Advanced Team Physician Course
Final Program

December 11-14, 2014
Tampa Marriott Waterside Hotel and Marina
Tampa, Florida

www.acsm.org
Faculty

James Andrews, M.D.
Andrews Sports Medicine and Orthopaedic Center
Birmingham, Alabama

Elizabeth A. Arendt, M.D.
Professor of Orthopaedic Surgery
University of Minnesota
Minneapolis, Minnesota

Aaron Boggish, M.D.
Cardiovascular Performance Program
Division of Cardiology
Massachusetts General Hospital
Assistant Professor of Medicine, Harvard Medical School
Boston, Massachusetts

Michael Bresler, M.D.
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Chicago, Illinois

Matthew Gammons, M.D.
Associate Clinical Professor, Department of Family and Community Medicine
Medical College of Wisconsin Vermont Orthopaedic Clinic/Killington Medical Clinic
Team Physician, US Ski and Snowboard Castleton State College, Green Mountain College, Rutland High School, Killington Mountain School
Rutland, Vermont

Suzanne Hecht, M.D.
Associate Professor, University of Minnesota Department of Family Medicine & Community Health Program in Sports Medicine
Team Physician, UM Athletics & US Figure Skating
Program Director, UM Sports Medicine Fellowship
Chair, Big Ten-Ivy League Traumatic Brain Injury Research Committee
Minneapolis, Minnesota

Mark Hutchinson, M.D.
Professor of Orthopaedics & Sports Medicine
Head Team Physician of Illinois at Chicago
Chicago, Illinois

John D. Kelly IV, M.D.
Associate Professor and Director, Shoulder Sports Medicine, University of Penn Perelman School of Medicine
Philadelphia, Pennsylvania

Tracy Ray, M.D.
Associate Professor, Director, Sports Medicine/Primary Care Director, PCSM Fellowship
Team Physician, Duke University
Durham, North Carolina

Craig Young, M.D.
Professor Orthopaedic Surgery and Family Medicine, Medical College of Wisconsin
Team Physician, Milwaukee Brewers
Milwaukee Ballet
Milwaukee, Wisconsin

Dave Wills
Radio Announcer
Tampa Bay Rays
Tampa, Florida

Sponsor

The American College of Sports Medicine, American Medical Society for Sports Medicine and American Orthopaedic Society for Sports Medicine thank the following organization who has provided general sponsorship for the Advanced Team Physician Course:

Statement of Need

A need for this live activity has been determined based on identifying professional practice gaps and previous course evaluations. The content of this course was based on current issues and hot topics provided by ACSM, AMSSM, and AOSSM membership and leadership.

Course Objectives

1. Evaluate the pathophysiology of tendinopathy in order to determine appropriate treatment, including non-invasive and surgical modalities to enhance return to function and decrease pain
2. Recognize the signs of female athletes presenting with stress fractures in order to facilitate diagnosis and treatment.
3. Incorporate new strategies into practice to diagnose hip pain in athletes in order to ensure appropriate referral to surgical experts for possible surgical intervention.
4. Analyze current controversies and evidence gaps in return to play for athletes in order to make safe return to play decisions to prevent further injury or illness.
5. Evaluate current recommendations for the Cardiac Pre-Participation evaluation in order to detect conditions that could precipitate sudden cardiac death or disability and incorporate recommendations for safe participation in sports.
6. Consider the evidence regarding common treatment modalities used in the training room in order to utilize appropriate modalities that can improve recovery from musculoskeletal injuries and illnesses and enhance athletic performance
7. Identify the advantages and disadvantages of various imaging techniques for musculoskeletal injuries in order to choose the most appropriate study for their athletes
8. Develop skills to be the leader of the athletic care team, including improving communication skills and disaster preparedness in order to prevent death or disability from catastrophic injury.
Accreditation

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 the American College of Sports Medicine, the American Orthopaedic Society for Sports Medicine and the American Medical Society for Sports Medicine. The American College of Sports Medicine is accredited by the ACCME to provide continuing medical education for physicians.

