The 23rd Annual
Sports Medicine Update
Managing Sports Injuries Across the Lifespan
For Primary Care Providers

December 1-3, 2017

Kingsmill Resort
1010 Kingsmill Road / Williamsburg, Virginia
Near Historic Colonial Williamsburg

Presented by VCU Health Continuing Medical Education
Meets Virginia Board of Medicine Pain Management CME Requirement
Friday, December 1, 2017 - The Starting Line

P.M.
12:00  Registration with Exhibits
1:00   Welcome and Announcements - Game Plan
       Michael Petrizzi, MD, CAQ, Family Medicine
1:10   Sports Injuries: From Initial Evaluation Through Return to Play
       Michael Petrizzi, MD, CAQ
1:30   Longevity in Athleticism: Setting the Best Course
       Bill Shaw, MD, CAQ, Pediatric Medicine
1:50*  2017 Perspective on Athletic Pain Management: Best Practices
       Sebastian Tong, MD, MPH, Family Medicine
2:50   Question and Answer Session
3:00   Break – Time Out with Exhibitors
3:20   Injuries in the Adolescent and College Age Patient From
       Basketball to Skiing: The Orthopaedic Perspective
       Alexander Vap, MD, Orthopaedic Surgery
4:00   Examining Neck and Upper Extremity Exam: Pearls for Practice
       Michael Petrizzi, MD, CAQ
       Bill Shaw, MD, CAQ
       Alexander Vap, MD
5:15   Interdisciplinary Panel: Interesting Case Studies of the Upper
       Extremity Injuries Across the Lifespan
       Victoria Kuester, MD - Pediatric Medicine Cases
       Michael Petrizzi, MD, CAQ - Family Medicine Cases
       Victoria Kuester, MD - Adolescent Surgery Cases
6:15   Question and Answer Session
6:30   Pick Up Dinner and Learn
6:45   What You Don’t Want To Miss with Injuries and Upper Extremities
       Victoria Kuester, MD, Pediatric Orthopaedic Surgery
7:30   Question and Answer Session
7:45   Adjourn
Saturday, December 2, 2017 – Seventh Inning Stretch

A.M.
7:00  Registration and Continental Breakfast with Exhibitors
7:20  Announcements
7:30  Interactive Knee Exam
     Michael Petrizzi, MD, CAQ
8:30  Case Studies: Knee Injuries
     Michael Petrizzi, MD, CAQ
9:15  Question and Answer Session
9:25  Break and Huddle with Exhibitors
9:45  Hands On Exam: Ankle/Foot Pearls and Tests
     Jeffrey Roberts, MD, CAQSM, Family Medicine
10:15 Case Studies: Plans of Care for Leg/Ankle/Foot
     Jeffrey Roberts, MD, CAQSM
10:45 What You Don’t Want To Miss with The Lower Extremity Injuries
     Thomas Loughran, MD, Orthopaedic Surgery
     Alexander Vap, MD
11:45 Question and Answer Session

P.M.
12:00 Sideline Lunch and Exhibits Open
12:40 Exercise Induced Asthma: How to Manage the Athlete
     H. Joel Schmidt, MD, Pediatric Pulmonary
1:10  Getting Back Into the Game After Mono
     Beth Marshall, MD, Pediatric Infectious Disease
1:40  Key Points of Pre-Participation Exam
     Bill Shaw, MD, CAQ
2:10  Question and Answer Session
2:30  Break – In the Dugout with Exhibitors

BREAKOUT SESSION
3:00-4:45  
(A Sessions A & B are limited to 25 each and attendee will remain in same
breakout until 4:45 p.m., and will not be able to participate in other sessions)

A: Proper Splinting Methods: Techniques for All Ages
   Jeffrey Roberts, MD, CAQSM

