THE ATHLETE: SPORTS MEDICINE, RETURN TO PLAY & PERFORMANCE

JUNE 10–11, 2016
IMG Academy | Bradenton, Florida

Featuring interactive workshops in state-of-the-art sport-specific training facilities

Learn from Leaders in Sports Medicine, Rehabilitation and Sports Performance

Join us for Day 1, Day 2, or both days!

LIVE STREAMING also available

This activity has been approved for Physical Therapy Contact Hours and BOC Category A hours/CEUs; pending approval for Physical Therapy CCUs, BOC Evidence Based Practice Category hours/CEUs, and NSCA CEUs.

Jointly provided by Hospital for Special Surgery Rehabilitation and Office of Continuing Medical Education, and IMG Academy.
THE ATHLETE: SPORTS MEDICINE, RETURN TO PLAY & PERFORMANCE

JUNE 10–11, 2016
IMG Academy | Bradenton, Florida

LOCATION
IMG Academy
5650 Bollettieri Boulevard
Bradenton, Florida

PROVIDED BY
Jointly provided by Hospital for Special Surgery Rehabilitation and Office of Continuing Medical Education, and IMG Academy.

Join us Day 1, Day 2 or both days.

LIVE STREAMING also available

STATEMENT OF NEED
This annual symposium will provide sports medicine clinicians and sports performance specialists with guidance in the care and training of the high performing athlete. The upper body focused segments will include discussion of medical considerations in the thrower’s elbow, screening procedures for ideal and proper throwing, and training techniques for proper development of the throwing athlete. The lower body focused segments will include discussion of decision making for return to practice and sports following an ACL reconstruction, an introduction to a newly developed movement assessment, and a presentation of training concepts for optimal mobility and stability for returning to sports. In addition, experts in mental, visual, and nutritional disciplines will give insight into these domains as they relate to the athlete.

The best available evidence and best practices from the rehabilitation staff, surgeons, and physicians of Hospital for Special Surgery as well as the performance training staff of IMG Academy will provide participants with clinically relevant information and easily applicable skills through didactic lectures, panel discussions, workshops, and Q & A sessions.

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

ACCREDITATION AND CREDIT DESIGNATION

Physicians: 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 Hospital for Special Surgery and IMG Academy. Hospital for Special Surgery is accredited by the ACCME to provide continuing medical education for physicians.

Hospital for Special Surgery designates this live activity for a maximum of 6.5 onsite and online AMA PRA Category 1 Credit(s)™ for Day 1 and a maximum of 7.0 onsite and online AMA PRA Category 1 Credit(s)™ for Day 2. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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 6.5 Contact Hours onsite and online for Day 1 and a maximum of 7.0 Contact Hours onsite and online for Day 2. The following states require continuing education units with no state-specific approval: CT, IA, ID, ND, and WA. This activity is pending approval in Florida.

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 CCU amount will be determined by the FSBPT. The physical therapy boards in the following states currently accept the FSBPT certification: AK, AL, AR, AZ, CA, DE, District of Columbia, GA, HI, IL, IN, KS, KY, MI, MO, MS, MT, NC, NE, OR, SC, TN, UT, VA, VT, and WI.

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 6.5 Category A hours/CEUs onsite and online for BOC credits on Day 1 and a maximum of 7.0 Category A hours/CEUs onsite and online for BOC credits on Day 2. According to the education levels described by the PDC, the following continuing education course is considered to be Essential Level.

BOC Evidence Based Practice Category hours/CEUs pending.

This course is pending approval by the National Strength and Conditioning Association for CEUs.

Credit will be provided following the completion of a post course knowledge assessment and course evaluation.

SPECIAL NEEDS
IMG Academy is accessible for individuals with disabilities or special needs. Participants with special needs are requested to call the HSS Office of Continuing Medical Education at 212.606.1057.

FINANCIAL DISCLOSURE POLICY
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 professional education activities are intended to improve the quality of patient care and safety.

