



Sports Medicine Seminars 2015

July 15, 2015

Spine Injuries in Sport

November 18, 2015

Surgical Stabilization and Rehabilitation
of the Unstable Shoulder: Football and
Baseball Specific Considerations

Scripps Green Hospital

Timken Amphitheater

10666 N. Torrey Pines Road

La Jolla, California 92037

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Sports Medicine Seminars 2015

Course Overview

These seminars are designed for physicians, physical therapists, athletic trainers and others who work with athletes. Content will consist of anatomy, mechanisms of injury, diagnostics and assessments, non-surgical and surgical interventions, rehabilitation treatment progression, injury prevention and return to play considerations. Among the topics offered are:

- Ulnar Collateral Ligament Injuries - An Epidemic? ...Prevalence, Incidence, Treatment and Prevention
- Spine Injuries in Sport
- Surgical Stabilization and Rehabilitation of the Unstable Shoulder: Football and Baseball Specific Considerations.

Target Audience

- Physicians
- Physical Therapists
- Athletic Trainers
- and others desiring an update in these specialty areas.

Educational Objectives

After attending this activity, participants should be able to:

- Understand the anatomy, mechanisms of injury, common surgical and non-surgical interventions of sports injuries
- Explore the principals of tissue healing time and biomechanics in relation to program progression
- Discuss factors influencing return to play, for specific sports after injury.

About Scripps

Scripps Health, a nonprofit health care system based in San Diego, California, includes more than 2,600 affiliated physicians and over 13,000 employees at five acute-care hospital campuses, home health care services and a network of clinics, physician offices and outpatient centers. Scripps is committed to contributing to the future of medicine through its clinical research trials, graduate medical education and continuing medical education programs. More information can be found at www.scripps.org.

Accreditation

Physicians (MD, DO)

Scripps Health is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Scripps Health designates this live activity for a maximum of 2.0 *AMA PRA Category 1 Credit(s)*[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Documentation of awarded credit is provided for registered attendees in exchange for a completed activity evaluation. Certificates of attendance are available, upon request, at the end of the course.

Athletic Trainers



Scripps Health is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program has been approved for a maximum of 2.0 hours of Category A continuing education. Certified Athletic Trainers are responsible for claiming only those hours actually spent participating in the continuing education activity.

Physical Therapists

This program has been approved for **2 contact hours** by the Physical Therapy Board of California.

Disclosure

Commercial Support

This course is supported, in part, by educational grants from industry, in accordance with ACCME accreditation Standards for Commercial Support. At the time of printing, a complete listing of commercial supporters was not available. Appropriate acknowledgement will be given to all supporters at the time of the educational activity.

Cultural and Linguistic Competency

This activity is in compliance with California Assembly Bill 1195 which requires that all CME activities comprising a patient care element include curriculum addressing the topic of cultural and linguistic competency. The intent of this bill is to ensure that health care professionals are able to meet the cultural and linguistic concerns of a diverse patient population through effective and appropriate professional development. Cultural and linguistic competency was incorporated into the planning of this activity.

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Descriptions of Educational Session

Spine Injuries in Sport

July 15, 2015 – 6:30-9 p.m.

Gregory Mundis Jr., MD, Robert Eastlack, MD, Yousef Ghandour, PT

Over 27 million children aged 6 to 18 years participated in organized athletics in 2013. An estimated 48% of young athletes complaining of low back pain were found to have occult spondylolysis. Overuse injuries to the spine are common in certain sports and may be due to the rising emphasis on early specialization in sport, frequent year-round competition, and increased pressure by parents and coaches to begin high-intensity training at young ages. Presenters will provide an overview of the anatomy, mechanism of injury and diagnostics for orthopedic spine injuries. This will be followed by a discussion of surgical and non-surgical interventions. The evening will conclude with a discussion on treatment considerations, including rehab progression, education, prevention of injury, predisposing factors to spine injury, and return to play criteria.

Surgical Stabilization and Rehabilitation of the Unstable Shoulder: Football and Baseball Specific Considerations

November 18, 2015 – 6:30-9 p.m.

Heinz Hoenecke, MD, Jan Fronck, MD, Former-NFL Player

Former-MLB player, Gail Kuwatani, PT, OCS, SCS, CSCS

Shoulder instability occurs in many sports for various reasons, but these types of injuries commonly have the effect of dramatically limiting an overhead athlete's ability to successfully compete at a high level. In this session, the presenters will cover an overview of the anatomy and diagnostics for shoulder instability injuries. Also highlighted will be the differences between football and baseball patients in mechanism of injury, surgical and non-surgical intervention, and rehab progression, education, prevention and return to play criteria. This special session will conclude with a panel discussion period in which former professional NFL and MLB athletes will give their input on the injury and recovery process from the athlete's perspective.



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Seminar Agenda

- 5:30 p.m. – 6:30 p.m. **Registration**
- 6:30 p.m. – 7 p.m. **Anatomy, Mechanics of Injury, Assessment and Diagnostics**
- 7 p.m. – 7:30 p.m. **Current Trends in Medical and Surgical Intervention**
- 7:30 p.m. – 7:45 p.m. Break and View Exhibits
- 7:45 p.m. – 8:15 p.m. **Rehabilitation, Prevention and Return to Sport considerations**
- 8:15 p.m. – 8:45 p.m. **Panel Discussion and Question & Answer**
- 9 p.m. Adjourn



Conference Location

Scripps Green Hospital
Timken Amphitheater
10666 N. Torrey Pines Road
La Jolla, CA 92037
858-455-9100

Faculty

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Faculty Disclosure

In accordance with the ACCME Standards for Commercial Support, course directors, planning committees, faculty and all others in control of the educational content of the CME activity must disclose all relevant financial relationships with any commercial interest that they or their spouse/partner may have had within the past 12 months. If an individual refuses to disclose relevant financial relationships, they will be disqualified from being a part of the planning and implementation of this CME activity. Employees of a commercial interest with business lines or products relating to the content of the CME activity will not participate in the planning or any accredited portion of the conference. Disclosure will be made to all participants at the conference location, prior to the educational activity commencement.



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