12th Annual HSS
Sports Medicine Symposium

MARCH 23–24, 2018
Hospital for Special Surgery
New York City

ACCREDITATION This activity has been approved for AMA PRA Category 1 Credits™, Physical Therapy Contact Hours, BOC Evidence Based Practice Category Hours/CEUs, and NSCA CEUs. Pending approval for Physical Therapy CCUs.

LIVE STREAMING also available

Provided by HOSPITAL FOR SPECIAL SURGERY Office of Continuing Medical Education, Rehabilitation and Sports Medicine Service.
The 12th Annual Sports Medicine Symposium will provide clinicians with guidance on how to care for surgical and nonsurgical patients among the sports medicine population. Topics to be discussed include the athlete’s elbow, shoulder instability, rotational athletes, adolescent athletes, and the hip. The best available evidence and state of the art information from the rehabilitation staff, surgeons, and physicians of Hospital for Special Surgery, along with guest lecturers, will provide participants with clinically relevant information through live surgery, didactic lectures, panel discussions, case presentations, workshops, and Q&A sessions.

TARGET AUDIENCE
This activity is targeted to physical therapists, physical therapist assistants, athletic trainers, strength and conditioning professionals, physician assistants, orthopaedists, sports medicine physicians, physiatrists, and primary care physicians. Residents, fellows, and students of medicine, physical therapy and athletic training may also benefit from this activity.

ACCREDITATION AND CREDIT DESIGNATION
The following course is considered appropriate for clinicians looking to enhance their skills in the treatment and care of the athlete. In order to receive credits, a post-course assessment is required. This is an intermediate level course. There is a passing score of 80 required with multiple attempts allowed.

Physicians: Hospital for Special Surgery is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Hospital for Special Surgery designates this live activity for a maximum of 11 AMA PRA Category 1 Credit(s)™ on-site and online. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Physician Assistants: AAPA accepts certificates of participation for educational activities certified for AMA PRA Category 1 Credit™ from organizations accredited by ACCME or a recognized state medical society. Physician Assistants may receive a maximum of 11 Category 1 credits on-site and online for completing this activity.

Athletic Trainers: Hospital for Special Surgery (BOC AP#: P537) is recognized by the Board of Certification, Inc., to offer continuing education for Certified Athletic Trainers.

This program is eligible for a maximum of 11 EBP Category hours/CEUs onsite and livestreaming. ATs should claim only those hours actually spent in the educational program.

Physical Therapists: Hospital for Special Surgery is a New York State Education Department approved provider for physical therapy continuing education. Hospital for Special Surgery designates this activity for a maximum of 10.5 Contact Hours on-site and online. The following states require continuing education units with no state specific approval: CT, IA, MA and WA. This activity is pending approval in New Jersey, Florida and Maryland. Accreditation of this course does not necessarily imply the FPTA supports the views of these presenters or the sponsors.

This activity is pending approval for CCUs by the Federation of State Boards of Physical Therapy (FSBPT) and therefore would be accepted by the physical therapy regulatory boards/agencies in certain U.S. jurisdictions. The CCE amount will be determined by the FSBPT. The physical therapy boards in the following states currently accept the FSBPT certification: AK, AR, AZ, CA, CO, DE, District of Columbia, GA, HI, ID, IL, IN, KS, KY, MI, MO, MS, MT, NC, ND, NE, OR, Puerto Rico, SC, TN, UT, VA, VT, WI, and WY.

Strength and Conditioning Professionals: National Strength and Conditioning Association (NSCA) approved up to 0.5 CEUs onsite and 0.4 CEUs online for certified individuals attending this event. Approved content for these professionals is indicated with a # symbol.

SPECIAL NEEDS
Hospital for Special Surgery is accessible for individuals with disabilities or special needs. Participants with special needs are requested to contact the Office of Continuing Medical Education at 212.606.1812.

FINANCIAL DISCLOSURE
In accordance with the Accreditation Council for Continuing Medical Education’s Standards for Commercial Support, all CME providers are required to disclose to the activity audience the relevant financial relationships of activity directors, planning committee members, presenters, authors and staff involved in the development of CME content. An individual has a relevant financial relationship if he or she has a financial relationship in any amount occurring in the last 12 months with a commercial interest whose products or services are discussed in the CME activity content over which the individual has control.

