

Annual Sports Medicine Symposium
Focus 2013: Upper and Lower Extremities

When: Friday, June 14, 2013
 7:30 a.m. – 4:30 p.m.

Where: Engh Conference Center
 Inova Mount Vernon Hospital

Cost: All participants - \$60

Cost includes parking, continental breakfast, lunch, refreshment break and handouts.

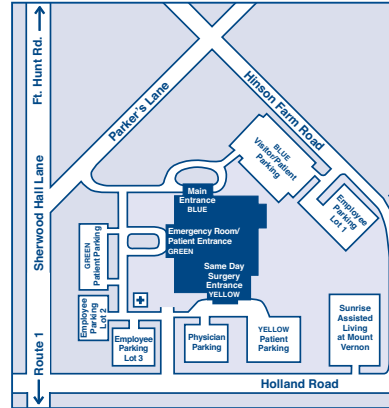
Registration: inova.org/sportsconference or call 1.855.My.Inova (694.6682)

Space is limited. No walk-ins accepted.

Location

Engh Conference Center
 Inova Mount Vernon Hospital
 2501 Parker's Lane
 Alexandria, VA 22306
 703.664.7109

Please park in the
 Blue Visitor/Patient
 Parking Lot.



Directions to Inova Mount Vernon Hospital

From Virginia

Take 95/495 (Capital Beltway – Outer Loop) toward Baltimore. After passing Exit 176, Telegraph Road, stay to the right, following signs for Local Traffic 95/495. Take Exit 177A South – Route 1, Fort Belvoir. Travel south on Route 1 for approximately four miles, and turn left at Sherwood Hall Lane. At the second light, turn right onto Parker's Lane. The hospital entrance is on the right.

From the George Washington Memorial Parkway

From Old Town Alexandria, after crossing 95/495, drive approximately three miles south on the George Washington Parkway. Exit right onto Morningside Lane. After the first traffic light, this road becomes Sherwood Hall Lane. At the second light, turn left onto Parker's Lane. The hospital entrance is on the right.

From the Lorton Area

Take Lorton Road to Route 1, Richmond Highway. Turn left and travel north on Route 1 for approximately 7.5 miles. After passing the Multiplex Cinema on your left, take the next right onto Sherwood Hall Lane. At the second light, turn right onto Parker's Lane. The hospital entrance is on the right.

From the South

Take 95 North to Exit 161. Follow Route 1 North for 10 miles. After passing the Multiplex Cinema on your left, take the next right onto Sherwood Hall Lane. At the second light, turn right onto Parker's Lane. The hospital entrance is on the right.

From Maryland

Take 95/495 (Capital Beltway – Inner Loop) toward Richmond. After passing Exit 4, Route 414, stay to the right, following signs for Local Traffic 95/495. After crossing the Woodrow Wilson Bridge, take the first exit (Exit 177C) to the George Washington Parkway. Drive approximately three miles south and exit right onto Morningside Lane. After the first traffic light, this road becomes Sherwood Hall Lane. At the second light, turn left onto Parker's Lane. The hospital entrance is on the right.

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Inova Mount Vernon Hospital
 2501 Parker's Lane
 Alexandria, VA 22306



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Focus 2013 - Upper and Lower Extremities

Friday, June 14, 2013

G32090/4-13/6000

Inova Sports Medicine Program and
 Inova Mount Vernon Hospital present

Annual Sports Medicine Symposium
Focus 2013: Upper and Lower Extremities

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 Engh Conference Center
 Inova Mount Vernon Hospital



Who Should Attend?

Licensed athletic trainers, physical therapists and other healthcare providers with an interest in sports medicine care. See agenda for learning objectives.



National Athletic Trainers' Association (NATA) accreditation

Participants are eligible to receive 6.5 NATA Board of Certification CEUs

Inova Health System provider #P3357

Seminar 2013 Faculty



**Program Director
Sameer Nagda, MD**

Orthopedic Surgeon, Anderson Orthopaedic Clinic; Assistant Clinical Professor of Orthopaedic Surgery, Georgetown University School of Medicine; Team Physician Potomac Nationals Baseball Team



George C. Branche, III, MD

Orthopedic Surgeon, Anderson Orthopaedic Clinic; Sports Medicine Consultant, Walter Reed Army Medical Center; Clinical Preceptor, Physician Assistant Program, The George Washington University; Clinical Assistant Professor, Georgetown University School of Medicine; Consultant, ATP Tennis Tour



