10th Annual HSS
SPORTS MEDICINE SYMPOSIUM

APRIL 8–9, 2016
Hospital for Special Surgery | New York City

Learn from Leaders in Sports Medicine, Rehabilitation and Athletic Training

LIVE STREAMING also available

ACCREDITATION This activity has been approved for AMA PRA Category 1 Credits™, Physical Therapy Contact Hours and BOC Category A hours/CEUs and NSCA CEUs. Pending approval for Physical Therapy CCUs and BOC Evidence Based Practice Category hours/CEUs.

Provided by HOSPITAL FOR SPECIAL SURGERY Office of Continuing Medical Education, Department of Rehabilitation and Sports Medicine and Shoulder Service.
10th Annual HSS
SPORTS MEDICINE SYMPOSIUM

APRIL 8–9, 2016

LOCATION
Hospital for Special Surgery
Richard L. Menschel Education Center, 2nd Floor
535 East 70th Street, New York, NY 10021

Sports Rehabilitation and Performance Center
525 East 71st Street, ground floor, New York, NY 10021

LIVE STREAMING also available

STATEMENT OF NEED
The 10th Annual HSS Sports Medicine Symposium will provide clinicians with guidance on how to care for surgical and nonsurgical patients among the sports medicine population. Topics to be discussed include the athlete’s hip, meniscal surgery and rehabilitation of the knee, the throwing elbow and managing patellofemoral disease in the athlete.

The best available evidence and state-of-the-art information from the rehabilitation staff, surgeons, and physicians of Hospital for Special Surgery, along with guest lecturers, will provide participants with clinically relevant information through didactic lectures, panel discussions, case presentations, workshops and Q&A sessions.

TARGET AUDIENCE
This activity is targeted to physical therapists, physical therapist assistants, athletic trainers, strength and conditioning professionals, physician assistants, orthopaedists, sports medicine physicians, physiatrists, and primary care physicians. Residents, fellows and medical students may also benefit from this activity.

ACCREDITATION AND CREDIT DESIGNATION
Hospital for Special Surgery is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Hospital for Special Surgery designates this live activity for a maximum of 11.25 onsite and 9.0 online AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Hospital for Special Surgery is a New York State Education Department approved provider for physical therapy continuing education. Hospital for Special Surgery designates this activity for a maximum of 11.0 Contact Hours onsite and 9.0 Contact Hours online. The following states require continuing education units with no state-specific approval: CT, DE, IA, ID, MO, MT, NC, ND, NE, OR and WA. This activity is pending approval in New Jersey, Florida and Maryland.

This activity is pending approval for CCUs by the Federation of State Boards of Physical Therapy (FSBPT) and therefore would be accepted by the physical therapy regulatory boards/agencies in certain U.S. jurisdictions. The CCU amount will be determined by the FSBPT. The physical therapy boards in the following states currently accept the FSBPT certification: AK, AL, AR, AZ, CA, DE, District of Columbia, GA, HI, IL, IN, KS, KY, MI, MO, MS, MT, NC, NE, OR, SC, TN, UT, VA, VT, and WI.

The following course is considered appropriate for clinicians looking to enhance their skills in the treatment and care of the athlete. In order to receive physical therapy credits, a post-course assessment is required. There is no passing grade requirement.

Hospital for Special Surgery (BOC AP#: P537) is recognized by the Board of Certification, Inc., to offer continuing education for Certified Athletic Trainers. This program is eligible for a maximum of 11.25 Category A hours/CEUs onsite and 9 Category A hours/CEUs online for BOC credits. According to the education levels described by the PDC, the following continuing education course is considered to be Essential Level.

BOC Evidence Based Practice Category hours/CEUs pending.

National Strength and Conditioning Association (NSCA) approved up to 0.7 CEU(s) onsite and 0.4 CEU(s) online for certified individuals attending this event.

SPECIAL NEEDS
Hospital for Special Surgery is accessible for individuals with disabilities or special needs. Participants with special needs are requested to contact the Office of Continuing Medical Education at 212.606.1812.

FINANCIAL DISCLOSURE
In accordance with the Accreditation Council for Continuing Medical Education’s Standards for Commercial Support, all CME providers are required to disclose to the activity audience the relevant financial relationships of activity directors, planning committee members, presenters, authors and staff involved in the development of CME content. An individual has a relevant financial relationship if he or she has a financial relationship in any amount occurring in the last 12 months with a commercial interest whose products or services are discussed in the CME activity content over which the individual has control.