Upon completion of Day 1, participants will:

- Identify at least one indication and contraindication related to Tommy John surgery.
- Describe at least one current evidence-based technique related to treating the athlete’s elbow from the physician management, rehabilitation, athletic training, and strength and conditioning perspectives.
- Relate at least one evidence-based guideline regarding pitch count.
- Conduct an overhead throwers analysis after attending the Overhead Throwers Analysis workshop.
- Identify the role and at least one element of visual spatial training for the athlete.
- Conduct one component of visual spatial training after attending the Visual Spatial Training workshop.
- Report at least one tool or technique for strength training or improving the performance of the overhead athlete after attending the What’s New in Technology lecture and Strength Training lecture and workshop.
- Identify two effects of kinetic chain dysfunction on the overhead athlete.
- Recognize each person’s role in the team approach (including MD, PT, ATC, and Performance Specialist) to providing outstanding patient care and be able to appropriately refer patients to colleagues for treatment.

Upon completion of Day 2, participants will:

- Identify at least two evidence-based dynamic movements used in return to play assessment following ACL reconstruction.
- Identify at least one role of mental conditioning when preparing the athlete for optimal performance.
- Recognize at least one detrimental effect of improper nutrition on performance.
- Demonstrate at least one mobility and one stability technique to address ACL deficits after attending the Manual Therapy and Addressing the Deficits workshops.
- Identify two effects of the kinetic chain on deceleration in the athlete with an ACL deficiency or reconstruction after attending the deceleration workshops.
- Recognize each person’s role in the team approach (including MD, PT, ATC, and Performance Specialist) to providing outstanding patient care and be able to appropriately refer patients to colleagues for treatment.

For a complete list of learning objectives and updates about this course, please visit www.hss.edu/cme.
### Friday, June 10, 2016

**8:00 am**  
**Breakfast and Registration**

**8:25 am**  
**Welcome and Announcements**

**8:35 am**  
**Management of the High Performing Overhead Thrower with Elbow Pathology**  
David W. Altchek, MD

**9:00 am**  
**Management of the Elite Adolescent Overhead Thrower with Elbow Pathology**  
Joshua S. Dines, MD

**9:25 am**  
**Point/Counter Point**  
David W. Altchek, MD  
Joshua S. Dines, MD

**9:35 am**  
**The Evidence in Elbow Rehabilitation**  
Terrance Sgroi, PT, DPT, SCS, MTC

**9:50 am**  
**Post-operative Rehabilitation: Clinical Pearls**  
Mickey Levinson, PT, CSCS

**10:15 am**  
**Panel Discussion**

**10:35 am**  
**Break & Exhibit Viewing**

**11:00 am**  
**Overhead Thrower Analysis: Live Demo, Assessment, Video Analysis**  
Mickey Levinson, PT, CSCS  
Terrance Sgroi, PT, DPT, SCS, MTC

**12:00 pm**  
**Lunch** (will be provided)

**1:00 pm**  
**Cognitive-Perceptual Training**  
David DaSilva, MS, CC-AASP

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### Agenda

**1:30 pm**  
**Visual Spatial Training Devices**  
David DaSilva, MS, CC-AASP

**Wearable Technology**  
Robert DiGiacomo, PT, DPT, ATC  
Joseph Janosky, MS, PT, ATC

**2:00 pm**  
**The Thoracic Spine and the Overhead Athlete**  
Jorge Giral, PT, DPT, SCS, COMT, CSCS

**2:30 pm**  
**Strength Training for the Overhead Athlete**  
William L. Townsley IV, MEd, CSCS, USAW-SPC

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### Experience the IMGA Campus!

Experience IMGA’s professional-quality training facilities on their nearly 500-acre campus. Highlights include:

- Multisport complex
- Gatorade Sports Science Institute—the only such center based in an authentic training environment—committed to helping athletes optimize their performance
- 55 tennis courts
- Championship-level golf course and double-sided driving range with pitching, chipping, and putting practice areas
- 20+ professional-quality grass soccer fields
- Quadplex baseball facility with stadium field, 2 half fields, 14 practice mounds, 12 indoor and outdoor batting cages, pitching machines, and multiple bullpens

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*Not designated for credit. Faculty and agenda subject to change.*
### Fieldhouse
- Professional-quality football stadium with 40,000 square foot fieldhouse
- 3 full-size baseball fields, multiple bullpens/practice mounds, indoor/outdoor batting cages
- State-of-the-art lacrosse complex with 2 professional-caliber fields and specialty training areas for goalies, training wall, and indoor facility
- New multi-purpose 5,000 seat stadium inside the sports complex
- Athletic training rooms and sports therapy room
- 10,000-square-foot weight room
- The Performance Research Center will span 65,000 square-feet and include a 12,000 square-foot weight room

