

Mayo School of Continuous Professional Development

*Nineteenth Annual Mayo Clinic
Symposium on Sports Medicine*

November 13 - 14, 2009

**Kahler Grand Hotel
Rochester, Minnesota**



Photo courtesy of Rochester Post Bulletin.

2009 Program Focus

Return to Play: Lessons from the NFL

- *The Unresponsive Athlete*
- *The Downed Marathon Runner*
- *Mini-Symposium on the Hip*

COURSE DIRECTOR

Jay Smith, M.D.

MAYO CLINIC SPORTS MEDICINE CENTER CO-DIRECTORS

Michael J. Stuart, M.D.

Edward R. Laskowski, M.D.

Register Now!

www.mayo.edu/cme/sports

General Information

Symposium Description

Mayo Clinic's *Symposium on Sports Medicine* is designed to provide the latest diagnostic and treatment strategies for patients with sports and musculoskeletal injuries. The program format is case oriented and utilizes an integrated approach to the injured athlete. The use of an audience response system (ARS), didactic lectures, and live instruction in examination techniques, joint anatomy and arthroscopy creates an interactive and dynamic learning format.

Program Focus and Highlights

Evaluation and Management of the Downed Athlete

- How do I evaluate an unconscious athlete?
- What makes a runner collapse?
- How do I use an Automatic Electronic Defibrillator (AED)?
- How do NFL physicians evaluate injured players and determine return to play?

Mini-Symposium on the Hip

- How do I recognize femoroacetabular impingement syndrome (FAI)?
- Do all patients with FAI need surgery?
- How do I rehabilitate patients after FAI surgery?
- Can athletes return to sports after FAI surgery, total hip replacement, or hip resurfacing?

In addition, Mayo Clinic Sports Medicine Center staff, including orthopedic surgeons, physiatrists, physical therapists, and athletic trainers will present the latest clinical and research findings related to the treatment of active populations. Cases will be presented that illustrate the following:

- Fractures and nerve injuries about the shoulder
- Special considerations for the female athlete – pregnancy and ACL injury
- Podiatric foot disorders in athletes
- Nutrition and supplementation choices for active populations
- Sports tumors

Keynote Speaker



Stanley A. Herring, M.D.
Team Physician, Seattle
Seahawks & Seattle Mariners
Clinical Professor
Medical Director for Spine Care
University of Washington
Seattle, Washington

Stanley A. Herring, M.D., is a board-certified physiatrist with over 25 years experience treating athletes and active populations with musculoskeletal and neurological disorders. Dr. Herring is currently the Medical Director for Spine Care at the University of Washington, where he is a Clinical Professor in the Departments of Rehabilitation Medicine, Orthopaedics & Sports Medicine, and

Neurological Surgery. He also serves as team physician for the Seattle Seahawks and the Seattle Mariners, and is a consultant for the University of Washington Sports Medicine Program.

Dr. Herring is a nationally recognized expert in spine disorders and is Past President of the North American Spine Society. He is currently a member on the Board of Trustees for the American College of Sports Medicine. Dr. Herring has edited 6 textbooks, authored over 35 scientific articles and 42 textbook chapters, and has presented at numerous national and international meetings on a variety of sports medicine topics.

Invited Guest Speakers



*William O. Roberts, M.D., M.S.,
F.A.C.S.M.*

Professor, University of
Minnesota Medical School
Program Director, Phalen
Village Family Medicine
Residency Clinic
St. Paul, Minnesota

Dr. Roberts is a Professor in the Department of Family Medicine and Community Health at the University of Minnesota Medical School and serves as Program Director at Phalen Village Family Medicine Residency Clinic in St. Paul, Minnesota. Dr. Roberts is a nationally recognized expert in sports medicine, with a special interest in running-related injuries and illness. He is the Medical Director for the Twin Cities Marathon and founding member and Past President of the American Road Race Medical Society. Dr. Roberts is also Past President and current Foundation President of the American College of Sports Medicine, and a charter member of the American Medical Society for Sports Medicine. He currently serves on the editorial boards of several sports medicine journals, and has presented both nationally and internationally on running-related topics.