It is the policy of Hospital for Special Surgery to request all financial relationships that activity directors, planning committee members, presenters, authors and staff have with commercial interests, but to disclose to the activity audience only the relevant financial relationships.
LEARNING OBJECTIVES
HSS continuing medical education activities are intended to improve the quality of patient care and safety. At the completion of the course, participants should be able to:

- Identify at least one treatment intervention for rehabilitation following meniscal surgery.
- Verify at least one indication and contraindication for meniscal surgery.
- Identify at least one faulty movement pattern in the athlete after hip injury.
- Describe at least one advance in best practices related to elbow surgery.
- Recognize each person’s role in the team approach (including MD, PT, and Performance Specialist) to be able to appropriately refer patients to colleagues for treatment.
- List at least one treatment strategy in rehabilitation following surgery for patellofemoral disease.
- Recognize one treatment option, either surgical or non-surgical, for the athlete with patellofemoral disease.
- Define appropriate pitch count numbers based on evidence-based guidelines regarding pitch count, after attending the “Where’s the Evidence in Sports PT?” throwing session.
- Describe the effects of changing running mechanics and how it relates to injury prevention, after attending the “Where’s the Evidence in Sports PT?” running mechanics session.
- Describe at least one guideline based on best practices for “return to play” for concussion management in the athlete, after attending the Concussion Management session.
- Demonstrate at least 3 special tests included in a clinical examination of the shoulder and knee, after attending the shoulder and knee examination sessions.

HSS is the leader in the care of sports-related injuries

- Designated the first U.S. Olympic National Medical Center
- Appointed a FIFA Medical Centre of Excellence, one of only three hospitals in the U.S.
- Official Hospital of 20 professional and collegiate sports teams

For a complete list of learning objectives and updates about this course, please visit www.hss.edu/cme.
### Session 2
**The Athlete’s Hip**
Moderator: Anil S. Ranawat, MD

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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| 10:50 am | Conservative Management of Sports Hip Pathologies
Iouonna Felix, PT, DPT, OCS |
| 11:10 am | KEYNOTE ADDRESS
Surgical Workup and Treatment of Femoral Lesions
Bruce A. Levy, MD |
| 11:35 am | Surgical Treatment of Acetabular Lesions
Bryan T. Kelly, MD |
| 11:55 am | Post-Operative Rehabilitation: Clinical Pearls
Peter Draovitch, PT, MS, ATC, SCS, CSCS |
| 12:15 pm | Discussion

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*Not designated for credit.
*Not approved by NSCA for CEUs.
## Concurrent Sessions
Onsite participants choose one in advance. “Session A: The Throwing Elbow” will be available for live streaming participants.

### 1:40–3:05 pm

**A. The Throwing Elbow**  
Moderator: Robert DiGiacomo, PT, DPT, ATC  

| 1:40–2:00 pm | Biomechanics: Are Our Bodies Made to Throw a Baseball?  
Terrance Sgroi, PT, DPT, SCS, MTC |
| 2:00–2:25 pm | Advances in Surgical Management: From Tommy John to the Docking Procedure  
David W. Altcheck, MD |
| 2:25–2:45 pm | Rehabilitation and Return to Play Following UCL Reconstruction: The HSS Experience  
Michael Levinson, PT, CSCS |
| 2:45–3:05 pm | Panel Discussion |

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### Concurrent Workshops
Onsite participants choose one workshop in advance. “Workshop A: Live Surgery” will be available for live streaming participants.

### 3:30–4:40 pm

**Wave 1**

**A. Live Surgery—ACL Reconstruction**  
Moderator: Howard Anthony Rose, MD  
Surgeon: Thomas L. Wickiewicz, MD  

**B. Managing Rotator Cuff Disease in the Athlete**  
Stephen Fealy, MD; Kenton H. Fibel, MD; Mathew T. Morgan, PT, ATC, SCS  

**C. Get BACK in the Game**  
Andrea Tychanski, PT, DPT, ATC, SCS; Shingpui Betty Chow, PT, PhD, MA, OCS  

**D. The Winter Olympic Athlete: Injury Prevention and Performance Enhancement**  
Peter Toohey, MS, ATC

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**LIVE STREAMING ENDS FOR DAY 1**

### 3:05 pm  Break & Exhibit Viewing*  

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Please join us from 4:45–6:15 pm on Friday, April 8th, for the Chairmen’s Reception at the Sports Rehabilitation and Performance Center.  

