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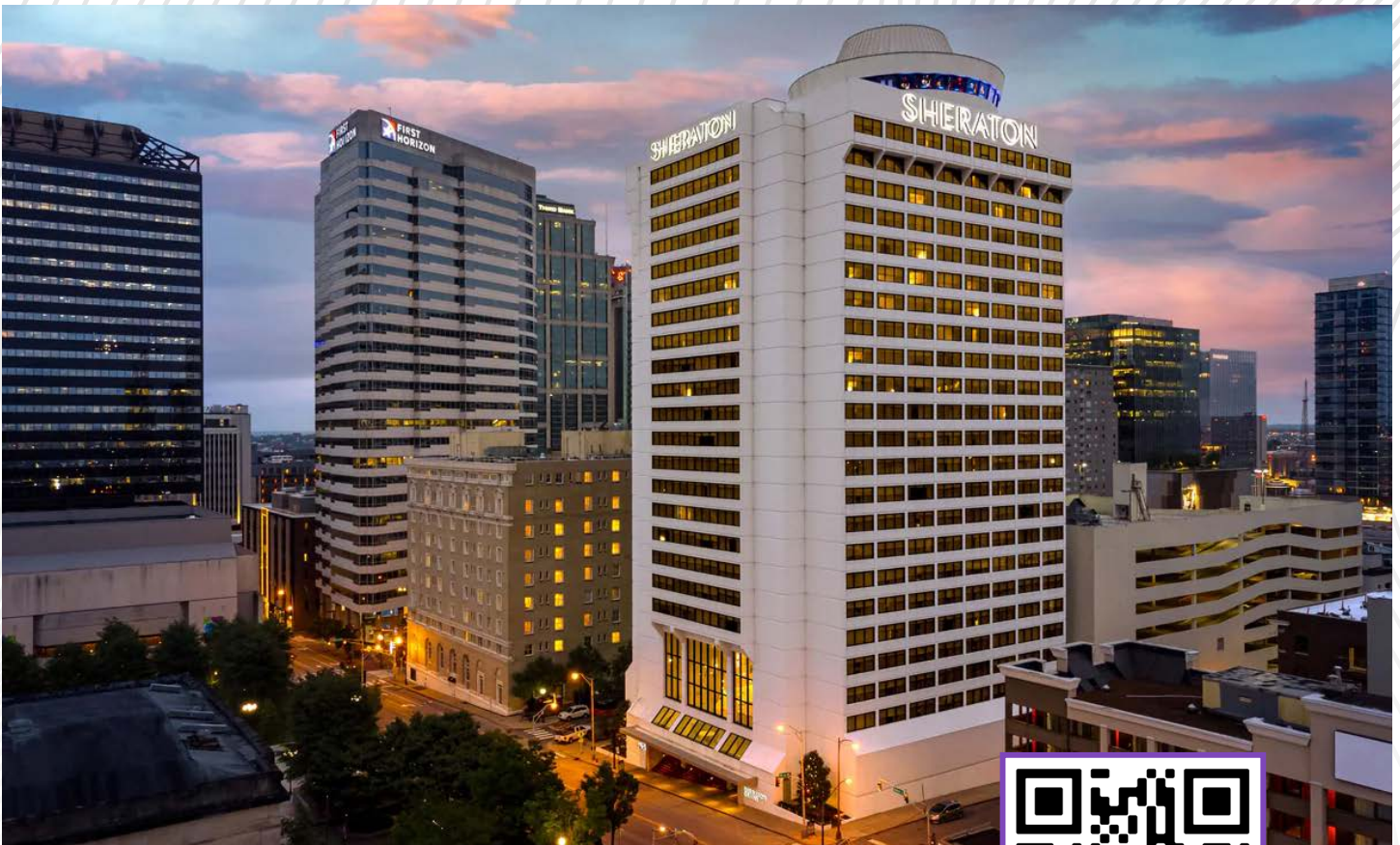
ADVANCED TEAM PHYSICIAN COURSE

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This program has been identified as a CME activity of the American College of Sports Medicine

DECEMBER 10 – 12, 2024

Sheraton Grand Nashville Downtown • Nashville, Tennessee



Preliminary Program

Revised 09/10/24



COURSE PLANNING COMMITTEE



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Medicine
Monterey, CA

Sherrie Ballantine-Talmadge, DO
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Boulder, CO