It is the policy of Hospital for Special Surgery to request all financial relationships that activity directors, planning committee members, presenters, authors and staff have with commercial interests, but to disclose to the activity audience only the relevant financial relationships.
LEARNING OBJECTIVES

HSS continuing medical education activities are intended to improve the quality of patient care and safety. At the completion of the course, the participant should be able to:

- Recognize each person’s role in the team approach (including ATC, MD, PA, PT and Performance Specialist) to providing outstanding patient care for appropriately referring patients to colleagues for treatment.
- Incorporate two treatment strategies into their treatment plan for rehabilitation of sports related elbow injuries.
- Incorporate at least one current evidence-based treatment guideline for treating the unstable shoulder.
- Recognize the typical tendencies with regards to static and movement based asymmetries and imbalances of rotational athletes from the sports of soccer, baseball, and golf, after attending the Rotational Athlete concurrent session.
- Identify the structures and purpose of each layer of the hip.
- Incorporate at least one training progression following hip arthroscopy.
- Identify one treatment strategy for osteochondritis dissecans, after attending the Young Athlete's Knee concurrent session.
- Recall at least two components of a criteria based approach to rehabilitating the athlete with tendinopathy, after attending the Managing Tendinopathy/Tendonitis in the Athlete concurrent session.
- Discuss at least one evidence based benefit for use of alternative treatments, such as cupping, dry needling, blood flow restriction and laser therapy, after attending the Alternative Techniques in Sports Medicine workshop.
- Identify at least two manual and exercise based techniques designed to treat the overhead athlete with a thoracic spine injury, after attending the Linking the Thoracic Spine to Injuries in the Overhead Athlete workshop.
- Perform at least two special tests used in differential diagnosis in the shoulder or knee physical examination, after attending the Advanced Physical Exam and MRI Correlation workshop.
- Describe current guidelines for return to play following a concussion, after attending the Concussion Management mini course.
- Describe current evidence based rehabilitation guidelines following a multiligament injury of the knee, after attending the Multiligament Injury of the Knee mini course.
- Identify at least one consideration for the treatment of the female athlete, after attending the Female Athlete mini course.

For a complete list of learning objectives and updates about this course, please visit HSS.edu/eAcademy.
Friday, March 23, 2018
Activity Agenda

8:30 am  Registration/Breakfast*
LOCATION: Sports Rehabilitation and Performance Center
525 East 71st Street, Belaire Building, Ground Floor

LIVE STREAMING BEGINS FOR DAY 1

8:55 am  Welcome & Announcements*

Session 1
The Athlete’s Elbow
Moderator: Sherry I. Backus, PT, DPT, MA

9:00 am  Common Elbow Injuries in the Athlete*
Brett G. Toresdahl, MD

9:15 am  Treating Lateral Epicondylitis...
It’s Not Just Eccentrics
Ioonna Felix, PT, DPT, OCS, SCS

9:30 am  Ulnar Collateral Ligament Reconstruction—
HSS Experience
David W. Altchek, MD

9:50 am  Rehabilitation of UCL Injury—Clinical Pearls
Terrance Sgroi, PT, DPT, SCS, MTC

10:05 am Discussion/Q&A*

10:25 am Break & Exhibit Viewing*

Session 2
Shoulder Instability
Moderators: Robert DiGiacomo, PT, DPT, ATC
Joshua S. Dines, MD

10:55 am First Time Dislocator: Treatment Options
Russell F. Warren, MD

11:15 am Conservative Management: Can the Shoulder “Cope”
Jessica Hettler, PT, DPT, ATC, OCS, SCS, Cert MDT

11:30 am Post-Op Rehabilitation of Anterior Stabilization
Snehal Patel, PT, MSPT, SCS

11:45 am Keynote Address
My Surgical Approach to Instability
Gilles Walch, MD

12:10 pm Discussion/Q&A

12:30 pm Lunch* (provided)

NEW! Lunch & Learn* (12:45–1:15 pm)
Option 1  Sports Pharmacology
Maureen Doyle, PA-C

Option 2  ACL Graft Selection, Preparation
and Post-op Considerations
Meaghan Roberts, PA-C, MPAS

Concurrent Sessions
On-site participants choose one in advance. The Rotational Athlete Session will be available for live streaming participants.