(525 East 71st Street, Belaire Building, Ground Floor)  
The reception is open to onsite participants, faculty and exhibitors. Invitation to follow.

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*Not designated for credit.  
*Not approved by NSCA for CEUs.
Optional Instructional Courses*
Onsite participants only. Additional fee applies.

7:25–8:35 am
A. Massage Techniques to Improve Shoulder Mobility
   Michelle Naumann-Carlstrom, LMT
B. Clinical Examination of the Athlete’s Hip
   Jessica Hettler, PT, DPT, ATC, SCS, Cert MDT;
   James F. Wyss, MD, PT

8:20 am  Breakfast/Registration*
LOCATION: Sports Rehabilitation and Performance Center
525 East 71st Street, ground floor

Concurrent Sessions
Onsite participants choose one session in advance.
“Session D: Where’s the Evidence in Sports PT?” will be available for live streaming participants.

Session C (11:00 am–12:40 pm)
Decision Making in Sports Medicine
Moderator: Struan H. Coleman, MD, PhD

11:00 am  Concussion Management: The Return to Play Protocol*
   James J. Kinderknecht, MD
11:25 am  Options for the Athlete with DJD*
   Andrew D. Pearle, MD
11:50 am  Graft Selection for ACL Reconstruction*
   Samuel A. Taylor, MD
12:15 pm  Returning the Pitcher to Throwing Following Shoulder Surgery*
   Joshua S. Dines, MD

Session D (11:00 am–12:40 pm)
Where’s the Evidence in Sports PT?
Moderator: Sherry I. Backus, PT, DPT, MA

11:00 am  Do Pitch Counts Really Matter?
   Terrance Sgroi, PT, DPT, SCS, MTC
11:25 am  Aquatic Therapy: Does it Work?
   Sarah K. McLean, PT, MSPT, ATRIC
11:50 am  Changing the Parameters of Running Mechanics...Does it Matter?
   Julie Khan, PT, DPT, USAF-L1
12:15 pm  Foam Rolling: What’s the Fuss?
   Polly de Mille, RN, MA, RCEP, CSCS, USAF

LIVE STREAMING ENDS FOR DAY 2

Saturday, April 9, 2016
Activity Agenda

LOCATION
Hospital for Special Surgery
Richard L. Menschel Education Center, 2nd Floor
535 East 70th Street, except where noted.

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*Not designated for credit.
*Not approved by NSCA for CEUs.
Concurrent Workshops
Offered for onsite participants only. Participants choose one workshop from each wave in advance.

1:30–2:35 pm
Wave 2

E. Throwing Analysis
Sherry I. Backus, PT, DPT, MA; Michael Levinson, PT, CSCS

F. Clinical Examination of the Athlete’s Shoulder
Shawn Anthony, MD; Nicole Boniquit, MD; Christopher Camp, MD; Ryan Degen, MD, MSc, FRCSC

G. Tennis Assessment: Biomechanics and Performance
Ioonna Felix, PT, DPT, OCS; Jamie Osmak, CSCS, USATF, TPI CGFI-1, FRCms

H. Quality of Movement Assessment Utilizing Video Analysis in ACL Return to Play
Polly de Mille, RN, MA, RCEP, CSCS, USAT; Theresa Chiaia, PT, DPT

I. Troubleshooting in Sports PT: The Complicated Patient
Moderator: John T. Cavanaugh, PT, MEd, ATC, SCS
Jorge Giral, PT, DPT, SCS, COMT, CSCS, SFMA; Julie Khan, PT, DPT, USATF-1; Snehal Patel, PT, MSPT, SCS; Matthew Powers, PT, DPT, CSCS

2:35 pm Break*

2:50–3:55 pm
Wave 3

J. Transitioning the Injured Athlete From the Clinical Setting to the Performance Setting
Robert DiGiacomo, PT, DPT, ATC; Jorge Giral, PT, DPT, SCS, COMT, CSCS, SFMA; David Hesse, MA, MSc

K. Clinical Examination of the Athlete’s Knee
Nicole Belkin, MD; Andrea Spiker, MD; Pramod Voleti, MD; Brian Werner, MD

L. Adolescent Athlete: Strength and Conditioning
Patrick Tanner, MS, ATC, LAT; Kara Federowicz, ATC, CSCS, CPT, USAW-L1SP

