2019 FOOTBALL SPORTS MEDICINE YOUTH TO THE NFL
Omni Nashville Hotel | Nashville, TN
March 29–31

sportsmed.org

FINAL PROGRAM
COURSE DESCRIPTION
This conference is designed to provide the most up-to-date solutions for areas of concern or controversy in the management of football athletes in a team sport setting. Speakers have been selected to provide presentations on various medical and legal topics. The American Orthopaedic Society for Sports Medicine (AOSSM) and the National Football League Physicians Society (NFLPS) believe these insights will provide guidance for the management of similar problems in competitive and recreational settings.

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

- Analyze epidemiological trends in football injuries for professional, collegiate and youth football players
- Integrate prevention strategies with their health care team(s) to improve musculoskeletal and medical health for professional, collegiate and youth football players
- Implement an effective evaluation algorithm for musculoskeletal and medical conditions afflicting football players
- Assess and apply surgical and non-surgical treatment recommendations and rehabilitation protocols for the management of essential musculoskeletal and medical conditions in football
- Implement strategies to institutionalize enhanced collaboration between allied health personnel and team physicians as they care for football athletes
- Analyze treatment options for a wide range of injuries
- Diagnose and rehabilitate common injuries and conditions

CO-CHAIRS
James Kinderknecht MD
Hospital for Special Surgery, New York, NY

James E. Voos MD
University Hospitals Cleveland Medical Center
Cleveland, OH

FACULTY
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Andrews Institute for Orthopaedics & Sports Medicine
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Kerlan-Jobe Orthopaedic Clinic, Los Angeles, CA

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University of Michigan, Ann Arbor, MI

Richard M. Burkholder MS, ATC
Kansas City Chiefs, Kansas City, MO

T. Pepper Burruss PT, ATC
Green Bay Packers, Green Bay, WI

J.W. Thomas Byrd MD
Nashville Sports Medicine Foundation, Nashville, TN

Javier Cardenas MD
Dignity Health, Phoenix, AZ

Anthony Casolaro MD
Head Team Physician/Medicine
Washington Redskins, Mclean, VA

Patrick M. Connor MD
Ortho Carolina, Charlotte, NC

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The Carrell Clinic, Dallas, TX
Sean A. Cupp MD  
University Hospitals Cleveland Medical Center  
Cleveland, OH

Leigh Ann Curl MD  
MedStar Harbor Sports Medicine and Shoulder Surgery  
Baltimore, MD

Christopher C. Dodson MD  
Rothman Institute, Philadelphia, PA

Andrew B. Dossett MD  
The Carrell Clinic, Dallas, TX

Peter Draovitch PT, MS, ATC, CSCS, SCS  
Hospital for Special Surgery, New York, NY

Robert W. Fowler MD  
Fowler Sports Medicine, Grapevine, TX

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Northwell Health, New York, NY

Robert A. Heyer MD  
Carolinas Medical Center, Charlotte, NC

Thomas Hunkele ATC  
Minnesota Vikings, Eden Prairie, MN

Christopher C. Kaeding MD  
The Ohio State University, Columbus, OH

Simon Kemp MD  
The Rugby Football Union, Twickenham, UK

Michael Krueger EdS, CMAA  
Director Coaching, USA Football  
Indianapolis, IN

Walter R. Lowe MD  
The University of Texas McGovern Medical School  
at Houston, Houston, TX

Damion Martins MD  
Morristown Medical Center Atlantic Sports Health  
Morristown, NJ

Craig S. Mauro MD  
University of Pittsburgh Medical Center, Pittsburgh, PA

Kirk A. McCullough MD  
Orthopaedic and Sports Medicine Clinic of Kansas City  
Overland Park, KS

