**Symposium Faculty**

**Guest Speakers**

- **Joey Woody**, MS, CSCS, USATF Level 2 Certified, USTFCCCA Masters Certification
- **Robert Westermann**, MD
- **Doug West**, PhD, ATC, LAT, CSCS
- **Gail Wadley**, AT*
- **Barbara Van Gorp**, PT, DPT, OCS, CSCS
- **Timothy Thomsen**, MD
- **Paul Pursley**, MPT, PT, SCS, CSCS
- **Andrew Peterson**, MD, MSPH*
- **Britt Marcussen**, MD
- **Megan Lundstrom**, EdD, LAT, ATC
- **Lee Kral**, PharmD,
- **Cass Igram**, MD
- **Matthew Howard**, MD, PhD
- **Mederic Hall**, MD
- **Jeff Fleming**, DPT, OCS, ATC, CSCT
- **Dean Powers**, MS, MD, PhD*
- **Michael Hall**, MD
- **Karen Shaffer**, MD, PhD
- **Lucille A. Carver College of Medicine**

**University of Iowa Faculty and Staff**

- **John Allegruth**, MD
- **Tom Bogner**, MD, ATC
- **Matthew Bellier**, MD
- **Matt Davis**, MS, LAT, ATC
- **Juone Doonan**, PhD, LAT
- **Kris Buchman**, MD
- **Jeff Fleming**, DPT, OCS, ATC, CSCT
- **Dave Powers**, MD, PhD*
- **Medical Hall**, MD
- **Michael Henson**, MD, PhD
- **Case Eagan**, MD
- **Les Kral**, PharmD, CPP (Clinical Pharmacy Specialist Pain Management)
- **Brett Marceau**, MD
- **Mark McKelvie**, MD
- **Andrew Finneman**, MD, MS, MIFP
- **Paul Pandey**, MD, MFE, PT, HS, CCS
- **Mike Shaffer**, PT, MD, ATC, OCS, Sports Co-Chair*
- **Carolina Castillo**, PT, PhD
- **Timothy Thomson**, MD
- **Robert Van Gooy**, PT, DPT, OCS, CCS
- **Gail Wadley**, AT*
- **Doug West**, MD, ATC, LAT, CCS
- **Robert Wotman**, MD
- **Brett Marceau**, MD, MS, MIFP
- **Lisa Woody**, MS, ATC, USATF Level 2 Certified
- **Susan Carver**, MEd, ATC

**University of Iowa Sports Medicine**

**34th ANNUAL**

**University of Iowa Sports Medicine**

**SYMPOSIUM**

**Thursday and Friday**

December 6 – 7, 2018

(Coralville Marriott Hotel, Coralville, Iowa)

**Purpose**

The program is designed to present current knowledge about diagnosis, management, and prevention of a variety of injuries commonly incurred in sports participation and to emphasize uniquely influential factors that must be addressed in the provision of the highest quality of care to the competitive athlete. We will present specific performance improvement measures for the diagnosis and treatment of detectable problems that exist in young athletes. In addition to lectures, interactive discussions will be offered to enhance the participant's understanding of the topics presented.

**Symposium Website**

[medsci.uiowa.edu/education/symposium]

**General Information**

**Intended Audience**

The content of the symposium is designed for physicians, physician assistants, nurse practitioners, athletic trainers, physical therapists, coaches, emergency medicine service providers, and others who collaborate to provide sports medicine services.

**Topics**

- Topics are narrow enough to contain advanced and mastery levels of difficulty in domain-specific knowledge and relevance.
- Whenever appropriate, we will present the latest evidence.

**Objectives**

Upon completion of the program, the learner should be able to:

- Identify new tools and impart rapid decisions in the field and for return to play discussions for the sports participant.
- Discuss and share conclusions about best practice in spine care by hospital and post-injury including, spine-boarding, transport, exercise, and pain management.
- Discuss different approaches to treatment and management for musculoskeletal and musculoskeletal injuries and develop approaches to spine sports practice that will aid in successful professional development through cross-disciplinary experiences.