B: SMART (Sideline Management Assessment Response Techniques): On-Field Management of Suspected Spine and Extremity Injuries - Hands On Skills for Team Physician
   Steven Cole, ATC, Athletic Trainer
   Michael Petrizzi, MD, CAQ, Family Medicine
   Matthew Ryan, ATC, Athletic Trainer
3:00-3:45  BREAKOUT SESSIONS: SELECT EITHER C or D
C: Obesity Management for Pediatrics: Assessing Readiness for Change
   N. Romesh Wijesooriya, MD, Pediatric Medicine
D: Adult and Adolescent Illustrative Case Studies: Non-Surgical Options
   Thomas Loughran, MD, Orthopaedic Surgery
   Alexander Vap, MD, Orthopaedic Surgery
3:45  Switch Session
4:00-4:45  BREAKOUT SESSIONS: SELECT EITHER E or F
E: Preparation for Special Need Athletes to Succeed in Special Olympics
   Eugenio Monasterio, MD, Pediatric Rehabilitation
F: Challenging Adolescent and Adult Cases: Review of Surgical Options
   Thomas Loughran, MD, Orthopaedic Surgery
   Alexander Vap, MD, Orthopaedic Surgery
4:45  Adjourn

Sunday, December 3, 2017 – The Finish Line
A.M.
6:30  Registration and Continental Breakfast
6:55  Welcome and Announcements
    Michael Petrizzi, MD, CAQ
7:00  Trauma on the Field: How to be Prepared for Catastrophic Sports Injuries
    Seth Cheatham, MD, Orthopaedic Surgery
7:50  Managing Cervical Pain after Head and Neck Injury
    Graham Smith, GradDip Phys, FCSP, DipTP, CertEd, Rehabilitation Medicine
8:40  Sports Concussion: Current and Future State
    Katherine Dec, MD, FAAPMR, CAQ, Rehabilitation Medicine and Orthopaedic Surgery
9:40  Interactive Concussion Evaluation
    Steven Cole, ATC
    Michael Petrizzi, MD, CAQ
    Matthew Ryan, ATC
10:00  Addiction and Pain: Assessment and Management
    Mishka Terplan, MD, MPH, FACOG, FASAM, Obstetrics/Gynecology and Psychiatry
11:00  Question and Answer Session
11:15  Conference Adjourns
Course Description

Have you ever been stymied by an athlete in pain? We will provide answers through interactive, interdisciplinary sessions woven with hands-on skills development, treatment pearls, and pain management strategies. Our goal is to help you keep pace in caring for your patients using current practices.

Target Audience

Physicians, nurse practitioners, physician assistants, athletic trainers, and other healthcare providers who specialize or have an interest in:

- Emergency Medicine
- Family Medicine
- Internal Medicine
- Pediatrics
- Sports Medicine
- Urgent Care

*Virginia Board of Medicine Pain Management Requirement*

In 2016 the Virginia Board of Medicine adopted a requirement for all prescribers to complete two hours of continuing education in pain management, responsible prescribing of controlled substances, and the diagnosis and management of addiction. This activity meets this requirement for 2 hours of Type 1 CE.
Course Highlights

- Musculoskeletal Injuries Head/Neck/Upper and Lower Extremity including Interactive Physical Exam
- Update on Concussion and Return to Play, Mono and EIA
- Pain Management Issues From Acute Treatment to Chronic Pain
- BREAKOUT SESSIONS:
  - SMART Hands On Skills for the Team Physician
  - Proper Splinting and Taping Methods
  - Obesity Management for Pediatrics
  - Adult and Adolescent Cases
  - Preparation for Special Needs Sports
  - Review of Surgical Options

Course Objectives

At the conclusion of this conference the participant should be better able to:

- Evaluate the problems of sport-related injuries and identify strategies to diagnose and treat them effectively
- Improve examination skills for sport-related injuries of the neck, shoulder, knee, ankle, and foot
- Assess athletic injuries and determine when to refer to a specialist
- Review and improve management of chronic pain due to sport-related injuries
- Determine when to safely return an athlete to play in accordance with best practice guidelines
- Develop strategies to identify, examine and treat patients with a concussion
- Improve understanding and usage of the pre-participation examination, including for those patients with special needs
- Assess and manage the pediatric and young adult athlete with obesity, respiratory distress, or “mono,” including review of safe return to play practices
- Discuss strategies to improve multidisciplinary care for patients with sport-related injuries

Guest Faculty Coaches

Steven Cole, ATC
Associate Athletic Director
College of William and Mary
Williamsburg, VA

Jeffrey Roberts, MD, CAQSM
Assistant Clinical Professor
of Family Medicine
St. Francis Family Medicine Center
Midlothian, VA

Matthew Ryan, ATC
Sports Medicine Program Manager
Palo Alto Medical Foundation
Santa Cruz, CA

