



48th Annual Seminar

Medical Aspects of Sports



**Saturday,
February 4, 2017**

**John M. Clayton Hall
University of Delaware
Newark, Delaware**

Co-sponsored by the
University of Delaware
Intercollegiate Athletics
Program and the
Department of Kinesiology
and Applied Physiology



*Board of Certification
CEU Provider #P458*

*A Continuing Professional Education
Program of the University of Delaware*

WHO SHOULD ATTEND

Athletic trainers, physical therapists, sports medicine physicians and chiropractors.

PLANNING COMMITTEE

Brandon DeSantis, MS, ATC

Lynn A. Fishlock, MEd

Keith A. Handling, MS, ATC, PT

Melanee Johnson, MS, ATC

Nikki Lounsberry, MS, ATC

Paul Lowry, MEd, ATC

Kelly Stafford, MS, ATC

Daniel J. Watson, MEd, ATC

Successful prevention, evaluation and rehabilitation of sports injuries are crucial elements of any comprehensive athletic program. This one-day sports medicine conference covers topics related to the evaluation and rehabilitation of sports-related injuries to the upper and lower extremities. A special panel discussion will allow attendees to ask questions of our distinguished speakers.

PROGRAM OBJECTIVES

The purpose of this sports medicine seminar is to assist health care professionals—athletic trainers, physical therapists, sports medicine physicians, chiropractors, etc.—in the evaluation, management/treatment and rehabilitation of sports related injuries. At the end of this seminar, participants will be able to:

- Perform creative taping methods for various athletic injuries to return athletes to competition as soon as it is medically safe
- Describe ultrasound's role with current and future sports medicine procedures
- Explain the role of telemedicine in current and future sports medicine procedures
- State surgical considerations for adolescents with ACL injuries
- Identify specific rehabilitation considerations for adolescents with ACL injuries and ACL reconstructions
- Explain how orthotic intervention can enhance sports performance
- Demonstrate clinical orthotic solutions for common athletic injuries
- Explain current trends in ankle rehabilitation, specifically the role of plantar massage, on balance training
- Classify athletes with neck pain into subgroups to properly identify the cause and outcome pathway
- Describe matched treatments and interventions for subgroups of athletes with neck pain
- Demonstrate the NFL sideline stinger evaluation and management



SCHEDULE

7 – 7:30 a.m.

Registration and Continental Breakfast

7 – 7:45 a.m.

Creative Solutions in Taping Methods to Prevent Injury

Steven Browne, ATC, *University of Delaware*
Chantel Hunter, ATC, *University of Delaware*

7:45 – 8 a.m.

Opening Remarks

Keith A. Handling, MS, ATC, PT, *University of Delaware*
Daniel J. Watson, MEd, ATC, *University of Delaware*
Christine Rawak, *Director, Intercollegiate Athletics and Recreation Services, University of Delaware*

8 - 8:45 a.m.

Ultrasound and the Future of Sports Medicine

Bradley C. Bley, DO, FAAP, RMSK, CSCS, *Delaware Orthopedic Specialists*

8:45 - 9:30 a.m.

Surgical Considerations for ACL Injuries in Pediatric and Adolescent Populations

J. Todd Lawrence, MD, PhD, *Children's Hospital of Philadelphia*

9:30 - 10:15 a.m.

Use of Orthotic Technology in Sports Performance

John Horne, CPO, CPed, *Independence Prosthetics and Orthotics*

10:15-10:30 a.m. • **BREAK**

10:30 – 11:15 a.m.

Telemedicine: The Future is Now

Alfred Atanda Jr., MD, *Nemours Children's Health System*



11:15 a.m. – 12:15 p.m.

Panel Discussion: Current Issues/ Topics in Sports Medicine

Daniel J. Watson, MEd, ATC, *Moderator*
Bradley C. Bley, DO, FAAP, RMSK, CSCS
J. Todd Lawrence, MD, PhD
John Horne, CPO, CPed
Alfred Atanda Jr., MD

12:15 – 1 p.m. • **LUNCH**

1 – 1:45 p.m.

Rehab Considerations for ACL Injuries in Pediatric and Adolescent Populations

Meredith Link, PT, DPT, ATC, *Children's Hospital of Philadelphia*

1:45 – 2:30 p.m.

Neck Pain is Not Created Equal: Subgrouping Your Athletes to Get the Best Outcome

Tara Manal, PT, DPT, OCS, SCS, *University of Delaware*

2:30 – 2:45 p.m. • **BREAK**

2:45 – 3:05 p.m. • **MINI-CLINICS**

STATION 1—

Current Trends in Ankle Rehabilitation: Plantar Massage and Balance Training

Bethany Wisthoff, MS, ATC, *University of Delaware*

STATION 2—

NFL Sideline Stinger Management

Steve Feldman, PT, DPT, ATC, *Philadelphia Eagles*

STATION 3—

Matched Treatments for Subgroups of Athletes with Neck Pain— Key Interventions

Greg Seymour, PT, DPT, OCS, *University of Delaware*

STATION 4—

Custom Orthotic Solutions for Athletic Injuries

Jocelyn Wong Neill, MSPO, CPO, *Independence Prosthetics and Orthotics*

3:05 – 3:25 p.m. • **Repeat Mini-Clinics** (*Groups Rotate*)

3:25 – 3:45 p.m. • **Repeat Mini-Clinics** (*Groups Rotate*)

3:45 – 4:05 p.m. • **Repeat Mini-Clinics** (*Groups Rotate*)

4:05 – 4:15 p.m.

