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

sportmed.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

Robert B. Anderson MD
Bellin Health Titletown Sports Medicine and Orthopedics
Green Bay, WI

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Andrews Institute for Orthopaedics & Sports Medicine
Gulf Breeze, FL

Michael B. Banffy MD
Kerlan-Jobe Orthopaedic Clinic, Los Angeles, CA

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New York Giants, East Rutherford, NJ

Asheesh Bedi MD
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

Daniel E. Cooper MD
The Carrell Clinic, Dallas, TX
FACULTY CONTINUED

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

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

Elliott B. Hershman MD
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

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
</table>
| 7:55 am – 8:00 am | Welcome  
James E. Voos MD  
James Kinderknecht MD |

### INJURY SURVEILLANCE

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
</table>
| 8:00 am – 8:45 am | Moderator: James Kinderknecht MD  
NFL Injury Tracking / EMR  
Leigh J. Weiss MS ATC |
| 8:45 am – 9:00 am | NFL Injury Statistics  
Elliott B. Hershman MD |
| 9:00 am – 9:15 am | High School and College Injury Rates  
John Parsons PhD |
| 9:15 am – 9:45 am | Q & A |

### IN-SEASON SURGERY

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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</thead>
</table>
| 8:45 am – 10:00 am | Moderator: James E. Voos MD  
Clavicle Fractures  
Patrick M. Connor MD |
| 9:00 am – 9:15 am | Meniscus Tears / Chondral Lesions  
Christopher A. Kaeding MD |
| 9:15 am – 9:45 am | Ankle Syndesmosis  
Kirk A. McCullough MD |
| 9:45 am – 10:00 am | Hand Fractures and Ligament Injury  
Andrew Willis MD |
| 10:00 am – 10:20 am | Break |

### SIDELINE EMERGENCIES

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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</table>
| 10:20 am – 11:15 am | Moderator: Anthony Casolaro MD  
Traumatic Collapse: Motionless Player – What Do I Do?  
Todd Toriscelli ATC |
| 10:20 am – 10:35 am | Non-traumatic Collapse: Emergency Action Plan in Action  
Andrew M. Tucker MD |
| 10:35 am – 10:50 am | Heat Illness  
Damion Martins MD |
| 11:00 am – 11:15 am | Q & A |

### ORTHOPAEDIC EMERGENCIES

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
</table>
| 11:15 am – 1:00 pm | Moderator: Gautam Yagnik MD  
Joint Dislocations, Fractures, Compartment Syndrome  
Leigh Ann Curl MD |
| 11:15 am – 11:30 am | Spinal Trauma  
Andrew B. Dossett MD |
| 11:30 am – 11:45 am | 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

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
</table>
| 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

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
</table>
| 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**

4:20 pm – 5:05 pm  
**Moderator:** James E. Voos MD

4:20 pm – 4:30 pm  
**Wearable Technology**  
Joe Sheehan ATC

4:30 pm – 4:40 pm  
**Training Room Modalities (Cryo, Cupping, etc.)**  
Richard M. Burkholder MS, ATC

4:40 pm – 4:50 pm  
**Shoe Design and Playing Surface**  
Robert B. Anderson MD

4:50 pm – 5:05 pm  
**Q & A**

Adjourn – Day 1

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**SATURDAY**  
**MARCH 30, 2019**

**FOOT AND ANKLE**

10:00 am – 12:00 pm  
**Moderator:** Joshua D. Metzl MD

10:00 am – 10:15 am  
**Jones Fractures and Lis Franc Injuries**  
Robert B. Anderson MD

10:15 am – 10:25 am  
**Achilles Tendon Repair**  
Kirk A. McCullough MD

10:25 am – 10:35 am  
**Rehabilitation – Return to Play**  
Anthony Trem PT, DPT, SCS

10:35 am – 10:50 am  
**Q & A**

11:00 am – 12:00 pm  
**Panel Discussion: Role of the Team Physician and Head ATC – Pearls**  
Moderator: James E. Voos MD  
Panelists:  
James R. Andrews MD  
Ronnie P. Barnes MS, ATC  
Richard M. Burkholder MS, ATC  
Daniel E. Cooper MD  
Robert A. Heyer MD  
Andre Tucker ATC, CSCS, NASM-PES

12:00 pm – 1:00 pm  
**LUNCH (ON YOUR OWN)**

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**BREAK OUT SESSIONS**

1:00 pm – 2:45 pm  
After lunch, please go directly to the first session you wish to attend. Each discussion will last for 20 minutes and then you will go to the next discussion of interest. You will have the opportunity to attend a total of four discussions (four rotations of 20 minutes each).

