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.

**WHO SHOULD ATTEND**
Athletic trainers, physical therapists, sports medicine physicians, chiropractors and other healthcare professionals in the evaluation, management/treatment and rehabilitation of sports-related injuries.

**PLANNING COMMITTEE**
Brandon DiSantis, MS, ATC
Lynn A. Fishlock, MEd
Keith A. Handling, MS, ATC, PT
Daniel J. Watson, MEd, ATC
Melanie Johnson, MS, ATC
Nikki Lounsberry, MS, ATC
Paul Lowry, MEd, ATC
Kelly Stafford, MS, ATC
Leyle Kuz-Dworzak, MS, ATC

**PROGRAM OBJECTIVES**
The purpose of this sports medicine seminar is to assist athletic trainers, physical therapists, sports medicine physicians, chiropractors and other healthcare professionals in the evaluation, management/treatment and rehabilitation of sports-related injuries. At the end of this program, participants will be able to:

- Perform creative taping methods for various athletic injuries to help enable athletes to return to competition as soon as it is medically safe
- Target a throwing athlete’s issues and provide appropriate treatment interventions
- Implement shoulder endurance programs for a wide variety of patient populations
- Demonstrate the Y Balance Test™ for upper extremity rehabilitation and return to play
- Utilize posture and muscle-length testing in upper and lower extremity evaluation
- Understand psychological factors that influence injury
- Familiarize participants with mental imagery techniques and their role in rehabilitation
- Evaluate and treat post-concussion dizziness
- Implement vestibular rehabilitation techniques for post-concussion patients
- Apply evidence-based reasoning for application of instrument-assisted soft tissue treatment choices
- Properly apply instrument-assisted soft tissue massage
- \( \text{Valuable, immediately-applicable information. Distinguished expert speakers.} \)

**49th Annual Seminar**

**Medical Aspects of Sports**

**Saturday, February 24, 2018**

**John M. Clayton Hall**

**University of Delaware**

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

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<thead>
<tr>
<th>Time</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>8:45 – 9:30 a.m.</td>
<td>Simplifying the Throwing Athlete</td>
</tr>
<tr>
<td>9:30 – 10:15 a.m.</td>
<td>Minding Your Injury: The Use of Imagery in Injury Rehabilitation</td>
</tr>
<tr>
<td>10:15 – 10:30 a.m.</td>
<td>Break</td>
</tr>
<tr>
<td>10:30 – 11:5 a.m.</td>
<td>Posture and Muscle Length Testing in the Upper and Lower Extremity</td>
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<tr>
<td>11:30 a.m. – 12:15 p.m.</td>
<td>Panel Discussion: Current Issues/Topics in Sports Medicine</td>
</tr>
<tr>
<td>12:15 – 1:15 p.m.</td>
<td>Lunch</td>
</tr>
<tr>
<td>1:15 – 1:45 p.m.</td>
<td>Assessment and Treatment of Dizziness Post Concussion</td>
</tr>
<tr>
<td>1:45 – 2:30 p.m.</td>
<td>Instrument Assisted Soft Tissue Mobilization (IASTM): What’s the Evidence?</td>
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<tr>
<td>2:30 – 2:45 p.m.</td>
<td>Break</td>
</tr>
<tr>
<td>2:45 – 4:05 p.m.</td>
<td>Mini Clinics</td>
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<tr>
<td>3:05 p.m. – 3:25 p.m.</td>
<td>Repeat Mini Clinics: groups rotate</td>
</tr>
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</tr>
<tr>
<td>4:05 – 4:15 p.m.</td>
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**GENERAL INFORMATION**

**Time and Location**

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**Continuing Education Credit**

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

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**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.

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**Registration**

Advance registration is encouraged by February 16, 2018. All registrations received by this date will be confirmed in writing. Walk-in registration will be accepted.

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

**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.
12:15 – 1 p.m. • Bill Romani, PhD, PT

7:45 – 8 a.m. • Chantel Hunter, ATC, C1

8 – 8:45 a.m. • Simplifying the Throwing Athlete

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Evaluation and Adjournment

SCHEDULE

7 – 7:30 a.m. • Registration and Continental Breakfast

7 – 7:45 a.m. • Creative Solutions in Taping Methods to Prevent Injury

Caroline Howard, ATC, University of Delaware

Chantal Hunter, ATC, University of Delaware

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Fax: If paying by MasterCard, Visa, Discover, American Express or company purchase order, you can register by faxing your completed registration form to 302-831-6701.