AMA/PRA Credits

The American College of Sports Medicine designates this live activity for a maximum of 24.5 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

AAFP Credits

This Live activity, Advanced Team Physician Course, with a beginning date of 12/11/2014 has been reviewed and is acceptable for up to 24.25 Prescribed credit(s) by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

NATA - CEUs

The National Athletic Trainers’ Association (NATA) has approved the course for 24.5 CEU credits. ACSM is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers.

Target Audience

This conference should prove valuable to any team physician, certified athletic trainer, physical therapist, or coach concerned with the management or prevention of injuries to the team athlete.

Course Planning Committee

ACSM
Matthew Gammons, M.D.
Mark Hutchinson, M.D.

AMSSM
Tracy Ray, M.D.
Craig C. Young, M.D.

AOSSM
Elizabeth A. Arendt, M.D.
John D. Kelly IV, M.D.

Program Information

ACSM, AMSSM, and AOSSM attest that the people responsible for the development of this live activity did so independently and were not influenced by commercial supporters.

Disclosure of Conflicts of Interest

In accordance with the guidelines of the Accreditation Council for Continuing Medical Education (ACCME), it is the policy of ACSM that faculty and planners disclose to the learners all financial relationships during the past twelve months with any commercial interest (any entity producing, marketing, re-selling, or distributing health care goods and services consumed by, or used on, patients). Identified conflicts of interest are resolved and disclosed to the learners in advance of the activity.

The following faculty/planners involved in the activity have disclosed they have no financial relationships relative to the content of this CME activity.

*Mark Hutchinson, M.D.
*Matthew Gammons, M.D.
Aaron Baggish, M.D.
Suzanne Hecht, M.D.

The following faculty/planners have reported real or apparent conflicts of interests. They have been resolved through a peer review process.

*Elizabeth A. Arendt, M.D., Consulting Fee, Tornier
*John D. Kelly IV, M.D., Speakers Bureau, Healio
*Craig C. Young, M.D., Royalty, WB Saunders- Co-editor Netter’s Sports Medicine Textbook
*Tracy Ray, M.D., Consulting Fee, DJO Global
James Andrews, M.D., Consulting Fee, Bauerfeind, Theralase, MiMedZ; Patent Connection, Connective Orthopaedics; Medical Director, Physiotherapy Associates; Board Member, Fast Health Corp
Michael Bresler, M.D., Consulting Fee, AIM Specialty Health

*denotes planner

The following content reviewer of this activity has disclosed she has no financial relationships relative to the content of this CME activity.

Sandra J. Hoffmann, M.D.
Registration

On-site registration hours will be as follows:

- Thursday, December 11 - 6:15 a.m.-5:00 p.m.
- Friday, December 12 - 7:00 a.m.-4:00 p.m.
- Saturday, December 13 - 7:00 a.m.-12:30 p.m.
- Sunday, December 14 - 7:00 a.m.-noon

Credit Verification Certificates

All attendees will have the opportunity to retrieve Advanced Team Physician Course credit verification certificates via an online service through the ACSM website. A special link to the online system will be sent to all attendees via e-mail approximately six weeks post-meeting. Attendees can visit the ACSM site to log actual hours of attendance and print their own personalized certificate.

Course Evaluation

Your assessment of the Advanced Team Physician course is vitally important to the planning committee for assessment in future planning. All attendees have the opportunity to share feedback online, through an efficient online process. Please look for this important e-mail inquiry following the meeting and take a moment to complete.

2014 Advanced Team Physician Course Schedule

Thursday, December 11, 2014

7:20-7:30 a.m.  Welcome and Overview
  Mark Hutchinson, M.D. and Matthew Gammons, M.D.

Tendinopathy: Evidence from the Lab to the Bedside
  Moderator: John D. Kelly IV, M.D.

7:30-7:45 a.m.  Anatomy/Pathophysiology/Incidence
  Mark Hutchinson, M.D.

7:45-8:00 a.m.  Diagnosis: Exam to Imaging (U/S vs MRI)
  Tracy Ray, M.D.

