

Sports Medicine Essentials – An Interactive Course

February 12-16, 2020

Charleston, South Carolina
Charleston Marriott

Register online
www.acsm.org/sme

(formerly ACSM Team PhysicianSM Course)

The Full Range of Athlete Care and Sports Medicine

CMEs, MOCs - ABIM and ABP, ACSM CECs, and BOC CEUs offered

Preliminary Program



Earn up to 25 continuing education credits



Who Should Attend?

Residents, Fellows, Physicians, Physician Assistants, Nurse Practitioners, Athletic Trainers, Physical Therapists and other Health Care Providers

Content current as of December 12, 2019

Wednesday, February 12, 2020

- 6:00-8:00 p.m.** Optional Pre-Conference: Basic Ultrasound in Sports Medicine/Demonstrations
Moderator: Andrea Stracciolini, M.D., FACSM

Thursday, February 13, 2020

- 7:00 a.m.** Continental breakfast
7:45 a.m. Opening Remarks

Upper Extremity Injuries in Athletes - Head/Neck

Moderator: John Hatzenbuehler, M.D., FACSM

- 8:00-8:30 a.m.** Closed Head Injury and Concussion: From Sideline to Office
Eugene Hong, M.D., FACSM
- 8:30-9:00 a.m.** Update on Concussion Guidelines
Peter Sedgwick, M.D., FACSM
- 9:00-9:20 a.m.** Pain in the Neck!
John Hatzenbuehler, M.D., FACSM
- 9:20-9:50 a.m.** Cases
- 9:50-10:00 a.m.** Questions and Answers
- 10:00-10:20 a.m.** Break

Lower Extremity Issues: Knee

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

- 10:20-10:40 a.m.** Acute Knee Ligament Injuries
Mary Lloyd Ireland, M.D., FACSM
- 10:40-11:00 a.m.** The Meniscus: Not all Tears are Created Equally
Mary Lloyd Ireland, M.D., FACSM
- 11:00-11:20 a.m.** But I don't want a Knee Replacement: Non-operative Management of Knee OA
Dustin Hambright, M.D.
- 11:20-11:50 a.m.** Total Knee Replacement: When is the Right Time?
Dustin Hambright, M.D.
- 11:50 a.m.-12:10 p.m.** Cases
- 12:10-1:30 p.m.** Lunch on your own

Lower Extremity Issues: Back, Hip, Ankle

Moderator: Peter Sedgwick, M.D., FACSM

- 1:30-1:50 p.m.** Not your Average Ankle Sprain
Mary Lloyd Ireland, M.D., FACSM
- 1:50-2:10 p.m.** FAI and Other Hip Issues
Andrea Stracciolini, M.D., FACSM
- 2:10-2:30 p.m.** Is it my Hip or my Back? (and how to figure it out)
Peter Sedgwick, M.D., FACSM
- 2:30-2:50 p.m.** Acute Back Pain: Systematic Evaluation and Treatment Plan Cases
Alexei O. DeCastro, M.D.

- 2:50-3:10 p.m.** Lumbar Imaging: What, When and Why Cases
- 3:10-3:30 p.m.** Break
- 3:30-4:40 p.m.** Interactive Break Out Session: Exam of Knee, Hip, Ankle, Back
Moderator: Hatzenbuehler with All Faculty
- 5:00-6:00 p.m.** Attendee/Faculty Mixer

Friday, February 14, 2020

- 7:45 a.m.** Continental breakfast

Upper Extremity Issues: Shoulder

Moderator: Mary Mulcabe, M.D.

- 8:00-8:20 a.m.** Shoulder Instability
Mary Mulcabe, M.D.
- 8:20-8:40 a.m.** Why Does My Shoulder Ache? Diagnosing and Imaging Pearls
Mary Lloyd Ireland, M.D., FACSM
- 8:40-9:10 a.m.** Shoulder Rehab: HEP vs PT: What, When, Why
Kimberly Durst, PT, DPT, OCS, COMT
- 9:10-9:40 a.m.** Cases, Questions and Answers
- 9:40-10:00 a.m.** Break

Upper Extremity Issues: Elbow/Wrist

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

- 10:00-10:20 a.m.** Elbow and Wrist Injuries: Selected Pearls
Mary Mulcabe, M.D.
- 10:20-10:50 a.m.** Tendinopathy: What do we Really Know?
Alexei O. DeCastro, M.D.
- 10:50-11:00 a.m.** Questions and Answers
- 11:00 a.m.-Noon** Interactive Break-out Sessions: Examination of the Neck/Shoulder/Elbow/Hand/Wrist
All Faculty
- Noon-6:00 p.m.** Free Time - Enjoy Charleston

