



Advanced Team Physician Course

December 7-10, 2017

Preliminary Program

The Gaylord National Resort
Washington, DC

www.acsm.org/atpc

A CSM
MSSM
OSSM

**ADVANCED TEAM
PHYSICIAN COURSE**

American College of Sports Medicine
American Medical Society for Sports Medicine
American Orthopaedic Society for Sports Medicine

Course Description

The Advanced Team Physician Course is a collaborative effort between ACSM, AMSSM and AOSSM. This live activity provides up-to-date information on the evaluation and treatment of medical illnesses and musculoskeletal injuries occurring in competitive and recreational athletes. While the emphasis will be on athletes participating in team sports, many topics will be applicable to competitors in individual sports. The live activity format utilizes lectures, case presentations, debates on controversial topics, panel discussions, question and answer sessions and informal discussions with the faculty. Presenters will rely on evidence-based medicine where available.



2017 Advanced Team Physician Course Faculty

Anthony I. Beutler, M.D.
COL, USAF
Uniformed Services University
Bethesda, MD

Stephen F. Brockmeier, M.D.
University of Virginia
Charlottesville, VA

Cindy J. Chang, M.D.
University of California San Francisco
San Francisco, CA

Patricia Deuster, Ph.D., MPH
Uniformed Services University
Bethesda, MD

Craig Goolsby, M.D., M.Ed.
Uniformed Services University
Bethesda, MD

Mark C. Haigney, M.D.
Uniformed Services University
Bethesda, MD

Melody R. Hrubes, M.D.
University of Illinois Sports Medicine Center
Chicago, IL

Mark R. Hutchinson, M.D.
University of Illinois Sports Medicine Center
Chicago, IL

Constance M. Lebrun, M.D.
University of Alberta
Edmonton, AB, CANADA

Boris D. Lushniak, M.D., MPH
RADM (R), Former Acting U.S. Surgeon General
University of Maryland
College Park, MD

Richard C. Mather III, M.D., MBA
Duke University School of Medicine
Durham, NC

Volker Musahl, M.D.
University of Pittsburgh Medical Center
Pittsburgh, PA

Hirad Najafbagy, DC
United Wellness & Sports Rehab
Falls Church, VA

Francis G. O'Connor, M.D., MPH
COL (R), USA
Uniformed Services University
Bethesda, MD

William Postma, M.D.
Georgetown University
Washington, D.C.

Margot Putukian, M.D.
Princeton University
UMDNJ, Robert Wood Johnson
Princeton, NJ

Tracy R. Ray, M.D.
Duke University
Durham, NC

Eric B. Schoomaker, M.D., Ph.D.
LTG (R), Former U.S. Army Surgeon General
Uniformed Services University
Bethesda, MD

Walt Thompson, Ph.D.
President, American College of Sports Medicine
Georgia State University
Atlanta, GA

Andrew M. Tucker, M.D.
MedStar Union Memorial Hospital
Lutherville/Timonium, MD

Stella L. Volpe, Ph.D., R.D.
Drexel University
Philadelphia, PA

Robin V. West, M.D.
Inova Medical Group
Fairfax, VA

Registration

Advanced registration is strongly recommended and must be received by November 22, 2017. After this date, please plan to register onsite.

Discounted registration is available through November 16, 2017. After this date, registration rates increase by \$50.00. Registration is available online at www.acsm.org (attend a meeting).

Fee Schedule

For Members of ACSM, AMSSM, AOSSM:

Registration received by 11/16/17
\$650 (if staying at Gaylord Resort)
\$800 (if staying at other hotel)

Registration received after 11/16/17
\$700 (if staying at Gaylord Resort)
\$850 (if staying at other hotel)

Non-Members

Registration received by 11/16/17
\$750 (if staying at Gaylord Resort)
\$900 (if staying at other hotel)

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** Students, residents, and individuals in a fellowship program can deduct \$100 from the above fees (proof to be included with registration).*

Note on Fee Differential: Registration costs are predicated on attendees staying at the Gaylord Resort. A US \$150 differential is assessed to registrants staying at other hotels to offset expenses incurred. Meeting registrants will be confirmed with the Gaylord Resort master list (the above registration fees do not include hotel).