Joshua D. Metzl MD  
Steadman Hawkins Clinic – Denver  
Greenwood Village, CO

William C. Meyers MD  
Vincera Core Physicians, Philadelphia, PA

John Parsons PhD  
National Collegiate Athletic Association  
Indianapolis, IN

Roland Ramirez ATC  
Houston Texans, Houston, TX

Scott A. Rodeo MD  
Hospital for Special Surgery, New York, NY

Michael J. Salata MD  
University Hospitals Case Medical Center, Cleveland, OH

Joe Sheehan ATC  
Cleveland Browns, Berea, OH

Steven S. Shin MD  
Kerlan Jobe Orthopaedic Clinic, Los Angeles, CA

Allen K. Sills MD, FACS  
Chief Medical Officer, National Football League  
Professor of Neurosurgery, Vanderbilt University  
Medical Center, Franklin, TN

Anthony Trem PT, DPT, SCS  
Cleveland Browns, Cleveland, OH

Andre Tucker ATC, CSCS, NASM-PES  
Chicago Bears, Chicago, IL

Andrew M. Tucker MD  
Union Memorial Sports Medicine, Lutherville, MD

Todd Toriscelli ATC  
Tennessee Titans, Nashville, TN

Joseph J. Van Allen MS, PT, SCS, ATC  
New England Patriots, Foxborough, MA

K. Durham Weeks III, MD  
OrthoCarolina, Charlotte, NC

Amy Weiss  
Weiss Public Affairs, Washington, DC

Leigh J. Weiss MS, ATC  
New York Giants, East Rutherford, NJ

Robin Vereeke West, MD  
Inova Sports Medicine, Great Falls, VA

Andrew A. Willis MD  
Tri-County Orthopedics, Madison, NJ

Gautam Yagnik MD  
UHZ Sports Medicine Institute, Miami, FL
## FRIDAY  |  MARCH 29, 2019

### CONTINENTAL BREAKFAST AVAILABLE
**Location:** Legends Ballroom A-D  
7:55 am – 8:00 am  **Welcome**  
James E. Voos MD  
James Kinderknecht MD

### INJURY SURVEILLANCE
8:00 am – 8:45 am  **Moderator:** James Kinderknecht MD  
8:00 am – 8:10 am  **NFL Injury Tracking / EMR**  
Leigh J. Weiss MS ATC  
8:10 am – 8:20 am  **NFL Injury Statistics**  
Elliott B. Hershman MD  
8:20 am – 8:30 am  **High School and College Injury Rates**  
John Parsons PhD  
8:30 am – 8:45 am  **Q & A**

### IN-SEASON SURGERY
8:45 am – 10:00 am  **Moderator:** James E. Voos MD  
8:45 am – 9:00 am  **Clavicle Fractures**  
Patrick M. Connor MD  
9:00 am – 9:15 am  **Meniscus Tears / Chondral Lesions**  
Christopher A. Kaeding MD  
9:15 am – 9:30 am  **Ankle Syndesmosis**  
Kirk A. McCullough MD  
9:30 am – 9:45 am  **Hand Fractures and Ligament Injury**  
Andrew Willis MD  
9:45 am – 10:00 am  **Q & A**  
10:00 am – 10:20 am  **Break**

### SIDELINE EMERGENCIES
10:20 am – 11:15 am  **Moderator:** Anthony Casolaro MD  
10:20 am – 10:35 am  **Traumatic Collapse: Motionless Player – What Do I Do?**  
Todd Toriscelli ATC  
10:35 am – 10:50 am  **Non-traumatic Collapse: Emergency Action Plan in Action**  
Andrew M. Tucker MD  
10:50 am – 11:00 am  **Heat Illness**  
Damion Martins MD  
11:00 am – 11:15 am  **Q & A**