Special Populations in Sports Medicine

Moderator: Andrea Stracciolini, M.D., FACSM

- 6:00-6:20 p.m.** Kids are Not Just Little Adults: MSK Issues in Skeletally Immature
Andrea Stracciolini, M.D., FACSM
- 6:20-6:40 p.m.** Pediatric Diagnoses I did not see Coming: Case Based
Mary Lloyd Ireland, M.D., FACSM
- 6:40-7:00 p.m.** Pediatric Overuse Injuries: Is Sports Specialization Okay?
Andrea Stracciolini, M.D., FACSM

Friday, February 14, 2020 (continued)

- 7:00-7:20 p.m. Female Athlete: Special Musculoskeletal Conditions
Mary Lloyd Ireland, M.D., FACSM
- 7:20-7:40 p.m. Advocacy and Safety for Athletes: We Must Protect Them
Mary Lloyd Ireland, M.D., FACSM
- 7:40-8:00 p.m. Questions and Answers

Saturday, February 15, 2020

- 7:45 a.m. Continental breakfast

Cardiac Issues in Sports and Exercise

Moderator: David Olson, M.D., FACSM

- 8:00-8:30 a.m. ECG in Sports
Elizabeth E. Winton, M.D.
- 8:30-9:00 a.m. Exercise Associated Dyspnea: Case Based Approach
Peter Sedgwick, M.D., FACSM
- 9:00-9:20 a.m. Pre-participation Physical Exam: How to do the Best Sports Physical Possible
David Olson, M.D., FACSM
- 9:20-9:50 a.m. Sudden Cardiac Death in Exercise and Sport: Can we Prevent This?
Eugene Hong, M.D., FACSM
- 9:50-10:10 a.m. Questions and Answers
- 10:10-10:30 a.m. Break

Exercise is Medicine/Pain Management

Moderator: John Hatzenbuehler, M.D., FACSM

- 10:30-10:50 a.m. Exercise is Medicine
John Hatzenbuehler, M.D., FACSM
- 10:50-11:20 a.m. Opiate Alternatives: Chronic Pain Treatment Concepts
John Hatzenbuehler, M.D., FACSM
- 11:20-11:50 a.m. Injection Therapies: What, When, Why
David Olson, M.D., FACSM
- 11:50 a.m.-12:10 p.m. Cases/Questions
- 12:10-1:30 p.m. Lunch on your Own

ACL Injury Prevention Workshop

- 1:30-3:00 p.m. FIFA 11+ / SportsMetrics
Maria Borg, MPT, CSCS
- 3:00-3:20 p.m. Break

3:20-5:00 p.m.

Break-out Session: Skills Stations
Attendees rotate between 4 stations below (25 minutes/station). All available faculty.

- 1) Concussion Exam Skills: BESS, VOMS, SCAT
- 2) Imaging Review Skills: Shoulder, Knee, Back - Xrays and MRI's
- 3) Injection Technique Skills: Shoulder, Knee, Tendons
- 4) Core Class: Development and Implementation of Core Strength Program

Sunday, February 16, 2020

- 7:45 a.m. Continental breakfast

- 8:00-8:30 a.m. Sideline Coverage - How to be Prepared
David Olson, M.D., FACSM

Course review workshop: Choose Your Own Station

Attendees rotate between the 6 stations below (25 minutes/station). All available faculty.

- 8:30-11:00 a.m.
- 1) Examination of the Lower Extremity: Knee/Hip/Back/Ankle
 - 2) Examination of the Upper Extremity: Neck/Shoulder/Elbow/Wrist/Hand
 - 3) Sideline Bag: What to Bring with you and Developing Emergency Action Plan
 - 4) Injection Techniques Skills: Shoulder, Knee, Tendons etc.
 - 5) Physical Therapy Prescription and HEP Principles (RTC, Core, Knee Rehab)
 - 6) Imaging Review Skills: Shoulder, Knee, Back - Xrays and MRI's

Optional Pre-Conference: Basic Ultrasound in Sports Medicine/Small Group Hands-on Demonstrations

Musculoskeletal ultrasound represents a cost-effective, easily accessible imaging modality increasingly used in evaluation of athletic injuries. This session will cover a brief overview of clinical ultrasound basics followed by demonstration scans of shoulder and knee joints. Scanning other joint available at individual stations. The faculty will also show images of normal anatomy and common pathologies encountered in these areas.

Additional Fee: \$150

Faculty and lecture titles subject to change

General Information

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 conditions related to participation in sports and exercise.

