Safety in Adolescent & High School Sports Medicine: Myth vs Reality

February 20, 2016
Hilton University of Florida Conference Center
Gainesville, Florida

ufsportsmedicine.cme.ufl.edu
PLEASE JOIN US on Saturday February 20, 2016 in Gainesville, Florida for an interesting, practical, and interactive educational experience hosted by the Sports Medicine Experts at the University of Florida.

This conference will feature presentations and roundtable discussions with experts from many different areas of sports medicine. Physicians, physical therapists, athletic trainers and other healthcare team members are invited to Gainesville for an informative and engaging conference that provides opportunities to network with colleagues, and to have specific questions answered by experts.

**Course Description**

This course is specifically designed for healthcare professionals who have an interest in sports medicine or who treat patients with musculoskeletal injuries. The course will encompass presentations on diagnosis, treatment, research, education and prevention of musculoskeletal and athletic injuries. The format will include ample time for participants to network with the faculty.

**Target Audience**

Primary Care Physicians (including Emergency Medicine, Family Medicine, Internal Medicine and Pediatrics), Neurologists, Psychiatrists and Sports Medicine Physicians, Physician Assistants, Physical Therapists, Athletic Trainers, Nurse Practitioners, Orthopaedic nurses and other allied health professionals including Emergency Medical Service Providers.

**Course Objectives**

At the end of the conference, the participant should be able to:

- Describe how a lack of sleep can affect performance in sports
- Explain why it is important to examine the Scapula and Hips when assessing a throwing injury in an overhead athlete
- Determine when it is safe to return to play after suffering a Stinger or Burner
- Explain the evidence and indications of using Platelet-Rich Plasma Therapy in the Injured Athlete
- And More!!
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Location:
Hilton University of Florida Hotel and Conference Center
1714 SW 34th Street
Gainesville, FL 32607
(352) 371-3600

Situated on the SW corner of the University of Florida campus, in the heart of “Gator Nation,” the hotel’s location provides easy access to the University of Florida Campus.

To reserve your room, please call the Hilton directly at (352) 371-3600 or Toll Free at 1-800-HILTONS.

Accreditation and Credit

Athletic Trainers: Athletic Trainers (pending 2016 approval from BOC): The University of Florida — Athletic Training Program is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers (BOC Approved Provider Number: P8159). This program (Sports Medicine Considerations in HS/Adolescent Sport) has been approved for a maximum of 6.25 hours of Category A continuing education. Certified Athletic Trainers are responsible for claiming only those hours actually spent participating in the continuing education activity.

The content covered by the Sports Medicine Considerations in HS/Adolescent Sport program includes domains 1, 2 and 4 of the BOC Role Delineation/Practice Analysis, 6th edition (Injury/illness Prevention and Wellness Protection, Clinical Evaluation and Diagnosis, and Treatment and Rehabilitation). According to the education levels described by the Professional Development Committee of the NATA, the following continuing education course is Essential Level.

Nurses: Suwannee River Area Health Education Center, Inc. is a Florida Board of Nursing approved provider of continuing education. CE Broker Provider ID #50-1922. This program meets the requirements for up to 6 contact hours.

Occupational Therapists: Pending approval

Physical Therapists: University of Florida, Department of Physical Therapy (CEH provider 50-5316) approves this course for 6.25 PT/PTA CEHs.

Physicians

Accreditation: The University of Florida College of Medicine is accredited by the Accreditation Council of Continuing Medical Education to provide continuing medical education for physicians.

Credit: The University of Florida College of Medicine designates this live activity for a maximum of 6.25 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Physician Assistants: Per the NCCPA, any event approved for AMA PRA Category 1 Credits™ can be classified as Category 1 CME by AAPA and can be filed as Category 1 with the NCCPA. The Safety in Adolescent and High School Sports Medicine conference is approved for 6.25 AMA PRA Category 1 Credits™.
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**Director**
Jason L. Zaremski, MD, CAQSM
Assistant Professor
Divisions of PM&R and Sports Medicine
Department of Orthopaedics & Rehabilitation
Co-Medical Director, High School Outreach Program
Department of Orthopaedics and Rehabilitation
University of Florida College of Medicine
Gainesville, Florida

**Faculty**
Kevin W. Farmer, MD
Assistant Professor
Division of Sports Medicine
University Athletic Association Team Physician
Department of Orthopaedics and Rehabilitation
University of Florida College of Medicine
Gainesville, Florida