Graham Smith, Grad Dip Phys,
FCSP, DipTP, CertEd
Professor of PhysioTech
Rehabilitation & Sports Injury Clinic
Edinburgh, Scotland, United Kingdom
**CHoR Coaches**

**Victoria Kuester, MD**  
Assistant Professor  
Department of Orthopaedic Surgery

**Beth Marshall, MD**  
Associate Professor of Pediatrics  
Division of Infectious Diseases

**Eugenio Monasterio, MD**  
Assistant Professor of Physical Medicine and Rehabilitation  
Chief, Division of Pediatric Rehabilitation

**H. Joel Schmidt, MD**  
Professor of Pediatrics  
Division of Pulmonary Medicine  
Director, Pediatric Cystic Fibrosis Program

**Bill Shaw, MD, CAQ**  
Conference Co-Chair  
Assistant Professor of Pediatrics  
Division of General Pediatrics

**N. Romesh Wijesooriya, MD**  
Associate Professor of Pediatrics  
Chief, Division of General Pediatrics

**VCU Health Faculty Coaches**

**Seth Cheatham, MD**  
Associate Professor of Orthopaedic Surgery  
Associate Clinical Director VCU Sports Medicine

**Katherine Dec, MD, FAAPMR, CAQ**  
Professor, Departments of Physical Medicine and Rehabilitation and Orthopaedic Surgery  
Head Team Physician  
Longwood University  
President, AMSSM

**Thomas Loughran, MD**  
Professor of Orthopaedic Surgery  
Medical Director, VCU Sports Medicine Center

**Michael Petrizzi, MD, CAQ**  
Conference Co-Chair  
Clinical Professor of Family Medicine & Population Health  
VCU Health  
Private Practice, Hanover Family Physicians  
Mechanicsville, VA

**Mishka Terplan, MD, MPH, FACOG, FASAM**  
Professor of Obstetrics and Gynecology and Psychiatry  
Associate Director of Addiction Medicine  
Professor of Obstetrics and Gynecology

**Sebastian Tong, MD, MPH**  
Assistant Professor of Family Medicine and Population Health

**Alexander Vap, MD**  
Assistant Professor of Orthopaedic Surgery
New Draft Picks VCU Health

Dr. Alexander Vap joins the VCU Health Sports Medicine team after completing a sports medicine fellowship in Vail, CO and complex knee fellowship in Oslo, Norway. He serves as the U.S. ski and snowboard team physician and served as Duke University’s men’s basketball, football, and soccer, men and women’s lacross, women’s field hockey and basketball team physician.

Dr. Mishka Terplan joins the VCU Health Obstetrics and Gynecology and Psychiatry Departments after completing his training in San Francisco and Chapel Hill. He serves on the American Medical Association task force to reduce opioid abuse and as an addiction medicine consultant for the Department of Medical Assistance.

Dr. Sebastian Tong joins the VCU Health Department of Family Medicine and Population Health after completing his training at Boston University and receiving his MPH at Harvard School of Public Health. His special interests include serving the underserved and addiction medicine.

Disclosure Statement

In compliance with ACCME Standards, all planner and presenter relationships with commercial supporters have been resolved. All presenting faculty affirm that they will employ the best available evidence from all sources to support any clinical recommendations made in their presentations. If learners detect any commercial bias in any presentation, they should document their observations on the Activity Evaluation Form.

VCU Health is an equal opportunity/affirmative action employer. If special accommodations are needed, please contact us at (804) 828-3640 or (800) 413-2872.

Accreditation and Educational Credit

Physicians

VCU Health Continuing Medical Education is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

VCU Health Continuing Medical Education designates this live activity for a maximum of 17.75 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This Live activity, 23rd Annual Sports Medicine Update: Managing Sports Injuries Across the Lifespan, with a beginning date of 12/01/2017, has been reviewed and is acceptable for up to 17.75 Prescribed credit(s) by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This continuing medical education activity has been reviewed by the American Academy of Pediatrics and is acceptable for a maximum of 17.75 AAP credits. These credits can be applied toward the AAP CME/CPD Award available to Fellows and Candidate Members of the American Academy of Pediatrics.
Nursing

ANCC and the Virginia Board of Nursing accept *AMA PRA Category 1 Credits™* from organizations accredited by the ACCME for CNE contact hour requirements.

