

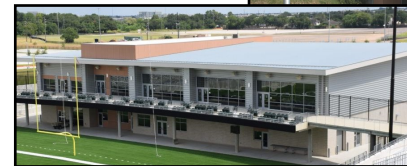
19th Annual Sports Medicine Update

IRONMAN
Sports Medicine Institute

MEMORIAL
HERMANN

UTHealth
McGovern
Medical School

The University of Texas
Health Science Center at Houston



June 8-9, 2020

Community Rooms
at
Legacy Stadium
Katy, Texas

19th Annual Sports Medicine Update
17520 W. Grand Parkway South, #200
Sugar Land, Texas 77479

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Location and Dates

The 19th Annual Sports Medicine Update will be held at Katy ISD's Legacy Stadium Fieldhouse. Legacy Stadium is near I-10 on the west side of Houston at 5175 Franz Road, Katy, Texas 77493. The symposium will be held on Monday and Tuesday, June 8-9, from 8:00 am to 4:30 pm.

Target Audience

This program is designed for athletic trainers, physical therapists, physicians and other professionals responsible for the treatment and prevention of injuries sustained by competitive and recreational athletes.

Program Objectives

At the conclusion of the symposium, participants should be able to:

- recognize non-concussion injuries that involve dizziness and instability,
- explain the details of the UIL legislation regarding EKG testing as part of the pre-participation physical examination,
- develop a rehabilitation plan focusing on the posterior chain,
- explain the mechanism of deceleration training,
- identify a differential diagnosis causing hip pain in athletes,
- evaluate current practices to identify legal liability concerns,
- describe the correct use and application of therapeutic cupping for athletic injuries,
- list topics that should be discussed during the Medical Timeout,
- explain consequences and benefits of CBD use in athletic participation,
- give examples of various abnormal medical test results,
- organize a local multi-disciplinary healthcare team,
- recommend nutritional strategies that will aid in the healing of musculoskeletal injury, and
- define signs, symptoms and treatment of rhabdomyolysis in the athlete.

Registration Form

Name _____

Address _____

City _____ State _____ Zip _____

Cell Phone/Phone _____

Email _____

Special Needs/Requests: _____

State License Number (for certificates) _____

___PT ___PTA \$200.00 prior to June 1, \$225.00 after

___LAT ___ATC \$150.00 prior to June 1, \$175.00 after

Other _____

Register on-line:

<http://ironman.memorialhermann.org/cme/sports-medicine-update/>

Please make checks payable to:

Memorial Hermann Sports Medicine

___VISA ___Master Card ___American Express

Name on Card _____

Account Number _____

Expiration Date _____

Submit completed registration forms to:

Bob Marley
UT★Physicians
17520 W. Grand Parkway South, Suite 200
Sugar Land, TX 77479

Fees

The fee for Physical Therapists, Physical Therapy Assistants and all others requesting continuing education credit from the Texas Board of Physical Therapy Examiners is \$200.00 if paid prior to June 1, 2020 and \$225.00 if received after June 1. The fee for students and Athletic Trainers is \$150.00 if paid prior to June 1, 2020 and \$175.00 if received after June 1. This fee covers all sessions, breakfasts and lunches both days. Cancellations must be in writing and received by June 8, 2020 for a full refund. Refund requests after June 8 will be subject to a \$25.00 administrative fee. Make checks and money orders payable to: **'Memorial Hermann Sports Medicine'** or register on-line:

<http://ironman.memorialhermann.org/cme/sports-medicine-update/>

Continuing Education

Memorial Hermann Sports Medicine is recognized by the Board of Certification, Inc. to offer continuing education for certified athletic trainers. Application has been made to the Texas Board of Physical Therapy Examiners for approval as a Continuing Competence Activity for PTs and PTAs. This symposium is offering 16.0 hours of continuing education.

Area Hotels/Motels

Best Western Plus	(281) 395-6200
2006 Katy Mills Blvd., Katy, 77494	
Comfort Suites	(281) 574-5900
25115 Katy Frwy., Katy, 77494	
Country Inn & Suites	(281) 644-4600
25218 Market Place Dr., Katy, 77494	
Courtyard	(281) 665-3189
25402 Katy Mills Pkwy., Katy, 77494	
Hilton Garden Inn	(281) 644-2400
2409 Texmati Dr., Katy, 77494	
Homewood Suites	(281) 391-5500
25495 Katy Mills Pkwy., Katy, 77494	

PRESENTERS

Aryanna Amini, MD

Memorial Hermann Medical Group

Melanie Battaglia, MS, RDN, LDN

IRONMAN Sports Medicine Institute at Memorial Hermann

Rehal Bhojani, MD, FAAFP, CAQSM

UT Health, McGovern Medical School

Shane Borchert, MEd, LAT, ATC, LMT, CSCS

IRONMAN Sports Medicine Institute at Memorial Hermann

Ryan Collins, MPT, SCS, CSCS

IRONMAN Sports Medicine Institute at Memorial Hermann

Kate Comeaux, MS, LAT, ATC

IRONMAN Sports Medicine Institute at Memorial Hermann

Ernest Chappie Conrad, MD

UT Health, McGovern Medical School

David Crumie, MD

UT Health, McGovern Medical School

Abhilash Davlapur, MD, CAQSM

IRONMAN Sports Medicine Institute at Memorial Hermann

Brian Duncan, PT, DPT, OCS, SCS, FAAOMPT

IRONMAN Sports Medicine Institute at Memorial Hermann

Emily Gardner, PT, DPT, SCS

IRONMAN Sports Medicine Institute at Memorial Hermann

Michael Greaser, MD

UT Health, McGovern Medical School

Bonnie Gregory, MD

UT Health, McGovern Medical School

Josh Griffin, MD

UT Health, McGovern Medical School

Layci Harrison, PhD, LAT, ATC

University of Houston Master of Athletic Training Program

Jackie Kleihege, PT, MPT, SCS, CertDN

IRONMAN Sports Medicine Institute at Memorial Hermann

Mark Knoblauch, PhD, LAT, ATC, CSCS

University of Houston Master of Athletic Training Program

Manickam "Nicks" Kumaravel, MD, FRCS(UK)

