



HARVARD
MEDICAL SCHOOL

SPORTS MEDICINE 2018

May 9-11, 2018 • Cambridge, MA

Comprehensive sports medicine updates for MDs, PTs, NPs, PAs, ATCs

Guidance and Best Practices to Improve:

- Treatment of sports conditions
- Physical evaluation of sports injuries
- Use and interpretation of imaging
- Non-surgical management of injuries
- Multidisciplinary team-based treatment
- Safe return to play for athletes of all ages and abilities

2018 Updates and Expert-Led Education Covering:

- Regenerative medicine
- Stress fracture management
- Treatment of sports concussions
- Management of sports hernias
- Sports cardiology:
screening and management

Under the direction of
Joanne Borg-Stein, MD
Kelly McInnis, DO
Adam Tenforde, MD
William Palmer, MD

Optional skills development workshops for running medicine,
dance medicine, ultrasound for sports medicine

Register at SportsMedicine.HMSCME.com



Course Overview

This comprehensive Sports Medicine course provides an in-depth, multidisciplinary approach to common musculoskeletal conditions by regional anatomy, providing a thorough overview in the evaluation and management of injuries using best evidence-based practice. Physiatrists, orthopedists, radiologists, physical therapists and other sports medicine professionals with expertise in each topic will discuss both non-operative and surgical management of sports injuries, including the role of diagnostic imaging and interventional procedures, and rehabilitation to restore function, with the goal to facilitate safe and accelerated return to play.

The course presents an interdisciplinary approach to sports medicine care, including new and emerging treatments accounting for age and gender, and incorporates complex cases to synthesize learning. Special topics will include management of concussions, sports cardiology, adaptive sports, stress fractures in athletes, and regenerative medicine. Additional workshops are available to provide in-depth experience in dance medicine, running medicine, and ultrasound-guided procedures.



Customize
Your Learning Experience

Participate in one of the following three optional workshops to customize your learning experience:

- Musculoskeletal Ultrasound
- Running Medicine 2018
- Dance Medicine 2018

Learning Objectives

Upon completion of this activity, participants will be able to:

- Review the most common sports medicine injuries by anatomy and associated risk factors including sport, age, and sex.
- Evaluate common injuries using best evidence-based practice in the physical examination, diagnostic imaging, and ultrasound techniques.
- Develop strategies to effectively manage sports injuries, with goals to improve the health of the athlete and facilitate accelerated and safe return to play.
- Counsel patients on preventative strategies that will assist them in maintaining optimal health while they participate in sports.
- Gain in-depth experience through workshops to advance care of runners, dancers, or more effectively utilize musculoskeletal ultrasound for sports conditions.

Who Attends

- Physicians, NPs, PAs from the fields of:
 - Sports Medicine
 - Physical Medicine and Rehabilitation
 - Orthopedics
 - Family Medicine
 - Internal Medicine
 - Physical Therapists
 - Certified Athletic Trainers
-and other healthcare practitioners who work with athletes or patients who are physically active

Accreditation

The Harvard Medical School is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The Harvard Medical School designates this live activity for a maximum of 30.50 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

- Three-day Sports Medicine 2018: 22.25 *AMA PRA Category 1 Credits™*
- One-day optional skills development workshop — Musculoskeletal Ultrasound: 8.25 *AMA PRA Category 1 Credits™*; Running Medicine 2018 or Dance Medicine 2018: 7.75 *AMA PRA Category 1 Credits™*

CANADIAN ACCREDITATION

The Royal College of Physicians and Surgeons of Canada recognizes conferences and workshops held outside of Canada that are developed by a university, academy, hospital, specialty society or college as accredited group learning activities.

EUROPEAN ACCREDITATION

Through an agreement between the American Medical Association and the European Union of Medical Specialists, physicians may convert *AMA PRA Category 1 Credit™* to an equivalent number of European CME Credits® (ECMECs®). Information on the process of converting *AMA PRA Category 1 Credits™* to ECMECs® can be found at: www.eaccme.eu.

Disclaimer: CME activities sponsored by Harvard Medical School are offered solely for educational purposes and do not constitute any form of certification of competency. Practitioners should always consult additional sources of information and exercise their best professional judgment before making clinical decisions of any kind.



