10 a.m. Catastrophic C-Spine Injury and Transient Quadriplegia ..... Pierre A. d'Hemecourt, M.D., FACS
- 9:10 – 9:45 a.m. Break-out Sessions: Examination of the C-Spine
- 9:45 – 10:15 a.m. Break

### UPPER EXTREMITY INJURIES IN ATHLETES: Shoulder and Elbow I Moderator: Peter G. Gerbino, M.D., FACS

- 10:15 – 10:35 a.m. Functional Anatomy of the Shoulder ..... Marc R. Safran, M.D., FACS
- 10:35 – 10:55 a.m. Examination and Imaging of the Shoulder ..... Peter G. Gerbino, M.D., FACS
- 10:55 – 11:35 a.m. Break-out Sessions: Examination of the Shoulder
- 11:35 – 11:55 a.m. Acute Injuries about the Adult Shoulder: Fractures, Dislocations, Separations ..... Susan M. Ott, D.O., FACS
- 11:55 a.m. – 12:15 p.m. Chronic Injuries about the Adult Shoulder: Impingement, Rotator Cuff and Instability ..... Marc R. Safran, M.D., FACS
- 12:15 – 12:25 p.m. Questions and Answers
- 12:25 – 1:30 p.m. Lunch (on your own)

### UPPER EXTREMITY INJURIES IN ATHLETES: Shoulder and Elbow II Moderator: Marc R. Safran, M.D., FACS

- 1:30 – 1:50 p.m. Functional Anatomy of the Elbow ..... Peter G. Gerbino, M.D., FACS
- 1:50 – 2:10 p.m. Examination and Imaging of the Elbow ..... Susan M. Ott, D.O., FACS
- 2:10 – 2:50 p.m. Break-out Sessions: Examination of the Elbow
- 2:50 – 3:10 p.m. Adult Elbow Injuries - Acute and Chronic ..... Marc R. Safran, M.D., FACS
- 3:10 – 3:30 p.m. Pediatric Elbow and Shoulder Injuries ..... Peter G. Gerbino, M.D., FACS
- 3:30 – 3:50 p.m. Upper Extremity Neurologic Injury ..... Pierre A. d'Hemecourt, M.D., FACS
- 3:50 – 4:20 p.m. Break

### SPORTS PSYCHOLOGY Moderator: Stephen M. Simons, M.D., FACS

- 4:20 – 4:45 p.m. Influences on the Young Athlete ..... D. Scott Marr, M.D., FACS
- 4:45 – 5:10 p.m. Psychology of the Injured Athlete ..... Robert Johnson, M.D., FACS
- 5:10 – 5:20 p.m. Questions and Answers

# FRIDAY, FEBRUARY 15, 2008

7:00 – 7:45 a.m.	Continental Breakfast	
7:50 – 8:00 a.m.	Updates and Discussion	<i>Peter G. Gerbino, M.D., FACSM</i> <i>Stephen M. Simons, M.D., FACSM</i>

## THE FEMALE ATHLETE Moderator: D. Scott Marr, M.D., FACSM

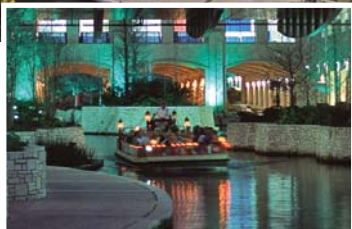
8:00 – 8:20 a.m.	Introduction: Are there Gender Differences?	<i>Robert Johnson, M.D., FACSM</i>
8:20 – 8:40 a.m.	Special Concerns in the Female	<i>Holly Benjamin, M.D., FACSM</i>
8:40 – 9:00 a.m.	Eating Disorders	<i>Robert J. Dimeff, M.D.</i>
9:00 – 9:20 a.m.	Exercise and Menopause	<i>Holly Benjamin, M.D., FACSM</i>
9:20 – 9:40 a.m.	Exercise and Pregnancy	<i>Holly Benjamin, M.D., FACSM</i>
9:40 – 10:00 a.m.	Questions and Answers	
10:00 – 10:30 a.m.	Break	