**Symposium Location**

The symposium will be held at the Coralville Marriott Hotel and Conference Center, 300 East 9th Street, Coralville, Iowa, 52241.

**Phone:** 319-688-4000

**Website:** [carmarriottui.com](http://carmarriottui.com)

**Registration Fees**

Registration fees include CMS and CEU recording, registration, instruction, athletic materials, continental breakfast, refreshment breaks, and Thursday’s lunch. All but $35 of the registration fee is refundable if the inability to attend the symposium is made known on or before Wednesday, November 28. No refunds will be made for later notification.

**Credit**

The University of Iowa Lyle J. and Lucille A. Carver College of Medicine is accredited by the Institute for Certification of Healthcare Certification (ICHCC) to provide continuing medical education for physicians.

**The College of Medicine designates this live activity for a maximum of 12.0 AMA PRA Category 1 Credits TM.** Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Objectives**

- To discuss and draw conclusions about best practices in spine care both pre-hospital and post-injury including, spine-boarding, transport, exercise, and pain management.
- To develop approaches to treatment and management for musculoskeletal and musculoskeletal injuries.
- To develop approaches to spine sports practice that will aid in successful professional development through cross-disciplinary experiences.

**Participation Requirements**

- Successful participation in this symposium is contingent on the completion of the online evaluation.
- Successful participation in this symposium is contingent on the completion of the online evaluation.

**Conference Information**

**Parking**

Parking is available in the City of Coralville’s parking ramp adjacent to the Marriott Hotel at no charge during the symposium. Participants are responsible for making their own hotel reservations and may do so by contacting the Marriott Hotel at 319-688-4000 or 1-888-236-2427. Please refer to the “UI Sports Medicine Symposium” to receive the special discounted group rate.

**Hotel Reservations**

A limited number of rooms have been reserved at the Coralville Marriott Hotel. Room rates are $105 plus taxes. Reservations must be made on or before November 15, 2018. Participants are responsible for making their own hotel reservations and may do so by contacting the Marriott Hotel at 319-688-4000 or 1-888-236-2427. Please refer to the “UI Sports Medicine Symposium” to receive the special discounted group rate.

**CME**

The University of Iowa Lyle J. and Lucille A. Carver College of Medicine is approved by the American Board of Physical Therapy Education (ABPTE) as a provider of continuing education in physical therapy.

**The Carver College of Medicine designates this live activity for a maximum of 12.0 AMA PRA Category 1 Credits TM.** Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**December 6:**

- 9:00 A.M. AMS Category I Credits
- 9:30 A.M. EMS Continuing Education
- 10:30 A.M. AMS Category I Credits
- 11:30 A.M. EMS Continuing Education
- 12:30 P.M. AMS Category I Credits

**December 7:**

- 9:00 A.M. AMS Category I Credits
- 9:30 A.M. EMS Continuing Education
- 10:30 A.M. AMS Category I Credits
- 11:30 A.M. EMS Continuing Education
- 12:30 P.M. AMS Category I Credits

**Family Physician**

Application for CMS credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

**Disclaimer**

The University of Iowa (BOC AP# P648) is approved by the Board of Certification, Inc. to provide continuing education for athletic trainers. This program is eligible for a minimum of 12 Category A hours (BCTR). ACPs should claim only those hours actually spent in the educational program.

**Determination of ERB hours is pending. We will update the website when hours are approved.**

**EHS Continuing Education**

The University of Iowa Health Care Emergency Medical Service Research Center (UMERCR) awards 1.0 CEU for qualifying EMS providers.

**Veterinary Practitioner/Physician Assistant/Physical Therapist**

You will receive a letter of participation after completing the online evaluation.

**All Other Attendants**

You will receive a letter of participation after completing the online evaluation.

