ADVANCED TEAM PHYSICIAN COURSE

DECEMBER 8 – 11, 2016
CORONADO, CALIFORNIA
The Hotel Del Coronado
COURSE DESCRIPTION
The Advanced Team Physician Course is a collaborative effort between ACSM, AMSSM and AOSSM. The live activity is designed to provide up-to-date information on the evaluation and treatment of medical illnesses and musculoskeletal injuries occurring in competitive and recreational athletes. While the emphasis will be on athletes participating in team sports, many topics will be applicable to competitors in individual sports. The live activity format utilizes lectures, case presentations, debates on controversial topics, panel discussions, question and answer sessions and informal discussions with the faculty. Presenters are encouraged to rely on evidence-based medicine where available.

TARGET AUDIENCE
This conference is designed for any team physician, certified athletic trainer, physical therapist or coach concerned with the management or prevention of injuries to the team athlete.

COURSE PLANNING COMMITTEE

ACSM
Mark R. Hutchinson, MD
Constance M. Lebrun, MD

AMSSM
Tracy Ray, MD
Craig C. Young, MD

AOSSM
Elizabeth A. Arendt, MD
(Program Chair)
Stephen F. Brockmeier, MD

SPONSORS
The American College of Sports Medicine, American Medical Society for Sports Medicine and the American Orthopaedic Society for Sports Medicine, gratefully acknowledge the following companies for their support of the 2016 Advanced Team Physician Course:

SonoSite (in-kind)

REGISTRATION HOURS
On-site registration will be located outside of the ballroom. Hours will be as follows:
Thursday, December 8
6:45 am – 5:00 pm
Friday, December 9
7:00 am – 4:45 pm
Saturday, December 10
7:00 am – 12:15 pm
Sunday, December 11
7:00 am – 11:30 am

PARKING
Day Visitor Self-Parking
Discounted to $5 for the first 3 hours with $50 minimum purchase. Thereafter (or without minimum purchase), $30 for the first 2 hours and $10 for each additional hour (maximum $70).

Day Visitor Valet Parking
Discounted to $20 for the first 3 hours with $50 minimum purchase. Thereafter (or without a minimum purchase), $40 for the first 2 hours and $10 for each additional hour (maximum $80).

Overnight guests
$37 for self-parking and $47 for valet services
GENERAL INFORMATION

STATEMENT OF NEED
A need for this live activity has been determined based on identifying professional practice gaps and previous course evaluations. The content of this course was based on current issues and hot topics provided by ACSM, AMSSM and AOSSM membership and leadership.

PROGRAM INFORMATION
ACSM, AMSSM and AOSSM attest that the people responsible for the development of this live activity did so independently and were not influenced by commercial supporters.

COURSE OBJECTIVES
Upon completion of this educational activity, learners should be able to:

- Medically manage issues, including upper respiratory illness and gastro-intestinal complaints for the in-season athlete
- Recognize the history and imaging diagnosis of OCD in various joints, in order to facilitate treatment
- Incorporate new strategies into practice to diagnose and treat refractory foot and ankle issues in athletes in order to ensure appropriate field treatment and referral for possible procedural intervention
- Evaluate ethical issues facing team physicians, including treatment of minors, team physicians crossing state lines, athletic departments employing medical staff including ATCS
- Develop skills to effectively evaluate injuries and their treatment in volleyball
- Consider issues and regulations to safely organize the medical care of athletes for large events
- Discuss the concept of load monitoring and how it can be used to aide in safe treatment of athletes
- Develop skills to effectively evaluate injuries and their treatment in contact sports
- Review the use of ultrasound as a diagnostic and therapeutic tool in the care of athletic musculoskeletal injuries
- Describe the global health legacy of the Olympic games