Question and Answer Session Evaluation and Adjournment

GENERAL INFORMATION

Time and Location

The seminar will be held Saturday, February 4, 2017, at the University of Delaware's John M. Clayton Hall, located on Route 896, three miles north of the I-95 interchange. The University of Delaware is approximately 60 minutes' driving time from Philadelphia or Baltimore, and 90 minutes north of Washington, D.C. Registration and continental breakfast begins at 7 a.m.

Continuing Education Credit



As measurable evidence of continuing professional development, each participant will be awarded:

- 8.0 Continuing Education Units (CEUs) for the Board of Certification, Inc. (BOC) for certified athletic trainers

Additionally, application has been made to the following Physical Therapy Boards. Approval is pending.

- 0.8 CEUs for the State of Delaware Examining Board of Physical Therapy
- 0.8 CEUs for the Maryland State Board of Physical Therapy Examiners
- 8.0 CEUs for the Pennsylvania State Board of Physical Therapy

If you practice outside of Delaware, Pennsylvania or Maryland, please contact your state examining board to verify whether this seminar is approved for credit.

The University of Delaware is recognized by the Board of Certification, Inc., to offer continuing education for certified athletic trainers.

Level of Difficulty

According to the education levels described by the Professional Development Committee (PDC) for athletic trainers, this continuing education course is considered to be Essential/Advanced/Mastery Level.

Online Conference Materials

Materials from presenters will be available through the Professional and Continuing Studies website during the seminar. Please bring a fully charged laptop or tablet to view the materials online. Materials will not be available in paper form.

Registration

Advance registration is encouraged and must be received by January 27, 2017. All registrations received by this date will be confirmed in writing.

Mail: Please return your completed registration form with full payment using check, MasterCard, Visa, Discover, American Express or company purchase order to Sports Medicine Conference, University of Delaware, 501 South College Ave., Newark, DE 19716-7410, Attention: Registrar.

Fax: If paying by MasterCard, Visa, Discover, American Express or company purchase order, you can register by faxing your completed registration form to 302-831-0701.

Phone: If paying by MasterCard, Visa, Discover or



American Express, you can register by phone. Have your credit card and course information ready, then dial 302-831-7600 and choose option 2.

Internet: If you are paying with credit card or online check, please visit www.pcs.udel.edu/sports. Online registration not available for student registration. You can also access the registration form and brochure at www.pcs.udel.edu/sports.

Cost

Through January 27, 2017: \$195. After January 27, 2017: \$215. Full-time student rate is \$80 (full-time matriculated students only, with photocopy of current student ID). Fee includes course materials, continental breakfast and lunch. Checks should be made payable to University of Delaware.

Cancellation and Refund Policy

A full refund will be given for written cancellation received by January 27, 2017. No refund will be given after this date. In the event that this program is rescheduled or canceled, the University of Delaware is not responsible for any cancellation or change fees assessed by airlines or travel agencies.

Extreme Weather

In the event of extreme weather conditions, visit pcs.udel.edu/sports for course session cancellations, or call 302-831-3474. The University of Delaware will, if possible, reschedule any session(s) affected by extreme weather.

Disability Accommodations

To request disability accommodations, contact the Division of Professional and Continuing Studies at least 10 days in advance of the program at 302-831-8843 (voice) or 302-831-2789 (fax).

For More Information

General: Lisa Malbone, University of Delaware, 501 S. College Ave., Newark, DE 19716-7410, 302-831-3474, email: lmalbone@udel.edu.

Program: Daniel J. Watson, University of Delaware, 302-831-7228, email: dwatson@udel.edu.

Medical Aspects of Sports

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Return to: Attention: Registrar
Medical Aspects of Sports Seminar
University of Delaware, Professional & Continuing Studies
501 South College Avenue
Newark, DE 19716-7410
Phone: 302-831-7600, Fax: 302-831-0701

Name _____

Credential _____

Email Address _____

Home/Work Address _____

City _____ State _____ Zip _____

Telephone _____

Place of Employment _____

Job Title _____

HOW DID YOU HEAR ABOUT THIS SEMINAR?

Brochure NATA calendar online Maryland PTA newsletter
 Email Delaware PTA website Word of mouth
 BOC website NJ PTA website Other _____

FEE: (price includes conference materials, continental breakfast and lunch):

\$195 early registration—must be received by January 27, 2017
 \$215 late registration—after January 27, 2017
 \$80 student rate (full-time matriculated)—must include copy of current student ID

METHOD OF PAYMENT:

Check enclosed payable to the University of Delaware
 Company purchase order enclosed
 Charge my: MasterCard Visa Discover American Express
Account number _____
Expiration date _____ Security Code (on back of card) _____
Cardholder's signature _____

Please duplicate this form for additional registrations.