2021 Advanced Team Physician Course

Preliminary Program

December 1-3, 2021
Gaylord National Resort and Convention Center, National Harbor, Maryland

www.acsm.org/atpc
Description

The Advanced Team Physician Course aims to provide up-to-date information on the evaluation and treatment of medical illnesses and musculoskeletal injuries occurring in competitive and recreational athletes. While the course focuses on athletes participating in team sports, many topics are applicable to competitors in individual sports. The live activity format uses lectures, case presentations, debates on controversial topics, panel discussions, question-and-answer sessions, as well as informal discussions with the faculty. Presenters rely on evidence-based medicine where available. This course is a collaborative effort between the American College of Sports Medicine (ACSM), the American Medical Society for Sports Medicine (AMSSM) and the American Orthopaedic Society for Sports Medicine (AOSSM).

Objectives

Upon completion of this educational activity learners should be able to:

• Develop a plan for field emergencies to decrease the risk of athlete disability and death.
• Evaluate and manage athletes with shoulder and knee pain based on current best practices.
• Assess the key principles of athletic training and periodization to recognize overtraining in athletes.
• Consider history and physical examination findings to treat running injuries and determine which patients should have gait analysis.
• Develop strategies to manage common mental health issues in athletes to determine which athletes need referral to mental health specialists.
• Recognize the unique concerns of adaptive athletes and develop best practices to care for this special population.
• Evaluate key physical examination techniques of the foot and ankle. Develop a protocol for use of ultrasound to determine which athletes would benefit from ultrasound guided interventions to treat injuries of the foot and ankle.
• Utilize current evidence for use of regenerative medicine therapies to facilitate appropriate treatment for sports related injuries.

Target Audience

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

Course Location

The Gaylord National Resort and Convention Center is a destination unto itself. Located on the banks of the Potomac River, just minutes from downtown Washington, D.C., this resort offers an award-winning, full-service Relache Spa & Salon, a 24-hour fitness center, multiple dining options and on-site shopping. The Gaylord also boasts a wide selection of family-friendly amenities, including a pool and nightly fountain show. Step outside and discover the National Harbor with many diverse shops, boutiques and dining locations.
Wednesday, December 1, 2021

**7:00 - 7:45 AM**
Registration and Continental Breakfast for Attendees

**7:45 - 8:00 AM**
Welcome Remarks
Carrie A. Jaworski, M.D. and Peter G. Gerbino, M.D.

**8:00 - 9:45 AM**
**Mental Health**

- **8:00 – 8:05 AM**
  Introduction
  Margot Putukian, M.D.

- **8:05 – 8:25 AM**
  Recognizing Mental Health Issues in Athletes
  Margot Putukian, M.D.

- **8:25 – 8:45 AM**
  The Psychology of Injury
  Keri Kirk, Ph.D.

- **8:45 – 9:00 AM**
  Medication Choices and the Athlete with Mental Health Conditions
  Stephen J. Cozza, M.D.

- **9:00 – 9:15 AM**
  Substance Abuse in Athletics
  Siobhan Statuta, M.D.

- **9:15 – 9:30 AM**
  Exercise and Mental Health: Finding the Right Dose
  Carrie A. Jaworski, M.D.

- **9:30 – 9:45 AM**
  Q & A Panel

- **9:45 - 10:00 AM**
  Break

**10:00 AM - Noon**
**Running Medicine**

- **10:00 - 10:05 AM**
  Introduction
  Francis G. O'Connor, M.D., M.P.H.

- **10:05 - 10:30 AM**
  Evaluation of the Injured Runner
  Robert P. Wilder, M.D.

- **10:30 - 10:50 AM**
  Office-based Video Gait Analysis: What's New?
  Nathaniel Nye, M.D.

- **10:50 - 11:10 AM**
  Botulinum Toxin for CECS
  Chad Hulsopple, D.O.

- **11:10 - 11:30 AM**
  Running Shoes: How to Help the Runner Find the Right Shoe
  Nathaniel Nye, M.D.

- **11:30 - 11:50 AM**
  Medical Problems Unique to the Runner
  K. Bert Fields, M.D.

- **11:50 AM - Noon**
  Q & A Panel

**Noon - 1:15 PM**
Lunch (on your own)

**1:15 - 3:15 PM**
**Evolving Strategies in Shoulder Injuries**

- **1:15 - 1:20 PM**
  Introduction
  Peter G. Gerbino, M.D.

- **1:20 - 1:35 PM**
  Shoulder Instability in the Athlete
  Edward G. McFarland, M.D.

- **1:35 - 1:50 PM**
  Acromioclavicular and Sternoclavicular Joint Injuries
  Mark R. Hutchinson, M.D.

