

42ND ANNUAL

UNIVERSITY OF WISCONSIN

Sports Medicine Symposium



April 25-26, 2019

Madison Marriott West

Provided by

University of Wisconsin Sports Medicine

uwsportsmedicine.org

and

University of Wisconsin-Madison Interprofessional Continuing Education Partnership (ICEP)

ocpd.wisc.edu



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SYMPOSIUM OVERVIEW AND STATEMENT OF NEED

The purpose of this symposium is to provide the latest information on the diagnosis, prevention and treatment of athletic related medical conditions and musculoskeletal injuries. Its content is based on comments from past participants as well as faculty and clinical staff's perception of current trends and issues in sports medicine. The conference will focus on practical and clinically relevant information for participants to use in their daily practice.

INTENDED AUDIENCE AND SCOPE OF PRACTICE

Team physicians, primary care physicians, athletic trainers, physical therapists, nurses, physician assistants, nurse practitioners and other health professionals who provide care for athletic and active populations.

OBJECTIVES

Upon completion of the symposium, participants will:

- Develop skills in the evaluation, diagnosis and treatment of common sports and orthopedic injuries in active populations.
- Identify age-specific differential diagnoses for musculoskeletal injuries.
- Apply management guidelines for athletes who have sustained an advanced knee cartilage injury.
- Summarize current research on the evaluation of head injuries and return to sport following concussion.
- Recognize appropriate radiological and surgical techniques for managing common injuries to the shoulder and elbow.
- Analyze means to evaluate, diagnose and treat common injuries in the older athlete.

ELEMENTS OF COMPETENCE

This continuing medical education activity has been designed to change learner competence and focuses on the American Board of Medical Specialties areas of medical knowledge, and patient care and procedural skills, in addition to the interprofessional competencies of roles/responsibilities, and teams and teamwork.



2019 SPORTS MEDICINE SYMPOSIUM PROGRAM: THURSDAY, APRIL 25



7:45 AM - 5:00 PM	REGISTRATION DESK OPEN	12:20 PM - 1:20 PM	LUNCH
8:25 AM	WELCOME	1:20 PM - 2:35 PM	SESSION 3: Concussions - Part II Should Tackle Football be Banned? Perspectives from a Sports Medicine Physician and a Medical Ethicist <i>Norm Fost, MD</i> <i>Greg Landry, MD</i> <i>Matt Brown, MD</i>
8:30 AM - 10:45 AM	SESSION 1: The Hip Athletic Pubalgia <i>David Bernhardt, MD</i> When It's Not Just FAI <i>Melissa Fischer, PT</i> Getting the Most Bang for Your Buck: Which Exercises Best Activate the Gluteus Medius and Maximus Muscles <i>Alyson Kelsey, LAT</i> <i>Jill Thein-Nissenbaum, PT</i>	2:35 PM - 2:45 PM	Panel Questions
10:45 AM - 11:00 AM	BREAK	2:45 PM - 5:00 PM	BREAK
11:00 AM - 12:20 PM	SESSION 2: Concussions - Part I Management of Head Injury in Contact Sport-Complicated Cases <i>Michael Moll, LAT</i> The Availability of Athletic Trainers in Secondary Schools: Implications for the Recognition and Management of Sport-Related Concussions <i>Tim McGuine, PhD, LAT</i> Concussion Rehab – An Overview <i>Gary Diny, PT</i> Panel Questions	2:45 PM - 5:00 PM	SESSION 4: Shari Khaja Dorresteijn Lecture Achilles Tendinopathy: Management from Injury to Return to Sport <i>Karin Silbernagel, PT, PhD, ATC</i> Special Considerations for Care of the Master Athlete <i>John Wilson, MD</i> Helping the Athlete Move Through Chronic Pain <i>Joe Tupta, PT</i> Panel Questions
		5:00 PM	ADJOURN FOR THE DAY

