Preliminary Program

2019 State of the Art Soccer Medicine
An Update from Kids to the MLS
September 20–21, 2019 | Miami Beach, FL

Learn more and register today at sportsmed.org.
COURSE DESCRIPTION
Soccer is the most popular sport in the world. Increased competition and pressure at earlier ages demonstrate the need for cutting edge support and treatment.

Today, parents and coaches rely on you to treat injuries and give advice on safely returning to play. At this one-of-a-kind learning experience you will hear solutions for the management of the soccer athlete’s health in the short and long term to protect the player on and off the field. Our sessions will go beyond medical and surgical treatments to include topics related to advanced performance technology, injury prevention, and talks associated with treatments specific to age, competitive level, and gender. Plus, you’ll have the opportunity to network with your colleagues and talk with national and international leaders in the field.

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

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

FACULTY

COURSES CO-CHAIRS

Christopher S. Ahmad MD
Head Team Physician New York City Football Club, Chief, Sports Medicine Service, NYP / Columbia University Medical Center
New York, NY

Lawrence J. Lemak MD
Chief Medical Officer Emeritus, Major League Soccer
Birmingham, AL

Bert R. Mandelbaum MD
Team Physician LA Galaxy, Co-Chair of Medical Affairs Cedars-Sinai Kerlan-Jobe Institute at Santa Monica, CA
Santa Monica, CA

DISTINGUISHED LECTURERS

Moises Cohen MD, PhD
Universidade Federal De Sao Paulo, Sao Paulo, Brazil

Ramon Cugat MD
Hospital Quiron Instituto Traumatologia Quiron
Barcelona, Spain

FACULTY

Thomas S. Bottiglieri DO
New York-Presbyterian Hospital
New York, NY

Brian D. Busconi MD
UMass Memorial Health Care
Worcester, MA

Robert H. Braphy MD
Washington University Orthopedics
Chesterfield, MO
Cindy J. Chang MD  
UCSF Orthopaedic Institute – Sport Medicine  
San Francisco, CA

Gregory Chertok MEd, AASP-CC  
Telos Sport Psychology Coaching  
New York, NY

George T. Chiampas DO  
Chief Medical Officer US Soccer  
Northwestern University  
Chicago, IL

Kevin Christian ATC  
New York City Football Club  
New York, NY

Carly Day MD  
Franciscan Physician Network  
West Lafayette, IN

Francesc Cos PhD, MS, BS, PT  
New York City Football Club  
New York, NY

Ruben Echemendia PhD, PT  
Psychological & Neurobehavioral Associates, Inc  
State College, PA

Brian Forsythe MD  
Midwest Orthopaedics at Rush  
Chicago, IL

John Gallucci Jr., MSATC, PT, DPT  
Medical Coordinator Major League Soccer  
JAG Physical Therapy  
West Orange, NJ

Wayne K. Gersoff MD  
Advanced Orthopaedic and Sports Medicine Specialists  
Team Physician Colorado Rapids  
Denver, CO

Eric Giza MD  
Santa Monica Orthopaedic and Sports Medicine Research Foundation  
Santa Monica, CA

Brian Goodstein MSATC, SCSC  
Head Athletic Trainer DC United  
Washington, DC

Justin K. Greisberg MD  
Columbia University Medical Center  
New York, NY

Bryan T. Kelly MD  
Hospital for Special Surgery  
New York, NY

Tyler C. Knight ATC  
Real Salt Lake Soccer Club  
Salt Lake, UT

T. Sean Lynch MD  
Columbia University  
New York, NY

Amanda Martin-Padilla DO  
American Sports Medicine Institute  
Birmingham, AL

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

Daryl C. Osbahr MD  
Orlando Health Orthopedic Institute  
Orlando, FL

Mathew W. Pombo MD  
Emory Orthopaedics, Sports and Spine  
Atlanta, GA

Margot Putukian MD  
Chief Medical Officer, Major League Soccer  
Princeton University McCosh Health Center  
Princeton, NJ

