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

2020 Updates and Expert-Led Education Covering:
- Return to sport after arthroplasty
- Telehealth in concussion management
- Compartment syndrome and tendinopathy
- Screening for sudden cardiac death
- Managing anxiety, sleep and pain in athletes

NEW: Seven Optional Skills Development Programs
- Sports Ultrasound
- Running Medicine
- Cycling Medicine
- Sports Concussion
- Pilates
- Dance Medicine
- Sports Medicine for Athletes with Physical Disabilities

Register at SportsMedicine.HMSCME.com
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, including telehealth, 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 in the clinic and on the sideline?
- What are the most current recommendations to identify athletes at elevated risk for sudden cardiac death?
- What are emerging non-surgical strategies to address compartment syndrome and chronic tendinopathy?
- How do I optimize pain management in the professional athlete on game day and beyond?

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*
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 the care of the athlete, including new and emerging treatments accounting for age and gender, and incorporates complex cases to synthesize learning. Special topics will include management of concussion, utilization of telehealth in sports practice, sports cardiology and pulmonology, sports psychology, sleep medicine, and safe and responsible use of both orthobiologic interventions and game-day pain management. Course add-ons and one- to 1.5-day workshops are available to provide in-depth education in Pilates for injury management and prevention, running medicine, sports concussion, diagnostic and interventional ultrasound, adaptive sports medicine, cycling medicine, and dance medicine.

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

- Identify common and complex sports medicine injuries by anatomy and associated risk factors including sport, age, and gender.
- Evaluate injuries using best evidence-based practice in the physical examination and diagnostic imaging, including MRI and ultrasound techniques.
- Manage sports injuries effectively, 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, cyclists, performing artists, athletes suffering concussion, and athletes with impairments and disabilities, and more effectively utilize musculoskeletal ultrasound for sports conditions and orthobiologic interventions.

Accreditation

ACCREDCITCOUNCIL FOR CONTINUING MEDICAL EDUCATION
The Harvard Medical School is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The Harvard Medical School designates this live activity for a maximum of 31.00 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

- 2.5-day course, Sports Medicine 2020: 18.25 AMA PRA Category 1 Credits™
- Optional skills development workshops:
  - Running Medicine: 10.25 AMA PRA Category 1 Credits™
  - Pilates Applications: 4.75 AMA PRA Category 1 Credits™
  - Sports Concussion: 8.00 AMA PRA Category 1 Credits™
  - Sports Medicine for Athletes with Physical Disabilities: 7.50 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.eacme.eu.
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
• Treatment of special populations, including runners, cyclists, performing artists, athletes with physical disabilities, and those with prior concussion

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:

• PM&R
• Musculoskeletal Radiology
• Orthopedics

Who Attends

• Physicians, NPs, PAs in the fields of:
  – Sports Medicine
  – PM&R
  – Orthopedics
  – Family Medicine
  – Internal Medicine
  – Emergency Medicine
• Physical Therapists
• Certified Athletic Trainers
  …and other healthcare practitioners who work with athletes or patients who are physically active

Educational Highlights

• 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 joint preservation treatment in the athlete
• Advances in treating arthritis, including return to sport after arthroplasty
• Advances in the management of sports concussion and methods, including telehealth, 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 in the clinic and on the sideline
• New recommendations for identifying athletes at elevated risk for sudden cardiac death
• Optimized approaches for interpreting images and making decisions about operative versus conservative management
• Best practices for addressing anxiety and sleep problems in the athlete
• Clinical strategies to account for age, gender, and patient conditions
• Management of chronic tendon disorders and compartment syndrome
• Optimizing pain management in the professional athlete on game day and beyond
### Wednesday • May 6