DISCLAIMER
The material presented in this continuing medical education program is being made available by the AOSSM for educational purposes only. This material is not intended to represent the only methods or procedures appropriate for the medical situation discussed, but rather it is intended to present an approach, view, statement, or opinion of the faculty, which may be helpful to others who face similar situations. Neither the content (whether written or oral) of any course, seminar, or other presentation in the program, nor the use of a specific product in conjunction therewith, nor the exhibition of any materials by any parties coincident with the program should be construed as indicating endorsement or approval of the views presented, the products used, or the materials exhibited by the AOSSM or its Committees, Commissions, or Affiliates. The AOSSM makes no statements, representations, or warranties (whether written or oral) regarding the Food and Drug Administration (FDA) status of any product used or referred to in conjunction with any course, seminar, or other presentation being made available as part of this course. Faculty members shall have sole responsibility to inform attendees of the FDA status of each product that is used in conjunction with any course, seminar, or presentation and whether such use of the product is in compliance with FDA regulations.

DISCLOSURE STATEMENT
In accordance with the guidelines of the ACCME, it is the policy of the AOSSM that faculty and planners disclose to the learners all financial relationships during the past twelve months with any commercial interest (any entity producing, marketing, re-selling, or distributing healthcare goods and services consumed by, or used on, patients). Any and all disclosures will be provided in the final program that is distributed at the meeting. In accordance with AOSSM policy, faculty participation is predicated upon timely submission and review of AOSSM disclosures. Non-compliance results in faculty being stricken from the program.

AMERICANS WITH DISABILITIES ACT
The AOSSM wishes to take those steps to ensure that no individual with a disability is excluded, denied services, segregated, or otherwise treated differently than other individuals because of the absence of auxiliary aids and services. If you require any of the auxiliary aids or services identified in the Americans with Disabilities Act in order to attend this program, please contact AOSSM prior to arrival at info@aossm.org.
GENERAL INFORMATION

CONTINUING MEDICAL EDUCATION CREDITS
The American Orthopaedic Society for Sports Medicine (AOSSM) is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The American Orthopaedic Society for Sports Medicine designates this live activity for a maximum of 22.25 "AMA PRA Category 1 Credits™". Physicians should claim only the credit commensurate with the extent of their participation in the activity.

AAFP CREDITS
This live activity, 2016 Advanced Team Physician Course, has been reviewed and is acceptable for up to 22.25 prescribed credits by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

CONTINUING EDUCATION FOR ATHLETIC TRAINERS
The American Orthopaedic Society for Sports Medicine (AOSSM) is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program is eligible for a maximum of 22.25 Category A hours/CEUs. ATs should claim only those hours actually spent in the educational program. BOC approved provider number: P460

CLAIM CREDITS
Your certificate will be available immediately after the meeting. You can claim your credits by logging into your “MY AOSSM” account under the CME tab.

QUESTIONS / INFORMATION
AOSSM
9400 W. Higgins Rd, Suite 300
Rosemont, IL 60018
Phone: 847/292-4900
Fax: 847/292-4905
Email: info@aossm.org

HANDOUTS
Meeting handouts can be accessed at: www.sportsmed.org/AOSSMIMIS/ATPCMaterials. Faculty submitted their handouts prior to the meeting and you may find some were modified from their on-site presentation.
Elizabeth A. Arendt, MD – Program Chair
Professor Orthopaedic Surgery, Team Physician,
Past Medical Director, University of Minnesota
Intercollegiate Athletics, University of Minnesota,
Minneapolis, Minnesota

Stephen F. Brockmeier, MD
Sports Medicine and Shoulder Surgery,
Associate Professor, Department of Orthopaedic Surgery,
Team Physician, UVA Athletics, Director,
UVA Sports Medicine Fellowship Program,
University of Virginia, Charlottesville, Virginia

Seth C. Gamradt, MD
Associate Clinical Professor of Orthopaedic Surgery at
Keck School of Medicine of USC, Director of Orthopaedic
Athletic Medicine for University of Southern California
Athletics, Team Physician and Director of Orthopaedic
Athletic Medicine for the USC Trojans, former Team
Physician for United States Women’s Soccer and UCLA,
Los Angeles, California