## THE HAND AND WRIST IN ATHLETES Moderator: Susan M. Ott, D.O., FACSM

10:30 – 10:50 a.m.	Functional Anatomy of the Hand and Wrist	<i>Susan M. Ott, D.O., FACSM</i>
10:50 – 11:10 a.m.	Hand and Wrist Diagnosis and Imaging	<i>Mary Lloyd Ireland, M.D., FACSM</i>
11:10 – 11:50 a.m.	Break-out Sessions: Examination of the Hand and Wrist	
11:50 a.m. – 12:10 p.m.	Hand and Wrist Injuries	<i>Marc R. Safran, M.D., FACSM</i>
12:10 – 12:20 p.m.	Questions and Answers	
12:20 – 1:30 p.m.	Lunch (on your own)	

## CARDIOVASCULAR/PULMONARY ISSUES IN SPORTS Moderator: Holly Benjamin, M.D., FACSM

1:30 – 1:55 p.m.	Sports Related Death	<i>Christine Lawless, M.D., FACSM</i>
1:55 – 2:20 p.m.	Hypertension in Athletes	<i>Thomas Howard, M.D.</i>
2:20 – 2:45 p.m.	Cardiac Murmurs: Evaluation and Participation	<i>Christine Lawless, M.D., FACSM</i>
2:45 – 3:05 p.m.	Break	
3:05 – 3:30 p.m.	Collapse in the Athlete	<i>Robert Johnson, M.D., FACSM</i>
3:30 – 3:55 p.m.	Exercise Induced Bronchospasm and CVD	<i>Stephen M. Simons, M.D., FACSM</i>
3:55 – 4:20 p.m.	Exercise Prescription	<i>Christine Lawless, M.D., FACSM</i>
4:20 – 4:30 p.m.	Questions and Answers	



Photos courtesy of Hyatt Regency San Antonio  
General & Corporate Sales

### Questions?

American College of Sports Medicine  
401 W. Michigan Street  
Indianapolis, IN 46202  
Phone: 317-637-9200 ext. 141  
Fax: 317-634-7817  
E-Mail: [mwilliams@acsm.org](mailto:mwilliams@acsm.org)

## Experience Sunny San Antonio...

With its wonderful mix of old world charm and new world sparkle, San Antonio provides a charming backdrop for the ACSM Team Physician<sup>SM</sup> Course. Many cultural sites, including the Alamo, La Villita, HemisFair Park, Market Square and the Historic Missions, are near the host hotel, The Hyatt Regency San Antonio on the Riverwalk. The hotel is located on San Antonio's famous River Walk offering great restaurants, exciting night life, unique shopping, and enjoyable river boat tours. Guests of the hotel will enjoy comfortable guest rooms, multiple restaurant choices, fitness center and rooftop pool. All TPC educational sessions will take place in the Hyatt Regency San Antonio on the Riverwalk.

Participants and their guests will be eligible for discounted hotel rooms in the host hotel, the Hyatt Regency San Antonio on the Riverwalk. To make reservations, phone Hyatt reservations at 800-233-1234 or 210-222-1234. You must identify yourself with the ACSM Team Physician<sup>SM</sup> Course to qualify for discounts. Reservations must be made by January 15, 2008 and are available on a first-come first-serve basis.

### Guest Room Rates

Single	\$199	Double	\$199
Triple	\$219	Quad	\$239

### Travel to San Antonio

ACSM's preferred travel agency, The Travel Authority, can assist you with travel plans. Call 800-428-6186 to speak with a travel agent. To qualify for the lowest fares, plan to purchase airline tickets well in advance.



