

41ST ANNUAL

UNIVERSITY OF WISCONSIN
Sports Medicine Symposium



May 24-25, 2018
Madison Marriott West

Provided by

University of Wisconsin Sports Medicine

uwsportsmedicine.org

and

University of Wisconsin-Madison Interprofessional Continuing Education Partnership (ICEP)

ocpd.wisc.edu



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SYMPOSIUM OVERVIEW AND STATEMENT OF NEED

The purpose of this symposium is to provide the latest information on the diagnosis, prevention and treatment of athletic related medical conditions and musculoskeletal injuries. Its content is based on comments from past participants as well as faculty and clinical staff's perception of current trends and issues in sports medicine. The conference will focus on practical and clinically relevant information for participants to use in their daily practice.

INTENDED AUDIENCE AND SCOPE OF PRACTICE

Team physicians, primary care physicians, athletic trainers, physical therapists, nurses, physician assistants, nurse practitioners and other health professionals who provide care for athletic and active populations.

OBJECTIVES

Upon completion of the symposium, participants will:

- Develop skills in the evaluation, diagnosis and treatment of common sports and orthopedic injuries in active populations.
- Identify age-specific differential diagnoses for musculoskeletal injuries.
- Apply management and return-to-sport guidelines for athletes who have sustained a pediatric ACL injury.
- Summarize current research on the evaluation of hip pain and return to sport following injury.
- Recognize appropriate radiological and surgical techniques for managing common injuries to the hip.
- Analyze means to evaluate, diagnose and treat common injuries in the female athlete.

ELEMENTS OF COMPETENCE

This continuing medical education activity has been designed to change learner competence and focuses on the American Board of Medical Specialties areas of medical knowledge, and patient care and procedural skills, in addition to the interprofessional competencies of roles/responsibilities, and teams and teamwork.



2018 SPORTS MEDICINE SYMPOSIUM PROGRAM: THURSDAY, MAY 24

7:45 AM - 5:00 PM **REGISTRATION DESK OPEN**

8:25 AM **WELCOME**

8:30 AM - 10:30 AM **SESSION 1: The Hip**

Hip Anatomy: Cadaver Review

Lisa Sienkiewicz, MD

Hip Pain in a Dancer: A Case Study

Laura Moyer, LAT

Hip Pain Outside of FAI:

Extra-articular Impingement and Dysplasia

Andrea Spiker, MD

Surgery and Postoperative Rehab of the Hip on
an Arthroscopic Continuum

Brian Walczak, MD

Megan O'Connell, PT

Panel Discussion

10:30 AM - 10:45 AM **BREAK**

10:45 AM - 12:30 PM **SESSION 2: Women's Health**

The Female Runner Across the Lifespan

Liz Chumanov, PT

Christa Wille, PT

How Come My Brother Doesn't Have
This Sports Injury?

Jennifer Kempf, PT

Developing the Butts and Guts
of the Female Athlete

Kelcie Wittman, PT

Panel Discussion

12:30 PM - 1:30 PM **LUNCH**

1:30 PM - 3:15 PM **SESSION 3: Case Presentations**

Research Study Update:

The Use of Headgear to Reduce

Concussions in High School Soccer Players

Tim McGuine, PhD, LAT

Gender Differences in Concussion:

Diagnosis, Management and Recovery

Erin Hammer, MD

Real-Time Injury Prediction in Athletes

Andrew Watson, MD

Minimizing Hamstring Strain Injury Risk:

What Can Be Done?

Bryan Heiderscheit, PhD, PT

Return Without Reinjury: Current Evidence of
Hamstring Strains

Marc Sherry, PT

Panel Questions

3:15 PM - 3:30 PM

BREAK

3:30 PM - 5:00 PM

SESSION 4: The Knee/Pediatric ACLs

Articular Cartilage Injuries and Disorders:

What Does the Future Hold?

Leslie Goodavish, PA-C

ACL Tears in the Young and Very Young Athlete

Tammy Scerpella, MD

Management of ACL Injuries in the

Prepubescent Athlete

Pam Lang, MD

When to do What: ACL Tears
in the Young Athlete

Geoff Baer, MD

Panel Discussion

5:00 PM

ADJOURN FOR THE DAY

2018 SPORTS MEDICINE SYMPOSIUM PROGRAM: FRIDAY, MAY 25



7:00 AM - 12:30 PM REGISTRATION DESK OPEN

7:00 AM CONTINENTAL BREAKFAST

7:25 AM WELCOME

7:30 AM - 9:50 AM SESSION 5

Sleep Loss and Time Loss in Youth Athletes
Todd Domeyer, MD

Youth Bone Health:
Building Pillars for a Better Tomorrow
David Bernhardt, MD

Current Clinical Evaluation and
Treatment Considerations for the
Softball and Baseball Player
Karl Fry, PT