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Chicago, IL

Matthew R. Gammons, M.D.
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Justin J. Ernat, MD, MHA
University of Utah
Salt Lake City, UT

Timothy L. Miller, M.D.
The Ohio State University
Columbus, OH



Jeffrey R. Bytowski, DO
Duke University Medical Center
Durham, NC

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 competitions in individual sports. This live activity format uses lectures, case presentations, 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 Medical Society for Sports Medicine (AMSSM), the American College of Sports Medicine (ACSM), the American Osteopathic Academy of Sports Medicine (AOASM) and the American Orthopaedic Society for Sports Medicine (AOSSM).

TARGET AUDIENCE

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

OBJECTIVES

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

- Identify and recognize the differences in common upper extremity injuries in Pediatric and Adult patients in order to efficiently treat those injuries and hasten return to play
- Develop a protocol for use of ultrasound in the upper extremity to determine when to use this modality in diagnosis and treatment
- Present best practices in pain management to determine appropriate treatment plans for athletes with acute pain
- Recognize the unique concerns of performance athletes and develop best practices to care for these unique athletes
- Describe the issues in caring for Olympic and Paralympic athletes to provide care for this population
- Present current updates in various sports to develop protocols for evaluation and treatment of athletes in various sports
- Describe key principles of leadership to assist in advancing a career in sports medicine
- Recognize the unique presentations of injuries in female athletes including pregnancy and postpartum in order to facilitate healthy participation in sports
- Describe the evidence for use of state of the art sports and performance science in order to enhance treatment of athletes

COURSE LOCATION

Elevate your stay in Music City at Sheraton Grand Nashville Downtown. The hotel is located near attractions like the Nashville Historic District, Broadway, the Tennessee Performing Arts Center, Nashville Convention Center, and more. Bike to these attractions conveniently with easily accessible bike rentals or hop on a golf cart shuttle to Broadway. Escape the bustle of the city and retreat to the hotel's elegantly designed rooms featuring luxury bedding, Wi-Fi, and HDTVs. Listen to your favorite vinyls in your room with record rentals. Stay fit in the 24-hour, fully equipped fitness center featuring Peloton bikes. Enjoy locally-sourced cuisine at Library Bar, the hotel's restaurant serving up breakfast, lunch, and dinner and offering over 50 varieties of bourbon. Be in the middle of the action for all sessions, being held at the Sheraton Grand Nashville Downtown.



TUESDAY, DECEMBER 10, 2024

7 - 7:45 a.m.

Registration and Continental Breakfast for Attendees

7:45 - 8 a.m.

Welcome Remarks

Peter G. Gerbino, M.D. and Sherrie Ballantine-Talmadge, DO

8 - 9:45 a.m. PEDIATRICS

8 - 8:05 a.m.

Introduction

Holly Benjamin, M.D.

8:05 - 8:25 a.m.

Myths in Pediatric Sports Injuries

Peter G. Gerbino, M.D.

8:25 - 8:45 a.m.

Foot/Ankle: Unique Injuries in this Growing Population

Andrew J. Gregory, M.D.

8:45 - 9:05 a.m.

Elbow: Little League and Other Pediatric Injuries

Holly Benjamin, M.D.

9:05 - 9:25 a.m.

Hand/Wrist: Gymnast and Other Pediatric Injuries

Holly Benjamin, M.D.

9:25 - 9:45 a.m.

Q & A Panel

9:45 - 10 a.m.

Break

10 a.m. - Noon ADULTS

10 - 10:05 a.m.

Introduction

Timothy L. Miller, M.D.

10:05 - 10:25 a.m.

Head/Face Trauma: Minor to Major Injuries

Matthew R. Gammons, M.D.

10:25 - 10:45 a.m.

Elbow: Adult Athlete Overuse and Acute Injuries

Mary Lloyd Ireland, M.D.

10:45 - 11:05 a.m.

Hand/Wrist: Current Treatment Recommendations

Anthony Ceraulo, DO

11:05 - 11:25 a.m.

Foot/Ankle: Managing Some of the Most Annoying Injuries in Sports

Timothy L. Miller, M.D.

