



LUBBOCK  
Sports Medicine

## 2<sup>nd</sup> Annual Sports Medicine Symposium



*“Orthopedic Solutions for  
Active People”*

**June 26-27, 2009**

[www.lubbocksportsmed.com](http://www.lubbocksportsmed.com)



LUBBOCK  
Sports Medicine  
4110 22<sup>nd</sup> Place  
Lubbock, TX 79410

## COURSE DESCRIPTION

This is a two-day course that will focus on orthopedic examination of the knee, including differential diagnosis, surgical and non-surgical management of knee injuries, and rehabilitation techniques so that course attendees will have advanced knowledge of the knee anatomy, kinematics, and pathology.

## OBJECTIVES

After completing of this course, participants will be able to:

1. Perform a complete orthopedic evaluation of the knee utilizing the latest special tests.
2. Determine, based on their evaluation, proper management including immediate care, referral, and conservative treatment.
3. Understand surgical techniques and post-surgical management of patients.
4. Utilize the latest rehabilitation techniques for both surgical and non-surgical patients to restore proper function of the knee and related structures.

## GOALS

This course will focus on the proper evaluation, management, and rehabilitation of the lower extremity with a focus on the knee. The format will include lectures, panels, open discussion, and hands-on anatomy to properly cover the information.

## TARGET AUDIENCE

This course is designed for athletic trainers, physical therapists, physicians, physician assistants, and physical therapy assistants.

## CONTINUING EDUCATION

Lubbock Sports Medicine is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This course has been approved by the BOC for 11 CEU's. **(Approval #P3832)** It has also been submitted for approval the Texas and New Mexico Physical Therapy Associations with expected approval by course date.

## COURSE OUTLINE

### Day 1 (Continued)

## COURSE FACULTY

## REGISTRATION FORM

**June 26, 2009 (Friday)**  
**Club Level @ Jones AT&T Stadium**

8:00-8:30 Registration

8:30-8:45 Welcome/General Remarks

8:45-9:30 Knee anatomy including osteology, kinematics, and functional anatomy

9:30-9:35 Introduction of Keynote Speaker

9:35-10:20 Differential diagnosis of pain in the knee

10:20-10:35 BREAK

10:35-11:15 ACL Prevention and Rehabilitation Strategies

11:15-12:00 Current trends in ACL Reconstruction

12:00-1:00 LUNCH (provided)

1:00-1:45 Surgical treatment of OCD lesions in the knee

1:45-2:30 Recognition and management of meniscal tears in the knee

2:30-2:45 BREAK

2:45-3:05 Supplemental Instruction and Q&A session with Keynote speaker

3:05-3:50 The Arthritic Knee – Current trends in diagnosis and treatment

3:50-4:30 Evaluation and management of patellar instability

4:30-5:00 Completion of speaker evaluations and wrap-up

**June 27<sup>th</sup>, 2009 (Saturday)**  
**Texas Tech University Health Sciences Center**

8:00-8:15 Welcome and Introduction for Day 2

8:15-9:30 GROUP 1: Case Study Discussion  
GROUP 2: Anatomy Lab

9:30-9:45 BREAK and switch groups

9:45-11:00 GROUP 1: Anatomy Lab  
GROUP 2: Case Study Discussion

11:00-11:15 BREAK

11:15-11:45 Completion of speaker evaluations and Certificate of Completion



Stephen Cord, M.D.  
*Fellowship Trained Sports Medicine Physician  
Team Physician – Coronado High School*

Kevin Crawford, M.D.  
*Fellowship Trained Sports Medicine Physician  
Team Physician – Texas Tech University  
Football, Baseball, and Soccer Teams*

Robert King, M.D.  
*Fellowship Trained Orthopedic Surgeon  
Team Physician Lubbock High School*

Stan Kotara, PA-C  
*Fellow American Academy of Physician Assistants  
Member of Physician Assistants in Orthopedic Surgery Society*

Jim Montgomery, M.D.  
*Fellowship Trained Sports Medicine Physician  
Clinical Professor UT Southwestern Medical School*

Field Scovell, M.D.  
*Fellowship Trained Sports Medicine Physician  
Team Physician Estacado High School*

Michael Smith, PhD, ATC  
*Assistant Professor at Texas Tech University  
Health Sciences Center, Master of Athletic Training Program*

Rick Stauffer, PT  
*Certified Sports Clinical Specialist  
Former Rehab Consultant to Texas Rangers*

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Name	Last	First
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Address

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City	State	ZIP
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Phone

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Email

Credentials: (Please check all that apply)  
ATC \_\_\_ LAT \_\_\_ PT \_\_\_ PTA \_\_\_ MD \_\_\_  
PA \_\_\_ OTHER \_\_\_\_\_

Please Check One of the Following:

\_\_\_ EARLY REGISTRATION (\$115.00)  
*Postmarked on or before June 1*  
\_\_\_ LATE REGISTRATION (\$130.00)  
*After June 1*

### Payment Methods

Cash \_\_\_ Check \_\_\_ Credit Card \_\_\_

Please Circle One  
Visa      Mastercard      Discover

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Please mail or fax registration form with payment to:  
Lubbock Sports Medicine  
ATTN: Grant Stovall  
4110 22<sup>nd</sup> Place  
Lubbock, Texas 79410  
Phone: (806) 792-4329  
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