



## San Diego

Sheraton San Diego  
Hotel & Marina  
San Diego, California



## Who Should Attend?

Residents, Fellows, Physicians,  
Physician Assistants, Nurse  
Practitioners, Athletic Trainers,  
Physical Therapists.

## Earn up to 26.25 continuing education credits

- CMEs
- ACSM CECs
- NATA CEUs

February 1-5, 2017

ACSM Team Physician<sup>SM</sup> Course – Part II

# Essentials of Sports Medicine: From Sideline to the Clinic

## PRELIMINARY PROGRAM

*Content current as of November 8, 2016*

**Register Today! [www.acsm.org/tpc](http://www.acsm.org/tpc)**

The Team Physician Course gives primary care, specialty physicians and other health care providers the core of knowledge to care for sports teams in the community. The course is delivered in two parts (offered in February of each year). Participants are not required to complete courses in sequential order.

The course offers you hands-on workshops that will help fill in gaps for your course work. You will be presented with new perspectives in the orthopedic, primary care and emergency medicine aspects of sports medicine and athlete care.



The American College of Sports Medicine thanks the following organization who has provided general sponsorship for the 2017 ACSM Team Physician Course<sup>SM</sup>, Course-Part II:



*\*Please note that the above organization is not an ACCME-defined commercial interest.*

## 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 Team Physician Course, 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

1. Develop a protocol to diagnose and treat injuries of the hip, pelvis, thigh, knee, leg, ankle, and foot to expedite recovery from injury and improve functional outcomes.
2. Recognize the current recommendations and limitations for pre-participation evaluation of athletes in order to minimize injuries and sports related medical conditions.
3. Utilize new techniques in core stabilization of the thoracic and lumbar spine in order to reduce back pain in the athlete.
4. Develop nutritional and hydration strategies for athletes participating in their individual sports.
5. Develop strategies to educate athletes on how to minimize the health risks of exercise in heat, cold, and altitude.

## 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 live activity for a maximum of 26.25 AMA PRA Category 1 Credit(s)<sup>TM</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

(These hours include 3.5 hours for the pre-conference session.)

## AAFP

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

## BOC – CEUs

American College of Sports Medicine (BOC AP#P401) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of 26.25 Category A hours/CEUs. ATs should claim only those hours actually spent in the educational program.



## 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. (Includes: physicians, physician assistants, nurse practitioners, athletic trainers and other health care providers.)

## COURSE PLANNERS

John Hatzenbuehler, M.D., FACSM  
Sandra J. Hoffmann, M.D., FACSM  
Mary Lloyd Ireland, M.D., FACSM  
David Olson, M.D., FACSM

## SPEAKERS

**Scott Ball, M.D.**  
University of California-San Diego Health System  
San Diego, California

**J.D. Garbrecht, DPT, MBA, OCS, SCS, CDR, MSC, USN**  
Naval Hospital Camp Pendleton  
Oceanside, California

**Peter G. Gerbino, M.D., FACSM**  
Monterey Joint Replacement and Sports Medicine  
Monterey, California

**Sharon Hame, M.D.**  
Orthopaedic Surgery, Sports Medicine  
UCLA Medical Center  
Los Angeles, California

**John Hatzenbuehler, M.D., FACSM**  
Intermed, PA  
Portland, Maine

**Suzanne Hecht, M.D., FACSM**  
University of Minnesota  
Minneapolis, Minnesota

**Mary Lloyd Ireland, M.D., FACSM**  
UK Healthcare Sports Medicine  
Lexington, Kentucky

**Mark Lavallee, M.D., FACSM**  
Wellspring York Hospital Sports Medicine Fellowship  
York, Pennsylvania

**Jeffrey M. Mjaanes, M.D., FACSM**  
Northwestern University  
Evanston, IL

**David Olson, M.D., FACSM**  
University of Minnesota  
Minneapolis, Minnesota

**Aaron Rubin, M.D., FACSM**  
Kaiser Permanente  
Fontana, California

**Natalie Voskanian, M.D.**  
University of California-San Diego Sports Medicine  
San Diego, California

**Jerrad Zimmerman, M.D.**  
Carle Clinic  
Urbana, Illinois

## Course Outline

The Team Physician Course was designed to give primary care, specialty physicians and other healthcare providers the core of knowledge to care for sports teams in the community. The course is offered in two parts (offered in February of each year). Participants are not required to complete courses in sequential order. Below are the topics for each part:

**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.

## Disclosures

The ACSM Policy on the Standards for Commercial Support require all faculty, planners and others involved in the development and execution of a CME activity to disclose any relevant financial relationships with commercial interests they or their spouse/partner have with either the supporters of this activity or commercial entities related to their financial relationships. All conflicts of interest will be resolved prior to the learners in the Final Program. Anyone who refuses to provide disclosure information will be disqualified from participation.