Course Planning Committee

ACSM

Mark R. Hutchinson, M.D.
University of Illinois Sports Medicine Center
Chicago, IL

Constance M. Lebrun, M.D.
University of Alberta
Edmonton, AB, CANADA

AMSSM

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Duke University
Durham, NC

Francis G. O'Connor, M.D., MPH
Uniformed Services University
Bethesda, MD

AOSSM

Stephen F. Brockmeier, M.D.
University of Virginia
Charlottesville, VA

Volker Musahl, M.D.
University of Pittsburgh Medical Center
Pittsburgh, PA

Statement of Need

A need for this live activity has been determined based on identifying professional practice gaps and previous course evaluations. The content of this course was based on current issues and hot topics provided by ACSM, AMSSM and AOSSM membership and leadership.

Target Audience

This conference should prove valuable to any team physician, certified athletic trainer, physical therapist or coach concerned with the management or prevention of injuries to the team athlete.

Program Information

ACSM, AMSSM, and AOSSM attest that the people responsible for the development of this live activity did so independently and were not influenced by commercial supporters.

Course Objectives

Upon completion of this educational activity learners should be able to:

1. Manage issues related to pain in their athletic population.
2. Implement concepts of Exercise is Medicine and the importance of population health into their daily practice.
3. Recognize, evaluate and treat key issues related to the downed athlete including cardiac collapse, heat stroke, sickle cell, and mass casualty events.
4. Interpret and assess impact of evidence based medicine literature in sports medicine.
5. Implement manual therapy skills when traveling with teams.
6. Evaluate nutritional issues in your sports medicine practice including the benefits and hazards of supplements and performance enhancing substances in order to optimize nutrition in various types of sports (speed, endurance, power).
7. Implement the most recent international guidelines and consensus recommendations for concussion, mental health, and optimizing athlete resilience.
8. Recognize unique aspects of injuries and sports medicine in special populations including dance, paralympians, female athletes, pediatric athletes, and lacrosse.
9. Develop strategies to diagnose and manage common sports related injuries of the upper and lower extremity including: shoulder instability, rotator cuff pathology in throwers, thoracic outlet syndrome, ACL injuries, meniscus injuries, patellofemoral instability, leg pain, and hip pathologies in athletes.

Special Guest Speakers

Boris D. Lushniak, M.D., MPH
RADM (R), Former Acting U.S. Surgeon General

Eric B. Schoomaker, M.D., Ph.D.
LTG (R), Former U.S. Army Surgeon General

Accreditations

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the American College of Sports Medicine, the American Orthopaedic Society for Sports Medicine and the American Medical Society for Sports Medicine. The American College of Sports Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.



AMA/PRA Credits

The American College of Sports Medicine designates this live activity for a maximum of 22.5 *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

AAFP Credits

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

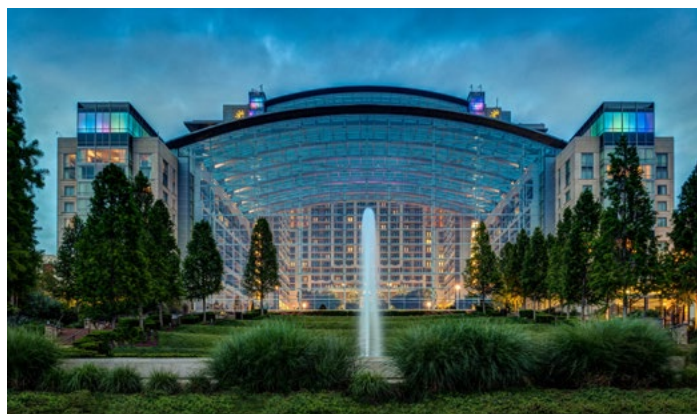
BOC-CEUs

American College of Sports Medicine (BOC AP#P401) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of 22.5 Category A hours/CEUs. ATs should claim only those hours actually spent in the educational program.



Course Location Update

The Gaylord National Resort & Convention Center is a destination unto itself. The resort is located on the banks of the Potomac River, just minutes from downtown Washington, D.C. This resort offers an award winning full-service Relache Spa & Salon, 24-hour fitness center, multiple dining options and on-site shopping complex. The Gaylord also boasts a wide selection of family-friendly amenities, including a pool and a nightly fountain show. Step outside and discover the National Harbor with many diverse shops and boutiques and multiple dining locations. The Gaylord National is part of the Marriott Family of Brands.