**Syllabus Materials**

Syllabus materials will be emailed and emailed as a link to registered participants prior to the symposium. Please note that print copies of the syllabus will not be provided. You are encouraged to download or print material you wish to use in advance.

**Suppliers**

A limited number of supplies will be available so be sure to have a fully charged battery on your device for supplies.

**Marriott Hotel Accommodations**

A limited number of rooms have been reserved at the Coralville Marriott Hotel. Room rates are $105 plus taxes. Reservations must be made on or before November 15, 2018. Participants are responsible for making their own hotel reservations and may do so by contacting the Marriott Hotel at 319-688-4000 or 1-888-236-2427. Please refer to the “UI Sports Medicine Symposium” to receive the special discounted group rate.

**Parking**

Parking is available in the City of Coralville’s parking ramp adjacent to the Marriott Hotel at no charge during the symposium. Participants are responsible for making their own parking fees.

**Emergency Calls**

You may be reached during the symposium for emergency phone calls through the Coralville Marriott Hotel operator at 319-688-4000 or 1-888-236-2427. Please refer to the “UI Sports Medicine Symposium” to receive the special discounted group rate.
**Purpose**

The program is designed to present health care professionals with current knowledge about diagnosis, management, and prevention of a variety of injuries commonly incurred in sports participation and to emphasize uniquely influential factors that must be addressed in the provision of the highest quality of care to the competitive athlete. We will present specific performance improvement measures for the diagnosis and treatment of detectable problems that exist in young athletes. In addition to lecture, interactive discussions will be offered to enhance the participant’s understanding of the topics presented.

**Symposium Location**

The symposium will be held at the Coralville Marriott Hotel and Conference Center, 300 East 9th Street, Coralville, Iowa, 52241.

**Phone:** 319-688-4000

**Website:** coralmi.com

**Registration Fees**

Registration fees include: CME and CEU recording, registration, instruction, educational materials, continental breakfast, refreshment breaks, and Thursday’s lunch. All but $35 of the registration fee is refundable if the inability to attend the symposium is made known on or before Wednesday, November 28. No refunds will be issued so by contacting the Marriott Hotel at 319-688-4000 or 1-888-236-2427. Please refer to the Coralville Marriott Hotel operator at 319-688-4000. Please have the caller identify the “UI Sports Medicine Symposium” to receive the special discounted group rate.

**Marriott Hotel Accommodations**

A limited number of rooms have been reserved at the Coralville Marriott Hotel. Room rates are $115 plus taxes. Reservations must be received on or before November 15, 2016. Participants are responsible for making their own hotel reservations and may do so by contacting the Marriott Hotel at 319-688-4000 or 1-888-236-2427. Please refer to the Coralville Marriott Hotel operator at 319-688-4000. Please have the caller identify the “UI Sports Medicine Symposium” to receive the special discounted group rate.

**Parking**

Parking is available in the City of Coralville’s parking ramp adjacent to the Marriott Hotel at prevailing rates. Symposium participants are responsible for their own parking fees.

**Emergency Calls**

You may be reached during the symposium hours for emergency phone calls through the Coralville Marriott Hotel operator at 319-688-4000 or 1-888-236-2427. Please refer to the Coralville Marriott Hotel operator at 319-688-4000 or 1-888-236-2427. Please refer to the Coralville Marriott Hotel operator at 319-688-4000 or 1-888-236-2427.

**Disclosure Policy**

Every person in a position to control the content of this educational activity will disclose any relationship(s) with any commercial interest that presents a potential conflict of interest (COI) with this educational activity in accordance with the ACCME’s and AANP’s policies. COIs will be identified in this program and resolved so by contacting the Marriott Hotel at 319-688-4000 or 1-888-236-2427. Please refer to the Coralville Marriott Hotel operator at 319-688-4000 or 1-888-236-2427. Please refer to the Coralville Marriott Hotel operator at 319-688-4000 or 1-888-236-2427.

**Firms Providing Financial Support**

No firm or organization providing financial support to this symposium will add to successful professional development through cross-discipline experiences and will not influence the content, delivery, or evaluation of the symposium.