M. Linking the Thoracic Spine to Injuries in the Overhead Athlete
Patrick Vignona, PT, MSPT, SCS, Cert MDT; Andrea Tychanski, PT, DPT, ATC, SCS, CSCS

N. Incorporating Aquatic Therapy Into Your Post-Operative Shoulder Rehab Program
Sarah K. McLean, PT, MSPT, ATRIC

3:55 pm Adjourn*

*Not designated for credit.
*Not approved by NSCA for CEUs.
Faculty and agenda are subject to change.

Highlights for Rehabilitation Professionals
- Rehabilitation Orthopaedic Core Curriculum
- The Rotational Athlete
- Surgical Videos

HSS eAcademy*
HOSPITAL FOR SPECIAL SURGERY

Earn CME/CEU credit online through our on-demand offerings www.hss.edu/eAcademy
Program Faculty

ACTIVITY CO-DIRECTORS

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Associate Professor of Clinical Orthopaedic Surgery
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Weill Cornell Medicine
Assistant Team Physician, New York Knicks
Orthopaedic Sports Medicine Consultant,
New York Rangers
New York, New York

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IMG Academy
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Orthopaedic Surgeon
Professor of Orthopaedics
Mayo Clinic
Rochester, Minnesota

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Weill Cornell Medicine
Team Physician, New York Knicks

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Professor of Clinical Orthopaedic Surgery
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Weill Cornell Medicine
Medical Director, New York Mets and Brooklyn Nets

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Fellow, Sports Medicine and Shoulder Service

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Clinical Supervisor
Leon Root, MD, Motion Analysis Laboratory

Nicole Belkin, MD
Fellow, Sports Medicine and Shoulder Service

Nicole Boniquit, MD
Fellow, Sports Medicine and Shoulder Service

Christopher Camp, MD
Fellow, Sports Medicine and Shoulder Service

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Integrative Care Center
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Weill Cornell Medicine

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Sports Performance Specialist
Sports Rehabilitation and Performance Center

Ioomna Felix, PT, DPT, OCS
Advanced Clinician
Sports Rehabilitation and Performance Center

Kent H. Fibel, MD
Assistant Attending Physician
Assistant Professor of Family Medicine in Medicine
Weill Cornell Medical College
Weill Cornell Medicine

Jorge Giral, PT, DPT, SCS, COMT, CSCS, SFMA
Clinical Supervisor
Sports Rehabilitation at IMG Academy
<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
<th>Affiliation</th>
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<tbody>
<tr>
<td>Marci A. Goolsby, MD</td>
<td>Assistant Attending Physician</td>
<td>Assistant Attending Physician, Instructor of Family Medicine in Medicine, Weill Cornell Medical College, Weill Cornell Medicine</td>
</tr>
<tr>
<td>Jessica Hettler, PT, DPT, ATC, SCS, Cert MDT</td>
<td>Assistant Section Manager, Sports Rehabilitation and Performance Center</td>
<td>Bryan T. Kelly, MD, Chief, Sports Medicine and Shoulder Service, Associate Attending Orthopaedic Surgeon, Co-Director, Center for Hip Preservation, Professor of Orthopaedic Surgery, Weill Cornell Medical College, Weill Cornell Medicine</td>
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<td>Matthew Powers, PT, DPT, CSCS</td>
<td>Sports Physical Therapy Resident, Sports Rehabilitation and Performance Center</td>
<td>Scott A. Rodeo, MD, Co-Chief Emeritus, Sports Medicine and Shoulder Service, Attending Orthopaedic Surgeon, Professor of Orthopaedic Surgery, Weill Cornell Medical College, Weill Cornell Medicine</td>
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<tr>
<td>James F. Wyss, MD, PT</td>
<td>Assistant Attending Physiatrist, Assistant Professor of Clinical Rehabilitation Medicine, Weill Cornell Medical College, Weill Cornell Medicine, Team Physician, St. John’s University</td>
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Registration Fees

Registration fees include breakfast on Friday and Saturday, lunch on Friday, Chairmen’s Reception (onsite attendees only), and online access to lecture handouts and credits. All registered participants will receive a confirmation via e-mail.