Gaylord National Exterior

Disclaimer

The material presented in this continuing medical educational program is being made available by ACSM, AMSSM, and AOSSM for educational purposes only. This material is not intended to represent the only methods or procedures appropriate for the medical situation discussed.

Disclosure Statement

The ACSM Policy on the Standards for Commercial Support require all faculty, planners and others involved in the development and execution of a CME activity to disclose any relevant financial relationships with commercial interests they or their spouse/partner have with either the supporters of this activity or commercial entities related to their financial relationships. All conflicts will be resolved prior to the commencement of the course and provided to the learners in the Final Program. Anyone who refuses to provide disclosure information will be disqualified from participation.

Hotel Accommodations

Make reservations online at www.acsm.org/atpc or calling Marriott Reservations at (800) 228-9290 or 301-965-4000 and mention the Advanced Team Physician Course to receive the discounted rate. Reservations must be made by November 7, 2017 and are available on a first-come, first-serve basis. The ATPC discounted hotel room rate is \$203 (\$181 room + \$22 resort fee). ACSM's preferred travel agency, ALTOUR, can assist you with travel plans. Call 800-428-6186 to speak with an agent.



Gaylord National Atrium

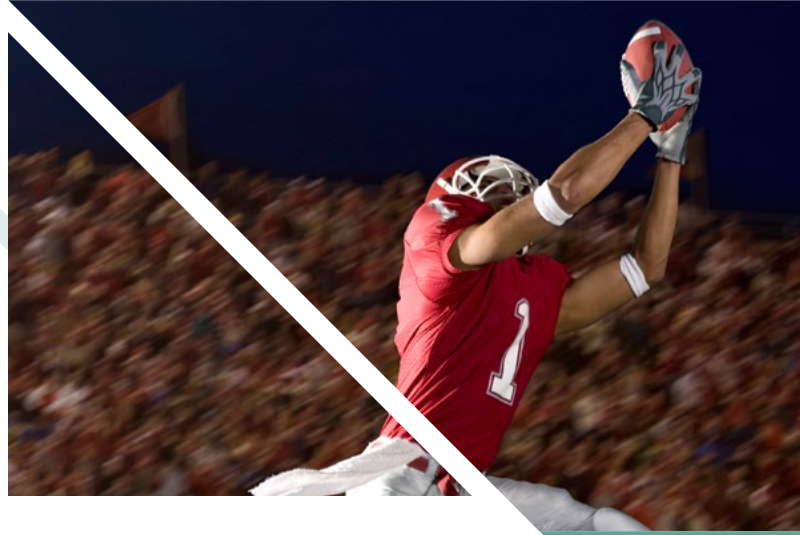


The Gaylord National Resort & Convention Center is located just minutes from downtown Washington, D.C.

SCHEDULE

Thursday, December 7

- 7:45-8:00 a.m. Welcome
*Mark Hutchinson, M.D./
Constance Lebrun, M.D.*
- 8:00-10:05 a.m. **Athlete is Down, Athlete is Down,
Athlete is Down!**
Moderator: Francis O'Connor, M.D.
- 8:00-8:05 a.m. Introduction
Francis O'Connor, M.D.
- 8:05-8:25 a.m. Exertional Cardiac Collapse
Mark Haigney, M.D.
- 8:25-8:45 a.m. Exertional Heat Stroke
Francis O'Connor, M.D.
- 8:45-9:05 a.m. Exercise Associated Hyponatremia
Anthony Beutler, M.D.
- 9:05-9:25 a.m. Exertional Collapse Associated with Sickle Cell
Francis O'Connor, M.D.
- 9:25-9:45 a.m. Mass Casualty: Lessons Learned from Tactical
Combat Casualty Care
Craig Goolsby, M.D.
- 9:45-10:05 a.m. Panel Discussion, Questions, Case Challenges
- 10:05-10:20 a.m. Break
- 10:20-11:40 a.m. **Pain Management**
Moderator: Francis O'Connor, M.D.
- 10:20-10:25 a.m. Introduction
Francis O'Connor, M.D.
- 10:25-10:55 a.m. Integrative Pain Management
LTG (R), Eric Schoemaker, M.D., Ph.D.
- 10:55-11:25 a.m. Pain Management in NFL
Andrew Tucker, M.D.
- 11:25-11:40 a.m. Questions
- 11:40 a.m.-1:10 p.m. Lunch (on your own)
- 1:10-3:10 p.m. **Upper Extremity Dominant Sports Injuries**
Moderator: Stephen Brockmeier, M.D.
- 1:10-1:25 p.m. Introduce Small Group Case/Questions
Stephen Brockmeier, M.D.
- 1:25-1:40 p.m. Injury Prevention in Baseball
Anthony Beutler, M.D.



