

University of Colorado Sports Medicine Fall Symposium

September 17, 2010

7:00a—3:50p

CU Stadium Club
Folsom Field
Boulder, CO



**Featuring:
Keynote Speakers:**

Bob Hotchkiss, MD
Stephen O'Brien, MD
Anthony Romeo, MD
Timothy Tyler, DPT

&

**Nationally Recognized
Specialists in Sports
Medicine in Colorado**

Presented by:
CU Sports Medicine
Dept. of Orthopaedics
University of Colorado
School of Medicine

Sponsored by:
University of Colorado
School of Medicine
Office of Continuing
Medical Education

Overview

This symposium is directed toward Sports Medicine Specialists and allied health professionals who are involved in the care of athletes; Orthopaedic Surgeons, Primary Care Physicians, Physician Assistants, Nurse Practitioners, Physical Therapists, Athletic Trainers, and anyone else interested in expanding their knowledge of athletic injuries and conditions of the upper extremity.

Educational objectives:

At the conclusion of this symposium, participants of this symposium should be able to:

- Improve assessments of the shoulder through the use of MRI and Ultrasound
- Develop appropriate rehabilitation treatments for the athlete with shoulder instability
- Rate current surgical options and rehabilitation for the rotator cuff and biceps tendon tears
- Define common hand, wrist, and elbow injuries of the athlete
- Apply conservative and surgical treatment options for elbow epicondylitis

Keynote Speakers

Robert Hotchkiss, MD
Hospital for Special Surgery
New York, New York

Anthony Romeo, MD
Midwest Orthopedics at RUSH
Chicago, Illinois

Timothy Tyler, PT, ATC
Nicholas Institute of Sports Medicine and Athletic Trauma
New York, New York

Stephen O'Brien MD
Hospital for Special Surgery
New York, New York

Invited Guest Speakers

Brian Petersen, MD
University of Colorado School of Medicine
Denver, Colorado

Tom Noonan, MD
Steadman Hawkins Clinic
Denver, Colorado

Peter Millett, MD
Steadman Clinic
Vail, Colorado

CU Sports Medicine Faculty

Eric C. McCarty, MD
Associate Professor
Chief of Sports Medicine & Shoulder Surgery
Department of Orthopaedics
University of Colorado Denver School of Medicine
Head Team Physician, Univ. of Colorado & Univ. of Denver
Boulder, Colorado

Armando Vidal, MD
Assistant Professor
Department of Orthopaedics
University of Colorado School of Medicine
Team Physician, University of Colorado & University of Denver
Denver, Colorado

Frank Scott, MD
Assistant Professor
Department of Orthopaedics
University of Colorado School of Medicine
Denver, Colorado

John Hill, MD
Assistant Professor
Department of Orthopaedics
University of Colorado Denver School of Medicine
Team Physician, University of Colorado & University of Denver
Denver, Colorado

Sourav Poddar, MD
Assistant Professor
Departments of Orthopaedics and Family Medicine
University of Colorado Denver School of Medicine
Team Physician, University of Colorado & University of Denver

Agenda

Friday, September 17th, 2010

7:00a **Welcome**
Eric McCarty, M.D. –Symposium Chairman

7:05a **Opening Remarks**
Mike Bohn, Athletic Director Univ. of Colorado

The Athlete's Shoulder

7:10 – Anatomy of the Athlete's Shoulder
 7:25a **Dr. Vidal**

7:25 – Assessment & Exam of the Painful Shoulder
 7:45a **Dr. Romeo**

7:45 – MRI of Cuff and Instability in the Athlete
 8:00a **Dr. Petersen**

8:00 – Diagnostic Ultrasound in the Athlete's Shoulder
 8:15a **Dr. Hill**
Discussion

Instability in the Athlete

8:25 – Management of 1st Time Anterior Shoulder
 8:40a Dislocation in the Athlete **Dr. McCarty**

8:40 – Posterior Shoulder Instability in the Athlete
 8:55a **Dr. Millet**

8:55 – Shoulder Instability with Bone Loss: What to Do?
 9:10a **Dr. Romeo**

9:10 – Avoiding Complications in Arthroscopic Instability
 9:25a Surgery **Dr. McCarty**

9:25 - Rehabilitation after Instability Surgery: Optimizing
 9:40a Outcomes & Avoiding Failure **Tim Tyler, DPT**
Discussion

10:00a – **Break**

Cuff/Biceps

10:15 – Treatment of the Throwing Athletes Shoulder
 10:30a **Dr. Noonan**

10:30 – Partial Cuff tears: How to treat
 10:45a **Dr. Vidal**

10:45 – Arthroscopic Rotator Cuff Surgery: My
 11:00a Approach **Dr. Romeo**

11:00 – The Non Repairable Cuff: Transfer or
 11:15a Something Else? **Dr. Millet**