**Syllabus Materials**

Syllabus materials will be online and emailed as a link to registered participants prior to the symposium. Please note that print copies of the syllabus will not be provided.

**Syllabus**

The syllabus will be available online (www.uipracticenow.com) as the program is made known on or before November 28. No refunds will be issued so by contacting the Marriott Hotel at 319-688-4000 or 1-888-236-2427. Please refer to the Coralville Marriott Hotel operator at 319-688-4000 or 1-888-236-2427.

**Emergency Management**

The University of Iowa (BOC AP# P648) is approved by the Board of Certification for the Accreditation of Athletic Trainers (BOC) to provide continuing education for Athletic Trainers. This program is eligible for a maximum of 12.0 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Credit**

The University of Iowa’s College of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. The College of Medicine designates this live activity for a maximum of 12.0 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

December 6: 4.0 AMA PRA Category 1 Credits™

December 7: 4.0 AMA PRA Category 1 Credits™

**Family Physician**

Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.
Program Agenda

UNIVERSITY OF IOWA SPORTS MEDICINE SYMPOSIUM
Thursday, December 6 - 7, 2018

7:15 AM REGISTRATION / CONTINENTAL BREAKFAST / VISITOR EXHIBITS
7:00 WELCOME / OPENING REMARKS / OVERVIEW OF COURSE
Bruce Wolf, MD, MS

SESSION 1: ATHLETIC TRAINING ROOM TOPICS
MODERATOR: Matt Byer, MD, LAT, ATC
8:00 – 9:00
EVIDENCE BASED STRATEGIES FOR A SAFE RETURN TO SPORT FOLLOWING ACL INJURY – Joey Burk, PhD, ATC
MODERATOR: Matt Byer, MD, LAT, ATC

SESSION 2: MUSCLE INJURIES
MODERATOR: Britt Marcussen, MD
1:15 – 3:15
ACUTE NECK INJURY ON THE FIELD: WHAT'S THE PLAN? – MaryBeth Horodyski, EdD, LAT, ATC, FNATA
MODERATOR: Doug West, PhD, ATC, LAT, CSCS

ACCREDITED CONTINUING MEDICAL EDUCATION CREDIT

FRIEDAY, DECEMBER 7, 2018
7:15 AM REGISTRATION / CONTINENTAL BREAKFAST / VISITOR EXHIBITS
7:00 WELCOME / OPENING REMARKS / OVERVIEW OF COURSE
Brian Wolf, MD

SESSION 3: SPINE INJURIES
MODERATOR: Kyle Duchman, MD
8:00 – 10:00
ACUTE INJURIES
MODERATOR: Kyle Duchman, MD

SESSION 4: CONCUSSION SYMPOSIUM
MODERATOR: John Albright, MD
3:30 – 5:30
ACUTE CONCUSSION MANAGEMENT 2018 UPDATE – Andrea Petterson, MD
MODERATOR: Doug West, PhD, ATC, LAT, CSCS

SESSION 5: PAIN MANAGEMENT
MODERATOR: Brian Wolf, MD
8:30 – 10:00
THE OPIOID EPIDEMIC – Robert Waterman, MD

MODERNIZING PAIN MANAGEMENT IN THE SURGICAL PATIENT – Matthew Bollier, MD

THE PSYCHOLOGY OF PAIN IN THE ATHLETE – Carrie Titus, PhD

HOW SAFE ARE THESE MEDS THE ATHLETES TAKE ALL THE TIME?

THE OPIOID EPIDEMIC

THE UNIVERSITY OF IOWA has policies in place to ensure compliance and reduce or prevent the misuse of controlled substances. For more information, please see our CME Program Policies and Procedures; please contact the Continuing Medical Education Division at 319-335-8599.