*John F. Tomberlin, P.T., O.C.S.,
C.S.C.S., F.A.A.O.M.P.T.*

Director, Mercy SportsCare
Athletic Republic Sports
Performance
MercyCare Medical Center
Cedar Rapids, Iowa

John Tomberlin, P.T., is currently the Director of Mercy SportsCare and Athletic Republic Sports Performance in Cedar Rapids, IA. He is a Strength and Conditioning Specialist (CSCS), a Certified Orthopedic Specialist (OCS), and a Fellow in the American Academy of Orthopedic Manual Physical Therapists (FAAOMPT). John received his Masters of Manipulative Physiotherapy at the University of Queensland in 1998, and is a nationally recognized expert on adverse neurodynamic tension in athletes.

General Information

Course Learning Objectives

Upon completion of the symposium, participants should be able to:

- Evaluate and formulate a differential diagnosis for a downed athlete.
- Identify surgical indications for clavicle fractures.
- Recognize upper limb neurological injuries in athletes.
- Outline prevention strategies for ACL injury in female athletes.
- Discuss activity recommendations during and after pregnancy.
- Implement an emergency action plan for an athlete presenting with sudden cardiac death, including use of an Automatic Electronic Defibrillator (AED).
- Perform a physical examination of the hip.
- Recognize and evaluate femoroacetabular impingement syndrome (FAI).
- Implement an effective rehabilitation program for a patient following surgery for FAI and related conditions.
- Diagnose and treat common dermatologic foot disorders in athletes.
- Discuss appropriate use of dietary supplements in athletes.
- Evaluate and treat an athlete with spondylolysis.

Attendance at this Mayo course does not indicate nor guarantee competence or proficiency in the performance of any procedures that may be discussed or taught in this course.

Intended Audience

This course is targeted to physicians, athletic trainers, physical therapists, residents-in-training, nurses, coaches, and other professionals who work with the amateur, recreational or professional athlete. Practitioners in the following specialty areas will benefit: orthopedics, physical medicine and rehabilitation, sports medicine, and primary care.

Credit

College of Medicine, Mayo Clinic is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Mayo Clinic College of Medicine designates this educational activity for a maximum of 10.25 hours of AMA PRA Category 1 Credit™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Application for CME credit has been filed with the American Academy of Family Physicians.

Determination of credit is pending.

The NATA Board of Certification (P-476) is pending approval to Mayo Clinic as a continuing medical education provider for Certified Athletic Trainers. This activity is pending approval for 10.25 contact hours.

Other health care professionals will be provided a certificate of attendance for requesting credits in accordance with state nursing boards, specialty societies, or other professional associations.

Date and Location

The *19th Annual Mayo Clinic Symposium on Sports Medicine* will be held November 13 - 14, 2009. The course will be held at the Kahler Grand Hotel, 20 First Avenue SW, Rochester, Minnesota.

Registration

To register online, visit www.mayo.edu/cme/sports or complete the attached registration form with payment and return by mail or fax. The registration fee includes tuition, comprehensive course syllabus, continental breakfast, break refreshments, and lunch. Although it is not Mayo School of CME policy to limit the number of registrants for a course, conference room facilities may necessitate closing of enrollment; therefore, early registration is advised. A letter of confirmation will be emailed upon receipt of payment and completed registration form. Please present the confirmation email when checking in at the meeting registration desk.

Cancellation Policy

Your registration fee, less a \$75 administrative fee, will be refunded when written notification is received by the Mayo School of Continuing Medical Education on or before October 30, 2009. **No refunds will be made after October 30, 2009.**

Travel

Rochester, Minnesota, is serviced by a modern international airport. Multiple flights arrive and depart daily from Chicago, Detroit, and Minneapolis via American or Northwest Airlines. Access to and from the airport is provided by taxi, shuttle service, and rental car. The airport is located approximately 10 miles from the Mayo Clinic campus.

Travel arrangements are the sole responsibility of the individual registrant.