Physician Assistants

AAPA accepts certificates of participation for educational activities certified for *AMA PRA Category 1 Credits™* from organizations accredited by the ACCME.

Children’s Hospital of Richmond at VCU (CHoR)

Children’s Hospital of Richmond at VCU is Central Virginia’s only comprehensive, full-service children’s hospital and the only Level I pediatric trauma center in Virginia. CHoR provides pediatric inpatient and outpatient services that cover nearly all children’s health-related needs. As part of VCU Health, CHoR is committed to ensuring access to care for all children, training future pediatric caregivers and making new discoveries that improve understanding and treatment of childhood diseases. Learn more at chrichmond.org.

VCU Health Sports Medicine

VCU Health Sports Medicine services cater to athletes of all levels — from elite competitors to weekend warriors — and range from treating acute and chronic injuries to enhancing athletic performance. We also place special emphasis on the prevention, diagnosis and treatment of sport-related concussions. Our full-service, state-of-the-art orthopaedic clinics and cutting-edge surgical techniques will get you back in the game whether it’s on the field, at home or in the workplace. Visit vcuhealthnowcenter.org or sportsmed.vcu.edu to learn more about our services and facilities.
**Program Registration**

The registration fee includes tuition, program materials, transcript of credit hours, continental breakfast each morning, dinner on Friday, lunch with the exhibitors on Saturday and coffee breaks.

*Registration fees will increase by $50 AFTER OCTOBER 1, 2017.*

Register online at cme.vcuhealth.org

**Registration Fees:**
- $ 500 Physician 3 days
- $ 400 Non Physician 3 days
- $ 300 Saturday Only
- $ 150 Friday Only
- $ 150 Sunday Only
- *VCU Health Employee Fee $375 for Faculty & Staff 3 days

**Cancellation**

Registration fee, less a $60.00 non-refundable administrative fee, will be refunded only if written notice of cancellation is received on or before **November 16, 2017**.

**Questions and Information**

VCU Health Continuing Medical Education
Box 980048
Richmond, VA 23298-0048
Telephone: (804) 828-3640 or (800) 413-2872
Fax: (804) 828-7438
Register online at cme.vcuhealth.org *Google Chrome preferred browser
Email questions to: cmeinfo@vcuhealth.org

**Venue – Kingsmill Resort**

1010 Kingsmill Road
Williamsburg, VA 23185
www.kingsmill.com
(800) 832-5665 or (757) 253-1703
Amenities include spa, tennis, golf and complimentary resort shuttle to nearby attractions including Colonial Williamsburg and Busch Gardens.

**Accommodations and Reservations**

Hotel block with discounted rate available until **November 16, 2017**. The room rate is $144.00 for single or double occupancy plus 11% State and Occupancy tax and $2.00 per room night occupancy tax. To obtain discounted rate, make your reservations by telephone (800) 832-5665 or (757) 253-1703 and identify yourself as a registrant for the **VCU Health Sports Medicine Update Conference** to obtain the group rate. Rooms can be cancelled without penalty up to seven (7) days before arrival.

**Colonial Williamsburg Attractions**

Call (757) 253-2277 or 1-800-HISTORY (1-800-447-8679)
Colonial Williamsburg Vacation Planner available at www.history.org
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Online Registration Preferred: cme.vcuhealth.org (Google Chrome preferred)

Please PRINT information legibly as you would like it to appear on your name badge.

First name  Last name

Firm

Degree/Specialty/Certification

Mailing address

City  State  Zip

Telephone (home or cell)

Email (required)

Workshops: Choosing A or B allows you to attend that one session only.

Breakout A  B  C  D  E  F
Saturday

Select Alternate Sessions

Registration Fees

☐ $500 Physician 3 days
☐ $400 Non Physician 3 days
☐ $300 Saturday Only
☐ $150 Friday Only
☐ $150 Sunday Only

VCU Health Employee Fee

☐ $375 Faculty & Staff 3 days

Make checks payable to UHS-PEP. Mail registration form and check to:
UHS-PEP, Inc, I Box 980048 I Richmond, VA 23298-0048

Need Assistance?

If special circumstances apply to your registration or an alternate payment method is preferred, please contact VCU Health CME.

Phone: (804) 828-3640

Email: cmeinfo@vcuhealth.org
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For Primary Care Providers
Meets Virginia Board of Medicine Pain Management CME Requirement

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