Photo credit needed



Courtesy SanDiego.org



Courtesy Joanne DiBona/SanDiego.org

## San Diego Information

### Conference Hotel – Sheraton San Diego Hotel & Marina

Located in San Diego's Point Loma Peninsula region, the Sheraton San Diego Hotel & Marina is a destination with iconic sunsets and a waterfront location. The resort is designed to make best use of San Diego's sunny weather offering access to water sport rentals and sailing tours and providing an extraordinary perspective of San Diego. It is located minutes from the historic Gaslamp District, Seaport Village, the San Diego Zoo and many other great attractions.

Make reservations online at [www.acsm.org/tpc](http://www.acsm.org/tpc) or call (877) 734-2726 and mention the American College of Sports Medicine Team Physician Course to receive the discounted rate. Reservations must be made by December 16, 2016 and are available on a first-come, first-serve basis. The TPC Discounted Guest Room Rate is \$209. ACSM's preferred travel agency, ALTOUR, can assist you with travel plans. Call 800-428-6186 to speak with an agent.



**AMERICAN COLLEGE**  
**of SPORTS MEDICINE**  
LEADING THE WAY

## Questions and Information?

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

# AGENDA

## Wednesday, February 1, 2017

### Pre-Conference Workshop

5:30-8:50 p.m. Sports Trauma and Event Medicine  
*Aaron Rubin, M.D., FACSM*

## Thursday, February 2, 2017

### Team Administration

*Moderator: David Olson, M.D., FACSM*

8:00-8:20 a.m. The Sports Medicine Team: Roles and Responsibilities of the Team Physician  
*David Olson, M.D., FACSM*

8:20-8:40 a.m. The Pre-participation Evaluation  
*Suzanne Hecht, M.D., FACSM*

8:40-9:00 a.m. Medical Coverage of Games and Events: What's in the Bag and What's on the Sidelines  
*Jerrad Zimmerman, M.D.*

9:00-9:20 a.m. Return to Play: A Review and Update of the Team Physician Consensus Statements  
*John Hatzembuehler, M.D., FACSM*

9:20-9:35 a.m. Discussion and Questions

9:35-9:55 a.m. Break

### Nutritional Issues in Sports Medicine

*Moderator: Suzanne Hecht, M.D., FACSM*

9:55-10:15 a.m. Fluids, Electrolytes and Hydration  
*Aaron Rubin, M.D., FACSM*

10:15-10:35 a.m. Nutrition for Athletes  
*Suzanne Hecht, M.D., FACSM*

10:35-10:55 a.m. Sports Supplements  
*Aaron Rubin, M.D., FACSM*

10:55-11:10 a.m. Discussion and Questions

### String of Pearls/Cases

*Moderator: David Olson, M.D., FACSM*

11:10-11:15 a.m. Vitamin D  
*Suzanne Hecht, M.D., FACSM*

11:15-11:20 a.m. Cramping/Heat  
*Jerrad Zimmerman, M.D.*

11:20-11:25 a.m. Ankle Sprains  
*Mary Lloyd Ireland, M.D., FACSM*

11:25-11:30 a.m. FAI  
*Peter G. Gerbino, M.D., FACSM*

11:30-11:35 a.m. Pre and in Game Injections  
*John Hatzembuehler, M.D., FACSM*

11:35-11:40 a.m. Concussion  
*David Olson, M.D., FACSM*

11:40-11:45 a.m. Knee Injury  
*Mary Lloyd Ireland, M.D., FACSM*

11:45 a.m.-12:00 p.m. Discussion and Questions

12:00-1:15 p.m. Lunch (on your own)