General Information

Lodging Accommodations

Blocks of guest rooms have been reserved with special course rates at each of the following downtown Rochester hotels. To ensure accommodations and the discounted rate, please make your reservations by **October 20, 2009**, and identify yourself as a participant of the *Mayo Clinic Sports Medicine Symposium*.

DoubleTree Hotel 150 South Broadway 507-281-8000 \$107 single/double	Kahler Grand Hotel 20 Second Avenue SW 800-533-1655 or 507-282-2581 \$92 single/double
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Hilton Garden Inn 225 South Broadway 800-445-8667 or 507-285-1234 \$99 single/double	Rochester Marriott Hotel 101 First Avenue SW 877-623-7775 or 507-280-6000 \$124 single/double
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The hotels listed above are connected by skyway and pedestrian subway to conference facilities, downtown shops and restaurants. You may also wish to visit the Rochester Convention and Visitors Bureau website www.rochesterconvb.org for additional accommodation options.

Parking

Parking is available in hotel, city-owned and Mayo patient/visitor ramps. The cost for parking is not included in the registration fee; however, there is no charge for downtown parking in the city ramps on Saturday. A map indicating the location of downtown parking facilities will be mailed with the registrant confirmation letter.

Faculty

Course Director

Jay Smith, M.D.

Departments of Physical Medicine and Rehabilitation and Radiology
Sports Medicine Center

Sports Medicine Center Co-Directors

Michael J. Stuart, M.D.

Department of Orthopedic Surgery
Sports Medicine Center

Edward R. Laskowski, M.D.

Department of Physical Medicine & Rehabilitation,
Sports Medicine Center

Guest Faculty

Keynote Speaker

Stanley A. Herring, M.D.

Team Physician, Seattle Seahawks & Seattle Mariners; Medical Director for Spine Care, Clinical Professor, Rehabilitation Medicine, Orthopaedics & Sports Medicine, and Neurological Surgery, University of Washington, Seattle, Washington

Invited Guest Speakers

William O. Roberts, M.D., M.S., F.A.C.S.M.
Professor, Department of Family Medicine and Community Health, University of Minnesota Medical School; Program Director, Phalen Village Family Medicine Residency Clinic
St. Paul, Minnesota

John F. Tomberlin, P.T., O.C.S., C.S.C.S., F.A.A.O.M.P.T.

Director, Mercy SportsCare, Athletic Republic Sports Performance, MercyCare Medical Center, Cedar Rapids, Iowa

Mayo Clinic Faculty

Mark S. Collins, M.D.

Department of Diagnostic Radiology

Diane L. Dahm, M.D.

Department of Orthopedic Surgery,
Sports Medicine Center

Chad A. Eickhoff, M.A., A.T.R., A.T.C., C.S.C.S.
Sports Medicine Center

Joseph J. Eischen, P.T., A.T.C., C.S.C.S.

Department of Physical Medicine & Rehabilitation
Sports Medicine Center

Martin G. Ellman, D.P.M.

Department of Orthopedic Surgery

Jonathan T. Finnoff, D.O.

Department of Physical Medicine and Rehabilitation, Sports Medicine Center

David A. Krause, P.T., D.S.c., O.C.S.

Department of Physical Medicine and Rehabilitation, Sports Medicine Center

Bruce A. Levy, M.D.

Department of Orthopedic Surgery,
Sports Medicine Center

Tad M. Mabry, M.D.

Department of Orthopedic Surgery

Amy L. McIntosh, M.D.

Department of Orthopedic Surgery,
Sports Medicine Center

Robert J. Spinner, M.D.

Department of Neurosurgery

Shawn W. O'Driscoll, M.D., Ph.D.

Department of Orthopedic Surgery,
Sports Medicine Center

Wojciech Pawlina, M.D.

Department of Anatomy

Rose J. Prissel, R.D., L.D., C.D.E.

Dan Abraham Healthy Living Center

Jeff L. Schultz, C.C.E.M.T.-P./N.R.E.M.T.-P.

Instructor, Gold Cross

Dawn B. Underwood, P.T., C.P.T., O.C.S.

