Course Description
This course continues to feature evidence-based and cutting edge diagnostic and treatment strategies for sports-related and musculoskeletal conditions. The program is multidisciplinary, with expert lecturers representing a spectrum of sports medicine fields. Multiple educational formats are used, including case presentations, interactive Q&A sessions, as well as live demonstrations of physical examination, anatomy, ultrasound and arthroscopy.

Live Webcast Available!

NEW THIS YEAR! Mayo Clinic Sports Performance Clinic

REGISTER ONLINE NOW!
celinks.mayo.edu/sportsmed2016
COURSE LEARNING OBJECTIVES
Upon conclusion of this program, participants should be able to:
• Summarize the latest evidence-based recommendations for the diagnosis, surgical management and rehabilitation of proximal hamstring tendon tears
• Describe a management plan for posterior cruciate ligament injuries
• Summarize the current evidence linking concussion to neurodegenerative disease
• Summarize the current recommended guidelines for managing mental health issues in athletes
• List neurogenic and vascular causes of exertional leg pain
• List foods that can enhance injury recovery
• Recognize clinically relevant hand/wrist anatomy
• Complete a focused physical examination of the hand/wrist
• Recognize imaging findings of common sports hand/wrist injuries
• Recognize relevant sonoanatomy in the performance of ultrasound-guided hand/wrist procedures
• List the essential components of sports hand/wrist injury rehabilitation
• Identify movements that are critical to the overall development of an active patient/client

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

INTENDED AUDIENCE
This course is for physicians, physical therapists, athletic trainers, performance/fitness coaches, and other practitioners who evaluate and treat athletes and other active populations.

DATE AND LOCATION
The 26th Annual Mayo Clinic Symposium on Sports Medicine will be held November 11-12, 2016. Course headquarters will be located in the Heritage Hall Ballroom in the subway level of the Kahler Grand Hotel in Rochester, Minnesota. Meeting facilities are easily accessible by skyway and pedestrian subway, which connect Mayo Clinic to shops, restaurants and hotels.

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

Mayo Clinic College of Medicine designates this live activity for a maximum of 15.0 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

AMA Credit Breakdown:
General Session:
11.0 AMA PRA Category 1 Credits™
Sports Performance Clinic:
4.0 AMA PRA Category 1 Credits™

AAFP
Application for CME credit has been filed with the American Academy of Family Physicians.
Determination of credit is pending.

BOC and Evidence Based Practice
General Session:
(Friday and Saturday AM):
Mayo Clinic (BOC AP# P476) is approved by the Board of Certification, Inc. to provide continuing education for Athletic Trainers. This program is eligible for a maximum 11 EBP Category hours/CEUs. ATs should claim only those hours actually spent in the educational program.

Sports Performance Clinic (Optional - Saturday PM Session):
Mayo Clinic (BOC AP# P476) is approved by the Board of Certification, Inc. to provide continuing education for Athletic Trainers. This program is eligible for a maximum 4 EBP Category hours/CEUs. ATs should claim only those hours actually spent in the educational program.

Physical Therapy
General Session:
This course meets the criteria for up to 11.0 hours category I Continuing Education Units per Minnesota Physical Therapy Rules 5601.2400, 5601.2500.

Sports Performance Clinic:
This course meets the criteria for up to 4.0 hours category I Continuing Education Units per Minnesota Physical Therapy Rules 5601.2400, 5601.2500.

National Strength and Conditioning Association (NSCA)
National Strength and Conditioning Association (NSCA) approved 0.4 CEUs for certified individuals attending this event.*
*NSCA credit has been approved for the Mayo Clinic Sports Performance Clinic only.

Other Health Care Professionals
A certificate of attendance is available to other health care professionals for requesting credits in accordance with state nursing boards, specialty societies, or other professional associations.
REGISTRATION

To register online, visit celinks.mayo.edu/sportsmed2016. The registration fee includes tuition, comprehensive electronic course syllabus, continental breakfasts, lunch on day one, break refreshments, and course reception. Although it is not Mayo School of Continuous Professional Development (CPD) 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 sent upon receipt of payment and completed registration form. Please present the confirmation letter when checking in at the meeting registration desk.

NEW THIS YEAR!
Mayo Clinic Sports Performance Clinic – (Optional - Additional Fees Apply):
Saturday, November 12 – 1:00 PM- 5:30 PM
The Mayo Clinic Sports Performance Clinic will introduce research-based content presented by certified sports performance practitioners in an effort to further equip and engage active learners in the continued development of their performance knowledge base. For full details and a detailed program schedule, visit our course website at celinks.mayo.edu/sportsmed2016.