11:25 - 11:45 a.m.

Spine: Chronic and Acute Injuries

Matthew R. Gammons, M.D.

11:45 a.m. - Noon

Q & A Panel

Noon - 1:15 p.m.

Lunch (on your own)

1:15 - 3:15 p.m. ULTRASOUND

1:15 - 1:20 p.m.

Introduction

Holly Benjamin, M.D.

1:20 - 1:40 p.m.

Pediatrics: General Differences for the Immature Athlete

Holly Benjamin, M.D.

1:40 - 2 p.m.

Elbow

Blake R. Boggess, DO

2 - 2:20 p.m.

Hand/Wrist

Blake R. Boggess, DO

2:20 - 2:40 p.m.

Foot/Ankle

Matthew R. Gammons, M.D.

2:40 - 3 p.m.

Spine

Matthew R. Gammons, M.D.

3 - 3:15 p.m.

Q&A Panel

3:15 - 3:30 p.m.

Break

3:30 - 5:30 p.m. PAIN MANAGEMENT

3:30 - 3:35 p.m.

Introduction

Peter G. Gerbino, M.D.

3:35 - 4 p.m.

Opioids: Current Status of Use in Athletes

Matthew R. Gammons, M.D.

4 - 4:25 p.m.

Myths: Misconceptions Regarding Use and Pain Management

Brad Fanestil, M.D.

4:25 - 4:50 p.m.

Multimodal Options: Current Protocols for Minimizing Use

Brad Fanestil, M.D.

4:50 - 5:15 p.m.

Managing Pain Abroad while Avoiding Doping and Legal Restrictions

Peter G. Gerbino, M.D.

5:15 - 5:30 p.m.

Q & A Panel

WEDNESDAY, DECEMBER 11, 2024

7 - 7:50 a.m.

Continental Breakfast for Attendees with the Experts

7:50 - 8 a.m.

Welcome and Brief Updates

Peter G. Gerbino, M.D. and Sherrie Ballantine-Talmadge, DO

8 - 10 a.m. PERFORMANCE MEDICINE

8 - 8:05 a.m.

Introduction

Sherrie Ballantine-Talmadge, DO

8:05 - 8:30 a.m.

Performing Artists: Assessment of the Voice

Catherine Garrett, M.D.

8:30 - 8:55 a.m.

Recreational Dancers: Unique Injuries of all Types

Peter G. Gerbino, M.D.

8:55 - 9:20 a.m.

Competitive Dancers: Musculoskeletal Demands and Additional Injuries

Carrie Jaworski, M.D.

9:20 - 9:45 a.m.

Psychological Considerations for Performing Artists: Not just American Gymnasts

Speaker TBA

9:45 - 10 a.m.

Q & A Panel

10 - 10:15 a.m.

Break

10:15 a.m. - 12:15 p.m. OLYMPICS

10:15 - 10:20 a.m.

Introduction

Carrie Jaworski, M.D.

10:20 - 10:45 a.m.

Summer Olympics: My Experience as a Medical Professional

Lydia White, M.D.

10:45 - 11:10 a.m.

Paralympics: My 2024 Experience and How to get Involved

Carrie Jaworski, M.D.

11:10 - 11:30 a.m.

The Emerging Athlete: How to Excel without an Early Career Ending

Alex Diamond, DO

11:30 - Noon

Athlete's Talk: Excelling as a High Level Athlete (tentative)

Speaker TBA

Noon - 12:15 p.m.

Q & A Panel

12:15 - 1:30 p.m.

Lunch (on your own)

1:30 - 3:15 p.m. SPORTS

1:30 - 1:35 p.m.

Introduction

Jeffrey R. Bytomski, DO

1:35 - 1:55 p.m.

Soccer: Injuries

Justin J. Ernat, M.D., MHA

1:55 - 2:15 p.m.

Volleyball: Injury Prevention, Treatment, and Rehabilitation

Andrew J. Gregory, M.D.

2:15 - 2:35 p.m.

Pickleball: Injuries

Blake R. Boggess, DO

2:35 - 2:55 p.m.

Gymnastics: 100% Injury Rate? Can we help Change that?

Emily A. Sweeney, M.D.