J. Greg Bennett, PT, DSc, MS

Adjunct Faculty, Orthopaedics and Sports Rehabilitation, Marymount University School of Physical Therapy; President, Excel Physical Therapy



Wiemi Douoguih, MD

Orthopedic Surgeon, Director of Sports Medicine for MedStar Washington Hospital Center, Department of Orthopaedic Surgery; Medical Director - Washington Nationals Baseball Team (MLB)



Jennifer H. Purvis, DPM

*Foot and Ankle Specialist
Landmark Foot and Ankle Center*



Cassie Gyuricza Root, MD

*Orthopedic Surgeon/Hand Specialist
Nirschl Orthopaedic Center*



Stephen Saddler, MD

Orthopedic Surgeon, Anderson Orthopaedic Clinic; Assistant Clinical Professor of Orthopaedic Surgery, Georgetown University School of Medicine; Medical Director, Potomac Nationals Baseball Team



Robert H. Wagner, MD

*Pain Management Specialist
Expert in PRP and Prolotherapy
National Spine & Pain Center*



Brent Wiesel, MD

Chief of Shoulder Surgery, Assistant Professor of Orthopaedic Surgery, Department of Orthopaedic Surgery, Georgetown University School of Medicine

Agenda

7:30 a.m. Registration and Continental Breakfast

7:45 a.m. Welcome
Sameer Nagda, MD

Morning sessions - Upper Extremities

8:00 a.m. Management of Rotator Cuff Injuries
Brent Wiesel, MD

Learning Objectives:

- Understand the natural history of rotator cuff disease
- Be able to approach the treatment of patients with rotator cuff disorders in an algorithmic manner
- Understand the current techniques for non-operative and operative management of the rotator cuff

8:50 a.m. Elbow Injuries in the Throwing Athlete
Wiemi Douoguih, MD

Learning Objectives

- Identify phase of the throwing cycle when the elbow is most at risk.
- Understand the main soft tissue structures responsible for medial elbow stability in the overhead thrower
- Understand the indications for ulnar collateral ligament reconstruction

9:40 a.m. Break

10:00 a.m. The Effect of Scapular Mechanics on Shoulder Pathology - and Vice Versa
Greg Bennett, PT, DSc, MS

Learning objectives:

- Ability to perform differential diagnosis of scapular anomalies and the effect on shoulder pathology.
- Understanding glenohumeral and scapular pathomechanics and the inter-relationship.
- Incorporation of established and novel treatment methodologies focal to scapular dyskinesia.

10:50 a.m. Hand and Wrist Injuries in the Athlete
Cassie Gyuricza Root, MD

Learning Objectives:

- Recognize the most common injuries of the hand and wrist that occur in athletes.
- Understand initial treatment of the injured hand and wrist and know when referral to a hand specialist is needed.

11:30 a.m. Lunch-Case presentation and discussion
Sameer Nagda, MD, moderator

Afternoon sessions - Extremities

12:45 p.m. Diagnosis and Management of Impingement and Labral Tears of the Hip
Stephen Saddler, MD

Learning Objectives:

- Understand the physiology of femoroacetabular Impingement (FAI)
- Understand the role of arthroscopy in the treatment of pre-arthritis hip disorders

1:35 p.m. Management of Multi-Ligamentous Knee Injuries
George C. Branche, III, MD

Learning Objectives

- Identification of a failed ACL
- Factors that lead to failure of ACL Reconstruction
- Surgical Management of failed ACL Reconstruction

2:25 p.m. Break

2:45 p.m. Athletic Foot and Ankle Injuries
Jennifer H. Purvis, DPM

Learning Objectives:

- Understand anatomy and biomechanics of common foot and ankle injuries
- Review treatment protocols for acute injuries
- Design treatment plans to help athletes avoid recurrent problems

3:35 p.m. Stem Cell and Platelet Injections: Can They Help Heal Musculoskeletal Injuries?
Robert H. Wagner, MD

Learning Objectives:

- To understand how stem cells and platelets promote better healing of injured tissues.
- To understand what types of injuries can be effectively treated with stem cell and platelet injections.
- Determine which patients are good and bad candidates for Regenerative Medicine techniques

4:25 p.m. Evaluation, Closing remarks, Adjournment