8:00-8:15 a.m.  Non-invasive Modalities (Eccentric, Mechano Tx)
  Matthew Gammons, M.D.

8:15-8:30 a.m.  Surgical Options from Tennis Elbow to Cuff
  John D. Kelly IV, M.D.
Return to Play
Moderator: Craig Young, M.D.

1:00-1:15 p.m. Review of the 2013 Return to Play Position Statement: What did it Accomplish? What Were the Controversies? Evidence Gaps? Craig Young, M.D.

1:15-1:30 p.m. Evaluation of Return to Play Preparedness using Screening Exams (Case Based Presentations) Matthew Gammons, M.D.

1:30-1:45 p.m. Return to Play After Cardiac Issues and Procedures (Case Based Presentations) Aaron Baggish, M.D.

1:45-2:00 p.m. Return to Play After Upper Extremity Surgery (Case Based Presentations) John D. Kelly IV, M.D.

2:00-2:15 p.m. Return to Play after Lower Extremity Surgery (Case Based Presentations) Elizabeth A. Arendt, M.D.

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

2:30-3:00 p.m. Break

Sports Cardiology
Moderator: Matthew Gammons, M.D.

3:00-3:15 p.m. Small Group Case Challenges

3:15-3:30 p.m. Cardiac PPE: What and How: Just the Evidence: You Make the Call Craig Young, M.D.

3:30-3:50 p.m. Can Too Much Exercise Cause Cardiac Problems? Aaron Baggish, M.D.


4:05-4:25 p.m. Hypertension Aaron Baggish, M.D.

4:25-4:40 p.m. Small Group Consensus and Discussion Matthew Gammons, M.D.

4:40-5:15 p.m. String of Pearls: Exam Pearls (3 slides only 2 minutes per) Moderator: Mark Hutchinson, M.D.

Cuff Tears
John D. Kelly IV, M.D.

SLAP Tears
Mark Hutchinson, M.D.

Sideline Concussion
Suzanne Hecht, M.D.

ACL Tears
Elizabeth A. Arendt, M.D.

Posterolateral Rotary Instability of Knee
John D. Kelly IV, M.D.

Patellar Instability
Elizabeth A. Arendt, M.D.

Leg Pain
Mark Hutchinson, M.D.

Ankle Sprains
Craig Young, M.D.

Wrist Pain
Tracy Ray, M.D.

Finger Injuries
Matthew Gammons, M.D.

Open Mic - Audience Pearls/ Participation

Friday, December 12, 2014

7:00-8:00 a.m. Breakfast with the Expert (Small Groups to Entertain Attendee Case Challenges) Hip and Shoulder Challenges John D. Kelly IV, M.D.

Patellofemoral and Knee Challenges Elizabeth A. Arendt, M.D.

Cardiology Aaron Baggish, M.D.

8:00-8:05 a.m. Welcome Back Mark Hutchinson, M.D. and Matthew Gammons, M.D.

Challenges in the Training Room: Where’s the Evidence? Moderator: Craig Young, M.D.

8:05-8:20 a.m. Prophylactive Taping and Bracing of Knees and Ankles Elizabeth A. Arendt, M.D.

8:20-8:35 a.m. Kinesiotaping and McConnell Taping Tracy Ray, M.D.

8:35-8:50 a.m. What Meds are Available in Your Training Room Craig Young, M.D.

8:50-9:05 a.m. Modalities – Cold, Heat Estim Tracy Ray, M.D.
**Friday, December 12, 2014 (continued)**

9:05-9:20 a.m.  Limitations of Computer Neuropsychological Testing for RTP Decisions  
Suzanne Hecht, M.D.

9:20-9:45 a.m.  Break

Special Topics, Special Speakers, Special Events  
*Moderator: Elizabeth A. Arendt, M.D.*

9:45-10:00 a.m.  Review of AMSSM Position Stand on Kids in Sports: What Did It Accomplish? What Were the Controversies? What is Next?  
Craig Young, M.D.

10:00-11:00 a.m.  Guest Speaker: Life Experiences as a Team Physician  
James Andrews, M.D.