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Optional – Sports Performance Clinic (Saturday, November 12 – 1:00 PM-5:30 PM)

| Sports Medicine Symposium Attenees**                              | $55   |
| Non-Sports Medicine Symposium Attenees**                           | $75   |

*If you are unable to attend the live course, we will be offering a live webcast of all of the course presentations (does not include Sports Performance Clinic), which will be available for credit.

**If you are attending the 26th Annual Mayo Clinic Symposium on Sports Medicine and are registering for the Sports Performance Clinic, you may use coupon code: SM2016R496-2 to register. If you are not attending the Symposium and just plan to register for the Sports Performance Clinic, you will not be able to use this coupon code.

For additional information, contact:
Mayo School of Continuous Professional Development
Plummer 2-60
200 First Street SW
Rochester, MN  55905
Website: ce.mayo.edu
E-mail: cme@mayo.edu
Phone: 800-323-2688 or 507-284-2509
Fax: 507-284-0532

CANCELLATION POLICY

If you cancel your participation in this course, your registration fee, less a $75 administrative fee, will be refunded when written notification is received by Mayo School of CPD before October 28, 2016 (cme@mayo.edu or fax#: 507-284-0532). No refunds will be made on or after October 28, 2016. Canceled registrations are non-transferable.

Mayo School of CPD reserves the right to cancel or postpone any course due to unforeseen circumstances. In the unlikely event Mayo School of CPD must cancel or postpone this course, Mayo School of CPD will refund the registration fee, but is not responsible for any related costs, charges, or expenses to participants, including fees assessed by airline/travel/lodging agencies.

TRAVEL

Rochester, Minnesota is a friendly city that greets thousands of visitors from around the world each year. The city is serviced by a modern international airport with multiple flights daily via American or Delta 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.

Mayo Clinic’s appointed travel company, Ultramar Travel, is available to assist with your travel arrangements. To make your reservation, phone Ultramar Travel toll-free at 1-866-629-6885.

Note to Travelers: Several cities in the United States are named Rochester. When you make airline reservations and check your baggage, be sure that your destination is Rochester, Minnesota (RST) and that your baggage has been properly tagged.

Travel arrangements are the sole responsibility of the individual registrant.
**LODGING ACCOMMODATIONS**

Guest rooms have been reserved for attendees and their guests with special course rates at each of the following downtown Rochester hotels. In order to receive the special rate, reservations must be made before the room block is filled or before the expiration date of October 20, 2016, whichever comes first. Reservations will be taken following this date based on space and rate availability. Please identify yourself as a participant of the Mayo Clinic Sports Medicine Symposium when making your reservation.

**Kahler Grand Hotel**
20 Second Avenue SW  
800-533-1655 or 507-282-2581  
**$109 Deluxe King/$129 Executive King**

**Rochester Marriott Hotel**
101 First Avenue SW  
877-623-7775 or 507-280-6000  
**$129 single/double**

**Hilton Garden Inn**
225 S Broadway  
800-445-8667 or 507-285-1234  
**$139 single/double**

The hotels listed above are connected by skyway and pedestrian subway to conference facilities, downtown shops, and restaurants. You may wish to visit the Rochester Convention and Visitors Bureau website (www.rochestercvb.org) and/or www.rochester411.com for additional accommodation options and area information.

*Lodging arrangements are the sole responsibility of the individual Registrant.*

Mayo School of CPD is not responsible for expenses incurred by an individual who is not confirmed and for whom space is not available at the meeting. Costs incurred by the registrant such as airline or hotel fees or penalties are the responsibility of the registrant.

**PARKING**

Parking is available in hotel, city, and Mayo Clinic patient/visitor ramps. The cost for parking is not included in the registration fee.

**NATIONAL PHYSICIAN PAYMENT TRANSPARENCY PROGRAM**

Mayo Clinic College of Medicine complies with the requirements of the National Physician Payment Transparency Program OPEN PAYMENTS (Physician Payments Sunshine Act).

**COURSE RECEPTION**

Friday, November 11, 2016

Attendees are cordially invited to join the course faculty for the Course Reception on Friday, November 11, 2016. More details regarding this casual reception will be sent to attendees prior to the course.

**FACULTY**

**Course Director**  
Jacob L. Sellon, M.D.

**Course Co-Directors**  
Edward R. Laskowski, M.D., F.A.C.S.M.  
Michael J. Stuart, M.D.

**Mayo Faculty**

Kimberly K. Amrami, M.D.  
Kevin P. Cohoon, D.O.  
Brian T. Carlsen, M.D.  
Mark S. Collins, M.D.  
Diane L. Dahm, M.D.  
Jamia E. Erickson, M.Ed., C.S.C.S., R.S.C.C.*D.  
Timothy Hewett, Ph.D.  
Sanj Kakar, M.D.  
Aaron J. Krych, M.D.  
Corey M. Kunzer, P.T., D.P.T., S.C.S., A.T.C.  
Bruce A. Levy, M.D.  
Jill A. Merkel, M.S., R.D., L.D.  
Wojciech Pawlina, M.D.  
Cara C. Prideaux, M.D.  
Rodolfo Savica, M.D., Ph.D.  
Jay Smith, M.D.  
Jeffrey D. Strauss, P.T., D.P.T., C.S.C.S.

