

Sports Medicine Seminars 2018

April 18, 2018 – Upper Extremities: Shoulder & Elbow

October 24, 2018 – Lower Extremities: Hip, Knee & Ankle

Scripps Green Hospital Timken Amphitheater

ACCREDITATION

Physicians

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 AMA PRA Category 1 Credit(s)[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

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 course is approved for 2.0 continuing competency hours per section 1399.95 California Code of Regulations. Contact your local state board for equivalency and maximum credit allowable for this course.

Board of Registered Nursing

For the purpose of recertification, the American Nurses Credentialing Center accepts AMA PRA Category 1 Credit(s)[™] issued by organizations accredited by the ACCME. For the purpose of relicensure, the California Board of Registered Nursing accepts AMA PRA Category 1 Credit(s)[™]. The majority of state boards accept AMA PRA Category 1 Credit(s)[™] as meeting continuing education requirements for license renewal. Nurses should check with their state's Board of Registered Nursing regarding use of CME credit.

TARGET AUDIENCE

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

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COURSE INTRODUCTION

Course Overview

These seminars are designed for physicians, nurses, 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. Topics will include upper extremity with a focus on shoulder and elbow as well as lower extremity with a focus on hip, knee and ankle.

Educational Objectives

After attending this activity, participants should be able to:

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

EDUCATIONAL SESSIONS

April 18, 2018 – Upper Extremity: Shoulder & Elbow

Arm pain and injuries in sports are common and frequently seen in throwing sports and racket sports like volleyball, swimming, tennis, and many others. Both sudden traumatic occurrence and repetitive use can occur.

The presenters will cover common sports injuries, surgical and non-surgical interventions followed by treatment considerations including rehab progression, education, prevention of injury and return to play criteria.

October 24, 2018 – Lower Extremity Injuries: Hip, Knee & Ankle

According to research from the American Academy of Orthopaedic Surgeons, twenty-five percent of athletic injuries are foot and ankle-related and hip disorders are increasingly recognized as a cause of dysfunction and disability among athletes.

Normal foot to an ankle and hip function are fundamental to successful sporting participation. Not only are they important in running, jumping and kicking-based activities, they also contribute to the generation and transference of forces in upper limb-dominated activities.

The presenters will cover common sports injuries, surgical and non-surgical interventions followed by treatment considerations including rehab progression, education, prevention of injury and return to play criteria.

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AGENDA

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

LOCATION

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

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. Owners and/or employees of a commercial interest with business lines or products relating to the content of the CME activity will not be permitted to participate in the planning or execution of any accredited activity.

A complete listing of disclosures associated with this program can be found on the conference website: www.scripps.org/sportscme and in the mobile conference app: www.grupio.com/Sports2018.

DOWNLOAD THE SCRIPPS CME APP FOR YOUR SMART PHONE OR TABLET!

All conference information including a detailed agenda, faculty listing, faculty disclosures, industry support, attendee list, and course materials can be found on the free Scripps CME conference app for smart phones, tablets and laptop computers. To download the app on your smart phone or other device visit the appropriate app store and search ScrippsCME (must be one word). The app is free of charge and will be continuously updated during and after the course.

To access the site using a web browser: <http://www.grupio.com/Sports2018>

DISCLOSURE & ABOUT SCRIPPS

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.

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.

CONFERENCE FEES & REGISTRATION

REGISTER ONLINE - www.scripps.org/sportscme

Conference Fees

Included: Course tuition, materials and complimentary onsite parking.

Not Included: Meals, travel costs and lodging.

Attendee Cancellation, Substitution, Refund

The course tuition is refundable, minus a \$10 processing fee, if your cancellation is received in writing no later than date one week prior to the conference date. After this date, under no circumstances will refunds be granted. No refunds or credits will be given to "no shows."

	Early Registration Ends Monday prior to program date	On-site registration
Registration Fee	\$45	\$60
Two Seminar Discounts	\$85	\$100
Scripps Registration Fee	\$35	\$50
Scripps Two Seminar Discounts	\$65	\$80
Students, Residents and Fellows	waived	\$20