### Foot and Ankle Injuries in Athletes: Presentation, Work-up, Differential Diagnosis, and Treatment

*Moderator: Peter G. Gerbino, M.D., FACSM*

1:15-1:35 p.m. Lower Leg  
*Jerrad Zimmerman, M.D.*

1:35-1:55 p.m. Ankle  
*Mary Lloyd Ireland, M.D., FACSM*

1:55-2:15 p.m. Foot  
*Peter G. Gerbino, M.D., FACSM*

2:15-2:30 p.m. Discussion and Questions

2:30-2:45 p.m. Break

### Hip, Groin, and Thigh Injuries in Athletes

*Moderator: Mary Lloyd Ireland, M.D., FACSM*

2:45-3:05 p.m. Functional Anatomy and Exam of the Hip, Groin and Thigh  
*Peter G. Gerbino, M.D., FACSM*

3:05-3:25 p.m. My Thigh and Groin Hurt. What has my Athlete Got?  
*Sharon Hame, M.D.*

3:25-3:45 p.m. Total Knee and Hip Replacement: When to Perform  
*Scott Ball, M.D.*

3:45-4:05 p.m. Hip and Thigh Cases: Surprises  
*Mary Lloyd Ireland, M.D., FACSM*

4:05-4:25 p.m. Activity and Sports After Total Knee and Hip Arthroplasty  
*Scott Ball, M.D.*

4:25-4:45 p.m. Post Arthroplasty Rehabilitation  
*J.D. Garbrecht, DPT, MBA, OCS, SCS, CDR, MSC, USN*

4:45-4:55 p.m. Discussion and Questions

### Imaging

*Moderator: Mary Lloyd Ireland, M.D., FACSM*

4:55-5:10 p.m. Imaging What Plain Views and When to Order Advanced Imaging  
*Mary Lloyd Ireland, M.D., FACSM Radiologist*

5:10-5:40 p.m. Imaging Foot, Ankle, Hip, Pelvis, Knee  
*Radiologist*

## Friday, February 3, 2017

### Knee Injuries

*Moderator: Mary Lloyd Ireland, M.D., FACSM*

8:00-8:20 a.m. Acute Knee Ligament Injuries in Athletes  
*Mary Lloyd Ireland, M.D., FACSM*

8:20-8:40 a.m. Injuries in Skeletally Immature  
*Peter G. Gerbino, M.D., FACSM*

8:40-9:00 a.m. Meniscus Tears as we Age: Diagnosis and Treatment  
*Sharon Hame, M.D.*

9:00-9:20 a.m. Rehabilitation After Injury or Surgery: Order to Write, What is Done, and Expected Time Frame of Return to Play  
*J.D. Garbrecht, DPT, MBA, OCS, SCS, CDR, MSC, USN*

9:20-9:30 a.m. Break

9:30-11:30 a.m. Break-out Session: Knee/Foot/Ankle: Exam and Cases

11:30 a.m.-5:30 p.m. Free Time – Explore San Diego

## Special Populations in Sports Medicine

Moderator: Aaron Rubin, M.D., FACSM

- 5:30-5:50 p.m. Disabled Athletes in the Special Olympics  
*Aaron Rubin, M.D., FACSM*
- 5:50-6:10 p.m. Pediatrics Sports Medicine Growth and Development  
*John Hatzenbuehler, M.D., FACSM*
- 6:10-6:30 p.m. Musculoskeletal Concerns of the Pediatric Athlete  
*Jerrad Zimmerman, M.D.*
- 6:30-6:50 p.m. The Masters and Aging Athlete  
*Mark Lavallee, M.D., FACSM*
- 6:50-7:10 p.m. Injury Prevention Programs  
*Suzanne Hecht, M.D., FACSM*
- 7:10-7:30 p.m. Discussion and Questions
- 7:30-9:00 p.m. Attendee/Faculty Mixer

- 1:55-2:15 p.m. Modalities and Rehab in the Training Room  
*J.D. Garbrecht, DPT, MBA, OCS, SCS, CDR, MSC, USN*
- 2:15-2:35 p.m. Functional Training and Rehab  
*J.D. Garbrecht, DPT, MBA, OCS, SCS, CDR, MSC, USN*
- 2:35-2:55 p.m. Overtraining and Chronic Fatigue  
*Mark Lavallee, M.D., FACSM*
- 2:55-3:15 p.m. Complementary and Alternative Medicine in Sports  
*Natalie Voskarian, M.D.*
- 3:15-3:30 p.m. Discussion and Questions
- 3:30-3:45 p.m. Break
- 3:45-4:15 p.m. 2 Minutes-2 Slides/Cases  
*John Hatzenbuehler, M.D., FACSM*  
*Suzanne Hecht, M.D., FACSM*  
*Jeffrey M. Mjaanes, M.D., FACSM*  
*David Olson, M.D., FACSM*  
*Jerrad Zimmerman, M.D.*