For further information, please contact:
Continuing Medical Education Division
University of Iowa Carver College of Medicine
150 Medicine Administration Building
Iowa City, IA 52242-1101
Voice: 319-335-4599

Two Ways to Register
Online: medicine.uiowa.edu/cme and click on Upcoming Programs
Continuing Medical Education Division
University of Iowa Carver College of Medicine
150 Medicine Administration Building
Iowa City, IA 52242-1101
12:15 LUNCH / VISITOR EXHIBITS

SESSION 3: SPINE INJURIES

MODERATOR: Kyle Duchman, MD

1:15 – 1:30
ACUTE NECK INJURY ON THE FIELD: WHAT’S THE PLAN?
Mary Beth Horodyski, EdD, LAT, ATC, PT, OCS, FNATA

CATASTROPHIC NECK INJURIES IN ATHLETES – Andy Althoff, MD

SPINE BOARDING AND EXTRICATION FROM THE EVENT
Mary Beth Horodyski, EdD, LAT, ATC, PT, OCS, FNATA

STRESS FRACTURES OF THE FOOT AND ANKLE – Kyle Duchman, MD

THE SPECTRUM (INJECTION, CHIRO, BRACING, REHAB, ETC.)
Mary Beth Horodyski, EdD, LAT, ATC, PT, OCS, FNATA

QUESTION / ANSWER

1:30 – 2:00 BREAK / VISITOR EXHIBITS

SESSION 4: CONCUSSIONS & INJURY MANAGEMENT

MODERATOR: Kyle Duchman, MD

2:00 – 2:30
ACUTE CONCUSSION MANAGEMENT 2018 UPDATE – Andrew Peterson, MD

SPORTS CONCUSSIONS: A NEUROSURGEON’S PERSPECTIVE
Cass Igram, MD; Matthew Howard, MD, PhD

THE LEDDY/BUFFALO PROTOCOL
Mederic Hall, MD

RETURN TO PLAY PROTOCOL AFTER SPORT CONCUSSION
Brian Wolf, MD, MS

ACUTE NECK INJURY ON THE FIELD: WHAT’S THE PLAN?
Mary Beth Horodyski, EdD, LAT, ATC, PT, OCS, FNATA

QUESTION / ANSWER

2:30 – 3:00 BREAK / VISITOR EXHIBITS

SESSION 5: PAIN MANAGEMENT

MODERATOR: Brian Wolf, MD, MS

3:00 – 3:30
MODERNISING PAIN MANAGEMENT IN THE SURGICAL PATIENT
Barbara Van Gorp, PT, DPT, OCS

THE PSYCHOLOGY OF PAIN IN THE ATHLETE – Carmen Tebbe, PhD

HOW DO YOU EDUCATE YOUR PATIENT WHILE TREATING THEM?
Andrew Peterson, MD

QUESTION / ANSWER

3:30 – 4:00 BREAK / VISITOR EXHIBITS

SESSION 6: PAIN MANAGEMENT / REGISTRY

MODERATOR: Brian Wolf, MD, MS

4:00 – 4:30
PAIN IN THE NON-THROWING ARM
MaryBeth Horodyski, EdD, LAT, ATC, PT, OCS, FNATA

PHYSICIAN-PATIENT RELATIONSHIP: RIGHTS, RESPONSIBILITIES
MaryBeth Horodyski, EdD, LAT, ATC, PT, OCS, FNATA

THE LAW OF MEDICAL JURISPRUDENCE
John Albright, MD

QUESTION / ANSWER

4:30 – 5:00 BREAK / VISITOR EXHIBITS

SESSION 7: SPORTS MEDICINE / EXERCISE IS MEDICINE

MODERATOR: Lee Kral, PharmD, CPE

5:00 – 5:30
EXERCISE IS MEDICINE – Thomas Best, MD, PhD

BONE HEALTH IN THE ATHLETE
Robert Westermann, MD

EXERCISE IS MEDICINE: EFFECTS OF PHYSICAL ACTIVITY ON BONE HEALTH
Lisa Woodroffe, MD

QUESTION / ANSWER

5:30 – 6:00 BREAK / VISITOR EXHIBITS
Symposium Faculty

**Guest Speakers**

- **Chapel Hill, NC**
  - **Darin A. Padua, PhD, ATC**: Director of the Sports Medicine Research Laboratory, Department of Exercise and Sport Science