1:35–2:55 pm
A. Decision Making in Sports Medicine: Clinical Vignettes
Moderator: Anil S. Ranawat, MD
Panel: Answorth A. Allen, MD; Theresa Chiaia, PT, DPT;
Frank A. Cordasco, MD, MS; Stephen J. O’Brien, MD, MBA;
Snehal Patel, PT, MSPT, SCS; Riley J. Williams III, MD

B. The Rotational Athlete
Moderator: Joseph T. Molony, Jr., PT, MS, SCS, CSCS
Identifying Imbalances and Movement Dysfunctions in the Rotational Athlete:

1:35 pm  Golf*
Jake Grundstein, PT, DPT, CSCS, TPI Certified

1:50 pm  Baseball*
Terrance Sgroi, PT, DPT, SCS, MTC

2:05 pm  Soccer*
Tiffany Chag, MS, RD, CSCS

2:20 pm Transitioning the Injured Athlete from the Clinical Setting to the Performance Setting*
Jorge Giral, PT, DPT, SCS, COMT, CSCS

2:35 pm Discussion/Q&A*

2:55 pm Break & Exhibit Viewing*

*Not designated for credit.
*Approved by NSCA for CEUs.
## Mini Courses

On-site participants choose one mini course in advance. “Mini Course A: Live Surgery—Anterior Shoulder Stabilization” will be available for live streaming participants.

### 3:20–4:40 pm

#### A. Live Surgery—Anterior Shoulder Stabilization
- **Moderator:** Lawrence V. Gulotta, MD
- **Surgeon:** Joshua S. Dines, MD

#### B. Multiligament Knee
- **Moderator:** John T. Cavanaugh, PT, MEd, ATC, SCS

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<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Presenter</th>
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<tbody>
<tr>
<td>3:20</td>
<td>Work-Up &amp; Surgical Management</td>
<td>Danyal H. Nawabi, MD, FRCS</td>
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<td>3:45</td>
<td>Rehabilitation Considerations</td>
<td>John T. Cavanaugh, PT, MEd, ATC, SCS</td>
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<td>4:05</td>
<td>Post-Physical Therapy—Performance Training*</td>
<td>Jason Machowsky, MS, RD, CSSD, RCEP, CSCS</td>
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<td>4:20</td>
<td>Panel Discussion</td>
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#### C. Concussion Management in 2018
- **Moderator:** Kathryn McElheny, MD

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<tbody>
<tr>
<td>3:20</td>
<td>Pathophysiology of Concussion Injury*</td>
<td>Erin E. Manning, MD</td>
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<tr>
<td>3:35</td>
<td>Sideline Evaluation</td>
<td>Joel Guzman, ATC</td>
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<tr>
<td>3:45</td>
<td>The Return to Play Concussion Protocol</td>
<td>Ryan J. Lingor, MD, ATC</td>
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<td>4:00</td>
<td>Role of Physical Therapy in Concussion Management</td>
<td>Peter Schultz, PT, DPT, OCS</td>
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<td>4:20</td>
<td>Performance Training for Return to Play*</td>
<td>Aaron Karp, MS, ATC, LAT, CSCS</td>
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<td>4:30</td>
<td>Discussion/Q&amp;A</td>
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#### D. Female Athlete
- **Moderator:** Lisa R. Callahan, MD

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<tr>
<th>Time</th>
<th>Topic</th>
<th>Presenter</th>
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<tbody>
<tr>
<td>3:20</td>
<td>Sex and Gender Differences in Sports Medicine*</td>
<td>Ellen Casey, MD</td>
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<td>3:32</td>
<td>ACL Injury and the Role of Sex in Graft Choice</td>
<td>Karen M. Sutton, MD</td>
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<td>3:44</td>
<td>Game of Bones: How to Avoid Missing Stress Fractures</td>
<td>Marci A. Goolsby, MD</td>
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<td>3:56</td>
<td>Training Considerations for the Female Athlete*</td>
<td>Polly de Mille, RN, MA, RCEP, CSCS, USAT</td>
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<td>4:08</td>
<td>Sport Psychology for the Female Athlete*</td>
<td>Deborah N. Roche, PhD</td>
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<tr>
<td>4:20</td>
<td>Discussion/Q&amp;A</td>
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LIVE STREAMING ENDS FOR DAY 1

### 4:40 pm
- **Chairmen’s Reception for Attendees, Faculty, and Exhibitors**
  (Sports Rehabilitation and Performance Center)*

*Not designated for credit.