**Physical Exam Techniques:**  
Hip / Pelvis  
Foot / Ankle  
Hand / Wrist

**On-Field Triage:**  
Helmet and Shoulder Pad Removal  
Joint Reductions  
NFL Concussion Assessment

**Rotation 1**  
1:00 pm – 1:20 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

**9:00 am – 9:10 am**  
**FAI and Labral Repair**  
Michael Salata MD

**9:10 am – 9:20 am**  
**Hip Instability and Dysplasia**  
Ashesh Bedi MD

**9:20 am – 9:35 am**  
**Rehabilitation – Return to Play**  
Peter Draovitch PT, MS, ATC, CSCS, SCS

**9:35 am – 9:45 am**  
**Q & A**

**9:45 am – 10:00 am**  
**Break**
### BREAK OUT SESSIONS

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

**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  

**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  
Skin Infections  
Andrew M. Tucker MD  
Upper Respiratory Illness – “I Need a Zpak”  
Anthony Casolaro MD  
GI Illness  
Sean A. Cupp MD  
Q & A  
Break  

### CORE MUSCLE INJURY

4:00 pm – 5:00 pm  
Moderator: Joe Sheehan ATC  
Core Muscle Surgery  
William C. Meyers MD  
Pubic Symphysis  
Craig S. Mauro MD  
Rehabilitation – Return to Play  
Roland Ramirez ATC  
Q & A  
Adjourn – Day 2
**CONCUSSION – EMERGING EVALUATION TOOLS**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>8:00 am–9:00 am</td>
<td>Imaging, Biomarker, Eye Tracking&lt;br&gt;Javier Cardenas MD</td>
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<tr>
<td>8:00 am–8:15 am</td>
<td>Moderator: Leigh Weiss MS, ATC&lt;br&gt;Rugby Experience: Video Monitoring&lt;br&gt;Simon Kemp MD</td>
</tr>
<tr>
<td>8:15 am–8:30 am</td>
<td>Helmet Design (Clinical Flair)&lt;br&gt;Javier Cardenas MD</td>
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<tr>
<td>8:30 am–9:00 am</td>
<td>Q &amp; A</td>
</tr>
<tr>
<td>9:00 am–9:15 am</td>
<td>Break</td>
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**DEALING WITH PEOPLE OUTSIDE OF MEDICINE**

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>9:15 am–10:15 am</td>
<td>Medicolegal Considerations in the NFL&lt;br&gt;Patrick M. Connor MD</td>
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<tr>
<td>9:15 am–9:30 am</td>
<td>Moderator: James E. Voos MD</td>
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<tr>
<td>9:30 am–9:45 am</td>
<td>How Do I Handle the Media?&lt;br&gt;Amy Weiss</td>
</tr>
<tr>
<td>9:45 am–10:00 am</td>
<td>Re-imagining the Game: The Football Development Model&lt;br&gt;Michael Krueger EdS, CMAA</td>
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<tr>
<td>10:00 am–10:15 am</td>
<td>Q &amp; A</td>
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</table>

**BIOLOGIC TREATMENTS**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>10:15 am–11:15 am</td>
<td>Moderator: Michael J. Salata MD</td>
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<tr>
<td>10:15 am–10:30 am</td>
<td>Non-Biologics&lt;br&gt;Asheesh Bedi MD</td>
</tr>
<tr>
<td>10:30 am–10:45 am</td>
<td>Stem Cells / PRP&lt;br&gt;Scott A. Rodeo MD</td>
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<tr>
<td>10:45 am–11:00 am</td>
<td>Cartilage Restoration&lt;br&gt;Walter R. Lowe MD</td>
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<tr>
<td>11:00 am–11:15 am</td>
<td>Q &amp; A</td>
</tr>
</tbody>
</table>

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>
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<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@aossm.org.
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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.

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FastHealth
MIMedx
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Contessa Health Advisory Board
FastHealth Advisory Board
MIMedx Advisory Board
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T Pepper Burruss, PT ATC
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- Smith & Nephew
- Smith & Nephew
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- American Academy of Neurology

Anthony Casalaro MD
- Nothing To Disclose

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- Biomet
- Lima
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- Stryker Endoscopy

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- Alphatec Spine

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- Human Kinetics

Robert W. Fowler MD
- Nothing To Disclose

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- Active Implant Corp

Robert A. Heyer MD
- NFL Team Physicians Society

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- Nothing To Disclose
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- **Active Implants**
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- **Smith & Nephew**
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- **International Society of Arthroscopy, Knee Surgery, and Orthopaedic Sports Medicine**

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- **Research Support**
- **Research Support**
- **Research Support**
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- **Board/Committee**

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- **World Rugby and Football Association**

- **Paid Employee**
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## James Kinderknecht MD
**Nothing To Disclose**

## Michael Krueger, EdS, CMAA
**Nothing To Disclose**

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- **Royalties**
- **Speakers Bureau/Paid**

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## William C. Meyers MD
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## John Parsons, PhD
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- **Arthrex, Inc.**
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- **SLACK Incorporated**
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- **Knee**
- **Orthopedics**
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- **American Shoulder and Elbow Surgeons**
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- **Editorial/Governing Board**
- **Editorial/Governing Board**
- **Editorial/Governing Board**
- **Board/Committee**
- **Board/Committee**
- **Board/Committee**
- **Board/Committee**
- **Board/Committee**
- **Board/Committee**

## Roland Ramirez, Assist AT
- **DS2 Rehab Systems, LLC**

- **Royalties**
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Stock  

Michael Jonathan Salata MD  
Stryker Endoscopy  
Paid Consultant  

Joe Sheehan, ATC  
Nothing To Disclose  

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