**Keynote Speaker**

James R. Andrews, M.D.  
Andrews Sports Medicine and Orthopaedic Center

**Invited Guest Speakers**

Justin Anderson, Psy.D., L.P.  
Premier Sport Psychology, PLLC & University of Minnesota Athletic Department

S&F: Structure and Function  
Dr. Ma’s Systemic Dry Needling
Friday, November 11, 2016

Start Time: 7:00 AM, End Time: 5:10 PM

Registration and Continental Breakfast
Welcome and Introduction
Jacob L. Sellon, M.D.

Key Points in Caring for Athletes with Disabilities
Cara C. Prideaux, M.D.

Disabled Hockey:
Advancing the Sport for EveryBODY
Michael J. Stuart, M.D.

Questions & Discussion

Diagnosis and Management of Acute Proximal Hamstring Tendon Injuries
- History and Exam - Aaron J. Krych, M.D.
- Imaging - Mark S. Collins, M.D.
- Surgical Repair - Indications and Outcomes - Aaron J. Krych, M.D.
- Non-operative & Post-operative Rehab - Jeffrey D. Strauss, P.T., D.P.T.

Questions & Discussion

Managing PCL Injuries
Bruce A. Levy, M.D.

Cutting ACL Injury Risk with Finely Sharpened Tools
Timothy Hewett, Ph.D.

Refreshment Break

Concussion: Does it Cause Neurodegenerative Disease?
Rodolfo Savica, M.D., Ph.D.

Invited Guest Lecture
Mental Health in Sport
Dr. Justin Anderson, Psy.D., L.P.

Questions & Discussion

Keynote Lecture
Challenges as a Team Physician
James R. Andrews, M.D.

Questions & Discussion

Announcements
Lunch

Hand/Wrist Mini-Symposium
Announcements & Introduction
Jacob L. Sellon, M.D.

Clinical Anatomy of the Hand/Wrist (live demo)
Wojciech Pawlina, M.D.

Physical Exam of the Hand/Wrist (live demo)
Sanj Kakar, M.D.

Essential Imaging of the Hand/Wrist
Kimberly K. Amrami, M.D.

Questions & Discussion

Sports Hand/Wrist Cases: What Did I Do?
Sanj Kakar, M.D.

Sports Hand/Wrist Rehab Pearls

Questions & Discussion

Refreshment Break

Ultrasound-Guided Hand/Wrist Procedures (live demo)
Jay Smith, M.D.

Wrist Arthroscopy (live demo)
Brian T. Carlsen, M.D.

Announcements
Adjourn
Start Time: 6:00 PM - Sports Medicine Center Tour (DAHLC 3rd Floor)
Start Time: 6:30 PM - Attendee Reception (DAHLC 7th Floor)

Saturday, November 12, 2016

Start Time: 7:30 AM, End Time: 12:15 PM

Breakfast

Announcements & Introduction

A Pain in the Neck: Sports Related Cervical Spine Conditions
Edward R. Laskowski, M.D., F.A.C.S.M.

Working with the Retired Golfer:
Can an Old Dog Learn New Tricks?

Questions & Discussion

Managing Shoulder Posterior Labral Tears and Instability
Diane L. Dahm, M.D.

Treatment of the Swimmers’ Shoulders
Corey M. Kunzer, P.T., D.P.T., S.C.S., A.T.C.

Questions & Discussion

Refreshment Break

Atypical Causes of Exertional Leg Pain
- Neurogenic – Jacob L. Sellon, M.D.
- Vascular – Kevin P. Cohoon, M.D.

Questions & Discussion

Using Accommodating Resistance to Enhance Injury Recovery
Jamia Erickson, M.Ed., C.S.C.S.,R.S.C.C.*D.

Performance Nutrition: Foods for Recovery and Inflammation
Jill A. Merkel, M.S., R.D., L.D.

Questions & Discussion

Invited Guest Lecture
Dry Needling in Sports Medicine:
Is There a Role in Your Practice?

Questions & Discussion

Closing Remarks and Adjourn
26th Annual Mayo Clinic

Symposium on Sports Medicine
November 11-12, 2016
Kahler Grand Hotel
Rochester, Minnesota

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Email: cme@mayo.edu
Phone: 800-323-2688
FAX: 507-284-0532

If you already received a copy of this brochure, please give to an interested colleague.

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