Jonathan S. Halperin, MD, FABPMR
DipSportMedCASEM, Chief: Physical Medicine and
Rehabilitation, Sharp Rees-Stealy Medical Group,
San Diego CA, Chair: Joint Commission on Sports
Medicine and Science, Team Physician: Canadian National
Alpine Ski Team, San Diego, California

Mark R. Hutchinson, MD
Professor of Orthopaedics and Sports Medicine,
Head Team Physician, University of Illinois at Chicago,
Chicago, Illinois

Constance M. Lebrun, MD
Professor and Director Enhanced Skills Residency
Programs, Department of Family Medicine,
Faculty of Medicine & Dentistry, University of Alberta,
Glen Sather Sports Medicine Clinic, Kaye Edmonton Clinic,
Edmonton, Alberta, Canada

Bill Moreau DC, DACBSP
United States Olympic Committee Managing Director,
Sports Medicine Division. Chief Medical Officer Team USA
Rio 2016 Summer Olympic Games,
Colorado Springs, Colorado

Frank A. Petrigliano, MD
Associate Professor-in-Residence, UCLA Department of
Orthopaedic Surgery, Team Physician – UCLA Athletics,
Santa Monica, California

Tracy Ray, MD
Associate Professor, Director, Sports Medicine/Primary
Care, Director, Primary Care Sports Medicine Fellowship
Program, Team Physician, Duke University,
Durham, North Carolina

E. Lee Rice, DO, FAAFP, FAOASM, FACSM
Associate Clinical Professor at the University of California,
San Diego, School of Medicine, and Clinical Professor at
Western University of Health Sciences, Co-founder and
Past President of the first organization of primary care
sports medicine specialists in the United States, the
American Medical Society for Sports Medicine, Served as
Team Physician for many professional, Olympic and
University teams including the San Diego Chargers (NFL),
San Diego Clippers (NBA), San Diego Gulls (ECHL),
San Diego Sockers (MISL), San Diego Spirit (WUSA) and
San Diego State University, San Diego, California

Kenneth S. Taylor, MD
Primary Care and Sports Medicine Physician, Professor of
Family Medicine and Public Health, Team Physician for the
and Head Team Physician for UC San Diego Intercollegiate
and club athletics, Medical Director for the International
Surfing Association, Director of the Primary Care Sports
Medicine Fellowship at UC San Diego School of Medicine,
San Diego, California

John T. Wendt, JD, MA
Professor of Ethics and Business Law,
University of St. Thomas (Minnesota), Member,
Court of Arbitration for Sport (Lausanne),
Minneapolis, Minnesota

