

Inova Sports Medicine Symposium 2017

Focus on Lower Extremity



When: Friday, June 16, 2017
7:00 a.m. – 5 p.m.

Where: Inova Center for Personalized Health

Cost: All participants - *\$125

**Register before June 1 for a \$25 discount. Early bird discount code is 6117.*

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

*Registration: inova.org/sportsconference or call 1.855.My.Inova (694.6682).
Space is limited. No walk-ins accepted.*

Location:

Inova Center for Personalized Health
3225 Gallows Road (formerly Exxon Mobil Campus)
Fairfax, VA 22031

Directions to Inova Center for Personalized Health:

- From the Capital Beltway, take Exit 51 (Gallows Road) toward the Inova Fairfax Medical Campus (IFMC). a stand-alone building on the left side. The ICPH Conference Center is located on the left, in the stand-alone building.
- The Inova Center for Personalized Health is located directly across the street from IFMC gray entrance. Free parking is available adjacent to either side of the building.
- When you enter the wooded entryway, drive about a ¼ mile and you will see a cluster of buildings on the right side and Please enter through the revolving doors in front, and proceed up the escalator or elevator to the Conference Center.



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Inova Mount Vernon Hospital
2501 Parkers Lane
Alexandria, VA 22306

Inova Sports Medicine Symposium 2017
Focus on Lower Extremity
Friday, June 16, 2017

G355817/5-17

Inova Sports Medicine Program and
Inova Mount Vernon Hospital present

Inova Sports Medicine Symposium 2017

Focus on the Lower Extremity

2017



*Includes
Live Knee Surgery*

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7:00 a.m. – 5:00 p.m.

**Inova Center for
Personalized Health**
3225 Gallows Road
Fairfax, VA 22031

(across from Inova Fairfax Medical Campus)



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 7 NATA Board of Certification CEUs

Inova Health System provider #P3357

Symposium 2017 Faculty



Program Director
Sameer Nagda, MD
Orthopedic Surgeon, Anderson Orthopaedic Clinic; Team Physician, United States Women's National Soccer Team; Team Physician, Potomac Nationals Baseball Team; Assistant Clinical Professor of Orthopaedic Surgery, Georgetown University School of Medicine



Sandra Allison, MD
Radiologist, Washington Radiology Associates, LLC; Associate Professor of Radiology, Georgetown University School of Medicine



Chris Annunziata, MD
Orthopedic Surgeon, OrthoVirginia; Orthopedic Team Physician, Washington Redskins; Clinical Assistant Professor, Georgetown University Department of Orthopaedic Surgery



Seth Blee, PT, DPT, CFMT
Inova Physical Therapy Center Regional Clinical Director, Team Physical Therapist, Washington Nationals



George C. Branche, III, MD
Orthopedic Surgeon, Anderson Orthopaedic Clinic; Assistant Clinical Professor, Georgetown University School of Medicine; Consultant, ATP Tennis Tour



Wiemi Douoguih, MD
Director of Sports Medicine, Department of Orthopedic Surgery, MedStar Washington Hospital Center; Medical Director, Washington Wizards; Medical Director, Washington Capitals



Angela T. Gordon PT, DSc, MPT, COMT
Physical Therapist and Co-Founder, Advanced Kinetics Physical Therapy and Sports Performance



Tim Johnson, MD
Assistant Professor, Johns Hopkins School of Medicine



Ryan Miyamoto, MD
Orthopaedic Surgeon, Fair Oaks Orthopaedic Associates



Robert Najarian, MD
Team Physician, Washington Nationals; Inova Medical Group Orthopaedics & Sports Medicine; Assistant Professor of Orthopaedic Surgery, Clinical Educator; Georgetown University School of Medicine; Virginia Commonwealth University School of Medicine



Stephen Saddler, MD
Orthopaedic Surgeon, Anderson Orthopaedic Clinic; Team Physician, Potomac Nationals Baseball Team



Oliver Schipper, MD
Orthopaedic Surgeon, OrthoCarolina Foot and Ankle Institute; Orthopaedic Surgeon, Anderson Orthopaedic Clinic (late summer 2017)