2019 SPORTS MEDICINE SYMPOSIUM PROGRAM: FRIDAY, APRIL 26

7:00 AM - 12:30 PM	REGISTRATION DESK OPEN	10:00 AM - 10:20 AM	BREAK
7:00 AM	CONTINENTAL BREAKFAST	10:20 AM – 12:15 AM	SESSION 6: The Upper Extremity
7:25 AM	WELCOME		Shoulder Anatomy: A Cadaver Dissection <i>Craig Akoh, MD</i>
7:30 AM - 8:00 AM	Rehab Considerations for the Tactical Athlete Mike VanVeghel, LAT Brian Bradley, PT		Rehab Considerations for the Laterjet Procedure <i>John Kipp, PT</i>
8:00 AM– 8:20 AM	Quadriceps Rate of Activation, Peak Torque and Rate of Torque Development Deficits in Division 1 Collegiate Athletes Post ACL Reconstruction <i>Keith Knurr, PT</i>		The Failed Rotator Cuff <i>John Orwin, MD</i>
8:20 AM - 10:00 AM	SESSION 5: Advanced Knee Cartilage Management		Operative Treatment of Ulnar Collateral Ligament Injuries: Repair vs Reconstruction <i>Brian Grogan, MD</i>
	Meniscus Root Pathology: A Not-So-Silent Epidemic <i>Brian Walczak, MD</i>		Musculoskeletal Ultrasound of the Shoulder and Elbow: A Diagnostic and Therapeutic Approach <i>Kenneth Lee, MD</i>
	Treatment of OCD in the Knee <i>Pam Lang, MD</i>	12:15 PM– 12:30 PM	Panel Questions
	Biologics for Articular Cartilage Lesions <i>Tamara Scerpella, MD</i>	12:30 PM	ASSESSMENT AND CLOSING COMMENTS
	Conservative Management Options for the Arthritic Knee <i>John Fowler, LAT</i>		ADJOURN FOR THE DAY
	Panel Questions		

SYMPOSIUM FACULTY



GUEST FACULTY

Karin Gravare Silbernagel, PT, ATC, PhD
Associate Professor, Department of Physical Therapy,
University of Delaware

UNIVERSITY OF WISCONSIN AND UW HEALTH SYMPOSIUM FACULTY

* Planning Committee

‡ UW Health Sports Medicine, Madison, WI

Craig Akoh, MD
Sports Medicine Surgical Fellow, Department of Orthopedics and
Rehabilitation, Division of Sports Medicine ‡

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and Orthopedics and Rehabilitation, Division of Sports Medicine; Team
Physician, University of Wisconsin Athletics * ‡

Brian Bradley, PT, MPT, OCS, ATC
Physical Therapist MDT Certified ‡

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Team Physician, University of Wisconsin Athletics * ‡

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Physical Therapist ‡

Gary Diny, PT,
CSCS Physical Therapist ‡

Melissa Fischer, DPT
Physical Therapist ‡

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Professor Emeritus, Department of Pediatrics, Division of General
Pediatrics and Adolescent Medicine

John Fowler, MS, LAT
Licensed Athletic Trainer ‡

Brian Grogan, MD
Assistant Professor, Department of Orthopedics and Rehabilitation,
Division of Sports Medicine ‡

Doug Grovergrys, MPT, LAT, SCS, CSCS
Physical Therapist * ‡

SYMPOSIUM FACULTY

Alyson Kelsey, MEd, LAT, ATC

Assistant Athletic Trainer, University of Wisconsin Athletics

John Kipp, DPT

Physical Therapy Resident ‡

David Knight, MA, LAT, USAW, TPI-MP3J2

Licensed Athletic Trainer; Sports Performance Program Manager * ‡

Keith Knurr, DPT

Physical Therapy Resident ‡

Maria Kostichka, MS, LAT

Licensed Athletic Trainer * ‡

Ken Krogman, MPT, LAT

Physical Therapist, Coordinator of Sports Medicine Education * ‡

Greg Landry, MD

Professor Emeritus, Department of Pediatrics,
Division of General Pediatrics and Adolescent Medicine

Pam Lang, MD

Assistant Professor, Department of Orthopedics and Rehabilitation,
Division of Sports Medicine, Division of Pediatric Orthopedics ‡

Ken Lee, MD

Associate Professor, Department of Radiology ‡

Tim McGuine, PhD, ATC

Senior Scientist, University of Wisconsin School of Medicine
and Public Health ‡

Michael Moll, MEd, LAT

Assistant Athletic Director of Sports Medicine,
University of Wisconsin - Madison

John Orwin, MD, MS

Professor, Department of Orthopedics and Rehabilitation, Division of Sports
Medicine, Team Physician, University of Wisconsin Athletics ‡ *

Tamara Scerpella, MD

Professor, Department of Orthopedics and Rehabilitation; Division
Vice Chairperson Sports Medicine; Ballantine Professor of Orthopedic
Research, Team Physician, University of Wisconsin Athletics, ‡

Marc Sherry, PT, DPT, LAT, CSCS, PES

Manager, Sports Rehabilitation, UW Health at The American Center * ‡

Jill Thein-Nissenbaum, PT, MPT, ATC, DSc, SCS

Associate Professor, Department of Family Medicine and Community
Health; Staff Physical Therapist, University of Wisconsin Athletics

Joe Tupta, PT, OCS

Physical Therapist ‡

Michael VanVeghel, LAT

Licensed Athletic Trainer ‡

Brian Walczak, DO, ATC

Clinical Instructor, Department of Orthopedics and Rehabilitation, Division
of Sports Medicine, Team Physician, University of Wisconsin Athletics ‡

John Wilson, MD

Associate Professor, Department of Orthopedics and Rehabilitation,
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POLICY ON FACULTY AND SPONSOR DISCLOSURE

It is the policy of the University of Wisconsin–Madison Interprofessional Continuing Education Partnership (ICEP) that the faculty, authors, planners, and other persons who may influence content of this continuing education (CE) activity disclose all relevant financial relationships with commercial interests in order to allow CE staff to identify and resolve any potential conflicts of interest. Faculty must also disclose any planned discussion of unlabeled/unapproved uses of drugs or devices during their presentation(s). Detailed disclosures will be made available in the activity handout materials.

