

# 19<sup>th</sup> Annual AAOS/AOSSM/AANA SPORTS MEDICINE COURSE

January 31 – February 4, 2018 • Park City, UT

Brian J. Cole, MD, MBA

Course Director

CAPT (Ret.) Matthew T. Provencher, MD MC USNR

Kevin E. Wilk, DPT, PT, FAPTA

Course Co-Directors



[aaos.org/SportsMed](http://aaos.org/SportsMed)

**Keeping Patients Active Through Biologics,  
Rehabilitation and Contemporary Surgical Techniques**

**AAOS**  
AMERICAN ACADEMY OF  
ORTHOPAEDIC SURGEONS



The American Orthopaedic  
Society for Sports Medicine

**AANA** | ARTHROSCOPY ASSOCIATION  
OF NORTH AMERICA

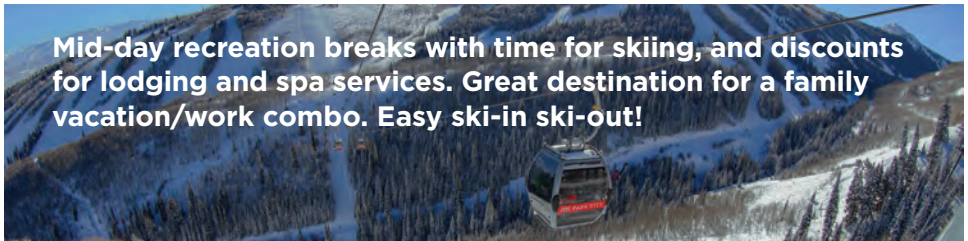
# 19<sup>th</sup> Annual AAOS/AOSSM/AANA Sports Medicine Course

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## Participate – Engage – Ski – Learn

From professional athletes to weekend warriors, ensure your treatment decisions and solutions in your daily practice are current across all levels of athletic injury. Participate in small group case-based discussions, interactive participant-expert panels and engaging dialogue with faculty for fresh learning approaches and multi-disciplinary solutions. After carving out some time on the slopes, listen to the experts' debates on treatment controversies and keynotes on preferred techniques.

**Bring your extended team!** An excellent update for PAs, PTs, ATs, and OTs, from pre-participation to injury treatment and rehabilitation.



## Highlights include:

- Keynotes on Top Trending Sports Medicine Topics in 2018
- Emerging and leading-edge technology, orthobiologics, and innovative arthroscopic and open surgical techniques
- **HANDS-ON!** Optional Sports Medicine Interventional Ultrasound Sessions on Saturday and Sunday

## At the conclusion of this course, learners should be able to:

- Compare and contrast the various surgical and nonsurgical treatment protocols for instability conditions of the knee, injuries to knee ligaments, and cartilage disorders
- Review the anatomy, function and injuries of the acromioclavicular joint of the shoulder, and both non-operative and operative treatment strategies for athletic AC joint injuries
- Evaluate indications for tenotomy vs. tenodesis for biceps tendon pathology
- Review performance enhancing medications, side effects, screening protocols, workup, and deficiency of athletes with sports endocrine axis disorders
- Prescribe correct knee, shoulder and hand/wrist rehabilitation protocols to maximize post-surgical and post-injury function
- Compare short-term and long-term treatment strategies for team physicians
- Identify practice efficiencies, optimal use of physician extenders (ultrasound, injections, etc.), and cost reductions in the ambulatory setting

Each topic is followed by a faculty/participant round table case presentation and discussion.

## WEDNESDAY, JANUARY 31

2:00 – 2:50pm **Registration**

2:50 – 3:50pm **INDUSTRY SPOTLIGHT SESSION\***

4:00pm **Welcome and Introduction**

### ANTERIOR CRUCIATE INJURIES

- The ACL in 2018: Where Are We Now?
- Quadriceps Tendon
- Top 10 Key Concepts to Ensure Successful ACL Rehabilitation and Return to Play

#### VIDEO SPOTLIGHT SESSIONS

- ACL Debate: ACL Allograft vs. ACL Autografts
- The Lateral Side: Extra-Articular Reconstruction

### POSTERIOR CRUCIATE AND COLLATERAL LIGAMENT INJURIES

- Complex Ligament Injury Management: PCL, PLC and MCL

**KEYNOTE – Optimization of the Aging Athlete: Recommendations that Really Work**

**LIVE PATIENT PRESENTATION AND PANEL DISCUSSION: ACL TEAR**

## THURSDAY, FEBRUARY 1

**KEYNOTE – My Top 10 Rehabilitation Principles for the Young Injured Shoulder**

### THE ATHLETE'S SHOULDER

- Anterior Instability Repair: Arthroscopic – Top 10 Pearls
- Managing Bone Loss: Assessment and Indications for Specific Treatment Strategies
- SLAP and Biceps: Decision-Making

