

SIXTH ANNUAL 2009 DALLAS/FORT WORTH

# SPORTS MEDICINE SYMPOSIUM

**Current Concepts in Sports Medicine  
and Hands-On Workshops**

**Friday, March 27, 2009**

**Saturday, March 28, 2009**

**Sunday, March 29, 2009**

Sheraton Arlington Hotel  
1500 Convention Center Drive  
Arlington, Texas 76011



# Texas Health Resources



**Texas Health**  
Harris Methodist Hospital  
FORT WORTH

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# ACKNOWLEDGEMENTS

*Our sincere appreciation to all of the companies for their contributions in support of this program:*

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## SYMPOSIUM CONCEPT

The evaluation, treatment and care of the athlete, along with the prevention of injuries, demand the full attention and concern of the entire sports medicine team. The concept of this symposium is to demonstrate the importance of the entire sports team including physician, athletic trainer, and physical therapist in preparing the athlete for competition.

This symposium will focus on the proper approaches to prepare athletes for competition, and the treatment and care of athletes following baseball specific injuries of the spine, shoulder, hip, knee, and ankle. Other areas of focus are the medical issues of athletes such as MRSA, dermatological, nutrition and sport psychology issues in the baseball athlete.

## OBJECTIVES

Upon completion of this education activity, participants should be able to:

- Discuss the evaluation and treatment options for shoulder and rotator cuff injuries
- Describe injuries and rehabilitation techniques for softball throwing injuries
- Identify the common C-spine stenosis and pars defects in the athlete
- Discuss the evaluation and treatment options for elbow related injuries
- Discuss the causes, treatment and prevention options in dealing with MRSA
- Discuss maintenance, conditioning and strengthening programs for upper extremity athletes
- Discuss throwing mechanics and injury risk for baseball and softball players
- Discuss the upper extremity clinical evaluation
- Discuss how to work up knee and ankle injuries
- Discuss evaluation treatment and rehab options for thoracic outlet syndrome

**Review of participant critiques from the symposium each year identifies desired topics and new techniques for the next year's symposium.**

## ACCREDITATION

The Ben Hogan Sports Therapy Institute has applied to the Texas Board of Physical Therapy Examiners for 1.8 CEU's for Physical Therapists and Physical Therapist Assistants. The Ben Hogan Sports Therapy Institute is recognized by the Board of Certification to offer 15.8 hours of continuing education for certified athletic trainers.

Applications for continuing education have also been submitted to the National Strength and Conditioning Association for 15.75 contact hours and the Board of Medical Licensure and Supervision in Oklahoma City for 1.57 contact hours.

Physicians may apply for up to 16.8 AMA PRA Category 2 Credit(s)<sup>™</sup> directly from American Medical Association (AMA) for attending the entire symposium including the Team Physician Course.

## TEACHING METHODS

The primary educational methods include lectures, interactive panel discussions and labs.

## WHO SHOULD ATTEND

This symposium is designed for orthopedists, family medicine and internal medicine physicians, physical therapists, physician assistants, physical therapist assistants, occupational therapists, athletic trainers, and coaches.

## REGISTRATION INFORMATION

Advance registration is encouraged. The Camenae Group, Inc. must receive registration no later than Friday, March 13, 2009 to receive an early registration discount. Register using one of these methods:

**On-Line:** [www.TexasHealth.org/sportsmedicinesymposium](http://www.TexasHealth.org/sportsmedicinesymposium)

**Mail:** Camenae Group, Inc.  
2665 Johnson Road  
Southlake, TX 76092

**Toll Free:** 888-764-0400

**Fax:** 817-337-3991

## COURSE LOCATION

The entire symposium is being held at:

Sheraton Arlington Hotel  
1500 Convention Center Drive  
Arlington, Texas 76011

## HOTEL INFORMATION

The conference hotel, Sheraton Arlington Hotel, has a limited number of blocked rooms at a rate of \$109 (subject to all applicable taxes). **Early reservations recommended.** The block will be held until Monday, February 24, 2009. Reservations can be made on-line at <http://www.starwoodmeeting.com/StarGroupsWeb/res?id=0812223624&key=EA74> or you can call the Hotel Reservations Department at (800) 442-7275. Please identify yourself as an attendee of the DFW Sports Medicine Symposium to receive the special group rate. The hotel provides a complimentary shuttle from the DFW International Airport to the hotel. Upon arrival at the airport call the main number at the hotel (817) 261-8200 to request shuttle service. Check-in time is after 3:00 p.m.