HARVARD MEDICAL SCHOOL

Dear Colleague:

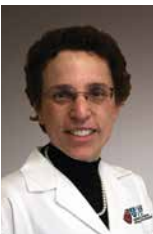
How we diagnose, treat, rehabilitate, and prevent sports injuries has advanced considerably for those of us who treat professional athletes and those who treat patients with active lifestyles, and so have the questions now being raised by clinicians.

Consider the following:

- What are the most effective methods, both surgically and non-surgically, to manage injuries to tendons, joints, muscles, and ligaments in athletes, and how does this differ from non-athletes?
- Do I know the current evidence regarding regenerative medicine and joint preservation techniques?
- What are the most current advances in management of sports concussion and methods to facilitate return to play?
- How do I optimize care for the female athlete?
- What is the role of point-of-care sports ultrasound for evaluation and treatment of sports injuries?
- What are the most current recommendations for EKG screening of athletes and determining safe medical clearance?
- How do I optimize treatment of stress fractures?
- Are there advances in genomic screening of risk factors for sports injuries?

These are the types of questions and challenges that we address with this acclaimed program, which is led by world-renowned experts in PM&R, orthopedics, MSK radiology, primary care sports medicine, physical therapy, and athletic training. Education is practical with a focus on advancing your knowledge and skills, readily incorporating updates into practice, and ensuring patients the highest quality of care.

We hope you will join us.



Joanne Borg-Stein, MD
Course Director



Kelly McInnis, DO
Course Director



Adam Tenforde, MD
Course Director



William Palmer, MD
Co-Director

Sports Medicine 2018

Wednesday • May 9

- 7:00am **Registration**
- 7:50am **Welcome and Introduction**
Joanne Borg-Stein, MD
- Shoulder**
- 8:00am **SLAP and Biceps Pathology**
Eric Berkson, MD
- 8:20am **Partial Cuff Tears**
Elizabeth Matzkin, MD
- 8:40am **Nonintrinsic Sources of Shoulder Pain**
David J. Cormier, DO, DPT
- 9:00am **Update on Shoulder Arthroplasty**
Jon J.P. Warner, MD
- 9:20am **Ultrasound-Guided Injections: Accuracy and Efficacy**
Ashwin N. Babu, MD
- 9:40am Break (refreshments provided)
- 10:00am **NFL Experience: Shoulder Instability**
Mark Price, MD, PhD
- 10:20am **Rehab and Return to Play: Focus on Instability**
James Whalen, MEd, ATC
- 10:40am **Shoulder Imaging: Approach to Instability** Ambrose Huang, MD
- 11:00am **Audience Q&A, Expert Panel Discussion**
Shoulder Session Faculty

Elbow

- 11:20am **Tommy John 'Epidemic'**
Luke Oh, MD
- 11:40am **Medial Elbow: Orthobiologic Injections**
Joanne Borg-Stein, MD
- 12:00pm Break for lunch*
- 1:20pm **Imaging of the Elbow: Pearls and Pitfalls**
Miriam A. Bredella, MD
- 1:40pm **Rehab and Return to Play: Focus on UCL**
Paul Buchheit, MS, ATC, CSCS
- 2:00pm **Prevention of Elbow Injuries in Youth Throwers**
Jeffrey Kreher, MD
- 2:20pm **Elbow Exam: Live Demo**
Luke Oh, MD
- 2:40pm **Q&A, Expert Panel Discussion**
Elbow Session Faculty
- 3:00pm Break (refreshments provided)

Wrist / Hand

- 3:20pm **Injuries Not to Miss** Philip Blazar, MD
- 3:40pm **Casting and Splinting 101**
Scott Homer, MD
- 4:00pm **Imaging: Common Injuries**
Miriam A. Bredella, MD
- 4:20pm **Major League Baseball Experience: Interesting Cases**
Hand and wrist consultant for the Boston Bruins, Boston Red Sox, New England Patriots – Matthew Leibman, MD
- 4:40pm **Audience Q&A, Expert Panel Discussion**
Wrist / Hand Session Faculty
- 5:00pm Daily Program Ends