Joshua Scott MD  
Cedars-Sinai Kerlan-Jobe Institute  
Encino, CA

Holly J. Silvers-Granelli MPT, PhD  
Velocity Physical Therapy  
Los Angeles, CA

Patrick Tanner ATC  
Orlando City Soccer Club  
Orlando, FL

J. Turner Vosseller MD  
Columbia University Medical Center  
New York, NY

Riley J. Williams MD  
Hospital for Special Surgery  
New York, NY

D. Harrison Youmans MD  
Orlando Health – Arnold Palmer Hospital  
Orlando, FL

Mark P. Zoland MD  
General and Laparoscopic Surgeons New York  
New York, NY

*Faculty may change
FRIDAY, SEPTEMBER 20, 2019

6:30 am–7:25 am  Registration and Continental Breakfast

7:25 am–7:30 am  Welcome
Christopher S. Ahmad MD
Lawrence J. Lemak MD
Bert R. Mandelbaum MD

Sideline Emergencies and Preparedness

7:30 am–9:00 am  Moderator:
John Gallucci Jr., MS, ATC, DPT

7:30 am–7:45 am  On-Field Management of Sudden Collapse
George T. Chiampas DO

7:45 am–8:00 am  On-Field Management of Spinal Cord Injuries: Protocols Made Simple
Thomas S. Bottiglieri DO

8:00 am–8:10 am  Prevention and On-Field Management of Heat Stroke
Amanda Martin-Padilla DO

8:10 am–8:20 am  Sideline Evaluation of Chest and Blunt Abdominal Trauma
George T. Chiampas DO

8:20 am–8:30 am  Facial and Head Trauma—From Bleeding Scalp Lacerations to Fractured Teeth
Joshua Scott MD

8:30 am–9:00 am  Case Presentations with Panel Discussion and Q & A
Moderator:
John Gallucci Jr., MS, ATC, DPT
Panelists: Thomas S. Bottiglieri DO
George T. Chiampas DO
Kevin Christian ATC
Brian Goodstein ATC
Amanda Martin-Padilla DO
Joshua Scott MD

Concussion Management

9:00 am–10:00 am  Moderator:
Amanda Martin-Padilla DO

9:00 am–9:15 am  On-Field Assessment and the SCAT5
Margot Putukian MD

9:15 am–9:30 am  Office Assessment and New Concussion Tools Every ATC and Physician Should Know
Thomas S. Bottiglieri DO

9:30 am–9:45 am  Concussion Rehab and Safe Return to Play
Ruben Echemendia MD

9:45 am–10:00 am  Case Presentations with Panel Discussion and Q & A
Moderator:
Thomas S. Bottiglieri DO
Panelists:
George T. Chiampas DO
Kevin Christian ATC
Brian Goodstein ATC
Bert R. Mandelbaum MD
Margot Putukian MD

10:00 am–10:30 am  Break

Inside the First Team Training Room—New Modalities, Performance and Analytics

10:30 am–12:15 pm  Moderator: Daryl C. Osbahr MD

10:30 am–10:45 am  Cupping, Scraping and Needling
Tyler C. Knight ATC

10:45 am–11:00 am  Blood Flow Restriction
Fransesc Cos PhD, MS, BS, PT

11:00 am–11:15 am  Sleep Science Can Improve Performance and Reduce Injuries in Soccer
Carly Day MD

11:15 am–11:30 am  Practical Application of Workload Monitoring and Soccer Analytics
D. Harrison Youmans MD

11:30 am–11:45 am  Technology Now a Tool to Determine Return to Play
Brian Forsythe MD
### Inside the First Team Training Room—New Modalities, Performance and Analytics Continued

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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</table>
| 11:45 am – 12:00 pm | Soccer Sports Psychology Can Improve Individual and Team Performance  
Gregory Chertok MEd, AASP-CC |
| 12:00 pm – 12:15 pm | Cases, Expert Panel Discussion and Q & A  
Moderator: Daryl C. Osbahr MD  
Panelists:  
Gregory Chertok MEd, AASP-CC  
Fransesc Cos PhD, MS, BS, PT  
Brian Forsythe MD  
Carly Day MD  
Tyler C. Knight ATC |
| 12:15 pm – 12:45 pm | Keynote Speaker  
TBD |
| 12:45 pm – 2:00 pm | LUNCH |