With the completion of the Sports Medicine Essentials course, a provider will have been presented the information needed to address issues associated with exercise and athletic participation. These include:

1. Providing comprehensive management of concussion and post-concussion syndrome.
2. Assisting and development of conditioning and training programs.
3. Developing injury prevention strategies.
4. Providing coverage for games and other athletic events including mass participation events.
5. Enhanced delivery of musculoskeletal care including acute injury treatments and comprehensive management of osteoarthritis.

The American College of Sports Medicine has designed the course to provide the information necessary for clinicians treating common musculoskeletal injuries and/or supporting athletic teams.

Course Objectives

1. Improve musculoskeletal exam skills of the upper and lower extremity to accurately diagnose acute and chronic musculoskeletal injuries.
2. Evaluate the degree of osteoarthritis in a patient in order to more effectively counsel patients who may need a total knee joint replacement.
3. Develop a treatment plan that includes interventions such as physical therapy, medications, core stabilization, and injections in order to more effectively treat acute and chronic musculoskeletal injuries.
4. Effectively use the Pre-participation Physical Evaluation of athletes to diagnose common cardiac conditions in order to prevent disability or sudden cardiac death.
5. Develop a protocol to diagnose concussions on and off the field in order to facilitate safe return to play.
6. Use best practices in sideline care of athletes to develop an emergency action plan for different sports and facilities.

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.)

Continuing Education Credits

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 25 *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

(These hours include 2 hours for the pre-conference session.)

ABP MOC

Successful completion of this CME activity, which includes participation in the activity, with individual assessments of the participant and feedback to the participant, enables the participant to earn 25 MOC points in the American Board of Pediatrics' (ABP) Maintenance of Certification (MOC) program. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABP MOC credit.

ABIM MOC

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 25 MOC points [and patient safety MOC credit] in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.

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 25 Category A hours/CEUs. ATs should claim only those hours actually spent in the educational program.



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 will be resolved prior to the commencement of the course and provided to the learners in the Final Program. Anyone who refuses to provide disclosure information will be disqualified from participation.

Speakers

Maria Borg, MPT, CSCS
University of Colorado Health
Sports Physical Therapy
Denver, Colorado

Alexei O. DeCastro, M.D.
Medical University of
South Carolina
Charleston, South Carolina

**Kimberly Durst, PT, DPT,
OCS, COMT**
Axis Physical Therapy
Charleston, South Carolina

Dustin Hambright, M.D.
South Carolina Sports
Medicine and Orthopaedic
Center
Charleston, South Carolina

**John Hatzenbuehler, M.D.,
FACSM**
St. Luke's Family Medicine
Hailey, Idaho

Eugene Hong, M.D., FACSM
Chief Physician Executive
Medical University of South
Carolina
Charleston, South Carolina

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

Mary K. Mulcahey, M.D.
Associate Professor
Department of
Orthopaedic Surgery
Director, Women's Sports
Medicine Program
Tulane University School
of Medicine
New Orleans, Louisiana

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

**Peter Sedgwick, M.D.,
FACSM**
InterMed Sports Medicine
Yarmouth, Maine

**Andrea Stracciolini, M.D.,
FACSM**
Childrens' Hospital, Boston
Boston, Massachusetts

Elizabeth E. Winton, M.D.
Medical University of South
Carolina
Charleston, South Carolina

Fees and Registration

For fees and registration, go to www.acsm.org/sme.

Conference Hotel

Marriott Charleston

170 Lockwood Blvd., Charleston, SC 29403

Charleston, South Carolina's oldest city, continues to be a popular destination amongst travelers. Ranked as the "Best City in the World" by Travel + Leisure magazine in 2019 based on a variety of factors that include the destination's landmarks, culture, cuisine and value. Charleston has something to offer everyone, from its local beaches to their famous cobblestone streets lined with antebellum mansions, you will experience true southern hospitality while visiting Charleston.

All educational sessions will be held at the Marriott Charleston. The hotel overlooks the Ashley River and offers easy access to beautiful downtown historic Charleston, the old city market, local area beaches, golf courses, The Citadel as well as local dining and entertainment. The Marriott Charleston offers guests a shuttle to Waterfront Park for \$6/day. Conveniently located, the Marriott Charleston is just 12 miles from the Charleston International Airport.

Making Your Room Reservation

Reserve your room online at ACSM.ORG/SME or by calling Marriott Reservations at (800) 228-9290. Please request the "ACSM Sports Medicine Essentials Course" room block group rate.

Room/Rate availability can only be guaranteed until January 11, 2020 or until the block of rooms is sold out, whichever comes first. Please make your reservation early.

A block of rooms has been reserved at the discounted group rate of \$179.00 per night plus taxes and fees (single/double occupancy).

Questions and Information?

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