SPORTS MEDICINE UPDATE
Saturday, November 13, 2010

Sponsored by:
Loyola University Chicago
Stritch School of Medicine
Departments of Family Medicine &
Orthopaedic Surgery and Rehabilitation

LOYOLA UNIVERSITY CHICAGO
STRITCH SCHOOL OF MEDICINE

FACULTY

Micheal Bednar, MD
Professor
Orthopaedic Surgery & Rehabilitation
Chief, Section of Hand Surgery

Mary Capelli-Schellpfeffer, MD, MPA
Assistant Professor
Medicine
Medical Director,
Occupational Health Service

Haemi Choi, MD
Assistant Professor
Family Medicine

Douglas Evans, MD
Assistant Professor
Orthopaedic Surgery & Rehabilitation

Lawrence Frank
Assistant Professor
Orthopaedic Surgery & Rehabilitation
Physical Medicine & Rehabilitation

Alexander Ghanayem, MD
Professor
Orthopaedic Surgery & Rehabilitation
Chief, Division of Spine Surgery

Jason Hendricks
Staff Physical Therapist

Eileen Huffman
Staff Physical Therapist

Jennifer Janczak, ATC, CSCS
Sports Medicine Outreach Coordinator

Neeru Jayanthi, MD
Associate Professor
Family Medicine and
Orthopaedic Surgery & Rehabilitation
Medical Director, Primary Care Sports Medicine

Julie Nelson
Staff Physical Therapist

John Shea, MD
Professor
Neurological Surgery

Pietro Tonino, MD
Professor
Director, Section of Sports Medicine
Orthopaedic Surgery & Rehabilitation

James Winger, MD
Assistant Professor
Family Medicine

GUEST FACULTY

George DiMatteo
Coach
Lewis University

Kevin Gebke, MD
Associate Professor
Department of Family Medicine
Director, IU Center for Sports Medicine
Director, Primary Care Sports Medicine Fellowship
Indiana University School of Medicine

David Figlioli
Partner
Morici, Figlioli, & Associates

John McAndrews
Partner
Gurber, McAndrews & Norgle, LLC

Balu Natarajan, MD
Chicago Primary Care Sports Medicine, SC
MacNeal Hospital
Sports Medicine Fellowship

Don Schlenbecker
CSCS, NSCA-CPT, FMS
President/Owner
Peak Performance Training, INC

Program Directors: Pietro Tonino, MD & Neeru Jayanthi, MD
COURSE OBJECTIVES
Provide education and information in sports medicine and musculoskeletal specific issues. Upon completion of this activity, participants should be able to:
- Identify medical and musculoskeletal issues specific to sports medicine
- Acquire additional techniques of evaluation, management, and rehabilitation of musculoskeletal injuries
- Describe updated evidence-based approaches to sports specific medical and musculoskeletal conditions

TARGET AUDIENCE
Athletic trainers, physical therapists, nursing and other health care providers who are interested in the treatment and care of athletes and musculoskeletal injuries.

ACCREDITATION
The Loyola University Chicago, Stritch School of Medicine is accredited by the BOC and the Illinois Physical Therapy Association (IPTA 8 contact hrs).
Loyola Sports Medicine is recognized by the Board of Certification, Inc. to offer continuing education for certified athletic trainers.
CCMC Approved: 8

CONFERENCE LOCATION
Loyola University Chicago
Stritch School of Medicine
John & Herta Cuneo Center
Leuschner Hall - Suite 390
2160 S. First Avenue
Maywood, Illinois 60153

AGENDA
5:00 ADJOURN
4:50 LUNCH & RESEARCH POSTERS DISPLAY
SURGICAL AND NON-SURGICAL EVALUATION IN ACTIVE INDIVIDUALS
1:10 Non-Surgical Approaches to Potential Surgical Diagnoses in the Knee
Neeru Jayanthi, MD
1:30 When to Consider Surgery in Shoulder Injuries
Douglas Evans, MD
1:50 Non-Surgical Approaches to Axial Low Back Pain
Larry Frank, MD
2:10 Soft Tissue Injuries to Hand/Wrist
Michael Bednar, MD
2:30 Non-Surgical Conditions in the Hip/Pelvis
Neeru Jayanthi, MD
2:50 QUESTIONS- Panel Discussion
3:00 BREAK

BREAKOUT SESSIONS - II
STRUCTURAL EVALUATION - ROOM 360
3:20 Identifying Injury Risk with Functional Movement Screen
Jennifer Janczak, ATC, CSCS
Don Schlenbecker, CSCS
3:40 QUESTIONS
4:05 QUESTIONS- Panel Discussion
4:20 Sickle Cell & Exertional Rhabdomyolysis
James Winger, MD
4:40 QUESTIONS- Panel Discussion
5:00 ADJOURN

EXERCISE RELATED CONDITIONS - ROOM 390
3:20 Bone Health in Active Females
Haemi Choi, MD
3:40 Exertional Leg Pain
Balu Natarjan, MD
4:05 QUESTIONS
4:20 Exertional Rhabdomyolysis
Jason Hendricks, MD
4:40 QUESTIONS- Panel Discussion
5:00 ADJOURN

RESEARCH UPDATES - ROOM 390
10:20 Mixed Martial Arts (MMA) Coverage
Kevin Gable, MD
10:50 Volleyball Specific Evaluation
Haemi Choi, MD
11:20 Understanding the Competitive Softball Player
George DiMatteo
Beliefs About Hydration & Physiology Drive Drinking Behaviors in Runners
James Winger, MD PI: James Winger
The Effects of Lower Extremity Flexibility on Performance and Injury Rates in College Runners
PI: Neeru Jayanthi
The Impact of Ankle Bracing on Functional Ankle Instability in Elite Volleyball Players
Marc Angerame PI: P. Tornio & M. Pinzur
Risks of Sports Specialization & Rapid Growth in Young Athletes
Courtney Pihlman PI: N. Jayanthi
A Randomized Trial Comparing Manual Physical Therapy, to Therapeutic Exercises, for the treatment of Lateral Epicondylitis
Jason Hendricks PI: Guido Marra
The Effects of Iron Status on Performance in College Runners
PI: Neeru Jayanthi

REGISTRATION
SATURDAY
NOVEMBER 13, 2010

Pre-registration is required for the course. As space is limited to the first 200, your response is requested no later than Monday, November 6th to secure your reservation and availability of course material, for this conference.

The registration fee for this course is as follows:
~ $75 Athletic Trainers/Physical Therapists/ Allied Health Professionals
~ $75 Fellow/Residents/Other
~ $50 1/2 Day sessions (Lunch Provided) 12:00pm — 5:00pm SESSION
~ $40 Students (physical therapy, athletic trainer, medical, nursing, and other)

To register online, go to www.luc.edu/sportsmedicineupdate
All refund requests must be made in writing by November 10, 2010 and are subject to a 25% service charge. No refunds will be provided for written cancellations received after November 10, 2010.

If you have questions or concerns, please contact:
Stefani Higgins
Office: 708-216-1071
Fax: 708-216-1104 (DO NOT FAX CREDIT CARD INFORMATION)

Loyola University Medical Center
Department of Family Medicine
2160 S. First Avenue, Bldg. 54 - Suite 253
Maywood, Illinois 60153

Further Information
Contact: Stefani Higgins
Phone: (708) 216-1071
Fax: (708) 216-1104
For travel directions to Loyola’s campus go to http://www.meddean.luc.edu/node/130
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SPECIAL NEEDS
We would like to welcome all registrants to this activity. If you have a disability and need an accommodation to participate in this event, we will try to provide it. Please submit a written request one month prior to the course to receive service.