### Hip, Athletic Pubalgia, and Muscle Injuries

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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</thead>
</table>
| 3:45 pm – 6:15 pm | Moderator: T. Sean Lynch MD  
Screening, Physical Exam and Imaging Approach to the Soccer Athlete with Groin Pain  
T. Sean Lynch MD |
| 3:45 pm – 3:55 pm | Non-operative Treatment for FAI: How to Treat Your Player while In-Season  
Brian D. Busconi MD |
| 3:55 pm – 4:05 pm | Treatment Hip Labral Tears and Femoroacetabular Impingement—What Have We Learned Over the Last Ten Years  
Brian T. Kelly MD |
| 4:05 pm – 4:25 pm | Athletic Pubalgia—Get it Right the First Time  
Marc P. Zoland MD |
| 4:25 pm – 4:40 pm | Combined FAI and Hip Arthroscopy Treatment: When and Why  
T. Sean Lynch MD |
| 4:40 pm – 4:50 pm | Hamstring and Quadriceps Strains—Diagnosis to Biologics  
Brian Goodstein ATC |
| 4:50 pm – 5:05 pm | New Science in Prevention: What Do We Need to Know to Prevent Hamstring Injuries?  
Fransesc Cos PhD, MS, BS, PT |
| 5:05 pm – 6:15 pm | Case Presentations with Panel Discussion and Q & A  
Moderator: T. Sean Lynch MD  
Panelists: Brian D. Busconi MD  
Fransesc Cos PhD, MS, BS, PT  
Brian Goodstein ATC  
T. Sean Lynch MD  
Marc P. Zoland MD |

### Foot and Ankle Injuries in the Soccer Athlete

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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</table>
| 2:00 pm – 3:30 pm | Moderator: J. Turner Vosseller MD  
Ankle Sprain Update and Surgical Treatment with Internal Bracing  
Eric Giza MD |
| 2:00 pm – 2:15 pm | Ankle Impingement and Osteochondral Lesions 2020  
Kirk A. McCullough MD |
| 2:15 pm – 2:30 pm | Achilles Tendinopathy and Tendon Ruptures in Soccer Players  
J. Turner Vosseller MD |
| 2:30 pm – 2:45 pm |  
5th Metatarsal Fractures  
Justin K. Greisberg MD |
| 2:45 pm – 2:55 pm | Rehabilitation of Foot and Ankle Injuries in MLS  
Patrick Tanner ATC |
| 3:10 pm – 3:30 pm | Case Presentations with Panel Discussion and Q & A  
Moderator: Justin K. Greisberg MD  
Panelists: Eric Giza MD  
Kirk A. McCullough MD  
Patrick Tanner ATC  
J. Turner Vosseller MD |

**Adjourn Day 1**
### Meniscus and Cartilage

<table>
<thead>
<tr>
<th>Time</th>
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<th>Panelists</th>
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<tr>
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<td><strong>Registration and Continental Breakfast</strong></td>
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<td>7:25 am – 7:30 am</td>
<td><strong>Welcome</strong></td>
<td>Christopher S. Ahmad MD</td>
<td>Lawrence J. Lemak MD</td>
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<td></td>
<td>Bert R. Mandelbaum MD</td>
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<tr>
<td>7:30 am – 9:00 am</td>
<td><strong>Moderator:</strong> Wayne K. Gersoff MD</td>
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<tr>
<td>7:30 am – 7:45 am</td>
<td><strong>In-Season Management of an Acute Medial Tear: Youth Players to Elite</strong></td>
<td>Wayne K. Gersoff MD</td>
<td></td>
</tr>
<tr>
<td>7:45 am – 8:00 am</td>
<td><strong>Meniscal Repair: Top 10 Pearls to Improve Healing</strong></td>
<td>Riley J. Williams MD</td>
<td></td>
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<tr>
<td>8:00 am – 8:15 am</td>
<td><strong>State of the Art Cartilage Treatment in Soccer Players of Every Competitive Level</strong></td>
<td>Bert R. Mandelbaum MD</td>
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</tr>
<tr>
<td>8:15 am – 9:00 am</td>
<td><strong>Case Presentations with Panel Discussion and Q &amp; A</strong></td>
<td><strong>Moderator:</strong> Wayne K. Gersoff MD</td>
<td>Francisco Cos PhD, MS, BS, PT, Brian Goodstein ATC, Daryl C. Osbahr MD</td>
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</tbody>
</table>