Department of Physical Medicine & Rehabilitation

Program Schedule - Friday, November 13, 2009

7:00 a.m.	Registration and Breakfast	11:40 a.m.	INVITED GUEST SPEAKER When Marathon Runners Fall – What Next? <i>William O. Roberts, M.D., M.S., F.A.C.S.M.</i>
8:00 a.m.	Welcome and Introduction <i>Edward R. Laskowski, M.D. Michael J. Stuart, M.D. Jay Smith, M.D.</i>	12:10 p.m.	Outcome & Discussion
8:05 a.m.	CASE #1 “I fell off my bike – I think I broke my collarbone.”	12:25 p.m.	Lunch
8:10 a.m.	Clavicle Fractures – Which Ones Should be Fixed? <i>Shawn W. O’Driscoll, M.D., Ph.D.</i>	MINI-SYMPOSIUM ON THE HIP	
8:30 a.m.	Upper Limb Nerve Injuries in Athletes <i>Robert J. Spinner, M.D.</i>	1:30 p.m.	Introduction
8:50 a.m.	INVITED GUEST FACULTY Clinical Neurodynamic Tests for the Athlete’s Shoulder (Live Demonstration) <i>John F. Tomberlin, P.T., O.C.S., C.S.C.S., F.A.A.O.M.P.T.</i>	1:35 p.m.	Physical Examination of the Hip (Live Demonstration, Including Dynamic Ultrasound) <i>Edward R. Laskowski, M.D. Jay Smith, M.D.</i>
9:20 a.m.	Case Outcome & Discussion	2:00 p.m.	Imaging of Hip Disorders in Athletes <i>Mark S. Collins, M.D.</i>
9:35 a.m.	CASE #2 “My sister tore her ACL. Is there anything I can do to prevent tearing mine?”	2:25 p.m.	The Adolescent Athlete with Hip Pain <i>Amy L. McIntosh, M.D.</i>
9:40 a.m.	ACL Prevention Update <i>Jonathan T. Finnoff, D.O.</i>	2:45 p.m.	Diagnosis and Management of Femoracetabular Impingement (FAI) <i>Bruce A. Levy, M.D.</i>
10:00 a.m.	Exercise in Pregnancy <i>Dawn B. Underwood, P.T., C.P.T., O.C.S.</i>	3:05 p.m.	Hip Rehabilitation <i>Joseph J. Eischen, P.T., A.T.C., C.S.C.S.</i>
10:20 a.m.	Case Outcome & Discussion	3:25 p.m.	Refreshment Break
10:30 a.m.	Refreshment Break	3:50 p.m.	Activity after Hip Replacement and Hip Resurfacing <i>Tad M. Mabry, M.D.</i>
10:55 a.m.	CASE #3 “My toenail hurts and turned black. Is this something I should worry about?”	4:10 p.m.	Clinical Anatomy of the Hip Region (Live Demonstration) <i>Bruce A. Levy, M.D. Wojciech Pawlina, M.D. Michael J. Stuart, M.D.</i>
11:00 a.m.	Common Podiatric Foot Disorders in Athletes <i>Martin G. Ellman, D.P.M.</i>	4:35 p.m.	Hip Arthroscopy (Live Demonstration) <i>Bruce A. Levy, M.D. Michael J. Stuart, M.D.</i>
11:20 a.m.	Biomechanical Foot Evaluation and Orthosis Prescription <i>David A. Krause, P.T., D.S.c., O.C.S.</i>	5:00 p.m.	Case Outcome and Discussion
		5:15 p.m.	Announcements and Adjourn

Program Schedule - Saturday, November 14, 2009

- 7:00 a.m. Registration and Breakfast
- 8:00 a.m. Announcements
Edward R. Laskowski, M.D.
Michael J. Stuart, M.D.
Jay Smith, M.D.
- 8:05 a.m. **CASE #4**
"That guy is down and not moving."