**7:00am** Registration

**7:50am** Welcome and Introduction
Joanne Borg-Stein, MD

#### Shoulder

**8:00am** Anterior Shoulder Pain: Biceps and Company
Peter Asnis, MD

**8:20am** Clavicle, AC and SC Joint Injuries
Mark Price, MD, PhD

**8:40am** Complex Rotator Cuff Weakness
Cheri Blauwet, MD

**9:00am** Thoracic Outlet Syndrome
Dean Donahue, MD

**9:20am** Audience Q+A, Expert Panel Discussion
Shoulder Session Faculty

**9:40am** Break (refreshments provided)

**10:00am** Shoulder MRI: Approach to Coracoacromial Arch
Arvin Kheterpal, MD

**10:20am** Ultrasound: Shoulder Demonstration
Joanne Borg-Stein, MD

**10:40am** Rehab and Return to Play: Managing Shoulder Injuries in Season
James Whalen, MSEd, ATC

**11:00am** Audience Q+A, Expert Panel Discussion
Shoulder Session Faculty

#### Elbow

**11:20am** UCL Tear: Repair vs. Reconstruction in the Overhead Athlete
Luke Oh, MD

**11:40am** Elbow Imaging in the Throwing Athlete
Joseph Simeone, MD

**12:00pm** Break for lunch*

#### Wrist/Hand

**1:20pm** Hand/Wrist Exam DEMO
Philip Blazar, MD

**1:40pm** Interesting Sports-Specific Cases in Pro Athletes
Matthew Leibman, MD

**2:00pm** Plain Radiographs 101: Identify the Injury
Connie Chang, MD

**2:20pm** Boston Red Sox Experience: Rehab of Hand and Wrist Injuries
Paul Buchheit, MS, ATC, CSCS

**2:40pm** Wrist Injuries in the Gymnast
Steven Makovitch, DO

**3:00pm** Audience Q+A, Expert Panel Discussion
Wrist/Hand Session Faculty

**3:20pm** Break (refreshments provided)

#### Head/Neck/Upper Body

**3:40pm** Multidisciplinary Model of Concussion Care: Utilization of Telehealth
Mary Alexis Iaccarino, MD

**4:00pm** CTE: State of the Science 2020
Ross Zafonte, DO

**4:20pm** Cervical and Periscapular Rehab: Pearls for Upper Core
Lenore Herget, PT, DPT, SCS, Med, CSCS

**4:40pm** Audience Q+A, Expert Panel Discussion
Head/Neck/Upper Body Faculty

**5:00pm** Daily Program Ends

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**Disclaimer:** CME activities accredited 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.

### Thursday • May 7

**8:00am** Approach to Groin Pain in the Athlete
Jonathan Finnoff, DO

**8:20am** Rectus-Adductor Injury: Surgical Decision-Making
Brian Busconi, MD

**8:40am** MRI: Focus on Athletic Pubalgia
Miriam Bredella, MD

**9:00am** Hip Examination: PT Perspective
David Nolan, PT, DPT, MS, OCS, SCS, CSCS

**9:20am** Audience Q+A, Expert Panel Discussion
Hip Session Faculty

**9:40am** Break (refreshments provided)

**10:00am** Boston Ballet Approach to Hip Pain: Rehab of the Hypermobile Athlete
Heather Southwick, PT

**10:20am** Hip and Knee Arthroplasty: Setting Expectations for Athletic Activity
Christopher Melnic, MD

**10:40am** Cartilage Restoration: New Techniques and Future Directions
Christian Lattemann, MD

**11:00am** Audience Q+A, Expert Panel Discussion
Hip Session Faculty

#### Knee

**11:20am** Meniscal Root Tears
Eric Berkson, MD

**11:40am** Patellar Instability
Robert Nascimento, MD

**12:00pm** Break for lunch*

**1:20pm** MRI Knee: Edema Is Map to Mechanism
William Palmer, MD

#### Lumbar Spine

**1:40pm** Point-Counterpoint—Lumbar Spondylosis: Brace or Not?
Pierre d’Hemecourt, MD and William Meehan, MD

**2:00pm** MRI Lumbar Spine: Focus on Pars and Posterior Elements
William Palmer, MD

**2:20pm** Radicular Pain: Surgical Perspective
Jessica Aidlen, MD

**2:40pm** Audience Q+A, Expert Panel Discussion
Faculty

**3:00pm** Break (refreshments provided)

#### Foot/Ankle

**3:20pm** Exertional Compartment Syndrome: Cutting-Edge Treatment Options
Jonathan Finnoff, DO

**3:40pm** High Ankle Sprain
George Theodore, MD

**4:00pm** Midfoot Injuries
A. Holly Johnson, MD

**4:20pm** Point-Counterpoint—Achilles Tendinopathy: Shockwave vs. Orthobiologics
Adam Tenforde, MD and Christine Eng, MD