- 1:40-1:55 p.m. Shoulder Cuff in Throwers MLB
Robin West, M.D.
- 1:55-2:10 p.m. SLAP vs. Biceps - Diagnosis
and Treatment Debate
Stephen Brockmeier, M.D.
- 2:10-2:25 p.m. Thoracic Outlet Syndrome
Cindy Chang, M.D.
- 2:25-2:40 p.m. AC Joint Options
Stephen Brockmeier, M.D.
- 2:40-2:55 p.m. Shoulder Instability in Contact Sports
Robin West, M.D.
- 2:55-3:10 p.m. Return to Summary from Small Groups,
Case Challenges/Discussion
- 3:10-3:20 p.m. Break
- 3:20-4:20 p.m. **I Want to Pitch in with Manual Therapy**
Moderator: Mark Hutchinson, M.D.
- Demo with model on how to do the following
techniques: Soft Tissue Flush, Soft Tissue
Massage, ART, Gastron, Dry Needling,
Cupping and Joint Manipulation Techniques
Hirad Najafbagy, DC

Friday, December 8

- 7:30-9:15 a.m. **Break-out: Medicine**
Ray/O'Connor/Lebrun/Beutler
Making Tough Decisions - Rapid Fire:
Symptoms You Can't Ignore. What Would You Do? (Challenging Cases)
- 7:30-9:15 a.m. **Break-out: Orthopaedics**
Brockmeier/Musahl/Hutchinson/Postma
Making Tough Decisions - Rapid Fire:
Symptoms You Can't Ignore. What Would You Do? (Challenging Cases)
- 9:15-9:30 a.m. Break
- 9:30-9:45 a.m. Review of Key Concepts of Day 1
Mark Hutchinson, M.D./
Constance Lebrun, M.D.
- 9:45-11:05 a.m. **Teaching an Old Dog New Tricks: "I Used to Do it My Way Until I Read this Article"**
Moderator: Stephen Brockmeier, M.D.
- 9:45-9:55 a.m. Introduction Including Concept of Evidence-Based Medicine and How to Read an Article
Stephen Brockmeier, M.D.
- 9:55-10:05 a.m. Brockmeier Article
- 10:05-10:15 a.m. Hutchinson Article
- 10:15-10:25 a.m. Musahl Article
- 10:25-10:35 a.m. Ray Article
- 10:35-10:45 a.m. Lebrun Article
- 10:45-10:55 a.m. O'Connor Article
- 10:55-11:05 a.m. Open Mic for Other Impactful References
All
- 11:05-11:15 a.m. Break
- 11:15 a.m.-12:45 p.m. **Fuel and Additives for the Engine: The Dr's Need-to-Know**
Moderator: Constance Lebrun, M.D.
- 11:15-11:30 a.m. Nutraceutical l Supplements:
Minding Your Ds and Qs
Stella Volpe, Ph.D.
- 11:30 a.m.-12:00 p.m. Appearance and Performance Enhancing Substances
Patricia Deuster, Ph.D., M.P.H.
- 12:00-12:30 p.m. "Siloe'd" Nutrition: Targeting Endurance vs. Power vs. Speed
Stella Volpe, Ph.D.
- 12:30-12:45 p.m. What Would You Do-Challenging Cases, Panel Discussion and Questions
- 12:45 p.m. Adjourn for Free Afternoon Time
Opportunities Pre-arranged to Advocate on the Hill with Lobbyists for ACSM, AMSSM, AOSSM, AANA, AAOS