2:55 - 3:15 p.m.

Q&A Panel

3:15 - 3:30 p.m.

Break

3:30 - 5:30 p.m. SPORTS SCIENCE, PERFORMANCE SCIENCE

3:30 - 3:35 p.m.

Introduction

Jeffrey R. Bytomski, DO

3:35 - 3:55 p.m.

Sports Science Integration for High Level Teams: Learning from the Scientists to Improve Performance and Minimize Injury

Nicholas Potter DPT, ATC, OCS, SCS, CSCS

3:55 - 4:35 p.m.

A System of Systems: Team Specific Approaches: Applying what we have Learned from our Science Colleagues

Jonathan Sedy, MS, CPSS

4:35 - 5:15 p.m.

Holistic Approach to Team Management: Taking the Wide-Angle View

Nicholas Potter DPT, ATC, OCS, SCS, CSCS

5:15 - 5:30 p.m.

State-of-the-Art Comprehensive System of Communication among all Members of the Sports Medicine Team

Jonathan Sedy, MS, CPSS

THURSDAY, DECEMBER 12, 2024

7 - 7:30 a.m.

Continental Breakfast for Attendees with the Experts

7:30 - 7:35 a.m.

Welcome and Brief Updates

Peter G. Gerbino, M.D. and Sherrie Ballantine-Talmadge, DO

7:35 - 9:35 a.m. OTHER TOPICS

7:35 - 7:40 a.m.

Introduction

Jeffrey R. Bytowski, DO

7:40 - 7:55 a.m.

Wilderness Medicine

Andrew J. Gregory, M.D.

7:55 - 8:10 a.m.

Overtraining Recovery Techniques

David Berkoff, M.D.

8:10 - 8:25 a.m.

Exercise Acclimatization and Regulation of Strength & Conditioning

Alex Diamond, DO

8:25 - 8:40 a.m.

Epidemiology, Evaluation and Outcomes of Muscle Strains: What have we Learned?

William L. Hollabough, M.D.

8:40 - 8:55 a.m.

Care of the Postpartum Athlete: Unique Training Concerns affecting New Mothers

Monica Rho, M.D.

8:55 - 9:10 a.m.

Female Athletes and Injury Risk: Real Differences and how to Mitigate them?

Lauren Porras, M.D.

9:10 - 9:35 a.m.

Q & A Panel

9:35 - 9:45 a.m.

Break

9:45 - 11:45 a.m. LEADERSHIP

9:45 - 9:50 a.m.

Introduction

Mary Lloyd Ireland, M.D.

9:50 - 10:10 a.m.

Team Physician Consensus Conference: Latest Results

Lance LeClere, M.D.

10:10 - 10:30 a.m.

NHL, NFL, Olympics: Working with Athletes at the Highest Levels

Lance LeClere, M.D.

10:30 - 10:50 a.m.

Getting to Pro Team Level: How to Work with the Highest Level Athletes

Justin J. Ernat, M.D., MHA

10:50 - 11:10 a.m.

Wellness, Travel Issues: Protecting and Caring for Athletes on the Road

Monica Rho, M.D.

11:10 - 11:30 a.m.

Ethical Issues Confronting the Team Physician (in Honor of Dr. Gary Wadler)

Mary Lloyd Ireland, M.D.

11:30 - 11:45 a.m.

Q&A Panel

11:45 a.m.

Closing Remarks

PROGRAM INFORMATION

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

DISCLAIMER

The material presented in this continuing medical educational program is being made available by ACSM, AMSSM, AOSSM, and AOASM 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, AOSSM, and AOASM 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

Medical Society for Sports Medicine, American Orthopaedic Society for Sports Medicine, and American Osteopathic Academy of Sports Medicine. The American College of Sports Medicine (ACSM) is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

AMA/PRA Credits:

ACSM designates this live activity for a maximum of 19.5 AMA PRA Category 1 Credit(s)[™].

Physicians should claim only the credit commensurate with the extent of their participation in the activity.

AAFP Credits

Application for CME Credit has been filed with the American Academy of Family Physicians. Determination of credits 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 19.5 Category A hours/CEUs. Ats should claim only those hours actually spent in the educational program.