## CANCELLATION

If you cannot attend, The Camenae Group, Inc. (817-788-0017) will refund the registration fee, less \$10 administrative fee provided it is requested in writing prior to March 20, 2009 and less \$25 if requested after March 20. No refunds will be issued after this date or for non-attendance. There is no charge for a substitute registrant. In the event of course cancellation, notification will be given two weeks in advance of the course and the fee fully refunded.

## FOR ADDITIONAL INFORMATION

Call (817) 250-7511 for more information or visit the symposium website: [www.TexasHealth.org/sportsmedicinesymposium](http://www.TexasHealth.org/sportsmedicinesymposium)

## FACULTY

### PROGRAM DIRECTOR

**John E. Conway, MD\***

*Physician, Orthopedic Specialty Associates, P.A., Fort Worth, Texas*

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**David L. Becker, MD**

*Physician, Plano Family Practice and Sports Medicine, Plano, Texas*

**James M. Bothwell, MD**

*Physician, Texas Bone and Joint, Fort Worth, Texas*

**Ronald Burke, MD**

*Physician, Cook Childrens Sports Medicine, Fort Worth, Texas*

**Andrew L. Clavenna, MD**

*Physician, W.B. Carrell Memorial Clinic, Dallas, Texas*

**Brian E. Conway, ATC, LAT\***

*Director, Ben Hogan Sports Therapy, Fort Worth, Texas*

**Charles E. Cook, MD**

*Physician, Center for Foot and Ankle Restoration, Dallas, Texas*

**Thomas Domino, PT, SCS, CSCS**

*Physical Therapist, The Institute for Sports and Spine Rehabilitation  
Plano, TX*

**Benjamin Drake, BA, LAT**

*Supervisor Athletic Trainers, Presbyterian Sports Network, Dallas, Texas*

**Phil Francis, MA, ATC, CLSP**

*Head Athletic Trainer, Dallas Independent School District, Dallas, Texas*

**Paul Genender**

*Attorney, K&L Gates, LLP, Dallas, Texas*

**Amy L. Goodson, MS, RD, LD**

*Sports Dietitian, Ben Hogan Sports Therapy Institute, Fort Worth, Texas*

**Howard W. Harris, MD\***

*Physician, Texas Orthopaedic Specialists, PA, Grapevine, Texas*

**Matt Johnson, Ph.D.**

*Sports Psychologist, Sport Psychology Consultant, AASP CC  
Fort Worth, Texas*

**K. Michelle Kirk, MD**

*Physician, JPS Sports Medicine, Arlington, Texas*

**Cathy S. Kissinger, PT**

*Physical Therapist, Texas Health Presbyterian Hospital, Plano, Texas*

**Robert A. Knight, PT, DPT, MSPT**

*Physical Therapist, Ben Hogan Sports Therapy Institute, Fort Worth, Texas*

**Timothy H. Lang, ATC, CSCS**

*Strength and Conditioning Coach, Niles North High School  
Chicago, Illinois*

**Richard S. Levy, MD**

*Assistant Clinical Professor, University of Texas Southwestern  
Medical Center, Dallas, Texas*

**David M. Lintner, MD**

*Physician, Methodist Sports Medicine, Houston, Texas*

**Kenneth W. Locker, MA, ATC, CMRT\***

*Director of Sports Marketing, Presbyterian Sports Network, Dallas, Texas*

**Melvin R. Manning, MD**

*Physician, Texas Sports Medicine and Orthopaedic Group, Dallas, Texas*

**Michael J. Macko, DPT, OCS, MTC**

*Physical Therapist, Ben Hogan Sports Therapy Institute, Fort Worth, Texas*

**Keith Meister, MD**

*Physician, Texas Metroplex Institute for Sports Medicine & Orthopedics,  
Arlington, Texas*

