3RD ANNUAL SPORTS MEDICINE SYMPOSIUM

LOWER EXTREMITY & CERVICAL SPINE INJURIES IN SPORTS MEDICINE

WEDNESDAY, JUNE 7, 2017

WINTHROP RESEARCH & ACADEMIC CONFERENCE CENTER
Winthrop University Hospital | Mineola, New York

Accredited by
Winthrop University Hospital
Approved for 6.25 CME, BOC and PT Credits
OVERVIEW
Welcome to Winthrop's 3rd Annual Sports Medicine Symposium entitled: Lower Extremity and Cervical Spine Injuries in Sports Medicine. This program has been designed for athletic trainers, physical therapists and other members of the inter-professional team who are interested in improving their knowledge and practice of different aspects of Sports Medicine. This program will start by discussing the advances and changes of ACL rehabilitation protocols over the past few decades. It will discuss the recognition, management and treatment of various lower extremity injuries. This program will also discuss surgical interventions, such as ACL graft choices and injuries relating to the hip. Presenters will also use breakout sessions to discuss on-field evaluation and management of cervical spine injuries, lower extremity injuries and the rehabilitation of these specific injuries. Speakers will provide didactic, case-based illustrations and hands-on demonstrations that will improve patient care outcomes.

LEARNING OBJECTIVES
At the completion of this program, the participant should be able to:
• Describe the changes of ACL rehabilitation, from past to present time.
• Recognize common sports related injuries of the foot, ankle, knee and hip.
• Apply proper management and treatment of lower extremity & cervical spine injuries.
• Demonstrate hands-on skills for the evaluation and management of cervical spine and lower extremity sports related injuries.
• Develop appropriate rehabilitation strategies for lower extremity injuries.

CONTENT DOMAINS
• Injury/ Illness Prevention and Wellness
• Clinical Evaluation and Diagnosis
• Immediate and Emergency Care
• Treatment and Rehabilitation
LEVEL OF DIFFICULTY
This course has been defined as at the Advanced Level.

TARGET AUDIENCE
Athletic Trainers (certified or those seeking certification), physical therapists, physicians, residents, EMT’s, Students.

ACCREDITATION
Winthrop University Hospital is Accredited with Commendation by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

AMA CREDIT DESIGNATION
Winthrop University Hospital designates this live activity for a maximum of 6.25 AMA PR Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

CERTIFIED ATHLETIC TRAINERS
Winthrop University Hospital 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 6.25 hours of Category A continuing education. Certified Athletic Trainers are responsible for claiming only those hours actually spent participating in the continuing education activities.

PHYSICAL THERAPISTS
Winthrop University Hospital is a New York State Education Department approved provider for physical therapy continuing education. Winthrop University Hospital designates this activity for a maximum of 6.25 contact hours.
AGENDA

7:00a  Registration & Breakfast

7:50a  Welcome & Introduction
Stephen Wirth, PT

8:00a  KEYNOTE ADDRESS
Rehabilitation of ACL Injuries, Past and Present
John Cavanaugh, PT, MED, ATC, SCS

8:45a  Ankle Instability in Youth Athletes
Brian Ding, MD

9:15a  Break

9:30a  ACL Graft Choices
Mark Grossman, MD

10:00a  Hip Labral Tears & FAI
Ioannis Zouzias, MD

10:30a  Rehabilitation of Lower Extremity Injuries
Scott Yerys, DPT

11:00a  Panel Discussion

11:30a  Lunch

12:30p  BREAKOUT SESSION I:

Group A:
Management of Cervical Spine Injuries
Cody Ryan, ATC, EMT
Lynn Wille, ATC, EMT

Group B:
Management of Lower Extremity Injuries
Ian Leary, ATC
Lauren Kendrick, ATC

2:00p  Break

12:30p  BREAKOUT SESSION II:

Group A:
Management of Lower Extremity Injuries
Ian Leary, ATC
Lauren Kendrick, ATC

Group B:
Management of Cervical Spine Injuries
Cody Ryan, ATC, EMT
Lynn Wille, ATC, EMT

3:40p  Adjourn
FACULTY

KEYNOTE SPEAKER

John Cavanaugh, PT, MED, ATC, SCS
Clinical Supervisor
The James M. Benson Sports Rehabilitation Center
Hospital for Special Surgery
New York, NY