FACULTY

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IMAGE/LIKENESS/VOICE RELEASE

I understand and agree that, as a result of participating in the 2024 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, AOSSM, and AOASM 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 insight or approve such use or materials. Registering for the meeting acknowledges acceptance of these terms.

REGISTRATION

Advanced registration is strongly recommended and must be received by December 3, 2024. After this date, please plan to register onsite. After this date, registration will be on-site only and increase by \$50.00. Registration is available online at <https://www.acsm.org/meetings/advanced-team-physician-course>.

FEE SCHEDULE

For Members of ACSM, AMSSM, AOSSM:

Registration received by 12/3/24

ACSM Member (Host Hotel) - \$650

ACSM Member (Other Accommodations) - \$750

AMSSM, AOASM, AOSSM Member (Host Hotel) - \$650

AMSSM, AOASM, AOSSM Member (Other Accommodations) - \$750

Fellow/Resident/Student (Host Hotel) - \$550

Fellow/Resident/Student (Other Accommodations) - \$650

On-site Registration

\$700 (Host Hotel)

\$800 (Other Accommodations)

Non-Members

Registration received by 12/3/24

Non-Member Professional (Host Hotel) - \$750

Non-Member Professional (Other Accommodations) - \$850

On-site Registration

\$800 (Host Hotel)

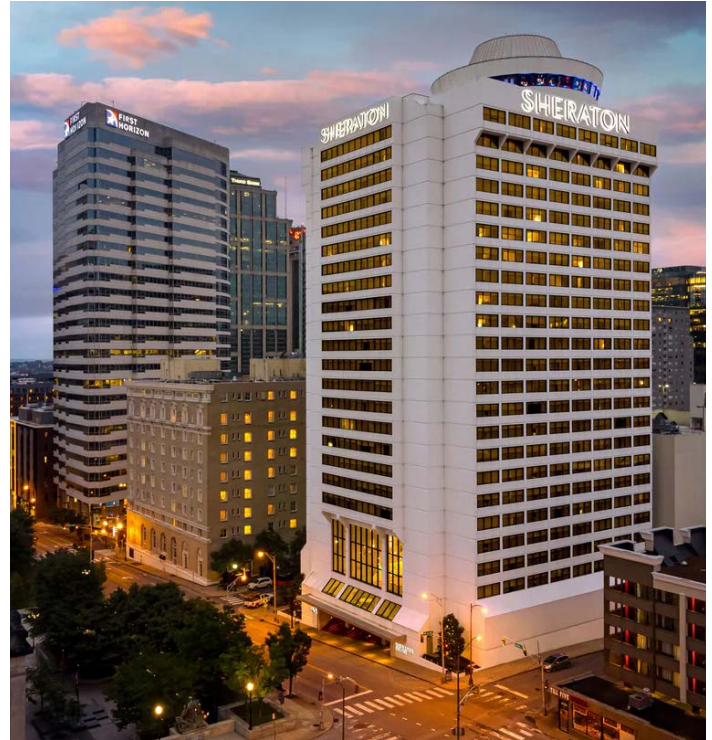
\$900 (Other Accommodations)

* Students, residents, and individuals in a fellowship program can deduct \$100 from the on-site registration fees above (proof to be included with registration).

Note on Fee Differential: Registration costs are predicated on attendees staying at the Sheraton Grand Nashville Hotel. A \$100 USD differential is assessed to attendees using other accommodations to offset expenses incurred. Meeting attendees will be confirmed with the Sheraton Grand Nashville Hotel master list (the above registration fees do not include hotel).

CANCELLATION POLICY

Registration may be cancelled by November 22, 2024, registration fee minus a \$150 USD processing fee will be refunded. No refunds will be issued for cancellations received after November 22, 2024. Refunds will not be issued for cancellations made after the course begins for no-shows. Cancellation requests must be submitted to meeting@acsm.org



HOTEL ACCOMMODATIONS

Make reservations [online](#) or call the hotel directly at 615-259-2000 and mention the Advanced Team Physician Course to receive the discounted rate. Reservations must be made by November 12, 2024 and are available on a first-come, first-serve basis. The ATPC discounted hotel room rate is \$189 plus applicable tax.

QUESTIONS/INFORMATION

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