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.

Online: If you are paying with credit card or online check, please visit www.pcs.udel.edu/sports. You can also access the registration form and brochure at www.pcs.udel.edu/sports. Cost Program fee: $215. Full-time student rate is $80 (full-time matriculated students only). Fee includes course materials, continental breakfast and lunch. Checks should be made payable to University of Delaware.

Cancellation and Refund Policy

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Extreme Weather

In the event of extreme weather conditions, visit www.udel.edu/sports for course session cancellations. The University of Delaware will, if possible, reschedule any session(s) affected by extreme weather.

Disable Accommodations

Students who are requesting accommodations must self-identify by contacting the University of Delaware’s Office of Disabilities Support Services (DS) at DSOffice@udel.edu or 302-831-4643 or by visiting UD’s Office of Disabilities Support Services (DS) in person.

For More Information

General: Marguerite Mahony, University of Delaware, 501 S. College Ave., Newark, DE 19716-7410, 302-831-3474, email: mahonymg@udel.edu.

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

Medical Aspects of Sports

February 24, 2018

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 ____________________________

Credentialed ______________________

Email Address ______________________

Home/Work Address ______________________

City ____________________________ State __________ Zip __________

Telephone ______________________

Place of Employment ______________________

Job Title ______________________

HOW DID YOU HEAR ABOUT THIS SEMINAR?

________ Brochure

________ NTA calendar online

________ Maryland PTA newsletter

________ Email

________ Delaware PTA website

________ BOC website

________ NJ PTA website

________ Other ______________________

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________ $80 student rate (full-time matriculated)

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 (in back of card) ______________________

Cardholder’s signature ______________________

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Caroline Howard, ATC, University of Delaware
Chantal Hunter, ATC, University of Delaware
7:45 – 8 a.m. Opening Remarks
Keith A. Hardinge, MD, ATC, University of Delaware
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8 – 8:45 a.m. Simplifying the Throwing Athlete
Fred Breidenbach, PT, DPT, MS, Optimal Physical Therapy
8:45 – 9:30 a.m. Posture and Muscle Length Testing in the Upper and Lower Extremity
Bill Romans, PhD, PT, AAPF Foundation
9:30 – 10:15 a.m. Minding Your Injury: The Use of Imagery in Injury Rehabilitation
Rachel Dallal-Phy, PsyD, CMPC, University of Delaware
10:15 – 10:30 a.m. BREAK
10:30 – 11:5 a.m. Psychosomatic Sports Medicine
Cheyanne Silverman, MS, Orth od-on Co -er heath System
11:5 a.m. – 12:15 p.m. Panel Discussion: Current Issues/Topics in Sports Medicine
Daniel J. Watson, MD, ATC, University of Delaware
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Charney Silverman, MD
12:15 – 1 – 2 p.m. – LUNCH
1 – 1:45 p.m. Assessment and Treatment of Dizziness Post-Concussion
Shane Reybold, PT, DPT, CSCS, University of Delaware
1:45 – 2:30 p.m. Instrument Assisted Soft Tissue Mobilization (IASTM): What’s the Evidence?
Alison Gardiner-Stires, PhD, MS, ATC, West Chester University
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MEDICAL ASPECTS OF SPORTS
February 24, 2018
0736100

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 ____________________________

Credentialed ____________________________

Email Address ____________________________

Home/Work Address ____________________________

City _______ State _______ Zip _______

Telephone ____________________________

Place of Employment ____________________________

Job Title ____________________________

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Expiration date ____________________________ Security Code (on back of card) ____________________________

Cardholder’s signature ____________________________

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Utilize posture and muscle length testing in upper and lower extremity evaluation
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• Evaluate and treat post-concussion dizziness
• Implement vestibular rehabilitation techniques for post-concussion patients
• Apply evidence-based reasoning for application of instrument-assisted soft tissue treatment choices
• Properly apply instrument-assisted soft tissue massage

• Familiarize participants with mental imagery techniques and their role in rehabilitation

W H O  S H O U L D  A T T E N D
Atletic trainers, physical therapists, sports medicine physicians, chiropractors.

PLANNING COMMITTEE
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• Understand psychological factors that influence injury
• Familiarize participants with mental imagery techniques and their role in rehabilitation
• Evaluate and treat post-concussion dizziness
• Implement vestibular rehabilitation techniques for post-concussion patients
• Apply evidence-based reasoning for application of instrument-assisted soft tissue treatment choices
• Properly apply instrument-assisted soft tissue massage