### Patellofemoral Injuries in the Elite and Youth Player

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<th>Panelists</th>
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</thead>
<tbody>
<tr>
<td>9:00 am – 10:30 am</td>
<td><strong>Case Presentations with Panel Discussion and Q &amp; A</strong></td>
<td><strong>Moderator:</strong> Riley J. Williams MD</td>
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</tr>
<tr>
<td>9:00 am – 9:10 am</td>
<td><strong>Patellar Tendinitis—Novel Treatments that Keep Players on the Field</strong></td>
<td>Kevin Christian ATC</td>
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<tr>
<td>9:10 am – 9:25 am</td>
<td><strong>Acute Patella Dislocation Treatment: Non-operative and Reconstruction</strong></td>
<td>Christopher S. Ahmad MD</td>
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<tr>
<td>9:25 am – 9:40 am</td>
<td><strong>Special Consideration for PFJ Cartilage Lesions in Soccer Players</strong></td>
<td>Riley J. Williams MD</td>
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</table>

### Biologics

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<thead>
<tr>
<th>Time</th>
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<th>Panelists</th>
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</thead>
<tbody>
<tr>
<td>11:00 am – 12:00 pm</td>
<td><strong>Update on PRP, Stem Cells, Orthokine</strong></td>
<td>Bert R. Mandelbaum MD</td>
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<tr>
<td>11:00 am – 11:20 am</td>
<td><strong>Distinguished Lecture:</strong> International Perspectives in Biologic Treatment for Soccer Players**</td>
<td>Ramon Cugat MD</td>
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<tr>
<td>11:20 am – 11:40 am</td>
<td><strong>Roundtable Discussion on Orthobiologics</strong></td>
<td><strong>Moderator:</strong> Bert R. Mandelbaum MD</td>
<td>Francisco Cos PhD, MS, BS, PT, Ramon Cugat MD, Wayne K. Gersoff MD, Riley J. Williams MD</td>
</tr>
<tr>
<td>12:00 pm – 1:00 pm</td>
<td><strong>LUNCH</strong></td>
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## ACL and MCL Advanced Issues