**LIVE PATIENT CASE PRESENTATION: SHOULDER**

### ENJOY RECREATIONAL BREAK TIME

**INDUSTRY SPOTLIGHT SESSION\***

### TEAM PHYSICIAN AND SPORTS MEDICINE

- Pre-participation Physical: Top 5 Most Important Things NOT to Miss
- Pain Management in the Locker Room
- Concussion Management in 2018
- Getting the Athlete Back to Sport: Beyond the Injury

### THE BUSINESS OF MEDICINE

- Establishing Ancillaries in Your Practice: PT, DME, Pharmacy, Surgicenter and More
- Implementation and Best Practices: The Physician Extender
- Practice Management Strategies – What Has Worked for Me

**INDUSTRY SPOTLIGHT SESSION: Keep More of What You Make and How to Protect Your Assets\***

## FRIDAY, FEBRUARY 2

### COMPLEX INSTABILITY (Posterior, Multi-Directional and Failure)

- Multi-Directional and Posterior Shoulder Instability: When to Operate and How To Do It
- Debate: I Don't Want to Fail – The Collision Athlete with a First-Time Dislocation
- Do a Latarjet
- Do it Arthroscopically

**VIDEO SPOTLIGHT SESSION: Bone Loss – Why and How**

### THINGS YOU NEED TO KNOW ABOUT THE ATHLETE: HANDS, HIPS AND FEET

**KEYNOTE – The Painful Hip: FAI, Labrum and Myotendinous Injury**

**KEYNOTE – The Most Common Foot and Ankle Injuries**

**KEYNOTE – The Most Common Hand and Wrist Injuries**

### ENJOY RECREATIONAL BREAK TIME

Evening 4:00 – 8:35pm

Morning 6:30 – 9:30am

Afternoon 2:45 – 6:55pm

Morning 6:30 – 10:00am



Each topic is followed by a faculty/participant round table case presentation and discussion.

## FRIDAY, FEBRUARY 2, continued

Afternoon 2:45 – 7:00pm

### INDUSTRY SPOTLIGHT SESSION: Biologics\*

#### CARTILAGE

- The Athlete and Cartilage Repair: Decision-Making
- Osteotomy and Realignment
- Meniscus Repair: Ensuring a Successful Outcome and Rehabilitation Guidelines
- Technique Focus: Articular Cartilage Repair – 5 Minute Videos

#### THE PATELLOFEMORAL JOINT

- Patellar Instability: Observe, Repair, Realign or Reconstruct
- Rehabilitation of the PF Joint: Pre- and Post-Operative Considerations

## SATURDAY, FEBRUARY 3

Morning 6:30 – 9:45am

### BIOLOGICS

- Integrating Biologics into Your Practice

### KEYNOTE – Stem Cells, PRP, Amnion and More for Articular Cartilage Disease

#### UPPER EXTREMITY ISSUES

- Rehabilitation of the Thrower's Shoulder: Key Concepts and What's New?
- Management of the SC and AC Joint in the Athlete: State of the Art in 2018
- Distal Biceps Tendon Tears: Technique Focus
- Medial and Lateral Epicondylitis: Technique Focus
- Rehabilitation of the Athlete's Elbow: Key Concepts and What's New
- Management of the Ulnar Collateral Ligament: Alternatives and State of the Art

### KEYNOTE – The Thrower's Shoulder: Sorting it All Out!

Afternoon 2:45 – 6:30pm

### ENJOY RECREATIONAL BREAK TIME

### INDUSTRY SPOTLIGHT SESSION: Contemporary Surgical Techniques\*

#### ROTATOR CUFF PROBLEMS

- Partial Thickness Rotator Cuff Tears...Leave It, Complete It, In Situ Repair
- Full Thickness Rotator Cuff Tears – Techniques and State of the Art Management
- Massive Cuff Tears: Ignore, Fix, Scaffold or Replace

#### LIVE PATIENT PRESENTATION: SHOULDER/ELBOW

\*Industry Spotlight Sessions are non-CME. Views and products are not endorsed by AAOS, AOSSM, or AANA.