**4:40pm** Gait Retraining: Treatment and Prevention of Foot and Ankle Overuse Disorders
Irene Davis, PhD, PT

**5:00pm** Audience Q+A, Expert Panel Discussion
Foot/Ankle Session Faculty

**5:20pm** Daily Program Ends
Friday • May 8

Advanced Topics

8:00am  Sports Specialization
        Adam Tenforde, MD

8:15am  Cycling Medicine
        Dana Kotler, MD

8:30am  Swimming Medicine
        Marwa Ahmed, MD, MS

8:45am  Soccer Medicine: Paralympic to MLS
        Ashwin Babu, MD

9:00am  Sleep Medicine: Focus on Performance
        Suzanne Bertisch, MD, MPH

9:15am  Sideline Use of Ultrasound
        Jonathan Finnoff, DO

9:30am  Audience Q+A, Expert Panel Discussion
        Advanced Topics Faculty

9:50am  Break (refreshments provided)

10:10am Sports Psychology: Managing Injury Anxiety
        Richard Ginsburg, PhD

10:25am Orthobiologics for Cuff Repairs
        Timothy Foster, MD, MBA

10:40am Game-Day Pain Relief
        Kelly McInnis, DO

10:55am Sudden Cardiac Death
        Aaron Baggish, MD

11:10am Rise of Jiu Jitsu: Understanding Grappling Injuries
        Christopher Visco, MD

11:25am Sports Pulmonology
        Rebecca Breslow, MD

11:40am Audience Q+A, Panel Discussion
        Advanced Topics Faculty

12:00pm Course Wrap-up
        Course Directors

12:10pm Main Program Adjourns

Program changes/subsitutions 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.

Optional Workshops

Advances in Running Medicine
Friday, May 8, 1:15pm - 5:45pm
and
Saturday, May 9, 8:00am - 3:30pm
(limited to 50 participants)

Cycling Medicine 2020
Friday, May 8, 1:30pm - 5:30pm
and
Saturday, May 9, 8:00am - 5:00pm
(limited to 50 participants)

Pilates Applications
Friday, May 8, 1:30pm - 3:30pm
(limited to 20 participants)

Sports Ultrasound
Saturday, May 9, 7:30am - 1:15pm
(limited to 44 participants)

Dance Medicine 2020
Saturday, May 9, 8:00am - 5:30pm
(limited to 50 participants)

Sports Concussion 2020
Saturday, May 9, 8:00am - 5:30pm
(limited to 50 participants)

Sports Medicine for Athletes with Physical Disabilities
Saturday, May 9, 8:00am - 5:00pm
(limited to 50 participants)