GENERAL INFORMATION

THURSDAY, APRIL 25 – FRIDAY, APRIL 26, 2019

MADISON MARRIOTT WEST

1313 John Q. Hammons Dr.
Middleton, WI 53562
(608) 831-2000

CONFERENCE FEES

The conference fee is \$395 for physicians; \$295 for residents/fellows, athletic trainers, physical therapists and other allied health professionals and \$50 for students. The fee includes the cost of tuition, course syllabus, conference completion report, breaks, lunch on Thursday, continental breakfast on Friday, and a nonrefundable processing fee of \$50. We cannot guarantee availability of onsite registration, so please register early.

CANCELLATION AND REFUND POLICY

Requests for cancellation must be submitted in writing to help@icep.wisc.edu. Cancellation requests received at least 96 hours prior to the conference will allow a full refund except for the nonrefundable processing fee. No refunds will be made for cancellations received less than 96 hours prior to the activity start date.

REGISTRATION INFORMATION

- Visit <https://ce.icep.wisc.edu/sports-medicine-2019>
- Select the Register/Enroll Tab
- Select login or register and follow the instructions for UW-Madison NetID login or Visitor account creation/login
- Follow any prompts to complete or update your profile information
- Click the Register tab, select your Eligible Discount and “Add to Cart”
- Select “Checkout” and follow the prompts to pay for the conference

Contact help@icep.wisc.edu if you need assistance.

COURSE SYLLABUS

PLEASE NOTE - PLEASE NOTE - The symposium syllabus will be posted online (information regarding the syllabus will be sent to registered participants at least one week before program). A printed syllabus will NOT be provided for this year's symposium. You will be able to print materials prior to the course should you prefer to bring hard copies. You are encouraged to bring your own device or laptop to the conference to follow along with course presentations. Free Wi-Fi and charging stations will be provided.

PARKING

Free parking is available at the Madison Marriott West.

HOUSING

A block of rooms has been reserved at the Madison Marriott West. A special rate of \$140, plus tax, is available at the Madison Marriott West for this conference. Call (608) 831-2000 or (888) 745-2032. Be sure to mention the seminar name and “Sports Medicine” to receive the special room rate. You may also click on the link below to make reservations online:

[Book your group rate for 41st Annual UW Madison Sports Medicine Symposium](#)

NOTE: The special room rate will be available until 3/27/19, or until the block of rooms is sold out, after which the rooms will be released to the public at the regular rate.

FOR FURTHER INFORMATION

For conference information please contact Cathy Means at the Office of Continuing Professional Development in Medicine and Public Health at email: cathy.means@wisc.edu or Ken Krogman, Sports Medicine Education Coordinator at kkrogman@uwhealth.org.

ACCREDITATION

Accreditation Statement:



In support of improving patient care, the University of Wisconsin–Madison Interprofessional Continuing Education Partnership (ICEP) is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

CREDIT DESIGNATION STATEMENTS

American Medical Association (AMA)

The University of Wisconsin–Madison ICEP designates this live activity for a maximum of 11.75 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



Board of Certification, Inc.: University of Wisconsin Sports Medicine (BOC AP #451) is recognized by the Board of Certification, Inc. to provide continuing education for Certified Athletic Trainers. This program is approved for a maximum of 11.75 EBP hours/CEUs. Certified Athletic Trainers are responsible for claiming only those hours actually spent participating in the continuing education activity.

American Academy of Family Physicians: Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending. Please contact Cathy Means at cathy.means@wisc.edu for further information.

Wisconsin Physical Therapy Association: An application for credit is pending with the Wisconsin Physical Therapy Association. Please contact Cathy Means at cathy.means@wisc.edu for further information.

Continuing Education Units (CEUs) The University of Wisconsin–Madison ICEP, as a member of the University Professional & Continuing Education Association (UPCEA), authorizes this program for 1.175 CEUs or 11.75 hours.

The University of Wisconsin provides equal opportunities in employment and programming, including Title IX requirements.

The University of Wisconsin School of Medicine and Public Health fully complies with the legal requirements of the ADA and the rules and regulations thereof. If any participant in this educational activity is in need of accommodations, please notify Cathy Means at email cathy.means@wisc.edu.