- **1:50 - 2:05 PM**
  Treatment of Clavicle Fractures
  Peter G. Gerbino, M.D.

- **2:05 - 2:20 PM**
  Rotator Cuff Disease: A Spectrum of Pathology
  Jonas R. Rudzki, M.D.
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Speaker(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2:20 - 2:35 PM</td>
<td>Biceps Tendon / SLAP Tears</td>
<td>Robin V. West, M.D.</td>
</tr>
<tr>
<td>2:35 - 3:15 PM</td>
<td>Case-based Panel Discussion Panel</td>
<td></td>
</tr>
<tr>
<td>3:15 - 3:30 PM</td>
<td>Break</td>
<td></td>
</tr>
<tr>
<td>3:30 - 5:30 PM</td>
<td><strong>Sideline Medical Emergencies</strong></td>
<td></td>
</tr>
<tr>
<td>3:30 - 3:35 PM</td>
<td>Introduction</td>
<td>Francis G. O'Connor, M.D., M.P.H.</td>
</tr>
<tr>
<td>3:35 - 3:55 PM</td>
<td>Allergy, Anaphylaxis and Asthma</td>
<td>Korin Hudson, M.D.</td>
</tr>
<tr>
<td>4:15 - 4:35 PM</td>
<td>Emergencies Unique to the Disabled Athlete</td>
<td>Robert P. Wilder, M.D.</td>
</tr>
<tr>
<td>4:55 - 5:15 PM</td>
<td>Disaster Planning</td>
<td>Korin Hudson, M.D.</td>
</tr>
<tr>
<td>5:15 - 5:30 PM</td>
<td>Q &amp; A Panel</td>
<td></td>
</tr>
<tr>
<td>7:00 - 7:45 AM</td>
<td>Continental Breakfast for Attendees</td>
<td></td>
</tr>
<tr>
<td>7:15 - 7:50 AM</td>
<td>Leadership Pearls from the Pros: Navigating Leadership Roles in the World of Sports Medicine</td>
<td></td>
</tr>
<tr>
<td>7:50 - 8:00 AM</td>
<td>Welcome and Brief Updates</td>
<td>Carrie A. Jaworski, M.D.</td>
</tr>
<tr>
<td>8:00 - 10:00 AM</td>
<td><strong>State of the Art: Foot, Leg, Ankle</strong></td>
<td></td>
</tr>
<tr>
<td>8:00-8:05 AM</td>
<td>Introduction</td>
<td>Jonathan T. Finnoff, D.O.</td>
</tr>
<tr>
<td>8:05 - 8:20 AM</td>
<td>Physical Examination Pearls for the Foot and Ankle</td>
<td>Kenneth Mautner, M.D.</td>
</tr>
<tr>
<td>8:20 - 8:40 AM</td>
<td>Sorting Out the Causes of Exertional Leg Pain</td>
<td>Rachel Frank, M.D.</td>
</tr>
<tr>
<td>8:40 - 8:55 AM</td>
<td>Metatarsalgia - Shining a Light on the Black Box of Forefoot Pain</td>
<td>Kenneth Mautner, M.D.</td>
</tr>
<tr>
<td>8:55 - 9:15 AM</td>
<td>Prevention and Treatment Recommendations for Leg and Foot Stress Fractures</td>
<td>Cheri A. Blauwet, M.D.</td>
</tr>
<tr>
<td>9:30 - 9:45 AM</td>
<td>Surgical Treatments for CECS and PAES</td>
<td>Rachel Frank, M.D.</td>
</tr>
<tr>
<td>9:45 - 10:00 AM</td>
<td>Q &amp; A Panel</td>
<td></td>
</tr>
<tr>
<td>10:00 - 10:15 AM</td>
<td>Break</td>
<td></td>
</tr>
<tr>
<td>10:15 AM - 12:15 PM</td>
<td><strong>Advanced Ultrasound of the Ankle and Foot</strong></td>
<td></td>
</tr>
<tr>
<td>10:15 - 10:20 AM</td>
<td>Introduction</td>
<td>Jonathan T. Finnoff, D.O.</td>
</tr>
<tr>
<td>10:20 - 10:40 AM</td>
<td>Live Demonstration of Advanced Ultrasound Examination of the Anterior Ankle and Dorsal Foot</td>
<td>Jonathan T. Finnoff, D.O.</td>
</tr>
<tr>
<td>10:40 - 10:55 AM</td>
<td>Pathology and Ultrasound-guided Interventions of the Anterior Ankle and Dorsal Foot</td>
<td>Garry W. Ho, M.D.</td>
</tr>
<tr>
<td>10:55 - 11:15 AM</td>
<td>Live Demonstration of Advanced Ultrasound Examination of the Medial and Lateral Ankle</td>
<td>Kenneth Mautner, M.D.</td>
</tr>
</tbody>
</table>
11:15 - 11:30 AM  Pathology and Ultrasound-guided Interventions of the Medial and Lateral Ankle  
Garry W. Ho, M.D.