### ORTHOPAEDIC EMERGENCIES
11:15 am – 1:00 pm  **Moderator:** Gautam Yagnik MD  
11:15 am – 11:30 am  **Joint Dislocations, Fractures, Compartment Syndrome**  
Leigh Ann Curl MD  
11:30 am – 11:45 am  **Spinal Trauma**  
Andrew B. Dossett MD  
11:45 am – 12:00 pm  **Q & A**  
12:00 pm – 12:45 pm  **Keynote Speaker: Why Are There Team Medical Personnel?**  
Allen K. Sills MD  
12:45 pm – 2:00 pm  **LUNCH**  
**Location:** Legends Ballroom E-G

### SHOULDER INJURIES
2:00 pm – 2:55 pm  **Moderator:** Leigh Ann Curl MD  
2:00 pm – 2:10 pm  **Anterior Shoulder Instability**  
Michael B. Banffy MD  
2:10 pm – 2:20 pm  **Posterior Shoulder Instability**  
Asheesh Bedi MD  
2:20 pm – 2:30 pm  **AC Joint Injuries**  
Christopher C. Dodson MD  
2:30 pm – 2:40 pm  **Rehabilitation – Return to Play**  
Joseph J. Van Allen MS, PT, SCS, ATC  
2:40 pm – 2:55 pm  **Q & A**

### KNEE INJURIES
2:55 pm – 3:50 pm  **Moderator:** Michael B. Banffy MD  
2:55 pm – 3:05 pm  **ACL**  
James E. Voos MD  
3:05 pm – 3:15 pm  **PCL**  
Daniel E. Cooper MD  
3:15 pm – 3:25 pm  **Collaterals**  
Robin Veerke West MD  
3:25 pm – 3:35 pm  **Meniscus**  
Walter R. Lowe MD  
3:35 pm – 3:50 pm  **Q & A**  
3:50 pm – 4:20 pm  **Break**
# Future Advances in the Care of Football Players: What's on the Horizon

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Moderator/Presenter</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:20 pm – 5:05 pm</td>
<td>Moderator: James E. Voos MD</td>
<td></td>
</tr>
<tr>
<td>4:20 pm – 4:30 pm</td>
<td>Wearable Technology</td>
<td>Joe Sheehan ATC</td>
</tr>
<tr>
<td>4:30 pm – 4:40 pm</td>
<td>Training Room Modalities (Cryo, Cupping, etc.)</td>
<td>Richard M. Burkholder MS, ATC</td>
</tr>
<tr>
<td>4:40 pm – 4:50 pm</td>
<td>Shoe Design and Playing Surface</td>
<td>Robert B. Anderson MD</td>
</tr>
<tr>
<td>4:50 pm – 5:05 pm</td>
<td>Q &amp; A</td>
<td></td>
</tr>
</tbody>
</table>

Adjourn – Day 1

# Continental Breakfast Available

Location: Legends Ballroom A-D

## Hand and Wrist

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Moderator/Presenter</th>
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</thead>
<tbody>
<tr>
<td>8:00 am – 8:50 am</td>
<td>Moderator: Michael B. Banffy MD</td>
<td></td>
</tr>
<tr>
<td>8:00 am – 8:15 am</td>
<td>Elbow Injuries in Throwers</td>
<td>James R. Andrews MD</td>
</tr>
<tr>
<td>8:15 am – 8:30 am</td>
<td>Hand / Wrist Injuries</td>
<td>Steven S. Shin MD</td>
</tr>
<tr>
<td>8:30 am – 8:40 am</td>
<td>Rehabilitation – Return to Play</td>
<td>Thomas Hunkele ATC</td>
</tr>
<tr>
<td>8:40 am – 8:50 am</td>
<td>Q &amp; A</td>
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</tbody>
</table>