Thursday • May 10

Hip

- 8:00am **Labral Pathology / Gender Differences**
Scott D. Martin, MD
- 8:20am **Hip Rotator Cuff**
Kelly McInnis, DO
- 8:40am **MRI: Approach to Labral Tears**
Joseph Simeone, MD
- 9:00am **Proximal Hamstring Tendonopathy**
Michael Fredericson, MD
- 9:20am **Rehab and Return to Play: Focus on Labrum**
David Nolan, PT, DPT, MS, OCS, SCS, CSCS
- 9:40am Break (refreshments provided)
- 10:00am **The Best Surgical Approach for Athletic Pubalgia**
Mark Zoland, MD
- 10:20am **Case-Based Approach to Treatment Decisions for Athletic Pubalgia**
Joanne Borg-Stein, MD and Mark Zoland, MD
- 10:40am **Audience Q&A, Expert Panel Discussion**
Hip Session Faculty

Knee

- 11:00am **Posterolateral Corner Injuries**
Lars Richardson, MD, PhD
- 11:20am **Advances in Cartilage Repair**
Erik Berkson, MD
- 11:40am **Injection Options for Knee Osteoarthritis: The Newest Data, Updates, and Best Practices** Christine Eng, MD
- 12:00pm Break for lunch*
- 1:20pm **MRI Knee: Focus on Meniscus and Cartilage** Joseph Simeone, MD
- 1:40pm **Anterior Knee Pain: Optimized Approaches to Examination, Diagnosis and Treatment**
Michael Fredericson, MD
- 2:00pm **Point-Counterpoint: Meniscus Repair vs Resection**
Peter Asnis, MD and Robert Nascimento, MD
- 2:20pm **Rehab and Return to Play: ACL Functional Movement Exam**
Kristina Fleming, PT, DPT, SCS, CSCS
- 2:40pm **Audience Q&A, Expert Panel Discussion**
Knee Session Faculty
- 3:00pm Break (refreshments provided)

Foot / Ankle

- 3:20pm **Ankle Instability** George H. Theodore, MD
- 3:40pm **Talar OCDs** Jeremy Smith, MD
- 4:00pm **Optimizing Use of Imaging: Radiographs to MRI** Connie Chang, MD
- 4:20pm **Point-Counterpoint: Orthotics in Athletes**
Irene Davis, PhD, PT and Kenneth Holt, PhD, PT
- 4:40pm **Rehab and Return to Play: Foot-Core Paradigm** Irene Davis, PhD, PT
- 5:00pm **Audience Q&A, Expert Panel Discussion**
Foot / Ankle Session Faculty
- 5:20pm Daily Program Ends

Sports Medicine 2018

Friday • May 11

Head, Neck, Trunk

- 8:00am **Concussion: Update on Consensus Guidelines** Grant L. Iverson, PhD
- 8:20am **Sports Concussion: Active Rehabilitation** Shirley Shih, MD
- 8:40am **Long-Term Sequelae: Concern for CTE** Ross Zafonte, DO
- 9:00am **ADHD in Athletes** Alexis Iaccarino, MD
- 9:20am **Cased-Based Discussion: Difficult Decisions in the Management of Athletes** Alexis Iaccarino, MD
- 9:40am Break (refreshments provided)
- 10:00am **Cervical Stenosis: RTP vs Disqualification** Jessica Aidlen, MD
- 10:20am **Gymnast Spine** Steven Makovitch, DO
- 10:40am **Lumbar Radiculopathy in the Athlete** Monica Rho, MD
- 11:00am **Spine Imaging in Athletes: Evaluation and Radiography for Intervention** William Palmer, MD
- 11:20am **Point-Counterpoint: Trigger Point Injection vs Dry Needling** Dana Kotler, MD and Carina O'Neill, DO
- 11:40am **Audience Q&A, Panel Discussion** Head, Neck, Trunk Session Faculty
- 12:00pm Break for lunch*

Hot Topics

- 1:20pm **Running Medicine: Expert Opinion on Providing Medical Care during Endurance Events** Pierre D'Hemecourt, MD
- 1:35pm **Sports Cardiology: EKG Screening** Aaron Baggish, MD
- 1:50pm **"Stem Cell" Injections** Joanne Borg-Stein, MD
- 2:10pm **Emerging Exercise Trends and Wearable Technology** Edward M. Phillips, MD
- 2:25pm **Biomarkers in Athletes: New Frontiers** Marwa Ahmed, MD, MS
- 2:40pm **Audience Q&A, Panel Discussion** Session Faculty
- 3:00pm Break (refreshments provided)
- 3:20pm **Relative Energy Deficiency in Sport (RED-S)** Kathryn Ackerman, MD
- 3:40pm **Bone Stress Injuries** Adam Tenforde, MD
- 4:00pm **Sports Nutrition for Health and Performance** Laura Moretti, MS, RD, CSSD, LDN
- 4:20pm **The Paralympic Athlete** Cheri Blauwet, MD
- 4:40pm **Altmetrics: A New Measure of Evaluating the Impact of Sports Medicine Research** Julie Silver, MD
- 5:00pm **Audience Q&A, Expert Panel Discussion** Session Faculty
- 5:20pm **Course Wrap-Up** Kelly McInnis, DO
- 5:40pm Main Program Adjourns