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**Saturday, June 11, 2016**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 am</td>
<td>Breakfast and Registration*</td>
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<tr>
<td></td>
<td><strong>LIVE STREAMING BEGINS FOR DAY 2</strong></td>
</tr>
<tr>
<td><strong>MODULE I—RETURN TO PLAY: ACL</strong></td>
<td>8:25 am</td>
</tr>
</tbody>
</table>
| 8:30 am    | Critical Factors in Determination of Return to Play After ACL Reconstruction  
             Jo A. Hannafin, MD, PhD  
             Polly de Mille, RN, MA, RCEP, CSCS, USAT |
| 8:55 am    | Quality of Movement Assessment: The Evidence, The Approach, and Decision Making  
             Theresa Chiaia, PT, DPT  
             Polly de Mille, RN, MA, RCEP, CSCS, USAT |
| 9:55 am    | Transitioning from the Clinic to the Field Following ACL Reconstruction  
             Matthew T. Morgan, PT, ATC, SCS |
| 10:15 am   | The Mental Game of Injury: Skills, Strategies and Systems  
             David Hesse, MA, MSc  
             Taryn Morgan, PhD, CC-AASP |
| 10:35 am   | Roundtable: Getting the Injured Athlete Back on the Field  
             Theresa Chiaia, PT, DPT  
             Polly de Mille, RN, MA, RCEP, CSCS, USAT  
             Jo A. Hannafin, MD, PhD  
             David Hesse, MA, MSc  
             Matthew T. Morgan, PT, ATC, SCS |
| 11:00 am   | Break*                                                                |
| 11:15 am   | Quality of Movement Assessment: Live Demo, Assessment, Video Analysis |
| 12:15 pm   | Lunch (on your own)*                                                  |

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**1:30 pm** Nutrition During the Phases of Healing and Injury Rehabilitation  
Jackie Barcal, RD, LD  
Khalil Lee, PhD

**2:00 pm** ACL Injury Prevention Programs: Outcomes Review of Traditional Programs and the Development of a Multi-faceted Public Health Strategy  
Joseph Janosky, MS, PT, ATC

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**2:30 pm** Travel Time to East Campus*

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**MODULE II—WORKSHOPS**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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</thead>
</table>
| 2:50 pm    | Manual Therapy—Lower Quarter Mobility Focus  
             Jorge Giral, PT, DPT, SCS, COMT, CSCS  
             Matthew T. Morgan, PT, ATC, SCS |
|            | Training the Posterior Chain/Deceleration  
             David Ballou, MS, CSCS’D  
             Scott Gadeken, MS, CSCS, USAW, FMS |

**MODULE III—WORKSHOPS**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
</table>
| 4:35 pm    | Dynamic Lateral Warm-up with Deceleration  
             David Ballou, MS, CSCS’D  
             Scott Gadeken, MS, CSCS, USAW, FMS  
             Justin Russ, CSCS, USAW, FMS  
             Steffen Visk, CSCS, USAW, USATF-II |
|            | ACL Prevention/Addressing the Deficits Lab—Stability Focus  
             Theresa Chiaia, PT, DPT  
             Polly de Mille, RN, MA, RCEP, CSCS, USAT |
| 5:20 pm    | Adjourn*                                                              |

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* Not designated for credit.
Faculty and agenda subject to change.
Program Faculty

**COURSE CHAIRS**

Robert DiGiacomo, PT, DPT, ATC  
Senior Director  
Sports Rehabilitation and Performance Center  
Hospital for Special Surgery

Jorge Giral, PT, DPT, SCS, COMT, CSCS  
Clinical Supervisor  
Sports Rehabilitation at IMG Academy  
Hospital for Special Surgery

Matthew T. Morgan, PT, ATC, SCS  
Clinical Specialist  
Sports Rehabilitation at IMG Academy  
Hospital for Special Surgery

**PHYSICIAN ADVISOR**

David W. Altchek, MD  
Co-Chief Emeritus Sports Medicine and Shoulder Service  
Attending Orthopaedic Surgeon  
Professor of Clinical Orthopaedic Surgery  
Weill Cornell Medicine  
Medical Director, New York Mets  
Medical Consultant for the NBA