Craig C. Young, MD
Professor, Orthopaedic Surgery and Family Medicine,
Medical College of Wisconsin, Team Physician,
Milwaukee Brewers, Milwaukee Ballet, Milwaukee Bucks,
Milwaukee, Wisconsin
<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Presenter(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00am–8:00am</td>
<td><strong>BREAKFAST / MAIN SESSION</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Ballroom (Lobby Level)</strong></td>
<td></td>
</tr>
<tr>
<td>8:00am–8:15am</td>
<td>Welcome</td>
<td>Elizabeth A. Arendt, MD</td>
</tr>
<tr>
<td>8:15am–10:30am</td>
<td>Olympics Medical Care</td>
<td>Mark R. Hutchinson, MD, Bill Moreau, DC, DACBSP, CSCS, Constance M. Lebrun, MD</td>
</tr>
<tr>
<td></td>
<td>• Preparing the Medical Team for the Olympic Games</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Bill Moreau, DC, DACBSP, CSCS</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• From Olympian to Olympic Doc: A Canadian Perspective</td>
<td>Constance M. Lebrun, MD</td>
</tr>
<tr>
<td></td>
<td>• Review of Rio Olympics: What Did We Learn?</td>
<td>Mark R. Hutchinson, MD, Bill Moreau, DC, DACBSP, CSCS</td>
</tr>
<tr>
<td></td>
<td>• Global Health Legacy of the Olympic Games</td>
<td>E. Lee Rice, DO, FAAFP, FAOASM, FACSM</td>
</tr>
<tr>
<td></td>
<td>• Pathways to the Olympic Games</td>
<td>Mark R. Hutchinson, MD</td>
</tr>
<tr>
<td></td>
<td>• Round Table Discussion/Olympic Moments &amp; Difficult Decisions</td>
<td></td>
</tr>
<tr>
<td>10:30am–10:40am</td>
<td>Question &amp; Answer</td>
<td></td>
</tr>
<tr>
<td>10:40am–11:00am</td>
<td><strong>BREAK</strong></td>
<td></td>
</tr>
<tr>
<td>11:00am–11:45am</td>
<td>Keynote Address</td>
<td>Bill Moreau, DC, DACBSP, CSCS</td>
</tr>
<tr>
<td></td>
<td>The Making of an Olympic Champion, the Difference of a Heartbeat</td>
<td></td>
</tr>
<tr>
<td>11:45am–12:00pm</td>
<td>Question &amp; Answer</td>
<td></td>
</tr>
<tr>
<td>12:00pm–1:00pm</td>
<td><strong>LUNCH (on your own)</strong></td>
<td></td>
</tr>
<tr>
<td>1:00pm–2:30pm</td>
<td>Volleyball</td>
<td>Seth C. Gamradt, MD, Tracy Ray, MD</td>
</tr>
<tr>
<td></td>
<td>• Shoulder Issues in the Overhead Athlete</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Seth C. Gamradt, MD</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Knee Overuse Injuries—Cure or Prevention?</td>
<td>Elizabeth A. Arendt, MD</td>
</tr>
<tr>
<td></td>
<td>• Low Back Issues</td>
<td>Constance M. Lebrun, MD</td>
</tr>
<tr>
<td></td>
<td>• Will Beach Volleyball Change the Game? Is This a Good Thing?</td>
<td>E. Lee Rice, DO, FAAFP, FAOASM, FACSM</td>
</tr>
<tr>
<td>2:30pm–2:40pm</td>
<td>Question &amp; Answer</td>
<td></td>
</tr>
<tr>
<td>2:40pm–3:00pm</td>
<td><strong>BREAK</strong></td>
<td></td>
</tr>
<tr>
<td>3:00pm–5:00pm</td>
<td>Contact Sports</td>
<td>Stephen F. Brockmeier, MD, Frank A. Petrigliano, MD, Seth C. Gamradt, MD, Tracy Ray, MD</td>
</tr>
<tr>
<td></td>
<td>Moderator:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Stephen F. Brockmeier, MD</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Management of Shoulder Instability in the Contact Athlete</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Stephen F. Brockmeier, MD</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Panel: Clavicle Injuries in Contact Athletes—Both Ends and the Middle</td>
<td>Frank A. Petrigliano, MD, Seth C. Gamradt, MD, Tracy Ray, MD</td>
</tr>
<tr>
<td></td>
<td>• Cervical Spine Injuries and Stingers: Management Update in 2016</td>
<td>Frank A. Petrigliano, MD</td>
</tr>
<tr>
<td></td>
<td>• Genitourinary Trauma in the Contact Athlete</td>
<td>Tracy Ray, MD</td>
</tr>
<tr>
<td></td>
<td>• Hamstring Injuries: How to Manage, When to Operate, and How to Get Them</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Back to Sports and Avoid Re-Injury</td>
<td>Seth C. Gamradt, MD</td>
</tr>
</tbody>
</table>
FRIDAY, DECEMBER 9, 2016

7:00am–8:00am BREAKFAST / MAIN SESSION
Ballroom (Lobby Level)

8:00am – 10:00am Legal Aspects of Sports
Elizabeth A. Arendt, MD
John T. Wendt, JD, MA
• Group Discussions: Case Format
• Legal Issues and Dilemmas
  John T. Wendt, JD, MA

10:00am – 10:10am Question & Answer

10:10am – 10:30am BREAK

10:30am – 12:00pm Clinical Management Decision-Making
(combined faculty)
Case format
This session will discuss how
treatment decisions may change
based on sex, age, sport
and injury details.