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>1:00 pm – 4:15 pm</td>
<td><strong>Moderator:</strong> Christopher S. Ahmad MD</td>
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<tr>
<td>1:00 pm – 1:15 pm</td>
<td><strong>ACL Risk Factors and Prevention—Are We Better in 2020?</strong> Holly Silvers-Granelli MPT, PhD</td>
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<tr>
<td>1:15 pm – 1:30 pm</td>
<td><strong>ACL Reconstruction Graft Options</strong> Matthew W. Pombo MD</td>
</tr>
<tr>
<td>1:30 pm – 1:45 pm</td>
<td><strong>Isolated MCL and Combined ACL and MCL—When and How to do MCL Internal Bracing</strong> Christopher S. Ahmad MD</td>
</tr>
<tr>
<td>1:45 pm – 2:00 pm</td>
<td><strong>ACL ALL and Revision—Is the ALL Real and How Does It Help in the Revision Setting</strong> Bert R. Mandelbaum MD</td>
</tr>
<tr>
<td>2:00 pm – 2:20 pm</td>
<td><strong>ACL Rehabilitation and Functional Assessment</strong> Holly Silvers-Granelli MPT, PhD</td>
</tr>
<tr>
<td>2:20 pm – 2:30 pm</td>
<td><strong>ACL Soccer Progression RTP—So the Player Passed His Functional Assessment, When is He Ready for a Match?</strong> Kevin Christian ATC</td>
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<tr>
<td>2:30 pm – 2:40 pm</td>
<td><strong>ACL Outcomes in Soccer</strong> Robert H. Brophy MD</td>
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<tr>
<td>2:40 pm – 3:00 pm</td>
<td><strong>Distinguisher Lecture: International Perspectives in ACL Injuries</strong> Moises Cohen MD, PhD</td>
</tr>
<tr>
<td>3:00 pm – 3:15 pm</td>
<td><strong>Break</strong></td>
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<tr>
<td>3:15 pm – 3:25 pm</td>
<td><strong>Gender Issues in the Soccer Athlete</strong> Cindy J. Chang MD</td>
</tr>
<tr>
<td>3:25 pm – 4:15 pm</td>
<td><strong>Cases, Expert Panel Discussion and Q &amp; A</strong></td>
</tr>
<tr>
<td>4:15 pm – 4:35 pm</td>
<td><strong>Roundtable Discussion:</strong> Organizational Approach to an Academy System <strong>Moderator:</strong> Kevin Christian ATC <strong>Panelists:</strong> TBD</td>
</tr>
<tr>
<td>4:35 pm – 5:05 pm</td>
<td><strong>Injury Considerations for the Collegiate Player</strong> Robert H. Brophy MD</td>
</tr>
<tr>
<td>5:05 pm – 5:25 pm</td>
<td><strong>Medical Retirement: Repeated Concussion, Multiply Failed Knee Ligament Surgery</strong> Brian D. Busconi MD</td>
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<tr>
<td>5:25 pm – 5:30 pm</td>
<td><strong>Closing Remarks</strong></td>
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</tbody>
</table>

### Special Considerations for Academy and College Development Players

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<td>5:25 pm – 5:30 pm</td>
<td><strong>Closing Remarks</strong></td>
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</table>
GENERAL INFORMATION

LOCATION
The Loews Miami Beach is located oceanfront in the heart of South Beach. With a recent $50 million renovation, this outstanding hotel provides attendees with a central location to all the hotspots and cultural experiences Miami has to offer.

HOTEL ACCOMMODATIONS
A block of rooms has been reserved at the Loews Miami Beach Hotel at a group rate of $209, exclusive of a $13 daily resort fee. Reservations may be made online via sportsmed.org or by calling 888/879-0462 and asking for the American Orthopaedic Society for Sports Medicine room block. The reservation deadline is August 19, 2019. Rooms are guaranteed until this date pending availability. Attendees are encouraged to book early. Note that the cancellation policy is 48 hours prior to arrival.

COMPLIMENTARY MEALS
Complimentary lunch will be offered on Friday and Saturday.

ATTIRE
Attire is business casual. Consider dressing in layers to accommodate all temperatures.

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 17 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 to Athletic Trainers. This program is eligible for a maximum of 17 EBP Category hours/CEUs. ATs should claim only those hours actually spent in the educational program.

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

On-site registration hours will be as follows:
- Friday: 6:30 am – 6:15 pm
- Saturday: 6:30 am – 5:30 pm

REGISTRATION FEES

<table>
<thead>
<tr>
<th>Category</th>
<th>Early Registration (By August 20)</th>
<th>After Early Registration (After August 20)</th>
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</thead>
<tbody>
<tr>
<td>Physicians</td>
<td>$850</td>
<td>$950</td>
</tr>
<tr>
<td>Allied Health</td>
<td>$650</td>
<td>$750</td>
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<tr>
<td>Military</td>
<td>$650</td>
<td>$750</td>
</tr>
<tr>
<td>Fellows/Residents</td>
<td>$450</td>
<td>$450</td>
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An additional $150 will be charged for those individuals not staying at the Loews.

REFUND POLICY
A written request must be received in the AOSSM office prior to August 20, 2019. The registration fee, minus a $150 processing fee will be refunded. No refunds will be made after August 20, 2019.
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 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.

REGISTER NOW! WWW.SPORTSMED.ORG