*Approved by NSCA for CEUs.

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“Enjoyed the surgical videos and diagrams explaining the procedures.”

—2017 Participant
Saturday, March 24, 2018
Activity Agenda

Optional Instructional Courses*
On-site participants only. Additional fee applies.

7:25–8:35 am
A. Soft Tissue Secrets: Unlocking the Problematic Shoulder
   Michele Naumann-Carlstrom, LMT
B. Manual Techniques: Hip & Pelvis
   Peter Draovitch, PT, MS, ATC, SCS, CSCS
   Andrea Papson, PT, DPT, ATC, SCS, CMPT, CSCS

8:20 am  Breakfast/Registration*
LOCATION: Sports Rehabilitation and Performance Center
525 East 71st Street, Belaire Building, Ground Floor

LIVE STREAMING BEGINS FOR DAY 2

8:55 am  Welcome & Announcements*

Session 3
The Athlete’s Hip
Moderator: Anil S. Ranawat, MD

9:00 am  Layered Approach to the Hip Pathology
   Bryan T. Kelly, MD
9:20 am  Top 5 Surgical Procedures I Do Around the Hip
   Struan H. Coleman, MD, PhD
9:40 am  Hip Arthroscopy Post-Operative Guidelines
   Alexander Shafiro, PT, DPT, OCS, FDN, CSCS
9:55 am  Most Common Pitfalls or Mistakes of Post-op Rehab
   Peter Draovitch, PT, MS, ATC, SCS, CSCS
10:15 am  Discussion/Q&A
10:35 am  Break*

Concurrent Sessions
On-site participants choose one session in advance. Tendinopathy/Tendonitis in the Athlete will be available for live streaming participants.

11:00 am–12:25 pm
C. Managing Tendinopathy/Tendonitis in the Athlete
   Moderator: Robert DiGiacomo, PT, DPT, ATC
   11:00 am  The Role of Injections and Platelet Rich Plasma (PRP) *
               Daphne A. Scott, MD
   11:20 am  Rehabilitation Considerations
               Theresa Chiaia, PT, DPT
   11:40 am  The Runners Knee *
               Julie Khan, PT, DPT, SCS, USATF-L1
   11:55 am  Preventing Recurrence *
               Jason Machowsky, MS, RD, CSSD, RCEP, CSCS
12:05 pm  Discussion/Q&A *

D. The Young Athlete’s Knee
Moderator: Sarah McLean, PT, MSPT, OCS

11:00 am  Osteochondritis Dissecans—Diagnosis and Management
   Peter D. Fabricant, MD, MPH
11:20 am  Rehabilitation of OCD Lesions
   Joseph T. Molony, Jr., PT, MS, SCS, CSCS
11:40 am  Overuse Injuries *
   Yukiko Matsuzaki, PT, DPT, OCS, SCS
11:58 am  Performance Training for the Young Athlete Following Knee Injury *
   Tiffany Chag, MS, RD, CSCS
12:10 pm  Discussion/Q&A *

12:25 pm  Lunch* (on your own)

*Not designated for credit.
*Approved by NSCA for CEUs.
Concurrent Workshops
Offered for on-site participants only. On-site participants choose one workshop from each wave in advance. Alternative Techniques in Sports Medicine and The Combative Athlete will be available for live streaming participants.