UT Health, McGovern Medical School

Walter Lowe, MD

UT Health, McGovern Medical School

Alfred Mansour, MD

UT Health, McGovern Medical School

James Muntz, MD

UT Health, McGovern Medical School

George Ozoude, MD

UT Health, McGovern Medical School

Mark Phillips, MEd, LAT, ATC

UT Health, McGovern Medical School

Vishal Shah, MD

UT Health, McGovern Medical School

Jessica Traver, MD

UT Health, McGovern Medical School

James 'Bubba' Wilson, LAT, ATC

IRONMAN Sports Medicine Institute at Memorial Hermann

Agenda for Monday, June 8

- 7:00 am Check-in
- 7:50-8:00 Welcoming Comments – Kevin Bastin, LAT, ATC
- 8:00-8:30 **“What a Team Physician Should Be”** – Walter Lowe, MD
- 8:30-9:00 **“EKG Testing & the UIL”** – Rehal Bhojani, MD, FAAFP, CAQSM
- 9:00-9:30 **“Interpreting Labs in the Athlete”** – James Muntz, MD
- 9:30-10:00 **“Key Components of a Return To Play Progression”**
– Jackie Kleihege, PT, MPT, SCS, Cert DN
- 10:00-10:30 **“Deceleration Training”** – Ryan Collins, MPT, SCS, CSCS
- 10:30-11:00 **“Hip Pain in the Young Athlete”** – Alfred Mansour, MD
- 11:00-11:30 Breakout Session I: **Ryan Collins, MPT – “Deceleration Training”**
- 11:30-12:00 Breakout Session II: **Jackie Kleihege, PT – “ACL Return To Sport”**
- 12:00-12:30 Breakout Session III: **Alfred Mansour, MD – “How I Examine the Hip”**
Emily Gardner, DPT
- 12:30-1:00 **Lunch** (Provided)
- 1:00-1:30 **“Sports Tumors...An Unavoidable Part of Your Job”**
– Ernest Conrad, MD
- 1:30-2:00 **“Sports Imaging of the Lower Limb and Pelvis”**
– Manickam “Nicks” Kumaravel, MD, FRCS
- 2:00-2:30 **“Shoulder Instability in the Young Athlete”** – George Ozoude, MD
- 2:30-3:00 **“Therapeutic Modality Update”**
– Shane Borchert, MEd, LAT, ATC, LMT, CSCS
- 3:00-3:30 **“Foot & Ankle Injuries in Sports”** – Josh Griffin, MD
- 3:30-4:30 **“Dizziness and Instability: When It’s Not a Concussion”**
– Mark Knoblauch, PhD, LAT, ATC, CSCS

Speakers and topics subject to change.

Agenda for Tuesday, June 9

- 8:00-8:30 am **“Legal Ramifications for the Sports Medicine Professional”**
– Mark Phillips, MEd, LAT, ATC
- 8:30-9:00 **“Meniscal Repairs in the Teenage Athletic Population”**
– David Crumby, MD
- 9:00-9:30 **“The Painful Shoulder”** – Vishal Shah, MD
- 9:30-10:00 **“The Posterior Chain”**
– Brian Duncan, PT, DPT, OCS, SCS, FAAOMPT
- 10:00-10:30 **“The Athletic Ankle”** – Michael Greaser, MD
- 10:30-11:00 **“Patellar Instability in the Adolescent Athlete”**
– Jessica Traver, MD
- 11:00-11:30 Breakout Session IV: **Jessica Traver, MD –**
“How I Examine the Knee”
- 11:30-12:00 Breakout Session V: **Michael Greaser, MD –**
“How I Examine the Ankle”
- 12:00-12:30 Breakout Session VI: **Brian Duncan, DPT – “The Posterior Chain”**
- 12:30-1:00 **Lunch** (Provided)
- 1:00-1:30 **“Overuse Injuries in the Young Athlete”** – Bonnie Gregory, MD
- 1:30-2:00 **“Rhabdomyolysis & Heat Illness”** – Abhilash Davlapur, MD
- 2:00-2:30 **“Building Healthcare Teams Using Interprofessional Education”** – Layci Harrison, PhD, LAT, ATC
- 2:30-3:00 **“Cupping Therapy for Sports”** – Kate Comeaux, LAT, ATC
- 3:00-3:30 **“Nutrition for the Injured Athlete”**
– Melanie Battaglia, MS, RDN, LDN
- 3:30-4:00 **“CBD and Vaping for Athletes”** – Aryanna Amini, MD
- 4:00-4:30 **“The Medical Timeout”** – James ‘Bubba’ Wilson, LAT, ATC

Questions: Contact Bob Marley at (713) 410-8041
email at ‘bob.marley@uth.tmc.edu.