Harvard Medical School Faculty

Marwa Ahmed, MD, MS
Peter Asnis, MD
Ashwin N. Babu, MD
Aaron Baggish, MD
Eric Berkson, MD
Suzanne Bertisch, MD, MPH
Cheri Blauwet, MD
Philip Blazar, MD
Joanne Borg-Stein, MD
Miriam A. Bredella, MD
Rebecca Breslow, MD
Connie Chang, MD
Pierre d’Hemecourt, MD
Irene S. Davis, PhD, PT
Dean Donahue, MD
Christine Eng, MD
Richard Ginsburg, PhD
Lenore Herget, PT, DPT, SCS, CSCS
Mary Alexis Jaccarino, MD
Arvin Kheterpal, MD
Dana Kotler, MD
Christian Latttermann, MD
Steven Makovitch, DO
Kelly McInnis, DO
William Meehan, MD
Christopher Melnic, MD
David Nolan, PT, DPT, MS, OCS, SCS, CSCS
Luke Oh, MD
William Palmer, MD
Joseph E. Simeone, MD
Adam Tenforde, MD
George H. Theodore, MD
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
Brian Busconi, MD, Associate Professor, University of Massachusetts Medical School
Jonathan Finnoff, DO, Professor of Physical Medicine and Rehabilitation, Mayo Clinic Rochester
Timothy Foster, MD, MBA, Associate Professor, Boston University School of Medicine
A. Holly Johnson, MD, Orthopedic Surgeon, Hospital for Special Surgery
Matthew Leibman, MD, Clinical Assistant Professor, Tufts University School of Medicine
Robert Nascimento, MD, Assistant Clinical Professor of Orthopaedic Surgery, Tufts University School of Medicine; Head Team Physician and Medical Director of Sports Medicine, Boston College; Chief of Sports Medicine, Newton-Wellesley Hospital
Heather Southwick, PT, Boston Ballet
Christopher Visco, MD, Assistant Professor, Rehabilitation and Regenerative Medicine, Columbia University Medical Center
James Whalen, MSED, ATC, Head Athletic Trainer, New England Patriots
SportsMedicine.HMSCME.com

Sports Medicine 2020
(Course #734715-2020)

<table>
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<tr>
<td>Wednesday, May 6, 7:50am - Friday, May 8, 12:10pm</td>
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Optional Skills Development Workshops: Friday Afternoon and Saturday

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<td>Advances in Running Medicine</td>
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<td>Cycling Medicine 2020</td>
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Optional Skills Development Workshop: Friday Afternoon

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<td>Pilates Applications</td>
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Optional Skills Development Workshops: Saturday

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<tr>
<td>Sports Ultrasound</td>
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<tr>
<td>Dance Medicine 2020</td>
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<td>$295 ($SAVE $50)</td>
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<tr>
<td>Sports Concussion 2020</td>
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<td>$295 ($SAVE $50)</td>
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<tr>
<td>Sports Medicine for Athletes with Physical Disabilities</td>
<td>$345</td>
<td>$295 ($SAVE $50)</td>
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Your tuition includes mid-morning and afternoon refreshments, complimentary internet in the meeting room, and an electronic syllabus.

1The one-and-a-half-day workshop Advances in Running Medicine will take place at Spaulding Hospital Cambridge. Continental breakfast and lunch will be served on Saturday, and there will be an evening reception on Friday.

2The half-day Pilates Applications workshop will be held at Spaulding Hospital Cambridge.

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

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

ACCOMMODATIONS
Boston Marriott Cambridge has reserved a block of discounted rooms for course participants.

Important to note:
• The number of discounted rooms is limited.
• Discounted rooms are available on a first-come, first-served basis.
• The discounted room rate is only available until April 14, 2020, or until the block sells out, which typically happens well in advance of this date.

To reserve your room:
• Online: To reserve your room online, please go to the Venue page of the course website — SportsMedicine.HMSCME.com/Venue — and use the dedicated reservation link.
• By phone: If you are calling the hotel rather than using the dedicated link to request a room, please call 617-494-6600 or 800-228-9290 and be sure to specify that you are enrolled in Harvard Medical School/Spaulding Rehabilitation Sports Medicine 2020.

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 $10 non-refundable processing fee will be added to your registration, and you will have the choice of paying by check, credit card (Visa, MasterCard, or American Express), or wire transfer in USD. If you are paying by check (drawn on a United States bank) or by wire transfer, the online registration system will provide you with instructions for remitting your course fees. Postal, telephone, fax, and cash-payment registrations are not accepted. All fees shown in USD.

Upon receipt of your paid registration, an email confirmation 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. Please do not make non-refundable travel arrangements until you have received an email from our office confirming your paid registration. 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 email. 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 course has started.