Optional Workshops

Customize your learning experience by attending a special, one-day skills development workshop. The nation's foremost authorities in three disciplines of sports medicine lead these highly interactive and hands-on programs.



Musculoskeletal Ultrasound

Saturday • May 12, 7:40am – 5:30pm

Directors: Ashwin N. Babu, MD and Joanne Borg-Stein, MD
See website for full schedule
SportsMedicine.HMSCME.com



Running Medicine 2018: Focus on Patellofemoral Pain

Saturday • May 12, 8:00am – 5:30pm

Directors: Irene S. Davis, PhD, PT and Adam Tenforde, MD
This workshop will take place at Spaulding Hospital Cambridge. Transportation from the Boston Marriott Cambridge Hotel will be provided. Breakfast and lunch will be served.
See website for full schedule
SportsMedicine.HMSCME.com



Dance Medicine 2018: Examination, Diagnosis, Treatment of Injuries in Dancers

Saturday • May 12, 8:00am – 5:30pm

Directors: Lauren Elson, MD and Dana Kotler, MD
See website for full schedule
SportsMedicine.HMSCME.com

Program changes/substitutions may be made without notice. To view the most up-to-date version of the course program, please visit the course website.

**There are many convenient and varied lunch options within a short walking distance of the course.*

Sports Medicine 2018

Reasons to Attend

In the past year, there have been a number of very significant clinical changes that affect the way we diagnose, treat, and rehabilitate sports injuries incurred by elite athletes, weekend warriors, and patients with active lifestyles. This program provides a special and timely opportunity to hear directly from world-renowned physician specialists (physiatrists, orthopedists, radiologists), team physicians and athletic trainers for the Boston Red Sox, Boston Bruins, New England Revolution, and New England Patriots, and physical therapists on the cutting-edge of rehabilitation about these changes and how to incorporate them into practice to improve:

- Treatment outcomes for acute and overuse injuries of the spine, knee, hip, foot, and ankle, along with upper extremity conditions of the shoulder, neck, elbow, hand, and wrist
- The effectiveness and expediency of physical evaluations
- Appropriate diagnostic imaging and interpretation
- Rehabilitation and return to play
- Utilization of physical therapists and athletic trainers
- Non-surgical management of injuries
- Decisions to refer patients for surgery
- Multidisciplinary team-based treatment
- Injury prevention
- Pre-participation evaluation
- Treatment of special populations, including adaptive sports athletes, runners, and dancers/performing artists

Unique to this program is its immersive, fast-paced, 360-degree educational experience. You will learn about changes and advances in sports medicine from three critical, interrelated perspectives:

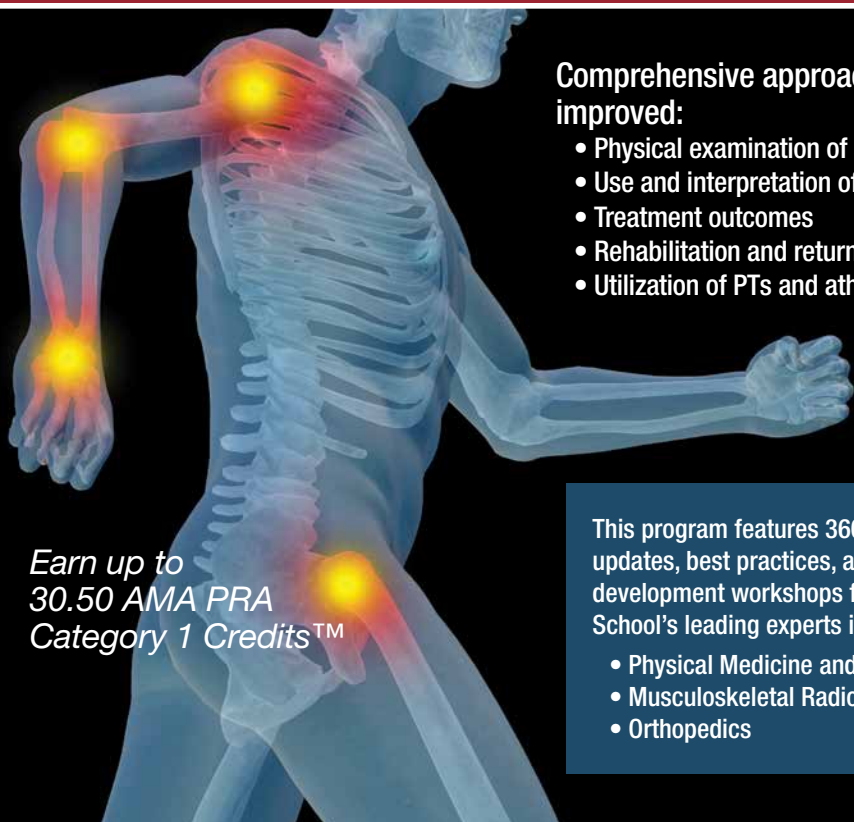
- Physical Medicine and Rehabilitation
- Musculoskeletal Radiology
- Orthopedics

Educational highlights include:

- The most effective methods, both surgically and non-surgically, to manage injuries to tendons, joints, muscles, and ligaments in athletes vs. non-athletes
- When and how to utilize cutting-edge regenerative sports medicine treatments
- Updates for regenerative biologics and joint preservation techniques
- Advances in the management of sports concussion and methods to facilitate return to play
- Practice recommendations to optimize care of the female athlete
- Guidance for point-of-care ultrasound for evaluation and treatment of sports injuries
- New recommendations for EKG screening in sports cardiology and how to navigate medical eligibility and disqualification criteria
- Advances in exercise trends and wearable technology

Register at SportsMedicine.HMSCME.com

Sports Medicine 2018



Earn up to
30.50 AMA PRA
Category 1 Credits™

Comprehensive approaches for improved:

- Physical examination of sports injuries
- Use and interpretation of imaging
- Treatment outcomes
- Rehabilitation and return to play
- Utilization of PTs and athletic trainers

This program features 360-degree education, updates, best practices, and hands-on skills development workshops from Harvard Medical School's leading experts in the areas of:

- Physical Medicine and Rehabilitation
- Musculoskeletal Radiology
- Orthopedics

Course Faculty

Harvard Medical School

Kathryn Ackerman, MD
Marwa Ahmed, MD, MS
Peter Asnis, MD
Ashwin N. Babu, MD
Aaron Baggish, MD
Eric Berkson, MD
Cheri Blauwet, MD
Philip Blazar, MD
Joanne Borg-Stein, MD
Miriam A. Bredella, MD
Adam Clansy, PhD
Kester Cotton, PT, DPT, CMPT, OCS
Pierre D'Hemecourt, MD
Irene S. Davis, PhD, PT
Lauren Elson, MD
Christine Eng, MD
Kristina Fleming, PT, DPT, SCS, CSCS
Scott Homer, MD
Ambrose Huang, MD
Alexis Iaccarino, MD
Grant L. Iverson, PhD
Minna Kohler, MD
Dana Kotler, MD
Jeffrey Kreher, MD
Daniel Lieberman, PhD
Steven Makovitch, DO
Scott D. Martin, MD

Elizabeth Matzkin, MD
Kelly McInnis, DO
Laura Moretti, MS, RD, CSSD,
LDN
David Nolan, PT, DPT, MS, OCS,
SCS, CSCS
Carina O'Neill, DO
Luke Oh, MD
Jerome Outerleys, BASc, BEng,
MASc
William Palmer, MD
Edward M. Phillips, MD
Joshua Posilkin, PT
Mark Price, MD, PhD
Bridget Quinn, MD
Lars Richardson, MD, PhD
Shirley Shih, MD
Julie Silver, MD
Joseph Simeone, MD
Jeremy Smith, MD
Andrea Stracciolini, MD
Adam Tenforde, MD
George H. Theodore, MD
Jon J.P. Warner, MD
Lindsay Wasserman, PT, DPT,
FAAOMPT, RYT-200
Ross Zafonte, DO