11:00 a.m.-12:00 p.m.  Moderated Panel - Challenges of the Team Physician  
Dave Wills (Radio Announcer for the Tampa Devil Rays) and Faculty

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

Sports Management and Communication  
*Moderator: Tracy Ray, M.D.*

1:15-1:30 p.m.  Review of NATA Sports Management Consensus Statement: What did it Accomplish? What were the Controversies? What is Next  
Tracy Ray, M.D.

1:30-2:15 p.m.  Optimizing Your Presentation to the Media/Audience Questions  
Dave Wills

2:15-2:45 p.m.  Break

**SPECIALTY BREAKOUTS - MEDICAL**  
*Moderator: Matthew Gammons, M.D.*

2:45-3:00 p.m.  Neuroendocrine Dysfunction After Concussion  
Matthew Gammons, M.D.

3:00-3:15 p.m.  Biomarkers for Head Injury – Should We Routinely Order?  
Tracy Ray, M.D.

3:15-3:30 p.m.  Treatment of Prolonged Concussion Symptoms: the Problem that Won't Go Away  
Suzanne Hecht, M.D.

3:30-3:45 p.m.  Steroids and PEDs: Cardiovascular Consequences  
Aaron Baggish, M.D.

3:45-4:00 p.m.  Body Composition Testing: What's the Role for It?  
Suzanne Hecht, M.D.

4:00-4:15 p.m.  Discussion

**SPECIALTY BREAKOUTS - ORTHO**  
*Moderator: Elizabeth A. Arendt, M.D.*

2:45-3:00 p.m.  SLAP Repairs Versus Biceps Tenodesis in Athletes  
John D. Kelly IV, M.D.

3:00-3:15 p.m.  DVT Prophylaxis for Arthroscopy and ACL: None or Routine?  
Elizabeth A. Arendt, M.D.

3:15-3:30 p.m.  What is the Evidence Regarding Arthroscopic Debridement of Meniscus Tears: Should We Change Practice?  
Mark Hutchinson, M.D.

3:30-3:45 p.m.  Should We Change Practice Due to the MOON Study? Allograft, Post-op Braces, CPM, Cold Therapy, Weight-bearing with Meniscus Tears?  
Elizabeth A. Arendt, M.D.

3:45-4:00 p.m.  Discussion

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**Saturday, December 13, 2014**

7:00-8:00 a.m.  Breakfast with the expert (Small groups to entertain attendee case challenges)  
Knee Injuries and Sideline Challenges  
Mark Hutchinson, M.D.

Head Injury/Post Concussive  
Matthew Gammons, M.D.

The Overhead Athlete  
Tracy Ray, M.D.

8:00-8:05 a.m.  Welcome Back  
Mark Hutchinson, M.D. and Matthew Gammons, M.D.

**Optimizing Use and Interpretation of Imaging: Read the Whole Image**  
*Moderator: Mark Hutchinson, M.D.*

8:05-8:20 a.m.  Small Group Challenges  
Mark Hutchinson, M.D.

8:20-9:00 a.m.  Optimizing Imaging: Case by Case (Lower Extremity)  
Mark Hutchinson, M.D.  
Michael Bresler, M.D.  
Tracy Ray, M.D.  
Matthew Gammons, M.D.
### 9:00-9:45 a.m.
Optimizing Imaging: Case by Case
(Upper Extremity)
*Mark Hutchinson, M.D.*
*Michael Bresler, M.D.*
*Tracy Ray, M.D.*
*Matthew Gammons, M.D.*