## Hip and Pelvis

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Moderator: K. Durham Weeks III, MD</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:50 am – 9:45 am</td>
<td>Moderator: J.W. Thomas Byrd MD</td>
<td></td>
</tr>
<tr>
<td>8:50 am – 9:00 am</td>
<td>Hip Pain in the Athlete</td>
<td>J.W. Thomas Byrd MD</td>
</tr>
<tr>
<td>9:00 am – 9:10 am</td>
<td>FAI and Labral Repair</td>
<td>Michael Salata MD</td>
</tr>
<tr>
<td>9:10 am – 9:20 am</td>
<td>Hip Instability and Dysplasia</td>
<td>Asheesh Bedi MD</td>
</tr>
<tr>
<td>9:20 am – 9:35 am</td>
<td>Rehabilitation – Return to Play</td>
<td>Peter Draovitch PT, MS, ATC, CSCS, SCS</td>
</tr>
<tr>
<td>9:35 am – 9:45 am</td>
<td>Q &amp; A</td>
<td></td>
</tr>
<tr>
<td>9:45 am – 10:00 am</td>
<td>Break</td>
<td></td>
</tr>
</tbody>
</table>
BREAK OUT SESSIONS

NFL Concussion Assessment
Location: Legends Ballroom
Sean A. Cupp MD
Robert W. Fowler MD
Damion Martins MD

Rotation 2
1:25 pm – 1:45 pm

Hip / Pelvis
Location: Music Row 3
Michael J. Salata MD
K. Durham Weeks III, MD

Foot / Ankle
Location: Music Row 4
Kirk A. McCullough MD
Joshua D. Metzl MD

NFL Concussion Assessment
Location: Legends Ballroom
Sean A. Cupp MD
Robert W. Fowler MD
Damion Martins MD

Rotation 3
1:50 pm – 2:10 pm

Joint Reductions
Location: Music Row 3
Christopher C. Dodson MD
Robin Vereeke West MD

Hand and Wrist
Location: Music Row 4
Andrew A. Willis MD
Steven S. Shin MD

Helmet & Shoulder Pad Removal
Location: Legends Ballroom
T. Pepper Burruss PT, ATC
Andre Tucker ATC, CSCS, NASM-PES

Rotation 4
2:15 pm – 2:35 pm

Joint Reductions
Location: Music Row 3
Christopher C. Dodson MD
Robin Vereeke West MD

Hand and Wrist
Location: Music Row 4
Andrew A. Willis MD
Steven S. Shin MD

Helmet & Shoulder Pad Removal
Location: Legends Ballroom
T. Pepper Burruss PT, ATC
Andre Tucker ATC, CSCS, NASM-PES

INFECTIOUS DISEASE

2:40 pm – 3:40 pm  Moderator: James Kinderknecht MD
2:40 pm – 2:55 pm  Skin Infections
Andrew M. Tucker MD
2:55 pm – 3:10 pm  Upper Respiratory Illness—“I Need a Zpak”
Anthony Casolaro MD
3:10 pm – 3:25 pm  GI Illness
Sean A. Cupp MD
3:25 pm – 3:40 pm  Q & A
3:40 pm – 4:00 pm  Break

CORE MUSCLE INJURY

4:00 pm – 5:00 pm  Moderator: Joe Sheehan ATC
4:00 pm – 4:15 pm  Core Muscle Surgery
William C. Meyers MD
4:15 pm – 4:30 pm  Pubic Symphysis
Craig S. Mauro MD
4:30 pm – 4:45 pm  Rehabilitation—Return to Play
Roland Ramirez ATC
4:45 pm – 5:00 pm  Q & A

Adjourn—Day 2
### CONCUSSION—EMERGING EVALUATION TOOLS

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Presenter(s)</th>
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</thead>
</table>
| 8:00 am – 9:00 am | Moderator: Leigh Weiss MS, ATC  
Imaging, Biomarker, Eye Tracking | Javier Cardenas MD                                   |
| 8:00 am – 8:15 am | Rugby Experience: Video Monitoring  
Helmet Design (Clinical Flair) | Simon Kemp MD  
Javier Cardenas MD |
| 8:15 am – 8:30 am |    |                                                                 |
| 8:30 am – 8:45 am |    |                                                                 |
| 8:45 am – 9:00 am | Q & A |                                                                 |
| 9:00 am – 9:15 am | Break |                                                                 |