Evaluation of the Unresponsive Athlete: Emergency Action Plan and AED Use (Live demonstration)
Chad A. Eickhoff, M.A., A.T.R., A.T.C., C.S.C.S.
Jeff L. Schultz, C.C.E.M.T.-P./N.R.E.M.T.-P.
- 8:30 a.m. Case Outcome & Discussion
- 8:35 a.m. **KEYNOTE SPEAKER**
Initial Care of the Suspected Cervical Spine Injured Athlete: Lessons from the NFL
Stanley A. Herring, M.D.
- 9:25 a.m. Case Outcome & Discussion
- 9:35 a.m. **CASE #5**
"My knee pain just isn't getting better."
- 9:40 a.m. It's not a Tumor...Or is it?
Diane L. Dahm, M.D.
- 10:00 a.m. Case Outcome & Discussion
- 10:10 a.m. Refreshment Break
- 10:25 a.m. **CASE #6**
"I'm training for a triathlon, but running out of gas!"
- 10:30 a.m. Nutrition Tips for Athletes
Rose J. Prissel, R.D., L.D., C.D.E.
- 10:50 a.m. Nutritional Supplements – Who Needs Them?
Michael J. Stuart, M.D.
- 11:10 a.m. Case Outcome & Discussion
- 11:15 a.m. **KEYNOTE SPEAKER**
Evaluation and Treatment of Spondylolysis in the Adolescent Athlete
Stanley A. Herring, M.D.
- 11:50 a.m. Case Outcome & Discussion
- 12:00 p.m. Closing Comments and Adjourn



Nineteenth Annual Symposium on Sports Medicine

November 13-14, 2009 • Heritage Hall, Kahler Grand Hotel, Rochester, Minnesota

Mail form and payment to:

Mayo School of Continuous Professional Development
 Plummer 2-60
 200 First Street SW
 Rochester, MN 55905

Phone 800-323-2688 or 507-284-2509
 FAX 507-284-0532
 E-mail cme@mayo.edu
 Web site www.mayo.edu/cme

Registration on-line at: www.mayo.edu/cme/sports

Contact Information

Name of Registrant - <i>first name, middle name or initial, and last name</i>		Degree - <i>select all that apply</i> <input type="checkbox"/> MD <input type="checkbox"/> DO <input type="checkbox"/> PT <input type="checkbox"/> ATC <input type="checkbox"/> Other - <i>specify</i>	
Name of Institution		Medical Specialty	
Preferred Mailing Address - <i>select one</i> <input type="checkbox"/> Work/Business <input type="checkbox"/> Home			
Work/Business Address - <i>street address</i>		Work Phone - <i>include all country and city/area codes as needed along with complete phone number</i>	
City	State or Province	ZIP or Postal Code	Country
Home Address - <i>street address</i>		Home Phone - <i>include all country and city/area codes as needed along with complete phone number</i>	
City	State or Province	ZIP or Postal Code	Country
E-mail Address	FAX - <i>include all country and city/area codes as needed along with complete phone number</i>	FAX Location - <i>select one</i> <input type="checkbox"/> Work/Business <input type="checkbox"/> Home	
<div style="display: flex; align-items: center;"> <div style="background-color: black; color: white; padding: 5px; font-weight: bold; margin-right: 10px;">SPECIAL NEEDS</div> <div>If you have special assistance needs or dietary restrictions, describe here:</div> </div>			

Registration

Type of credit that you are interested in receiving:	<input type="checkbox"/> AMA/Category I™ <input type="checkbox"/> NATABOC <input type="checkbox"/> AAFP
Registration Fee:	
Physicians	\$ 395 \$ _____
Athletic Trainers, Physical Therapists, Residents, Nurses, Others.	\$ 295 \$ _____
Total Payment Enclosed	\$ _____

Payment Information - Wire transfers will be assessed a \$25 USD fee

<input type="checkbox"/> Check is enclosed in the amount shown at right - <i>make checks payable to Mayo Clinic</i>		Payment Total
Credit Card - <i>select one</i> <input type="checkbox"/> Discover <input type="checkbox"/> MasterCard <input type="checkbox"/> Visa	Account Number	Exp Date - <i>mm/yy</i>
Name of Cardholder - <i>as it appears on the card</i>	Signature of Cardholder - <i>required</i> X	



200 First Street SW
Rochester, Minnesota 55905

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ON SPORTS MEDICINE**

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