Michael W. Moser, MD
Associate Professor
Division of Sports Medicine
University Athletic Association Head Team Physician
Department of Orthopaedics and Rehabilitation
University of Florida College of Medicine
Gainesville, Florida

Bryan R. Prine, MD, CAQSM
Assistant Professor
Division of Sports Medicine
Director of ORTHOcare
Department of Orthopaedics and Rehabilitation
University of Florida College of Medicine
Gainesville, Florida

M. Seth Smith, MD, CAQSM
Assistant Professor
Division of Sports Medicine
Co-Medical Director, High School Outreach Program
Department of Orthopaedics and Rehabilitation
University of Florida College of Medicine
Gainesville, Florida

**Invited Faculty**
Floyd W. Burke, MD, FACC, FASNC
Associate Professor
General Cardiology and Imaging Section
Director, Sports & Exercise Cardiology Program
Division of Cardiovascular Medicine
University of Florida College of Medicine
Gainesville, FL

James R. Clugston, MD, MS, CAQSM
Associate Professor
Department of Community Health & Family Medicine
University Athletic Association Team Physician
University of Florida College of Medicine
Gainesville, FL

Stephan Eisenschenk, MD
Associate Professor
Department of Neurology
Sleep Medicine, Sports Neurology and Epilepsy
University of Florida College of Medicine
Gainesville, FL

Evan Peck, MD
Section of Sports Health
Department of Orthopaedic Surgery
Cleveland Clinic Florida
West Palm Beach, FL

Timothy Shay, PT, MS, ATC/L, OCS, CSCS
Department of Physical Therapy
College of Public Health & Health Professions
University of Florida
Gainesville, FL

Brady L. Tripp, PhD, ATC
Clinical Associate Professor
Director, Graduate Athletic Training Program
Department of Applied Physiology & Kinesiology
College of Health and Human Performance
University of Florida
Gainesville, FL

Giorgio Zappieri Jr. PT, SCS, CSCS
Staff Physical Therapist
UF Health Orthopaedics and Sports Medicine Institute
University of Florida
Gainesville, FL
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7:15-7:55 a.m.  Breakfast and Registration

7:55-8:00 a.m.  Welcome and Announcements
Jason L. Zaremski, MD, CAQSM

Overhead Throwing Session

8:00-8:20 a.m.  Myth vs Reality: The Tommy John “Problem”
Jason L. Zaremski, MD, CAQSM

8:20-8:40 a.m.  Scapular Mechanics in Overhead Athletes:
Don’t Forget to Look Behind
Brady L. Tripp, PhD, ATC

8:40-9:00 a.m.  Preventing Throwing Injuries by Looking at the Hip
Kevin W. Farmer, MD

9:00-9:15 a.m.  Q&A

Featured Speaker

9:15-10:00 a.m.  Evidence and Indications of Platelet-Rich Plasma Therapy
in the Injured Athlete
Evan Peck, MD, CAQSM

10:00-10:15 a.m.  Q&A

10:15-10:30 a.m.  Break and Exhibits

Rehabilitation After Labral Surgery in Athletes

10:30-10:55 a.m.  The Shoulder
Giorgio Zeppieri Jr, PT, SCS, CSCS

10:55-11:20 a.m.  The Hip
Timothy Shay, PT, MS, ATC/L, OCS, CSCS

11:20-11:35 a.m.  Q&A

11:35-12:35 p.m.  Lunch and Exhibits

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Featured Speaker

12:35-1:15 p.m.  The Challenges Associated with Exertional Chest Pain in Athletes: Diagnosis, Management and Counseling
Floyd W. Burke, MD, FACC, FASNC

1:15-1:30 p.m.  Q&A

1:30-1:45 p.m.  Break and Exhibits

Head and Neck Session

1:45-2:05 p.m.  Stingers and Burners – What is the evidence?
M. Seth Smith, MD, CAQSM

2:05-2:25 p.m.  What’s New in Concussion Research
James R. Clugston, MD, MS

2:25-2:40 p.m.  Q&A

Special Topics

2:40-3:00 p.m.  Musculoskeletal Ultrasound Usage in Sports Medicine
Evan Peck, MD, CAQSM

3:00-3:30 p.m.  Sleep and Sports Performance
Stephan Eisenschenk, MD

3:30-3:45 p.m.  Q&A

3:45-4:00 p.m.  Announcements and Adjourn