Saturday, December 9

- 7:30-7:55 a.m. Ask the Faculty/Review of Key Concepts from Day 2
Mark Hutchinson, M.D.
- 7:55-10:00 a.m. **It's All in Your Head**
Moderator: Tracy Ray, M.D.
- 7:55-8:15 a.m. Berlin Consensus Statement on Concussion
Margot Putukian, M.D.
- 8:15-8:30 a.m. Addressing Concussion in Practice (cases)
Panel
- 8:30-8:50 a.m. TPCC on Mental Health in Athletes
Cindy Chang, M.D.
- 8:50-9:05 a.m. Addressing Mental Health in Practice (cases)
Panel
- 9:05-9:20 a.m. Jet Lag and Sleep
Cindy Chang, M.D.
- 9:20-9:40 a.m. Resilience: Overcoming Stresses of Being a Team Doc
Tracy Ray, M.D.
- 9:40-9:55 a.m. Cases and Anecdotes from the Faculty
Panel
- 9:55-10:10 a.m. Break
- 10:10-11:25 a.m. **Exercise is Medicine and Fitness**
Moderator: Mark Hutchinson, M.D.
- 10:10-10:40 a.m. Keynote: Making Exercise is Medicine Work
Walt Thompson, Ph.D.
- 10:40-11:10 a.m. Fitness for a Nation
RADM (R), Boris Lushniak, M.D., MPH
- 11:10-11:25 a.m. Q&A
- 11:25 a.m.-1:00 p.m. Lunch (on your own)
- 1:00-3:15 p.m. **Lower Extremity Issues in Sports Medicine in 2017: Knee**
Moderator: Volker Musahl, M.D.
- 1:00-1:15 p.m. Introduce Small Group Case Challenges
Volker Musahl, M.D.
- 1:15-1:35 p.m. Mini-Keynote: Current Concepts – ACL in 2017
Volker Musahl, M.D.
- 1:35-1:55 p.m. Meniscal Debate (Sx v. Rehab)
"Big Muscle" vs. "Sugar"
Volker Musahl, M.D./Tracy Ray, M.D.
- 1:55-2:10 p.m. Meniscus Root Injuries:
Identification and Treatment
William Postma, M.D.
- 2:10-2:30 p.m. How I Approach First Time Patellofemoral Dislocation
Tracy Ray, M.D./Mark Hutchinson, M.D.



- 2:30-2:50 p.m. Tendinopathy About the Knee
William Postma, M.D.
- 2:50-3:15 p.m. Interactive Case Challenges
Panel and Audience
- 3:15-3:30 p.m. Break
- 3:30-5:00 p.m. **Focused Topics in Special Populations**
Moderator: Constance Lebrun, M.D.
- 3:30-3:45 p.m. Paralympics (Boosting/Medical Issues)
Cindy Chang, M.D.
- 3:45-4:00 p.m. Female Athlete
Constance Lebrun, M.D.
- 4:00-4:15 p.m. Pediatrics (Specialization Yes or No)
Anthony Beutler, M.D.
- 4:15-4:30 p.m. Lacrosse: Special Issues
Margot Putukian, M.D.
- 4:30-4:45 p.m. Dance Medicine
Melody Hrubes, M.D.
- 4:45-5:00 p.m. Panel Discussion and Case Challenges