12:00pm – 1:00pm LUNCH (on your own)

1:00pm – 3:00pm Breakout Sessions
Breakout Session A
(Orthopaedic-based)
Garden Room (Lobby Level)
Ortho: Case-based Problems
of the Shoulder/Knee/Patellofemoral

Breakout Session B
(Primary Care-based)
Ballroom (Lobby Level)
Pearls of a Team Physician

3:00pm – 3:10pm Question & Answer

3:10pm – 3:30pm BREAK

3:30pm – 5:00pm In-season Management of Medical Issues
Moderator: Tracy Ray, MD
• Mononucleosis
  Tracy Ray, MD
• Flu and Upper Respiratory Infections
  E. Lee Rice, DO, FAAFP,
  FAOASM, FACSM
• Pregnancy
  Constance M. Lebrun, MD
• Gastrointestinal Illness
  Craig C. Young, MD
• Exercise Associated Collapse
  Kenneth Taylor, MD
• Question & Answer

SATURDAY, DECEMBER 10, 2016

7:00am – 8:00am BREAKFAST / MAIN SESSION
Ballroom (Lobby Level)

8:00am – 9:30am Osteochondritis Dissecans
Case-based
Moderator: Elizabeth A. Arendt, MD
• Elbow
  Mark R. Hutchinson, MD
• Talus
  Constance M. Lebrun, MD
• Knee (TF)
  Stephen F. Brockmeier, MD
• Patellofemoral Joint
  Elizabeth A. Arendt, MD

9:30am – 10:45am Refractory Foot & Ankle Issues
Moderator: Craig C. Young, MD
• Plantar Fasciitis
  Craig C. Young, MD
• Sever’s Disease
  Tracy Ray, MD
• Sesamoid Problems
  Constance M. Lebrun, MD
• Achilles Tendinitis
  Mark R. Hutchinson, MD
• Ankle Impingement
  Craig C. Young, MD
• Turf Toe
  Stephen F. Brockmeier, MD

10:45am – 11:00am BREAK

11:00am – 11:30am • Ethics of Colleges Employing MDs
  and ATCs
• Update of Team Physicians
  Crossing State Line
  Tracy Ray, MD
  John T. Wendt, JD, MA

11:30am – 12:00pm Keynote Address
Legal Issues in Sports Medicine:
Things We Should Know but Are
Rarely Discussed
John T. Wendt, JD, MA

12:00pm – 12:15pm Question & Answer
**SUNDAY, DECEMBER 11, 2016**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00am–7:30am</td>
<td><strong>BREAKFAST / MAIN SESSION</strong>&lt;br&gt;Ballroom (Lobby Level)</td>
</tr>
</tbody>
</table>
| 7:30am–9:00am| Load Monitoring<br>*Moderator: Elizabeth A. Arendt, MD*<br>• Review of the Concepts *Elizabeth A. Arendt, MD*
• Update on the IOC Position Paper *Mark R. Hutchinson, MD*
• What are We Doing on the Pro Level *Craig C. Young, MD*
• What are We Doing on the College Level *Stephen F. Brockmeier, MD*
| 9:00am–9:15am| **BREAK**                                         |
| 9:15am–11:15am| Ultrasound<br>*Jonathan S. Halperin, MD, FABPMR*<br>• Overview of MSK Scanning of Tendinopathy<br>• Overview of Shoulder Ultrasound Scanning Technique<br>• Overview of Hip Ultrasound Scanning Technique<br>• Overview of Knee, Foot and Ankle Scanning Techniques<br>• Ultrasound Demonstrations include Shoulder Exam, Hip Exam and Knee/Ankle Exam<br>• Question & Answer |
| 11:15am–11:30am| Wrap-up/Question & Answer<br>*Elizabeth A. Arendt, MD* |
## DISCLOSURES