# SATURDAY, FEBRUARY 16, 2008

7:50 - 8:00 a.m. Updates and Discussion .....Peter G. Gerbino, M.D., FACSM  
Stephen M. Simons, M.D., FACSM

## OVERUSE INJURIES: DIAGNOSIS, TREATMENT, AND PREVENTION Moderator: Mary Lloyd Ireland, M.D., FACSM

8:00 - 8:20 a.m. Overuse Injuries of Bone: High Risk - Low Risk .....Mary Lloyd Ireland, M.D., FACSM  
8:20 - 8:40 a.m. Overuse Injuries of Tendon (Tendinitis vs. Tendinopathy) .....Mary Lloyd Ireland, M.D., FACSM  
8:40 - 9:00 a.m. Physical Therapy Modalities for the Office .....James Clugston, M.D.  
9:00 - 9:20 a.m. Core Strengthening: Importance to Upper Extremity Rehabilitation .....Pierre A. d'Hemecourt, M.D., FACSM  
9:20 - 9:40 a.m. Questions and Answers  
9:40 - 10:00 a.m. Break

## PERFORMANCE ENHANCEMENT Moderator: Robert Johnson, M.D., FACSM

10:00 - 10:25 a.m. Ergogenic Aids .....Robert J. Dimeff, M.D.  
10:25 - 10:50 a.m. Medicolegal Issues Facing the Team Physician .....James Clugston, M.D.  
10:50 - 11:15 a.m. Drug Testing .....Robert J. Dimeff, M.D.  
11:15 - 11:30 a.m. Questions and Answers  
11:30 a.m. - 1:00 p.m. Lunch (on your own)

## SUBSPECIALTY ISSUES IN SPORTS MEDICINE I Moderator: Robert J. Dimeff, M.D.

1:00 - 1:20 p.m. Facial Injuries in the Athlete .....James Clugston, M.D.  
1:20 - 1:45 p.m. Ophthalmology: Eye Injuries and Prevention .....D. Scott Marr, M.D., FACSM  
1:45 - 2:10 p.m. Exercise Related Headaches .....Thomas Howard, M.D.  
2:10 - 2:30 p.m. Break  
2:30 - 2:55 p.m. Infectious Disease .....Thomas Howard, M.D.  
2:55 - 3:20 p.m. Allergic Conditions in Sports .....D. Scott Marr, M.D., FACSM  
3:20 - 3:50 p.m. Panel Discussion on Ethical Challenges: Return to Play .....Robert J. Dimeff, M.D.  
Peter G. Gerbino, M.D., FACSM  
Thomas Howard, M.D.  
Susan M. Ott, D.O., FACSM  
3:50 - 4:10 p.m. Questions and Answers

# SUNDAY, FEBRUARY 17, 2008

7:50 - 8:00 a.m. Updates and Discussion .....Peter G. Gerbino, M.D., FACSM  
Stephen M. Simons, M.D., FACSM

## SUBSPECIALTY ISSUES IN SPORTS MEDICINE II Moderator: James Clugston, M.D.

8:00 - 8:25 a.m. Abdominal Trauma in Sports .....Robert Johnson, M.D., FACSM  
8:25 - 8:50 a.m. GI Problems in the Athlete .....Stephen M. Simons, M.D., FACSM  
8:50 - 9:15 a.m. GU Tract Illness and Injury in the Athlete .....Robert J. Dimeff, M.D.  
9:15 - 9:30 a.m. Break  
9:30 - 9:50 a.m. Athletic Pubalgia .....Peter G. Gerbino, M.D., FACSM  
9:50 - 10:10 a.m. Panel GU, GI, Athletic Pubalgia .....Peter G. Gerbino, M.D., FACSM  
Robert Johnson, M.D., FACSM  
Stephen M. Simons, M.D., FACSM  
10:10 - 10:30 a.m. Questions and Answers  
10:30 a.m. Adjourn

FACULTY AND LECTURE TITLES SUBJECT TO CHANGE.