1:30–2:35 pm

Wave 1

A. Knee Evaluation with MRI Correlation
   Meghan Bishop, MD
   Ryan Mlynarek, MD
   Dean Wang, MD

B. Aquatic Therapy for your Post-op Patient...
   Where the Magic Happens
   Sarah McLean, PT, MSPT, OCS

C. Troubleshooting in Sports Physical Therapy
   Jenna Baynes, PT, DPT, ATC, OCS
   Michelle Cilenti, PT, DPT, OCS, CSCS, USATF-L1
   Lauren Lou, PT, DPT, SCS, CSCS
   William Marrone, PT, DPT, CSCS

D. Alternative Techniques in Sports Medicine
   Dry Needling
   Alexander Shaﬁro PT, DPT, OCS, FDN, CSCS
   Cupping
   Andrea Papson, PT, DPT, ATC, SCS, CMPT, CSCS
   Blood Flow Restriction
   Patrick Vignona, PT, MSPT, SCS, Cert MDT
   Laser Therapy
   Michelle Cilenti, PT, DPT, OCS, CSCS, USATF-L1

2:35 pm Break

2:50–3:55 pm

Wave 2

E. Shoulder Evaluation with MRI Correlation
   George Balazs, MD
   Brandon Erickson, MD
   Michael Hendel, MD

F. Linking the Thoracic Spine to Injuries in the Overhead Athlete
   Jenna Baynes, PT, DPT, ATC, OCS
   Pat Vignona, PT, MSPT, SCS, Cert MDT

G. The Combative Athlete
   Nicholas R. Beatty, DO, FAAPMR, CAQSM, RMSK
   Jessica Hettler, PT, DPT, ATC, OCS, SCS, Cert MDT
   Ioonna Felix, PT, DPT, OCS, SCS

H. Injury Prevention Techniques for the Runner
   Pamela Geisel, MS, CSCS, CPT
   Julie Khan, PT, DPT, SCS, USATF-L1

3:55 pm Adjourn

*LIVE STREAMING ENDS FOR DAY 2

*Not designated for credit.
†Approved by NSCA for CEUs.
Faculty and agenda are subject to change.

Highlights for Rehabilitation Professionals
- Orthopaedic Core Curriculum
- Rehabilitation Grand Rounds
- Sports Emergency Curriculum
- Surgical Videos

“Informative, time for hands-on practice.”
—2017 Participant
 Program Faculty

ACTIVITY CO-DIRECTORS
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Sports Rehabilitation and Performance Center
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Sports Medicine and Interventional Spine Physician
Regenerative SportsCare Institute
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Shoulder Surgeon
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Team Physician, New York Knicks
Team Physician, USA Basketball

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Medical Director, New York Mets
Medical Consultant for NBA

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Leon Root, MD, Motion Analysis Laboratory

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Associate Professor of Clinical Medicine
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Chief Medical Officer and Senior Vice President of Player Care
Madison Square Garden Sports
Vice President, NBA Physicians Association

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Co-Director, Center for  
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New York Rangers  
Associate Team Physician  
New York Giants Football  
Head Orthopaedic Consultant, UFC

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Pediatric Rehabilitation

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Head Team Physician, United States Women’s Lacrosse

Brett G. Toresdahl, MD  
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Professor of Orthopaedic Surgery  
Weill Cornell Medicine  
Emeritus Team Physician, New York Giants

Riley J. Williams III, MD  
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Director of the Institute for Cartilage Repair  
Professor of Orthopaedic Surgery  
Weill Cornell Medicine  
Head Team Physician, Brooklyn Nets  
Team Physician, USA Basketball  
Head Team Physician, New York Red Bulls  
Director, FIFA Medical Center of Excellence

—2017 Participant
Registration Fees

Registration fees for on-site program include breakfast on Friday and Saturday, lunch on Friday, Lunch and Learn Option, and Chairmen’s Reception. All registered attendees receive online access to lecture handouts and credits, and a confirmation via email.

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<th>EARLY BIRD RATE</th>
<th>REGULAR RATE</th>
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<td></td>
<td>Closes 2/23/18 at 5 pm</td>
<td>Closes 3/20/18 at 5 pm</td>
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<tr>
<td>On-site</td>
<td>$475 (Network $380)</td>
<td>$540 (Network $432)</td>
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<td>On-site with Saturday morning pre-conference Optional Instructional Course</td>
<td>$535 (Network $428)</td>
<td>$600 (Network $480)</td>
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<tr>
<td>Live Streaming</td>
<td>$275 (Network $220)</td>
<td>$340 (Network $272)</td>
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For day-of registration for the on-site course, add $75 to the appropriate category above (available only if space permits—please call first).