**GUEST FACULTY**

Khalil Lee, PhD  
Senior Scientist  
Gatorade Sports Science Institute

**FACULTY**

**IMG**

David Ballou, MS, CSCS*D  
Physical Conditioning Coach

Jackie Barcal, RD, LD  
Head of Nutrition

David DaSilva, MS, CC-AASP  
Mental/Vision Coach

Scott Gadeken, MS, CSCS, USAW, FMS  
Head of Physical Conditioning

David Hesse, MA, MSc  
Director, Athletic and Personal Development

Taryn Morgan, PhD, CC-AASP  
Assistant Director, Athletic and Personal Development

**HSS**

Theresa Chiaia, PT, DPT  
Section Manager  
Sports Rehabilitation and Performance Center

Polly de Mille, RN, MA, RCEP, CSCS, USAT  
Clinical Supervisor  
Sports Performance  
Sports Rehabilitation and Performance Center

Joshua S. Dines, MD  
Associate Attending Orthopaedic Surgeon  
Associate Professor of Orthopaedic Surgery  
Weill Cornell Medicine  
Assistant Team Physician  
New York Mets  
Orthopaedic Sports Medicine Consultant, New York Rangers

Jo A. Hannafin, MD, PhD  
Attending Orthopaedic Surgeon  
Director  
Women’s Sports Medicine Center  
Medical Director  
HSS Stamford Outpatient Center  
Professor of Orthopaedic Surgery  
Weill Cornell Medicine

Joseph Janosky, MS, PT, ATC  
Program Manager  
Sports Injury Prevention Program

Mickey Levinson, PT, CSCS  
Clinical Supervisor  
The Overhead Athlete  
Sports Rehabilitation and Performance Center  
Team Physical Therapist, New York Mets

Terrance Sgroi, PT, DPT, SCS, MTC  
Clinical Supervisor  
Sports Rehabilitation and Performance Center

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**Highlights for Rehabilitation Professionals**

- Rehabilitation Orthopaedic Core Curriculum
- The Rotational Athlete
- Surgical Videos

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Earn CME/CEU credit online through our on-demand offerings  
[www.hss.edu/eAcademy](http://www.hss.edu/eAcademy)
Program Registration
THE ATHLETE: SPORTS MEDICINE, RETURN TO PLAY & PERFORMANCE
JUNE 10–11, 2016

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 Please 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

Transportation
Airport: IMG Academy is located in Bradenton, Florida, about one hour south of the Tampa Airport (TPA). 15 minutes from the Sarasota-Bradenton Airport (SRQ).

How did you hear about this course?
☐ Print Brochure  ☐ Email Blast  ☐ HSS Website  ☐ Journal Advertisement
☐ Handout  ☐ Recommendation  ☐ Other

Registration Fees
Registration fees include breakfast on both days, lunch (onsite Day 1 attendees only), Chairmen’s Reception (onsite Day 1 attendees only), online access to select lecture handouts, and credits. All registered participants will receive a confirmation via e-mail.

<table>
<thead>
<tr>
<th>Profession</th>
<th>Day 1 Online</th>
<th>Day 1 Onsite</th>
<th>Day 2 Online</th>
<th>Day 2 Onsite</th>
<th>Both Days Online</th>
<th>Both Days Onsite</th>
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<tbody>
<tr>
<td>Physicians</td>
<td>$150</td>
<td>$200</td>
<td>$150</td>
<td>$200</td>
<td>$225</td>
<td>$300</td>
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<tr>
<td>Physical Therapist/Assistant</td>
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<td>$175</td>
<td>$125</td>
<td>$175</td>
<td>$200</td>
<td>$275</td>
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<tr>
<td>Athletic Trainer/Strength &amp; Conditioning Specialist</td>
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<td>$150</td>
<td>$100</td>
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<td>$175</td>
<td>$250</td>
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<tr>
<td>Fulltime Physical Therapy or Athletic Trainer Student</td>
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<tr>
<td>HSS Rehab Network</td>
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<td>$140</td>
<td>$100</td>
<td>$140</td>
<td>$160</td>
<td>$220</td>
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</table>

For day-of registration for the onsite 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.

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