## Saturday, February 4, 2017

### Environmental Concerns in Sports

Moderator: John Hatzenbuehler, M.D., FACSM

- 8:00-8:20 a.m. Exercise Associated Collapse  
*Jerrad Zimmerman, M.D.*
- 8:20-8:40 a.m. Heat Related Illness  
*Jeffrey M. Mjaanes, M.D., FACSM*
- 8:40-9:00 a.m. Cold Related Illness  
*John Hatzenbuehler, M.D., FACSM*
- 9:00-9:20 a.m. Altitude and the Athlete  
*Mark Lavallee, M.D., FACSM*
- 9:20-9:40 a.m. Exertional Rhabdomyolysis  
*Jeffrey M. Mjaanes, M.D., FACSM*
- 9:40-10:00 a.m. Discussion and Questions
- 10:00-10:20 a.m. Break

### The Spine in Athletes

Moderator: Mark Lavallee, M.D., FACSM

- 10:20-10:35 a.m. Functional Anatomy and Exam of the Lumbar Spine  
*John Hatzenbuehler, M.D., FACSM*
- 10:35-10:55 a.m. The Young Athlete with Back Pain  
*Natalie Voskarian, M.D.*
- 10:55-11:15 a.m. Common Back Problems in Mature Athletes  
*Mark Lavallee, M.D., FACSM*
- 11:15-11:35 a.m. Core Instability/Stabilization  
*J.D. Garbrecht, DPT, MBA, OCS, SCS, CDR, MSC, USN*
- 11:35-11:45 a.m. Discussion and Questions
- 11:45 a.m.-12:15 p.m. Careers in Sports Medicine
- 12:15-1:15 p.m. Lunch (on your own)

### Conditioning and Rehab Issues in Athletes

Moderator: Mark Lavallee, M.D., FACSM

- 1:15-1:35 p.m. The Role of the Rehab Team in Sports Medicine  
*J.D. Garbrecht, DPT, MBA, OCS, SCS, CDR, MSC, USN*
- 1:35-1:55 p.m. Team Physician Consensus Statement - Strength and Conditioning  
*J.D. Garbrecht, DPT, MBA, OCS, SCS, CDR, MSC, USN*

## Sunday, February 5, 2017

### Medical Conditions in Sports

Moderator: Jerrad Zimmerman, M.D.

- 8:00-8:20 a.m. The Diabetic Athlete  
*Natalie Voskarian, M.D.*
- 8:20-8:40 a.m. Anemia to Blood Doping: Hematologic Issues in Athletes  
*Jeffrey M. Mjaanes, M.D., FACSM*
- 8:40-9:00 a.m. Dermatology Issues in Athletes  
*David Olson, M.D., FACSM*
- 9:00-9:20 a.m. Hypertension in Athletes  
*John Hatzenbuehler, M.D., FACSM*
- 9:20-9:30 a.m. Break

### Pain Issues in Sports Medicine

Moderator: Jeffrey M. Mjaanes, M.D., FACSM

- 9:30-9:50 a.m. Musculoskeletal Ultrasound Intro  
*Suzanne Hecht, M.D., FACSM*
- 9:50-10:10 a.m. Topical and Injectable Corticosteroids in Athletes  
*Natalie Voskarian, M.D.*
- 10:10-10:25 a.m. Acetaminophen and NSAID Use in Athletes  
*Jeffrey M. Mjaanes, M.D., FACSM*
- 10:25-10:45 a.m. Banned and Restricted Substances  
*John Hatzenbuehler, M.D., FACSM*
- 10:45-11:05 a.m. New Procedures in Sports Medicine  
*Mark Lavallee, M.D., FACSM*
- 11:05-11:15 a.m. Discussion
- 11:15 a.m. Adjourn

Faculty and lecture titles subject to change.