### 9:45-10:00 a.m.
Small Group Consensus and Discussion

### 10:00-10:30 a.m.
**Break**

**Faculty Experts: A Series of Lectures**
**Based on Personal Experience**
**Moderator: Aaron Baggish, M.D.**

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<td>10:30-10:50 a.m.</td>
<td>State of the Art for Patellar Instability</td>
<td>Elizabeth A. Arendt, M.D.</td>
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<td>10:50-11:10 a.m.</td>
<td>Pre-participation CV Screening in the Real World: Personal Perspectives</td>
<td>Aaron Baggish, M.D.</td>
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<td>11:10-11:30 a.m.</td>
<td>Balancing Life with Practice</td>
<td>John D. Kelly IV, M.D.</td>
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<td>11:30-11:50 a.m.</td>
<td>Pain: When It's Not the Usual Suspect Where to Investigate Next</td>
<td>Craig Young, M.D.</td>
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<td>11:50 a.m. -12:10 p.m.</td>
<td>So You're Sure You Want to Be a Team Physician?</td>
<td>Tracy Ray, M.D.</td>
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<td>12:10-12:30 p.m.</td>
<td>String of Pearls: Sports Specific Pearls</td>
<td>Moderator: Mark Hutchinson, M.D.</td>
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<td><strong>Baseball</strong></td>
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<td>Tracy Ray, M.D.</td>
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<td><strong>Football</strong></td>
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<td><strong>Soccer</strong></td>
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<td>Matthew Gammons, M.D.</td>
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<td><strong>Tennis</strong></td>
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<td><strong>Volleyball</strong></td>
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<td>Elizabeth A. Arendt, M.D.</td>
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<td><strong>Gymnastics</strong></td>
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<td>Suzanne Hecht, M.D.</td>
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<td><strong>Cycling</strong></td>
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<td><strong>Hockey</strong></td>
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<td>Matthew Gammons, M.D.</td>
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<td><strong>Ballet/Dance</strong></td>
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<td>Craig Young, M.D.</td>
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### Sunday, December 14, 2014

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<th>Topic</th>
<th>Speaker</th>
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<td>7:00-8:00 a.m.</td>
<td>Breakfast with the Expert (Small groups to entertain attendee challenges)</td>
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<td>Female Athlete/Primary care Challenges</td>
<td>Suzanne Hecht, M.D.</td>
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<td>Special Challenges in Rehab</td>
<td>Craig Young, M.D.</td>
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<td>8:00-8:05 a.m.</td>
<td>Welcome back</td>
<td>Mark Hutchinson, M.D. &amp; Matthew Gammons, M.D.</td>
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<td>8:05-8:20 a.m.</td>
<td>Small Group Case Challenges</td>
<td>Tracy Ray, M.D.</td>
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<td>8:20-8:35 a.m.</td>
<td>Return to Play after Skull Fractures/Intracranial Bleeds</td>
<td>Matthew Gammons, M.D.</td>
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<td>8:35-8:50 a.m.</td>
<td>Evaluating and Treating C-spine Injury from Sideline to Clinic</td>
<td>Mark Hutchinson, M.D.</td>
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<td>8:50-9:10 a.m.</td>
<td>Neurogenic Thoracic Outlet Syndrome: Is It Real, If So What Works?</td>
<td>Craig Young, M.D.</td>
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<td>9:10-9:25 a.m.</td>
<td>Heading and Soccer: Should We be Concerned</td>
<td>Tracy Ray, M.D.</td>
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<td>9:25-9:50 a.m.</td>
<td>Small Group Consensus and Discussion</td>
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<td>9:50-10:05 a.m.</td>
<td>Break</td>
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<td>10:05-10:25 a.m.</td>
<td>Managing Overuse Injuries in Elite Gymnasts</td>
<td>Suzanne Hecht, M.D.</td>
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<td>10:25-10:45 a.m.</td>
<td>Game Bag Absolutes and Options</td>
<td>Matthew Gammons, M.D.</td>
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<td>10:45-11:05 a.m.</td>
<td>If We Can’t Extrapolate Outcomes on Pro Athletes to High School Athletes and Recreational Athletes, What is the Community Sports Doc to Do?</td>
<td>Craig Young, M.D.</td>
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<td>11:05-11:25 a.m.</td>
<td>Preparing for the Worst: What should the Medical Team Actually Practice?</td>
<td>Tracy Ray, M.D.</td>
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<td>11:25-11:30 a.m.</td>
<td>Questions</td>
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<td>11:30 a.m.</td>
<td>Adjourn</td>
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Questions & Information

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