Robert H. Wagner, MD
Pain Management Specialist, Expert in Platelet Rich Plasma and Prolotherapy Injection, National Spine and Pain Center



Robin West, MD
Chairman, Inova Sports Medicine; Lead Team Physician, Washington Nationals; Head Team Physician, Washington Redskins; Associate Professor, Georgetown University Medical Center; Associate Professor, Virginia Commonwealth University School of Medicine

Agenda

7:00 a.m. Registration and Continental Breakfast

7:45 a.m. Welcome and Opening Remarks
Sameer Nagda, MD, Program Director

8:00 a.m. ACL Hour – How Do You Treat an ACL Tear in a 17 year-old Athlete?
Chris Annunziata, MD – BTB Autograft is the Way to Go (8:00 – 8:15 a.m.)
Robert Najarian, MD – Hamstring Autograft is the Best Choice (8:15 – 8:30 a.m.)
Wiemi Douoguih, MD – Repair the ACL if You Can (8:30 – 8:45 a.m.)

9:00 a.m. Live Arthroscopic Knee Surgery
Robin West, MD

10:00 a.m. Question and Answer Session

10:15 a.m. Break

10:30 a.m. Rehab after ACL Reconstruction: Where are we now?
Angela Gordon, MD, PT, DSc, COMPT
Learning Objectives:

- Compare current ACL rehabilitation protocol trends: current evidence, graft type and speed of progression
- Identify the current areas of weakness in ACL rehabilitation programs: lack of biomechanical evaluation, functional training, whole body treatments, individualizing sport specific treatments
- Compare ACL function testing programs, identify weakness in programs and why ACL rehab is failing the patient

11:10 a.m. Role of Osteotomy in Lower Extremity Issues: Why would you cut into my bone?
Tim Johnson, MD

Learning Objectives:

- Understand the anatomy of cartilage
- Understand the pathology of malalignment
- Understand the indications for realignment surgery

11:45 a.m. Ankle Arthroplasty: Yes we actually do those!
Oliver Shipper, MD

Learning Objectives:

- Understand that ankle replacements are safe and effective
- Learn who is – and is not – a candidate for ankle replacement
- Recognize that ankle replacements allow for quicker weight bearing and rehabilitation when compared to ankle fusion

12:15 p.m. Lunch

1:00 p.m. My Patellar Tendon and Achilles are Angry: Can I avoid surgery?
Robert H. Wagner, MD

Learning Objectives:

- Discuss the process of tendon degradation and dysfunction
- Discuss the role of PRP and other alternative treatments for chronic tendonitis/tendinosis
- Discuss the future role for regenerative therapy

1:40 p.m. Hip Arthroscopy: Look at what we are doing now!
Ryan Miyamoto, MD
Learning Objectives:

- Recognize relevant anatomy and exam findings of patients with common non-arthritic hip disorders
- Discuss treatment options (surgical and nonsurgical) for these pathologies and postoperative rehabilitation
- Discuss postoperative outcomes of FAI surgery

2:15 p.m. Current Thoughts on Core Stabilization
Seth Blee, PT, DPT, CFMT
Learning Objectives:

- Understand the various theories of core stabilization and the current research
- Understand the automatic core and the role that 'ACE' plays in core training
- Identify key components of training the core - specificity and control

2:45 p.m. Break

3:00 p.m. Cartilage Hour - Chondral Lesion of the Femoral Condyle: What do you do?
George Branche, MD – Microfracture is my first option (3:00 – 3:15 p.m.)
Stephen Saddler, MD – Do a Carticel (3:15 – 3:30 p.m.)
Sameer Nagda, MD – Consider an Allograft (3:30 – 3:45 p.m.)

4:00 p.m. The Role of Ultrasound in Lower Extremity Orthopaedics (with a live demo)
Sandra Allison, MD
Learning Objectives:

- Name structures in the lower extremity that can be imaged with ultrasound
- List common pathology or injuries in the lower extremities that can be assessed with ultrasound
- Describe applications for dynamic ultrasound imaging in the lower extremity

4:45 p.m. Final Questions and Closing Remarks
Sameer Nagda, MD

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