### DEALING WITH PEOPLE OUTSIDE OF MEDICINE

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Presenter(s)</th>
</tr>
</thead>
</table>
| 9:15 am – 10:15 am | Moderator: James E. Voos MD  
Medicolegal Considerations in the NFL | Patrick M. Connor MD  
Amy Weiss |
| 9:15 am – 9:30 am | How Do I Handle the Media? | Amy Weiss |
| 9:30 am – 9:45 am | Re-imagining the Game: The Football Development Model | Michael Krueger EdS, CMAA |
| 10:00 am – 10:15 am | Q & A |                                                                 |

### BIOLOGIC TREATMENTS

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Presenter(s)</th>
</tr>
</thead>
</table>
| 10:15 am – 11:15 am | Moderator: Michael J. Salata MD  
Non-Biologics | Asheesh Bedi MD |
| 10:15 am – 10:30 am | Stem Cells / PRP | Scott A. Rodeo MD  
Cartilage Restoration | Walter R. Lowe MD |
| 10:30 am – 10:45 am | Cartilage Restoration | Walter R. Lowe MD |
| 10:45 am – 11:00 am | Cartilage Restoration | Walter R. Lowe MD |
| 11:00 am – 11:15 am | Q & A |                                                                 |

*Adjourn—Day 3*
REGISTRATION HOURS

Every meeting attendee must present photo identification to pick up registration materials.

On-site registration hours will be as follows:

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday</td>
<td>7:00 am – 5:15 pm</td>
</tr>
<tr>
<td>Saturday</td>
<td>7:30 am – 5:00 pm</td>
</tr>
<tr>
<td>Sunday</td>
<td>7:30 am – 11:15 am</td>
</tr>
</tbody>
</table>

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.

GENERAL INFORMATION

WIRELESS DETAILS

Wireless is available throughout the meeting space. Please use:

Network: OmniMeeting
Password: NFL2019 (Case Sensitive)

COMPLIMENTARY MEALS

Continental breakfast will be provided each day before the beginning of the course. Complimentary lunch will be offered on Friday.

EXHIBITS

Exhibits will be on display on Friday and Saturday to complement the educational sessions.

PROGRAM

AOSSM attests that the people responsible for the development of this live activity did so independently and were not influenced by commercial supporters.

CONTINUING MEDICAL EDUCATION CREDIT

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.

AOSSM designates this live activity for a maximum of 18.25 AMA PRA Category 1 Credits™. 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) (BOC AP#: P460) is approved by the Board of Certification, Inc. to provide continuing education for Athletic Trainers.

This program is eligible for a maximum of 18.25 Evidence-Based Practice Category hours / CEUs. ATs should claim only those hours actually spent in the educational program.
DISCLOSURE STATEMENT
In accordance with the guidelines 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 (any entity producing, marketing, re-selling, or distributing health care 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 to program participants. 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@aossms.org.
2019 Football Sports Medicine: Youth to the NFL
March 29, 2019

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 policy. Non-compliance will result in a faculty member being stricken from the program.

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J. W. Thomas Byrd MD

Javier Cardenas MD

Nothing To Disclose

Nothing To Disclose

Nothing To Disclose

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Nothing To Disclose

Nothing To Disclose

Nothing To Disclose

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Smith & Nephew

Springer

Arthroscopy Association of North America

American Orthopaedic Society for Sports Medicine

International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine

NFL Unaffiliated Neurotrauma Consultant

American Academy of Neurology

Nothing To Disclose

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Lima

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John Parsons, PhD
Nothing To Disclose

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National Football League (NFL)
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Todd Toriscelli, MS, ATC
Nothing To Disclose

Anthony Trem, PT, DPT, SCS
Nothing To Disclose

Andre Tucker, ATC, CSCS, NASM-PES
Nothing To Disclose

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