The Who, What and Why of Sports
Specialization
Eric Post, MS, ATC

Youth Athlete Development
Dave Knight, MA, LAT

Panel Q&A

9:50 AM - 10:05 AM BREAK

10:05 AM - 11:10 AM SESSION 6

Identification and Management of Lumbar
Radiculopathy in a Recreational Runner:
A Case Study
Charley Liu, PT

ACL Reconstruction Rehabilitation for an
18-year-old Female with a New Diagnosis of
Systemic Lupus Erythematosus
Melissa Ball, PT

Childbirth: An Athletic Event Affecting Return
to Exercise in Post-Partum Women
M. Alison Brooks, MD

11:10 AM - 12:30 PM SESSION 7

Early Post-Operative Principles for
Pediatric ACLR
Marc Sherry, PT

Managing ACL Injury in the Pediatric and
Adolescent Athlete
Mark Paterno, PT, PhD, MBA, SCS, ATC

Panel Discussion

12:30 PM - 12:45 PM ASSESSMENT AND CLOSING COMMENTS

12:45 PM ADJOURN FOR THE DAY

SYMPOSIUM FACULTY

GUEST FACULTY

Mark Paterno, PT, PhD, MBA, SCS, ATC

Scientific Director, Division of Occupational Therapy and Physical Therapy,
University of Cincinnati Department of Pediatrics

UNIVERSITY OF WISCONSIN AND UW HEALTH SYMPOSIUM FACULTY

* Planning Committee

‡ UW Health Sports Medicine, Madison, WI

Geoffrey Baer, MD, PhD

Assistant Professor, Department of Orthopedics and Rehabilitation, Division
of Sports Medicine; Team Physician, University of Wisconsin Athletics

Melissa Ball, PT, DPT, LAT, CSCS

Physical Therapy Resident ‡

David T. Bernhardt, MD

Professor, Departments of General Pediatrics and Adolescent Medicine,
and Orthopedics and Rehabilitation, Division of Sports Medicine; Team
Physician, University of Wisconsin Athletics *

M. Alison Brooks, MD, MPH

Assistant Professor, Departments of General Pediatrics and Adolescent
Medicine, and Orthopedics and Rehabilitation, Division of Sports Medicine;
Team Physician, University of Wisconsin Athletics ‡

Liz Chumanov, DPT, PhD

Physical Therapist ‡

Todd Domeyer, MD

Primary Care Sports Medicine Fellow, Department of Orthopedics and
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Karl Fry, PT, DPT, OCS, CSCS

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Doug Grovergrys, MPT, LAT, SCS, CSCS

Physical Therapist *‡

Erin Hammer, MD

Clinical Instructor, Department of Orthopedics and Rehabilitation, Division
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Bryan Heiderscheid, PhD, PT

Professor, Department of Orthopedics and Rehabilitation ‡

Jennifer Kempf, MPT, CSCS

Physical Therapist ‡

David Knight, MA, LAT, USAW, TPI-MP3J2

Licensed Athletic Trainer; Sports Performance Program Manager * ‡

Maria Kostichka, MS, LAT

Licensed Athletic Trainer *‡

Ken Krogman, MPT, LAT

Physical Therapist, Coordinator of Sports Medicine Education * ‡

Pam Lang, MD

Assistant Professor, Department of Orthopedics and Rehabilitation, Division
of Sports Medicine, Division of Pediatric Orthopedics ‡

Charley Liu, PT, DPT, CSCS

Physical Therapy Resident ‡

Tim McGuine, PhD, LAT

Senior Scientist, University of Wisconsin School of Medicine and Public
Health ‡

Laura Moyer, LAT

Licensed Athletic Trainer ‡

Megan O'Connell, PT, DPT, CSCS, PES

Physical Therapist ‡

Eric Post, MS, ATC

Research Assistant, Wisconsin Injury in Sport Lab,
University of Wisconsin-Madison

Tamara Scerpella, MD

Professor, Department of Orthopedics and Rehabilitation, Division
Chairperson Sports Medicine; Team Physician, University of Wisconsin
Athletics ‡

Marc Sherry, PT, DPT, LAT, CSCS, PES

Manager, Sports Rehabilitation, UW Health at the American Center * ‡

Lisa Sienkiewicz, MD

Orthopedic Fellow, Department of Orthopedics and Rehabilitation, Division
of Sports Medicine ‡

Andrea Spiker, MD

Assistant Professor, Department of Orthopedics and Rehabilitation, Division
of Sports Medicine ‡

SYMPOSIUM FACULTY

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Division of Sports Medicine ‡

Andrew Watson, MD, MS

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Rehabilitation, Division of Sports Medicine; Team Physician, University of
Wisconsin Athletics ‡

Christa Wille, PT, DPT, SCS

Physical Therapist ‡

Kelcie Wittman, DPT, SCS

Physical Therapist ‡

POLICY ON FACULTY AND SPONSOR DISCLOSURE

It is the policy of the University of Wisconsin–Madison Interprofessional Continuing Education Partnership (ICEP) that the faculty, authors, planners and other persons who may influence content of this continuing education (CE) activity disclose all relevant financial relationships with commercial interests in order to allow CE staff to identify and resolve any potential conflicts of interest. Faculty must also disclose any planned discussion of unlabeled/unapproved uses of drugs or devices during their presentation(s). Detailed disclosures will be made available in the activity handout materials.