11:30 - 11:50 AM  Live Demonstration of Advanced Ultrasound Examination of the Posterior Ankle and Plantar Foot  
Jonathan T. Finnoff, D.O.

11:50 AM - 12:05 PM  Pathology and Ultrasound-guided Interventions of the Posterior Ankle and Plantar Foot  
Garry W. Ho, M.D.

12:05 - 12:15 PM  Q & A Panel

12:15 - 1:30 PM  Lunch (on your own)

1:30 - 3:30 PM  Adaptive Athlete

1:30 - 1:35 PM  Introduction  
Carrie A. Jaworski, M.D.

1:35 - 2:05 PM  Special Considerations in Care of the Adaptive Athlete  
Cheri A. Blauwet, M.D.

2:05 - 2:20 PM  Evaluation of Concussion in the Adaptive Athlete  
Carrie A. Jaworski, M.D.

2:20 - 2:40 PM  Doping in the Adaptive Athlete  
Cheri A. Blauwet, M.D.

2:40 - 3:10 PM  Equipping the Adaptive Athlete  
Paul F. Pasquina, M.D.

3:10 - 3:30 PM  Q&A Panel

3:30 - 3:45 PM  Break

3:45 - 5:45 PM  Regenerative Medicine

3:45 - 3:50 PM  Introduction  
Jonathan T. Finnoff, D.O.

3:50 - 4:05 PM  AMSSM Position Statement: Principles for the Responsible Use of Regenerative Medicine in Sports Medicine  
Kenneth Mautner, M.D.

4:05 - 4:20 PM  Basic Science of Regenerative Medicine  
Garry W. Ho, M.D.

Kenneth Mautner, M.D.

4:35 - 4:50 PM  Autologous Cellular Products in Sports Medicine  
Rachel Frank, M.D.

4:50 - 5:05 PM  Prolotherapy in Sports Medicine  
Aeneas Janze, M.D.

5:05 - 5:20 PM  Amniotic and Placental Products in Orthopedic and Sports Medicine  
Garry W. Ho, M.D.

5:20 - 5:35 PM  Augmenting Orthopedic Surgical Procedures with Regenerative Medicine Products  
Rachel Frank, M.D.

5:35 - 5:45 PM  Q&A Panel

“A combination of didactic lectures and interactive learning will provide attendees every opportunity to advance their orthopedic sports medicine knowledge irrespective of their career path or experience level.”

—Matthew Matava, M.D.
Friday, December 3, 2021

7:00 - 7:30 AM  Continental Breakfast for Attendees

7:00 - 7:30 AM  Experiences of Sports Medicine in the Bubble (Olympics, NBA)
Carrie A. Jaworski, M.D.
Jonathan T. Finnoff, D.O.
Matt Matava, M.D.
Francis G. O'Connor, M.D., M.P.H.

7:30 - 7:35 AM  Welcome and Brief Updates
Peter G. Gerbino, M.D.

7:35 - 9:35 AM  Load, Overload and Recovery

7:35 - 7:40 AM  Introduction
Francis G. O'Connor, M.D., M.P.H.

7:40 - 8:00 AM  A Primer on the Principles of Training and Periodization
Kevin E. Burroughs, M.D.

8:00 - 8:20 AM  Overtraining Syndrome
Francis G. O'Connor, M.D., M.P.H.

8:20 - 8:40 AM  When to Suspect a Myopathy
Glen A. Cook, M.D.

8:40 - 9:00 AM  Wearable and Non-wearable Monitoring: What’s the Evidence?
Chad Hulsopple, D.O.

9:00 - 9:20 AM  Recovery: The Role of Dietary Supplements
Patricia A. Deuster, Ph.D., M.P.H.

9:20 - 9:35 AM  Q & A Panel

9:35 - 9:45 AM  Break

9:45 - 11:45 AM  Evolving Strategies in Knee Injuries

9:45 - 9:50 AM  Introduction
Geoffrey S. Baer, M.D., Ph.D.

9:50 - 10:05 AM  Articular Cartilage Injuries: Evaluation and Management
Geoffrey S. Baer, M.D., Ph.D.

10:05 - 10:20 AM  Patellofemoral Instability
Robin V. West, M.D.