**Robert D. Menzies, MD**

*Physician, JPS Orthopedic & Sports Medicine Center, Arlington, Texas*

**James B. Montgomery, MD\***

*Physician, Dallas Orthopedic Center, Dallas, Texas*

**Mark Muller, MD**

*Physician, W. B. Carrell Memorial Clinic, Dallas, Texas*

**Garner W. Newton, MD**

*Physician, Dallas Sports Medicine, Dallas, Texas*

**Scott O. Paschal, MD**

*Physician, Dallas Orthopedic Center, Dallas, Texas*

**Russell M. Paine, PT**

*Physical Therapist, Memorial Herman Sports Medicine Institute  
Houston, Texas*

**Gregory Pearl, MD**

*Physician, Texas Vascular Associates, PA, Dallas, Texas*

**John T. Preskitt, MD**

*Physician, Surgical Institute, Dallas, Texas*

**Victoria W. Serralta, MD**

*Physician, JPS Hospital, Fort Worth, Texas*

**Robert R. Scheinberg, MD\***

*Physician, Texas Orthopaedic Associates, LLP, Dallas, Texas*

**Dale Smith, PT**

*Physical Therapist, Orthopedic Physical Therapy Specialists, Dallas, Texas*

**T. O. Souryal, MD**

*Physician, Texas Sports Medicine and Orthopaedic Group, Dallas, Texas*

**Marty Stajduhar, PT**

*Physical Therapist, Stajduhar Physical Therapy Clinic, Bedford, Texas*

**Richard W. Stauffer, PT, CSCS, PES**

*Physical Therapist, Ben Hogan Sports Therapy Institute, Fort Worth, Texas*

**James C. Sterling, MD\***

*Physician, Dallas Orthopedic Center, Dallas, Texas*

**Brian E. Straus, MD**

*Physician, Texas Sports Medicine and Orthopaedic Group, Dallas, Texas*

**Steven J. Thornton, MD**

*Physician, Dallas Orthopedic Center, Dallas, Texas*

**Douglas R. Turgeon, MD**

*Physician, Orthopedic Surgery and Sports Medicine, Dallas, Texas*

**James C. Walter, II, MD\***

*Physician, Texas Orthopaedic Associates, LLP, Plano, Texas*

**Eric S. Wroten, MD**

*Physician, Fort Worth Hand Center, Fort Worth, Texas*

*\*Advisory Committee Members*

# AGENDA INFORMATION

## Friday March 27, 2009

- 2:00 pm – 4:30 pm Registration  
4:30 pm - 4:45 pm Opening Remarks  
*John E. Conway, MD, Program Director*
- 4:45 pm - 5:30 pm Invitational Keynote Speaker  
The Throwing Shoulder –  
What We Don't Know, We Don't Know  
*David M. Lintner, MD*
- 5:30 pm – 6:55 pm **SESSION I: BASEBALL PREVENTION**  
*Moderator: Howard W. Harris, MD*
- 5:30 pm Pitch Counts / USA Baseball Recommendations  
*Howard W. Harris, MD*
- 5:50 pm Maintenance Conditioning & Strengthening Programs  
*Timothy H. Lang, CSCS*
- 6:15 pm Throwing Mechanics and Injury Risk  
*Marty Stajduhar, PT*
- 6:45 – 6:55 pm Panel Discussion