Sunday, December 10

- 7:45-8:00 a.m. Review of Concepts - Day 3
*Mark Hutchinson, M.D./
Constance Lebrun, M.D.*
- 8:00-10:15 a.m. **Lower Extremity Issues – Sports Medicine in 2017: Hip and Leg**
Moderator: Mark Hutchinson, M.D.
- 8:00-8:10 a.m. Introduce Small Group Case/Questions
Mark Hutchinson, M.D.
- 8:10-8:30 a.m. What's Hip Within the Hip Joint
Richard C. Mather, III, M.D.
- 8:30-8:50 a.m. Stress fx/Avulsions About the Hip
William Postma, M.D.
- 8:50-9:10 a.m. What's Hip Outside the Hip Joint
Richard C. Mather, III, M.D.
- 9:10-9:30 a.m. I Can't Compete Because I Have Shin Splints
Mark Hutchinson, M.D.
- 9:30-9:50 a.m. Resistant Stress Injuries of the Foot/Ankle
Volker Musahl, M.D.
- 9:50-10:15 a.m. Questions/Discussion/Cases (small groups)
Panel
- 10:15-10:25 a.m. Break
- 10:25-11:40 a.m. **Examarama**
Moderator: Tracy Ray, M.D.
- 10:25-10:35 a.m. Introduction of the Physical Examination Importance
Tracy Ray, M.D.
- 5-Minute Exam Pearls from Faculty/Physical Exam Demos: How I Do It
- 10:35-10:40 a.m. Groin/Hip Pain
Richard C. Mather, III, M.D.
- 10:40-10:45 a.m. Elbow Pain
Tracy Ray, M.D.
- 10:45-10:50 a.m. Shoulder Pain
Stephen Brockmeier, M.D.
- 10:50-10:55 a.m. Shoulder Instability
Stephen Brockmeier, M.D.
- 10:55-11:00 a.m. SLAP Examination
Mark Hutchinson, M.D.
- 11:00-11:05 a.m. Upper Extremity Nerve or TOS
Cindy Chang, M.D.
- 11:05-11:10 a.m. Ankle Pain
Constance Lebrun, M.D.
- 11:10-11:15 a.m. Knee Instability
William Postma, M.D.
- 11:15-11:25 a.m. Anterior Knee Pain
Volker Musahl, M.D.
- 11:25-11:40 a.m. Pearls from the Audience on the Big Screen
- 11:40 a.m. Adjourn



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American Orthopaedic Society for Sports Medicine

Registration

Advance registration is strongly encouraged and must be received by November 22, 2017. After this date, please plan to register onsite.

Please notify ACSM by November 7 if you need any special accommodations as a result of disability. The planners and sponsors of this event claim no liability for the acts of any suppliers to this meeting, nor for the safety of any attendee at or while in transit to this event. The planners and sponsors reserve the right to cancel this event without penalty. Attendees, who purchase non-refundable airline tickets, do so at their own risk. The total amount of any liability of the planners and sponsors will be limited to a refund of the registration fee. Your submission of the registration form acknowledges acceptance of these terms.

Refund Policy

A \$150 service fee will be applied to cancellations submitted in writing or emailed to meeting@acsm.org by November 16, 2017. No refunds will be issued after November 16. Refunds will not be issued for cancellations made after the course begins or for no-shows.

Image/Likeness/Voice Release

I understand and agree that, as a result of participating in an ACSM Conference, my image, likeness or voice may be recorded by photography, video or other medium. I hereby grant irrevocable and unrestricted permission to ACSM and its representatives or assignees to use my image, likeness or performance in any medium and for any purpose. I hereby waive any right to inspect or approve such use or materials. Your submission of this form acknowledges acceptance of these terms.

For immediate registration, register online at www.acsm.org.

An online receipt and confirmation will be generated upon completion of your online registration. Register online at www.acsm.org for best service. As an alternative, mailed registrations may be sent to ACSM, Department 6022, Carol Stream, IL 60122-6022. Mailed registrations may take up to four weeks for processing and confirmations will be e-mailed to registrants.

December 7-10, 2017

**Gaylord National Resort & Convention Center
National Harbor, Maryland**

Registration Form *(keep a copy of this registration form for your records)*

First Name _____

Last Name _____

Degree _____

Institution _____

Address (Home Work) _____

City _____ State _____ Zip Code _____ - _____

Country (if not United States) _____

Tel./Business _____ Tel./Home _____

Fax _____ E-mail _____

Membership

Registration Category *(please indicate each organization of which you are a member)*

ACSM AMSSM AOSSM

Specialty *(please check one box only)*

Emergency Medicine

Orthopaedic Surgery

Family Practice

Psychiatry

Internal Medicine

Pediatrics

Other _____

For CME purpose, are you a physician (M.D. or D.O.)? Yes No

Team Physician *(check each applicable box)*

Team Physician

High School

Collegiate

Professional

Olympic/Elite

Other _____

How many Advanced Team Physician Courses have you attended? _____

What years? _____

Fee Schedule

(Registration fees do not include hotel)

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Full payment must accompany this form

Payment must be in U.S. dollars. Make check payable to ACSM. \$25 fee for returned checks federal ID number 23-6390952

Charge your registration.

MasterCard® VISA® Discover®

American Express® Enclosed Check

Card # _____

Exp. Date _____

Signature _____

Security Code |__|__|__|__|

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