- **Edina and Eagan, MN**
  - **Thomas Best, MD, PhD**: Vikings NFL Team Physician, Orthopedic Sports Medicine Surgeon, University of Florida

- **Miami, FL**
  - **Thomas Ahlgrim, MD**: Research Director, spine management as well as develop approaches to sports medicine practice that will aid to successful professional development through close experiences

**Purpose**

The program is designed to present health care professionals with current knowledge about diagnosis, management, and prevention of a variety of injuries commonly incurred in sports participation and to emphasize uniquely influential factors that must be addressed in the provision of the highest quality of care to the competitive athlete. We will present specific performance improvement measures for the diagnosis and treatment of detectable problems that exist in young athletes. In addition to lectures, interactive discussions will be offered to enhance the participant’s understanding of the topics presented.

**Symposium Location**

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**Phone**: 319-688-4000

Web: coralvillemarriott.com

**Registration Fees**

- **Web**: cityofcynthiaville.org

**Emergency Calls**

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**Syllabus Materials**

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**Parking**

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**Emergency Calls**

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**Determination of educational content for this program and the selection of speakers are performed by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. The Carver College of Medicine designates this live activity for a maximum of 12.0 AMA PRA Category 1 Credits™. Determination of EBP hours is pending. We will update the website when hours are approved.**
SESSION 1: ATHLETIC TRAINING ROOM TOPICS

MODERATOR: Matt Doyle, MS, LAT, ATC

8:00 – 8:15

EVIDENCE BASED STRATEGIES FOR A SAFE RETURN TO SPORT FOLLOWING ACHILLES INJURY – Amy Rahn, PhD, ATC

SESSION 2: MUSCLE INJURIES

MODERATOR: Beth Marvin, MD

10:15 – 12:15PM

THE BASIC SCIENCE BEHIND MUSCLE AND TENDON INJURIES Thomas Rout, MD, PhD

BIOCHEMISTRY FOR MUSCLE INJURY – Lisa Hall, MD

BIOCHEMISTRY FOR MUSCLE INJURY: CON – Thomas Rout, MD, PhD

QUESTION / ANSWER

3:00 – 3:30

ACUTE MUSCLE STIFFNESS FOLLOWING EXERCISE – Andrew Peterson, MD

THE INFLAMMATORY RESPONSE: WHY AND HOW – Andrew Peterson, MD

PHYSIOLOGY OF MUSCLE INJURIES – Doug West, PhD, ATC, LAT, ATC

QUESTION / ANSWER

FOR OFFICE USE ONLY

TOTAL

$425

University of Iowa Continuing Medical Education Division

For further information, please contact:

Continuing Medical Education Division
University of Iowa Carver College of Medicine
100 Medicine Administration Building
Iowa City, Iowa 52242-1101

Vince: 319-335-8599

Two Ways to Register

Online: medicine.uiowa.edu/cme and click on Upcoming Programs

Continuing Medical Education Division
University of Iowa Carver College of Medicine
100 Medicine Administration Building
Iowa City, Iowa 52242-1101

Voice: 319-335-8599

Please print clearly.

For the total amount of $________

Payment is required at time of registration. We will not consider you registered until payment is received.

Enclosed is my check made payable to:

The University of Iowa for the total amount of $________

Name: __________________________

Address: __________________________

City ________________________________________________________________________

State _________________________ZIP ____________________________________________

Email _________________________________________________________________________

Phone: __________________________

For further information, please contact:

Continuing Medical Education Division
University of Iowa Carver College of Medicine
100 Medicine Administration Building
Iowa City, Iowa 52242-1101

Vince: 319-335-8599