10:20 - 10:35 AM  Meniscal Tear Treatment: An Evidence-based Approach
Matthew Matava, M.D.

10:35 - 10:50 AM  Treatment of Anterior Cruciate Ligament Tears: 2021 Update
Wieml Douoguih, M.D.

10:50 - 11:05 AM  Multi-ligament Knee Trauma: An Algorithmic Approach
Geoffrey S. Baer, M.D., Ph.D.

11:05 - 11:45 AM  Case-based Panel Discussion Panel

11:45 AM  Closing Remarks

“Covid has presented us with new sports medicine problems in several areas including psychological problems. It is more important than ever to stay on top of these rapidly changing topics.”

—Peter G. Gerbino, M.D., FACSM
Course Planning Committee

Peter G. Gerbino, II, M.D.
Monterey Joint Replacement & Sports Medicine
Monterey, California

Carrie A. Jaworski, M.D.
NorthShore University HealthSystem
Chicago, Illinois

Jonathan T. Finnoff, D.O.
The United States Olympic & Paralympic Committee
Colorado Springs, Colorado

Francis G. O’Connor, M.D., M.P.H.
Uniformed Services University of the Health Sciences
Bethesda, Maryland

Jonathan T. Finnoff, D.O.
The United States Olympic & Paralympic Committee
Colorado Springs, Colorado

Francis G. O’Connor, M.D., M.P.H.
Uniformed Services University of the Health Sciences
Bethesda, Maryland

Geoffrey S. Baer, M.D., Ph.D.
University of Wisconsin School of Medicine and Public Health
Madison, Wisconsin

Matthew Matava, M.D.
Washington University Orthopaedics
St. Louis, Missouri

Program Information

ACSM, AMSSM and AOSSM attest that the people responsible for the development of this live activity did so independent of any commercial influence.

Disclaimer

The material presented in this continuing medical educational program is being made available by ACSM, AMSSM and AOSSM for educational purposes only. This material is not intended to represent the only methods or procedures appropriate for the medical situation discussed.

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.

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

AMA/PRA Credits

ACSM designates this live activity for a maximum of 21 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

AAFP Credits

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

BOC – CEUs

The American College of Sports Medicine (BOC AP#P401) is approved by the Board of Certification, Inc. to provide continuing education to athletic trainers (ATs). This program is eligible for a maximum of 21 Category A hours/CEUs. ATs should claim only those hours actually spent in the educational program.
Image/Likeness/Voice Release

I understand and agree that, by participating in the 2021 Advanced Team Physician Course, my image, likeness or voice may be recorded by photography, video or other medium. I hereby grant irrevocable and unrestricted permission to ACSM, AMSSM and AOSSM and its representatives or assignees to use my image, likeness or performance in any medium and for any purpose. I hereby waive any right to inspect or approve such use or materials. Registering for the meeting acknowledges acceptance of these terms.

Registration Information

Fee Schedule (Registration fees do not include hotel)

<table>
<thead>
<tr>
<th></th>
<th>Member*</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Through 10/01</td>
<td>$550</td>
<td>$650</td>
</tr>
<tr>
<td>10/2 - 11/1</td>
<td>$600</td>
<td>$700</td>
</tr>
<tr>
<td>11/2 - 12/3</td>
<td>$650</td>
<td>$750</td>
</tr>
<tr>
<td>Professionals-in-Training†</td>
<td>$500</td>
<td>$600</td>
</tr>
</tbody>
</table>

* Dues must be current at time of meeting.
† Full-time students, residents, and individuals in a fellowship program – must provide proof during registration.

For additional information about registration, please email meeting@acsm.org

Refund Policy

A $150 service fee will be applied to cancellations submitted in writing or emailed to meeting@acsm.org by November 3, 2021. No refunds will be issued after November 3. Refunds will not be issued for cancellations made after the course begins or for no-shows.

Hotel Accommodations

Make reservations online at www.acsm.org/atpc or call Marriott Reservations at 301-965-4000 or 877-491-0468. Mention the Advanced Team Physician Course to receive the discounted rate. Reservations must be made by November 1, 2021, and are available on a first-come, first-serve basis. The ATPC discounted hotel room rate is $221 ($199 room + $22 resort fee). ACSM’s preferred travel agency, ALTUR, can assist you with travel plans. Call 800-425-8687 to speak with an agent. The Gaylord National is part of the Marriott family.

Covid Policies

Attendance is limited to the first 200 Registrants!

All conference participants are required to be fully vaccinated, wear masks throughout the event and social distance of 3ft or more. Please refer to registration correspondence for more details.

* 200 registrants is based on social distancing guidelines.