### 2016 Advanced Team Physician Course

**December 8 – 11, 2016**

**Faculty/Planner DISCLOSURE DECLARATION**

In accordance with the standards of the Accreditation Council for Continuing Medical Education (ACCME) it is the policy of The American Orthopaedic Society for Sports Medicine that faculty and planners disclose to the learners all financial relationships during the past twelve months with any commercial interest. (A ‘commercial interest’ is any entity producing, marketing, re-selling, or distributing health care goods or services consumed by, or used on, patients.) Any and all disclosures are provided in this program that is distributed at the meeting to all program participants. In accordance with AOSSM policy, faculty participation in this educational activity will be predicated upon timely submission and review of AOSSM disclosure. Non-compliance will result in a faculty member being stricken from the program.

### Elizabeth A. Arendt, MD

- Smith & Nephew: Paid Consultant
- American Journal of Sports Medicine Board: Editorial / Governing Board
- British Journal of Sports Medicine: Editorial / Governing Board
- Knee Surgery, Sports Traumatology, Arthroscopy: Editorial / Governing Board
- Orthopedics Today: Editorial / Governing Board
- Sports Medicine & Arthroscopy Review: Editorial / Governing Board
- American Orthopaedic Society for Sports Medicine: Board / Committee
- International Society of Arthroscopy, Knee Surgery, and Orthopaedic Sports Medicine: Board / Committee

### Stephen F. Brockmeier, MD

- Arthrex, Inc: Speakers Bureau / Paid
- Biomet: Speakers Bureau / Paid
- DePuy, A Johnson & Johnson Company: Speakers Bureau / Paid
- Biomet: Paid Consultant
- MicroAire Surgical Instruments LLC: Paid Consultant
- Arthrex, Inc: Research Support
- Biomet: Research Support
- Tornier: Research Support
- Springer: Publishing Relationship
- Techniques in Shoulder and Elbow Surgery: Editorial / Governing Board
- American Orthopaedic Society for Sports Medicine: Board / Committee
- International Society of Arthroscopy, Knee Surgery, and Orthopaedic Sports Medicine: Board / Committee

### Seth C. Gamradt, MD

- Arthrex, Inc: Speakers Bureau / Paid
- Biomet: Speakers Bureau / Paid
- Biomet: Paid Consultant
- Techniques in Shoulder and Elbow Surgery: Editorial / Governing Board

### Jonathan Halperin, MD

- Breg, Inc.: Speakers Bureau / Paid Consultant
- Terason: Paid Consultant
## DISCLOSURES (CONTINUED)

### Mark R. Hutchinson, MD
- American Journal of Sports Med
- British Journal of Sports Med
- Physician & Sports Medicine
- AAOS
- American Board of Orthopaedic Surgery, Inc.
- American College of Sports Medicine
- American Orthopaedic Society for Sports Medicine
- Arthroscopy Association of North America

### Constance M. Lebrun, MD
- Pendopharm—member of Monovisc Advisory Board
- Physician & Sports Medicine, Clinical Journal of Sport Medicine
- American College of Sports Medicine—member of Olympic and Paralympic Sports Medicine Issues
- Advanced Team Physician Course Planning Committee
- Canadian Academy of Sport and Exercise Medicine—member of Women’s Issues in Sport Medicine Committee, Team Physician Committee

### Bill Moreau, DC, DACBSP, CSCS
- Nothing To Disclose

### Frank A. Petrigliano, MD
- Biomet
- Musculoskeletal Transplant Foundation

### Tracy Ray, MD
- American College of Sports Medicine

### E. Lee Rice, DO, FAAFP, FAOASM
- Nothing To Disclose

### Kenneth Taylor, MD
- Nothing To Disclose

### John T. Wendt, JD, MA
- Nothing To Disclose

### Craig C. Young, MD
- Saunders/Mosby-Elsevier -Royalties from Netter’s Sports Medicine Textbook
- Clinical Journal of Sports Medicine, eMedicine Sports Medicine Section
- AMSSM Foundation