## Select from Two Sessions! ULTRASOUND COURSE DIAGNOSTIC AND THERAPEUTIC ULTRASOUND HANDS-ON TRAINING

Saturday, February 3, 6:30 – 9:00 pm OR Sunday, February 4, 7:00 – 9:30 am

In these 2.5 hour sessions faculty review shoulder, knee, and elbow pathology, followed by hands-on live patient exams performed by course participants. Please select your preferred session when registering for the course. Registration is required and limited to 70 people per session.

Shoulder Pathology	Elbow Pathology	Knee Pathology	Q&A
Demo Shoulder Exam	Demo Elbow Exam	Demo Knee Exam	Live Model Lab

The Academy would like to thank the **American Orthopaedic Society for Sports Medicine** and the **Arthroscopy Association of North America** for the many contributions made by its members in the presentation of this program. The Academy and orthopaedic specialty societies work together to provide orthopaedic surgeons with the highest quality educational programs and publications. This cooperative spirit among colleague organizations is an important resource and valuable asset for the orthopaedic community.

For full schedule and to register,  
visit [aaos.org/SportsMed](http://aaos.org/SportsMed)



## DIRECTOR

**Brian J. Cole, MD, MBA**

Midwest Orthopaedics at Rush, Chicago, IL  
Team Physician – Chicago Bulls and Chicago White Sox



## CO-DIRECTORS

**CAPT (Ret.) Matthew T. Provencher, MD MC USNR**

The Steadman Clinic, Vail, CO



**Kevin E. Wilk, DPT, PT, FAPTA**

Champion Sports Medicine, Birmingham, AL  
Team Affiliation – Tampa Bay Rays

## FACULTY

Christopher S. Ahmad, MD

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James R. Andrews, MD

James P. Bradley, MD

Stephen F. Brockmeier, MD

Peter N. Chalmers, MD

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Alan S. Curtis, MD

Jason L. Dragoo, MD

Neal S. ElAttrache, MD

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Eric C. McCarty, MD

Kyle R. Pilz, MMS, PA-C

Felix H. Savoie III, MD

Nicholas A. Sgaglione, MD

Nikhil N. Verma, MD

## How to Register:

1. **Online** at [aaos.org/SportsMed](http://aaos.org/SportsMed).
2. **Call** AAOS Customer Service at **1-800-626-6726** from 8:00 am to 5:00 pm CT. Outside U.S. dial **+1-847-823-7186**.
3. **Print** registration form at [aaos.org/SportsMed](http://aaos.org/SportsMed). Mail to AAOS, 9400 W. Higgins Rd., Rosemont, IL 60018. Or fax to **1-800-823-8025**. Outside U.S. fax to **+1-847-823-8125**.

## Registration Fees

AAOS/AOSSM/AANA Member/Candidate Member/Associate Member/International Member **\$1199**

Nonmember/International Nonmember/Other Physician/Non-MD Practitioner/Non-Physician **\$1499**

Orthopaedic Resident/Post Residency Fellow/Nurse/Allied Health/PA/Athletic Trainer/U.S. Military\* **\$799**

AAOS/AOSSM/AANA Emeritus Member **\$699**

\*For AAOS/AOSSM/AANA members in active U.S. military duty only

## Hotel

**Grand Summit Hotel at Canyons Village**

4000 Canyons Resort Drive

Park City, UT 84098

Toll-Free: **1-888-416-6195**

**Housing Reservation Deadline: January 2, 2018**

**Room Rate: \$374** Single or Double occupancy

**\$613** Suite

**\$30** Resort fee per day



## Accreditation Statement

The American Academy of Orthopaedic Surgeons is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education (CME) for physicians.

## AMA Credit Designation

AAOS designates this live activity for a maximum of 18 **AMA PRA Category 1 Credit(s)**<sup>™</sup>. The optional ultrasound session is available for a maximum of 2.5 **AMA PRA Category 1 Credit(s)**<sup>™</sup>. Physicians should claim only the credits commensurate with the extent of their participation in the activity.



## Continuing Education for Athletic Trainers

The American Orthopaedic Society for Sports Medicine (BOC AP#: P460) is approved by the Board of Certification, Inc. to provide continuing education to Certified Athletic Trainers. This program is eligible for a maximum of 18 + 2.5 for ultrasound session Category A hours/CEUs. ATs should claim only those hours actually spent in the educational program.

**This course fulfills one AOSSM and/or AANA membership meeting requirement.**

## Cancellation Policy

**Days Prior to Course Start Date**

30+ days

29 to 15 days

14 days or less

**Refund**

Registration fee less \$150 cancellation fee

50% refund

No refund



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