Please note: Registration will not be processed unless accompanied by payment.

For updates on this course and a complete calendar of scheduled live and online CME activities, go to HSS.edu/eAcademy.

Two Ways to Register

Register and pay online at HSS.edu/eAcademy. Register by mail using the registration form.

Payment By Mail
Make check payable to: Hospital for Special Surgery
Mail registration form to: Hospital for Special Surgery Professional Education Department Education & Academic Affairs 535 East 70th Street New York, NY 10021

Confirmations
All registered participants will receive a confirmation via email.

Refund Policy
A handling fee of $75 is deducted for cancellation. Written refund requests must be received one week prior to the course. No refund will be made thereafter.

For More Information Contact
Wanda Napolitano
Senior Events and Marketing Coordinator Professional Education Education & Academic Affairs Hospital for Special Surgery Tel: 212.606.1812 Email: napolitanow@hss.edu

Parking & Accommodations
For information on parking and accommodations, please go to HSS.edu/visitor and view our Neighborhood Directory. Local accommodations are limited and early reservations are recommended.

Transportation
Airport: LaGuardia (LGA) is 8 miles northeast of the city. Kennedy International (JFK) is 15 miles southeast of the city. Newark International (EWR) is 16 miles southwest of the city.

Bus: M72, M31 stop at East 69th Street and York Avenue
Subway: Nearest line is the Q train at Second Avenue and 72nd Street or the 6 train stop at East 68th Street and Lexington Avenue.

Car (FDR Drive): Driving south, exit at 71st Street. Driving north, exit at 63rd Street. Continue on York Avenue.

Parking: Parking garages are located in the area.

Find Hospital for Special Surgery on the web at HSS.edu
HSS.edu/EducationInstitute

Rehabilitation Network members receive an exclusive 20% discount

This program may be recorded, filmed or photographed. By attending this program, you give permission to Hospital for Special Surgery to use your voice and likeness for any purpose (promotional, educational or other), in any medium, and without remuneration of any kind to you.

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EARLY BIRD RATE
REGULAR RATE
Closes 2/23/18 at 5 pm  Closes 3/20/18 at 5 pm

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Program Registration

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Every effort will be made to accommodate your choices. Space is limited in each session and will be allocated on a first-come, first-serve basis.

Friday, March 23
Concurrent Sessions
On-site participants please select one. Live streaming participants will view “B. The Rotational Athlete.”
☐ A. Decision Making in Sports Medicine: Clinical Vignettes
☐ B. The Rotational Athlete

Mini Courses
On-site participants please select one. Live streaming participants will view “A: Live Surgery—Anterior Shoulder Stabilization.”
☐ A. Live Surgery—Anterior Shoulder Stabilization
☐ B. Multiligament Knee
☐ C. Concussion Management
☐ D. Female Athlete

Saturday, March 24
Optional Instructional Courses*
Morning Pre-Conference Courses (additional $60 per instructional course) Not available for live streaming.
☐ A. Soft Tissue Secrets: Unlocking the Problematic Shoulder
☐ B. Manual Techniques: Hip & Pelvis

Concurrent Sessions
On-site participants please select one. Live streaming participants will view “C: Managing Tendinopathy/Tendonitis in the Athlete.”
☐ C. Managing Tendinopathy/Tendonitis in the Athlete
☐ D. The Young Athlete’s Knee

Concurrent Workshops
Alternative Techniques in Sports Medicine and The Combative Athlete will be available for live streaming participants.

Wave 1
On-site participants please rank your first, second and third preference.

☐ A. Knee Evaluation with MRI Correlation
☐ B. Aquatic Therapy for your Post-op Patient
☐ C. Troubleshooting in Sports Physical Therapy
☐ D. Alternative Techniques in Sports Medicine

Wave 2
On-site participants please rank your first, second and third preference.

☐ E. Shoulder Evaluation with MRI Correlation
☐ F. Linking the Thoracic Spine to Injuries in the Overhead Athlete
☐ G. The Combative Athlete
☐ H. Injury Prevention Techniques for the Runner

Join our professional community now at @HSSProfEd and HSS Professional Education.

*Not designated for credit.