GENERAL INFORMATION

THURSDAY, MAY 24 – FRIDAY, MAY 25, 2018

MADISON MARRIOTT WEST

1313 John Q. Hammons Dr.
Middleton, WI 53562
(608) 831-2000

CONFERENCE FEES

The conference fee is \$395 for physicians and \$295 for residents/fellows, athletic trainers, physical therapists and other allied health professionals. The fee includes the cost of tuition, course syllabus, conference completion report, breaks, lunch on Thursday, continental breakfast on Friday, and a nonrefundable processing fee of \$50. We cannot guarantee availability of onsite registration, so please register early.

CANCELLATION AND REFUND POLICY

Requests for cancellation must be submitted in writing to help@icep.wisc.edu. Cancellation requests received at least 96 hours prior to the conference will allow a full refund except for the nonrefundable processing fee. No refunds will be made for cancellations received less than 96 hours prior to the activity start date.

REGISTRATION INFORMATION

- Visit <https://ce.icep.wisc.edu/sports-medicine-2018>
- Select the Register/Enroll Tab
- Select login or register and follow the instructions for UW-Madison NetID login or Visitor account creation/login
- Follow any prompts to complete or update your profile information
- Click the Register tab, select your Eligible Discount and “Add to Cart”
- Select “Checkout” and follow the prompts to pay for the conference

Contact help@icep.wisc.edu if you need assistance.

COURSE SYLLABUS

PLEASE NOTE - The symposium syllabus will be posted online (information regarding the syllabus will be sent to registered participants at least one week before program). A printed syllabus will NOT be provided for this year's symposium. You will be able to print materials prior to the course should you prefer to bring hard copies. You are encouraged to bring your own device or laptop to the conference to follow along with course presentations. Free Wi-Fi and charging stations will be provided.

PARKING

Free parking is available at the Madison Marriott West.

HOUSING

A block of rooms has been reserved at the Madison Marriott West. A special rate of \$136, plus tax, is available at the Madison Marriott West for this conference. Call (608) 831-2000 or (888) 745-2032. Be sure to mention the seminar name and “Sports Medicine” to receive the special room rate.

NOTE: The special room rate will be available until 4/25/18, or until the block of rooms is sold out, after which the rooms will be released to the public at the regular rate.

FOR FURTHER INFORMATION

For conference information please contact Cathy Means at the Office of Continuing Professional Development in Medicine and Public Health at email: cathy.means@wisc.edu or Ken Krogman at kkrogman@uwhealth.org.

ACCREDITATION



Accreditation Statement:



In support of improving patient care, the University of Wisconsin–Madison Interprofessional Continuing Education Partnership (ICEP) is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

CREDIT DESIGNATION STATEMENTS

American Medical Association (AMA)

The University of Wisconsin–Madison ICEP designates this live activity for a maximum of 11.75 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



Board of Certification, Inc.: University of Wisconsin Sports Medicine (BOC AP #451) is recognized by the Board of Certification, Inc. to provide continuing education for Certified Athletic Trainers. This program is approved for a maximum of 11.75 EBP hours/CEUs. Certified Athletic Trainers are responsible for claiming only those hours actually spent participating in the continuing education activity.

American Academy of Family Physicians: Application for CME credit has been filed with the American Academy of Family Physicians. **Determination of credit is pending.** Please contact Cathy Means at cathy.means@wisc.edu for further information.

Wisconsin Physical Therapy Association: An application for credit is pending with the Wisconsin Physical Therapy Association. Prorated credit for partial attendance will not be granted; participant needs to attend entire conference to receive credit. Please contact Cathy Means at cathy.means@wisc.edu for further information.

Continuing Education Units (CEUs)

The University of Wisconsin–Madison ICEP, as a member of the University Professional & Continuing Education Association (UPCEA), authorizes this program for 1.175 CEUs or 11.75 hours.

The University of Wisconsin provides equal opportunities in employment and programming, including Title IX requirements.

The University of Wisconsin School of Medicine and Public Health fully complies with the legal requirements of the ADA and the rules and regulations thereof. If any participant in this educational activity is in need of accommodations, please notify Cathy Means at email cathy.means@wisc.edu.