Guest Faculty

Jessica Aidlen, MD, Clinical Assistant Professor, Orthopaedic Surgery, Tufts University School of Medicine
Paul Buchheit, MS, ATC, CSCS, Assistant ATC, Boston Red Sox
David J. Cormier, DO, DPT, Sports Medicine Physician, Wentworth-Douglass Hospital; Acting Head Team Physician, University of New Hampshire
Michael Fredericson, MD, Professor of Orthopaedic Surgery, Stanford University Medical Center
Betsy Graves, Director, Urbanity Dance Company
Matthew Grierson, MD, Medical Director, Seattle Clinic for Performing Artists
Kenneth Holt, PhD, PT, Associate Professor Emeritus, Department of Physical Therapy and Athletic Training, Boston University
Nancy Kadel, MD, President of the Performing Arts Medicine Association; Co-Chair, Dance/USA Task Force on Dancer Health
Matthew Leibman, MD, Clinical Assistant Professor, Tufts University School of Medicine
Robert Nascimento, MD, Clinical Assistant Professor, Orthopaedic Surgery, Tufts University School of Medicine
Monica Rho, MD, Assistant Professor, Northwestern University Feinberg School of Medicine
Heather Southwick, PT, Director of Physical Therapy, Boston Ballet
James Whalen, MEd, ATC, Head Athletic Trainer, New England Patriots
Kerri Williams, PT, Physical Therapist, Boston Ballet
John D. Willson, PT, PhD, Associate Professor, Department of Physical Therapy, East Carolina University
Mark Zoland, MD, private practice



Sports Medicine 2018 (Course #734715-1802)	Tuition
Course Tuition Wednesday, May 9 - Friday, May 11	\$895
OPTIONAL SKILLS DEVELOPMENT WORKSHOPS	
Musculoskeletal Ultrasound Saturday, May 12, 7:40am - 5:30pm (limited to 40 participants)	\$495
Running Medicine 2018* Saturday, May 12, 8:00am - 5:30pm (limited to 60 participants)	\$345
Dance Medicine 2018 Saturday, May 12, 8:00am - 5:30pm (limited to 50 participants)	\$345

Your tuition includes mid-morning and afternoon refreshments, complimentary internet in the meeting room, and the course syllabus online.

*The Saturday workshop *Running Medicine 2018* will take place at Spaulding Hospital Cambridge. Transportation from the Boston Marriott Cambridge will be provided. Breakfast and lunch will be served.



VENUE

Boston Marriott Cambridge
Two Cambridge Center
50 Broadway, Cambridge, MA 02142
617-494-6600

ACCOMMODATIONS

A limited number of discounted rooms[†] have been reserved at the Boston Marriott Cambridge until April 18, 2018. You can call the hotel reservation line to make a room reservation: (617) 494-6600. Please specify that you are enrolled in this activity in order to request the reduced room rate. To make your discounted reservation online, please visit the course website and click on the dedicated room reservation link on the Venue page.

Please do not make non-refundable travel arrangements until you have received an email from our office confirming your paid registration.

[†]Please note that the discounted rooms may sell out before the deadline.

REGISTRATION, PAYMENT, CONFIRMATION, and REFUND POLICY

Registrations for Harvard Medical School CME programs are made via our secure online registration system. To register for this course, please visit the course website at SportsMedicine.HMSCME.com.

At the end of the registration process, a \$5 non-refundable processing fee will be added to your registration, and you will have the choice of paying by check or credit card (Visa, MasterCard, or American Express). If you are paying by check (draft on a US bank), the online registration system will provide you with instructions and a printable form for remitting your course fees by check. Postal, telephone, fax, and cash-payment registrations are not accepted. Fees shown in USD.

Upon receipt of your paid registration, an email confirmation from the HMS GCE office will be sent to you. Be sure to include an email address that you check frequently. Your email address is used for critical information, including registration confirmation, evaluation, and certificate. Refunds, less an administrative fee of \$75, will be issued for all cancellations received two weeks prior to the start of the course. Refund requests must be received by postal mail, email, or fax. No refund will be issued should cancellation occur less than two weeks prior. "No shows" are subject to the full course fee and no refunds will be issued once the conference has started.

INQUIRIES

Call 617-384-8600 Mon-Fri 9am – 5pm (ET) or e-mail CEPrograms@hms.harvard.edu