<table>
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<tr>
<th>Rehabilitation Network members receive an exclusive 20% discount</th>
<th>EARLY BIRD RATE Closes 3/18/2016 at 5 pm</th>
<th>REGULAR RATE Closes 4/4/2016 at 5 pm</th>
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<tbody>
<tr>
<td>Onsite</td>
<td>$475 (Network $380)</td>
<td>$540 (Network $432)</td>
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<tr>
<td>Onsite with Saturday morning pre-conference Optional Instructional Course</td>
<td>$535 (Network $428)</td>
<td>$600 (Network $480)</td>
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<tr>
<td>Live Streaming (Day 1 and morning of Day 2)</td>
<td>$275 (Network $220)</td>
<td>$340 (Network $272)</td>
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For day-of registration for the onsite course, add $75 to the appropriate category above (available only if space permits—please call first).

Please note: Registration will not be processed unless accompanied by payment.

Two Ways to Register

Register and pay online at www.hss.edu/cme. Register by mail using the registration form.

Payment By Mail
Make check payable to:
Hospital for Special Surgery
Mail registration form to:
Hospital for Special Surgery
Professional Education Department
Education & Academic Affairs
535 East 70th Street
New York, NY 10021

Confirmations
All registered participants will receive a confirmation via email.

Refund Policy
A handling fee of $75 is deducted for cancellation. Written refund requests must be received one week prior to the course. No refund will be made thereafter.

For More Information Please Contact
Wanda Napolitano
Senior Events and Marketing Coordinator
Professional Education
Education & Academic Affairs
Hospital for Special Surgery
Tel: 212.606.1812
Email: napolitanow@hss.edu

Parking & Accommodations
For information on parking and accommodations, please go to www.hss.edu/visitor-information.asp and view our Neighborhood Directory. Local accommodations are limited and early reservations are recommended.

Transportation
Airport: LaGuardia (LGA) is 8 miles northeast of the city. Kennedy International (JFK) is 15 miles southeast of the city. Newark International (EWR) is 16 miles southwest of the city.

Bus: M72, M31 stop at East 69th Street and York Avenue

Subway: Nearest line is the 6 train stop at East 68th Street and Lexington Avenue

Car (FDR Drive): Driving south, exit at 71st Street. Driving north, exit at 63rd Street. Continue on York Avenue.

Parking: Parking garages are located in the area.

For updates on this course and a complete calendar of scheduled live and online cme activities, go to www.hss.edu/cme.

This program may be recorded, filmed or photographed. By attending this program, you give permission to Hospital for Special Surgery to use your voice and likeness for any purpose (promotional, educational or other), in any medium, and without remuneration of any kind to you.

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Every effort will be made to accommodate your choices. Space is limited in each session and will be allocated on a first-come, first-serve basis.

Friday, April 8

Concurrent Sessions

Onsite participants please select one. Live streaming participants will view “The Throwing Elbow”.

☐ A. The Throwing Elbow
☐ B. Team Approach to Sports Medicine

Concurrent Workshops

Wave 1

Onsite participants please rank your first, second and third preference. Live streaming participants will view the “Live Surgery-ACL Reconstruction”.

☐ A. Live Surgery-ACL Reconstruction*
☐ B. Managing Rotator Cuff Disease in the Athlete*
☐ C. Get BACK in the Game*

Saturday, April 9

Optional Instructional Courses*

Morning Pre-Conference Courses (additional $60 per instructional course)

☐ A. Massage Techniques to Improve Shoulder Mobility
☐ B. Clinical Examination of the Athlete’s Hip

Concurrent Workshops

Wave 2

Onsite participants please rank your first, second and third preference.

☐ E. Throwing Analysis
☐ F. Clinical Examination of the Athlete’s Shoulder*
☐ G. Tennis Assessment: Biomechanics and Performance
☐ H. Quality of Movement Assessment Utilizing Video Analysis in ACL Return to Play
☐ I. Troubleshooting in Sports PT: The Complicated Patient*

Wave 3

Onsite participants please rank your first, second and third preference.

☐ J. Transitioning the Injured Athlete From the Clinical Setting to the Performance Setting
☐ K. Clinical Examination of the Athlete’s Knee*
☐ L. Adolescent Athlete: Strength and Conditioning
☐ M. Linking the Thoracic Spine to Injuries in the Overhead Athlete
☐ N. Incorporating Aquatic Therapy Into Your Post-Operative Shoulder Rehab Program*

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