Cody Ryan, ATC, EMT
Staff Certified Athletic Trainer
Winthrop University Hospital
Mineola, NY
Capt. of Wantagh-Levittown Volunteer Ambulance Corps

Lynn Wille, ATC, EMT*
Staff Certified Athletic Trainer
Winthrop University Hospital
Mineola, NY

Scott Yerys, DPT
Supervisor Out-Patient Physical Therapy
Winthrop University Hospital
Mineola, NY

Ioannis Zouzias, MD
Attending Orthopedic Physician
Winthrop University Hospital
Mineola, NY

LOCAL FACULTY

Brian Ding, MD
Chief of Foot & Ankle Surgery
Attending Orthopedic Physician
Assistant Professor of Clinical Orthopedics
Stony Brook University School of Medicine
Stony Brook, NY

Mark Grossman, MD
Chief of Sports Medicine
Attending Orthopedic Physician
Winthrop University Hospital
Mineola, NY
Assistant Professor of Clinical Medicine
Stony Brook University School of Medicine
Stony Brook, NY

Lauren Kendrick, ATC
Staff Certified Athletic Trainer
Winthrop University Hospital
Mineola, NY

Ian Leary, ATC
Staff Certified Athletic Trainer
Winthrop University Hospital
Mineola, NY

PLANNING COMMITTEE

Stephen Wirth, PT
Administrative Director of Outpatient Physical Therapy
Winthrop University Hospital
Mineola, NY

Daniel DeSimone, ATC
Supervisor of Athletic Training Services
Winthrop University Hospital
Mineola, NY

Matei Manu, ATC
Staff Certified Athletic Trainer
Winthrop University Hospital
Mineola, NY

FACULTY DISCLOSURE

It is the policy of Winthrop University Hospital to adhere to ACCME and BOC accreditation requirements, policies and Standards for Commercial Support in order to ensure content validity, fair balance, independence, objectivity and scientific rigor in all its sponsored programs. All faculty, planners and authors of educational content who participate in sponsored programs must disclose to the audience any potential, apparent or real conflicts of interest related to their contribution to the activity as well as any discussions of off-label or investigational uses of any commercial products and devices not yet approved in the United States. All faculty disclosures will be made at the time of the activity. Please call Robert Martin, MBA, CHCP, Director of CME at 516-663-2521 to express any concerns.

*Denotes Planning Committee Member
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We accept online registration for all Winthrop CME-CE courses. Register and pay online at http://winthrop.cloud-cme.com

FEES
Registration fee includes educational materials, meals and CME-CE credit certificate. Space is limited. Register early.
$150 Physicians
$100 Athletic Trainers/Physical Therapists/EMTs
$ 75 WUH Athletic Trainers/Physical Therapists/EMTs
$ 30 Students (with valid ID)
FREE WUH Residents & Fellows (with valid Winthrop ID)

LOCATION
Winthrop Research & Academic Conference Center
Main Level
101 Mineola Boulevard
Mineola, NY 11501

PARKING
Parking is available at any of these convenient campus lots:
• Mineola Intermodal Center at 65 3rd Ave, Mineola.
• Winthrop Campus Visitors Parking Garage
  (access via Emergency entrance at 2nd & 3rd Ave.)
• Winthrop Professional Building at 200 Old Country Rd.
  (enter lot via 3rd St & Mineola Blvd before LIRR tracks overpass).

ACCOMMODATIONS
We do not have a discounted room block for this meeting. However, if you require a hotel, we suggest that you contact the Garden City Hotel by calling 1-800-547-0400.

CONFIRMATION
All registrants will receive a confirmation via email.

CANCELLATION
A fee of $15 is deducted for cancellation. Refund requests must be received by mail 72 hours prior to the course. No refund will be made thereafter.

SPECIAL NEEDS
The Winthrop Research & Academic Conference Center is accessible to individuals with disabilities or special needs. Participants with special needs should contact the office of CME at 516-663-8459.

If you experience technical problems with the online system, wish to register a group, or require other special arrangements; please contact Peter Sandre at 516-663-8459 or via email at psandre@winthrop.org for assistance.
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Register Online https://winthrop.cloud-cme.com