## Saturday, March 28, 2009

- 7:00 am – 7:30 am Registration / Continental Breakfast  
7:30 am - 9:10 am **SESSION II: SHOULDER**  
*Moderator: James C. Walter, MD*
- 7:30 am Anatomy and Clinical Evaluation  
*Richard S. Levy, MD*
- 7:45 am Throwing Biomechanics for Dummies  
*David M. Lintner, MD*
- 8:00 am Scapula Dysfunction and GIRD  
*Steven J. Thornton, MD*
- 8:15 am SLAP Lesions  
*James C. Walter, MD*
- 8:30 am Rotator Cuff Tears  
*John E. Conway, MD*
- 8:45 am Scapula and Shoulder Rehabilitation  
*Russell M. Paine, PT*
- 9:00 – 9:10 am Panel Discussion  
9:10 am – 9:25 am Break  
9:25 am - 11:45 am **SESSION III: ELBOW**  
*Moderator: John E. Conway, MD*
- 9:25 am Anatomy and Clinical Evaluation  
*John E. Conway, MD*
- 9:40 am The Adolescent Elbow  
*Ronald Burke, MD*
- 9:55 am Posterior Impingement and Lateral Plica Syndrome  
*Keith Meister, MD*
- 10:10 am Miscellaneous Problems in Throwers  
*Keith Meister, MD*
- 10:25 am – 10:40 am Break  
10:40 am Pathophysiology of UCL Tears  
*Howard W. Harris, MD*
- 10:55 am UCL Injuries  
*John E. Conway, MD*
- 11:15 am Elbow Rehabilitation  
*Thomas Domino, PT*
- 11:35 am – 11:45 am Panel  
11:45 am -12:30 pm Lunch  
12:30 pm – 2:30 pm **BREAKOUT SESSIONS (Attend 4)**
- Lab A:** UE Clinical Evaluation  
*Scott O. Paschal, MD*
- Lab B:** Preventative & Maintenance Exercise and Stretching Programs for Throwers  
*Timothy H. Lang, CSCS*
- Lab C:** Scapula Stabilization  
*Michael J. Macko, PT*
- Lab D:** Applying a Return to Throwing Program for Pitchers & Other Players  
*Marty Stajduhar, PT*
- Lab E:** How to Work Up a Knee  
*T.O. Souryal, MD*
- Lab F:** How to Work Up Ankle/Foot Injury  
*Robert D. Menzies, MD*
- 2:30 pm – 3:55 pm **SESSION IV: MISCELLANEOUS CONDITIONS IN THROWERS**  
*Moderator: James M. Bothwell, MD*
- 2:30 pm Cervical Radiculitis, Brachial Plexus, SSN and LTN injuries  
*Melvin R. Manning, MD*

- 2:45 pm Thoracic Outlet Syndrome & Other Vascular Conditions in the Throwers Shoulder  
*Gregory Pearl, MD*
- 3:00 pm Rehabilitation for Thoracic Outlet Syndrome  
*Richard W. Stauffer, PT*
- 3:15 pm Wrist and Hand Injuries in Upper Extremity Sports  
*Eric S. Wroten, MD*
- 3:30 pm Fast Pitch Softball Shoulder and Elbow Injuries  
*James M. Bothwell, MD*
- 3:45 – 3:55 pm Panel Discussion  
3:55 pm - 4:15 pm Break  
4:15 – 5:40 pm **SESSION V: SPINE, PELVIS AND HIP CONDITIONS IN THROWERS**  
*Moderator: Andrew L. Clavenna, MD*
- 4:15 pm Spondylolysis and Other Causes of Low Back Pain in Throwers  
*Andrew L. Clavenna, MD*
- 4:30 pm Intra and Extra-Articular Hip Conditions  
*Robert R. Scheinberg, MD*
- 4:45 pm Sports Hernia  
*John T. Preskitt, MD*
- 5:00 pm Sport Hernia Rehabilitation  
*Robert A. Knight, PT*
- 5:15 pm Spine Stabilization Programs – Starting at Level 1  
*Dale Smith, PT*
- 5:30 pm - 5:40 pm Panel Discussion

## Sunday, March 29, 2009

- 7:00 am – 8:00 am Registration / Continental Breakfast  
7:30 am Non Denomination Church Service  
*Randy Riddile, Chaplain from HEB*
- 8:00 am - 9:40 am **SESSION VI: MISCELLANEOUS AND GENERAL MEDICAL**  
*Moderator: K. Michelle Kirk, MD*
- 8:00 am Sports Psychology  
*Matt Johnson, PhD*
- 8:20 am Sport Nutrition  
*Amy L. Goodson, RD*
- 8:35 am MRSA  
*K. Michelle Kirk, MD*
- 8:50 am Dermatological Concerns in Outside Sports  
*Victoria W. Serralta, MD*
- 9:10 am Legal Liability Issues in Sports Medicine  
*Paul Genender, Attorney*
- 9:30 am - 9:40 am Panel Discussion  
9:40 am - 10:00 am Break  
10:00 am - 12:00 pm **SESSION VI: LOWER EXTREMITY PROBLEMS IN THROWERS**  
*Moderator: James B. Montgomery, MD*
- 10:00 am Hamstring Injuries  
*Mark Muller, MD*
- 10:20 am Rehabilitation for Hamstring Injuries  
*Cathy S. Kissinger, PT*
- 10:40 am Knee Problems in Throwers  
*Garner W. Newton, MD*
- 11:00 am Stress Fractures in the Lower Extremities  
*Brian E. Straus, MD*
- 11:20 am Foot and Ankle Problems in Throwers  
*Charles E. Cook, MD*
- 11:40 – 11:50 am Panel Discussion  
11:50 pm Adjourn

### Team Physician Course Saturday, March 28, 2009, 11:45 am – 2:30 pm

- The course includes:
- “Olympic Medical Team Model”
  - “Pre Hospital Spine Management” (DVD) Working Lunch
  - “Airway Issues & CPR/AED”
  - “Sports Concussions: New Protocols”
  - “Lightning & Heat/Cold policies in Sports”
  - “Internal Medicine Issues on the Sideline”

For more information, please contact:  
**Ken Locker, Presbyterian Sports Network**  
214.345.5010, kennethlocker@texashealth.org  
www.texashealth.org/sportsmedicinesymposium

\*Fee for this course permits attendance to any or all of full symposium.

# REGISTRATION FORM

## SIXTH ANNUAL 2009 DALLAS/FORT WORTH SPORTS MEDICINE SYMPOSIUM

Current Concepts in Sports Medicine and Hands-On Workshops

March 27-29, 2009

**Pre-registration: (Deadline – Friday, March 13, 2009)**

A confirmation letter with a map to the conference hotel will be mailed to all pre-registrants.

\$300 Physicians (includes Team Physician Course)

\$250 Physical Therapists, PTA, Physician Assistants, Occupational Therapists

\$150 Athletic Trainers, Strength/Conditioning Coaches

**Optional Courses: Pre-registration (Deadline – Friday, March 13, 2009)**

\$300 Team Physician Course (Fulfills Section 32.202(f) Safety Training Requirement)

**Late Registration: (After Friday, March 13, 2009 – walk-in registrations only)**

\$350 Physician (includes Team Physician Course)

\$300 Physical therapists, PTA, Physician Assistants, Occupational Therapists

\$200 Athletic Trainers, Strength/Conditioning Coaches

**CPR/AED Re-certification not offered in 2009.**



Name \_\_\_\_\_ Last 4 Digits of Social Security No. \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Specialty \_\_\_\_\_ Email Address \_\_\_\_\_

Fax Number \_\_\_\_\_ Office Phone \_\_\_\_\_

Degree (circle):    MD    DO    PT    PTA    OT    PA    Athletic Trainers    Strength/Cond. Coach

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Please indicate special requirements (dietary or other) \_\_\_\_\_

Registrations received via fax or phone must indicate credit card information in order to be processed.

**Labs: Please choose four of the six labs. Each lab seats 50 people.**

- Lab A: UE Clinical Evaluation
- Lab B: Preventative & Maintenance Exercise and Stretching Programs for Throwers
- Lab C: Scapula Stabilization
- Lab D: Applying a Return to Throwing Program for Pitchers & Other Players
- Lab E: How to Work Up a Knee
- Lab F: How to Work Up Ankle/Foot Injury