11:15 – An Algorithmic Approach to the Biceps-
 11:35a Labrum Complex **Dr. O'Brien**

11:35 – Post Op Cuff Rehab: Do we know what we are
 11:50a doing? **Tim Tyler, DPT**
Discussion

12:10– **Keynote Address:** Evidence against
 12:35p Evidence Based Medicine **Dr. Hotchkiss**
Discussion

12:35p **Lunch**

Hand/Wrist/Elbow

1:00 – Carpal injuries in the Athlete
 1:15p **Dr. Hotchkiss**

1:15 – Overuse Hand and Wrist Injuries in the Athlete
 1:30p **Dr. Scott**

1:30 – Examination of the Painful Elbow
 1:45p **Dr. Hotchkiss**

1:45 – MRI of the Athletes Elbow
 2:00p **Dr. Petersen**

2:00 – UCL injuries in the Athlete
 2:15p **Dr. Noonan**
Discussion

2:25p - **Break**

Lateral Epicondylitis

2:40 – Approach to Lateral Epicondylar Pain
 2:55p **Dr. Hotchkiss**

2:55 – Arthroscopic Treatment of Lateral Epicondylitis
 3:10p **Dr. Romeo**

3:10 – Platelet Rich Plasma for Lateral Epicondylitis
 3:25p and use in Sports Medicine **Dr. Poddar**

3:25 – Non-op Rehab of Tennis Elbow: It Works!
 3:40p **Timothy Tyler, DPT**
Discussion

3:50 **Adjourn**

Registration

To register for this event, please visit:
www.regonline.com/2010CUSymposium

Attendance fees are as follow:
 Early Registration—MD: \$170*
 Early Registration—Non MD: \$95*
 Late Registration—MD: \$185
 Late Registration—Non MD: \$110

Registration fee includes one ticket to CU vs. Hawaii football game for September 18th. Get a second ticket for an additional \$25.

Non MD is classified as ATC, NP, PT, PA, etc.

- Register prior to 9/6/2010 or late registration will apply. All day-of registrations will be at late registration fee level.
- A \$50 cancellation fee will be charged through 9/10/10. After 9/10/10 there will be no refunds.
- Checks payable to University of Colorado Denver

Americans with Disabilities Act: It is the policy of University of Colorado Sports Medicine not to discriminate against any person on the basis of disabilities. If you feel you need services or auxiliary aids mentioned in this act in order to fully participate in this continuing education activity, please call Denise Knutson @ 303-441-2303 or email her at denise.knutson@ucdenver.edu.

The University of Colorado Denver School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

7.75 credits of AMA and NATA continuing education credits will be offered to registered participants of this symposium. The University of Colorado Denver School of Medicine designates this educational activity for a maximum of 7.75 *AMA PRA Category 1 Credits™*. Physicians should only claim credit commensurate with the extent of their participation in the activity.

This program is part of the Colorado Statewide Extended Campus. State funds were not used to develop or administer this program.

Please direct questions to:

Denise Knutson. MEd, MA, ATC

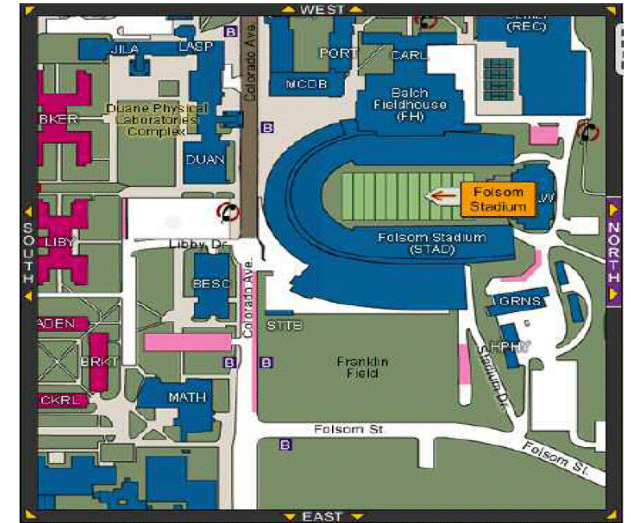
Voice: 303-441-2219

Fax: 303-441-2230

Email: denise.knutson@ucdenver.edu

Directions

CU Stadium Club, Folsom Field, Boulder, CO



Directions from the Denver Area and South: To get to Boulder from the Denver area, go west on U.S. 36 (from I-25 or I-270). Once you're in Boulder from U.S. 36, take a left (west) on Colorado Avenue (first stop light). There is meter parking along Colorado Avenue and in Lot 359 just past Folsom Street. There is also parking near the Dal Ward Athletic Center.

Directions from the North: From the north, take I-25 OR U.S. 287 south to Highway 119 (Diagonal Highway). I-25 travelers will take the Longmont Exit (240) west onto Highway 119 while U.S. 287 travelers will turn right on Ken Pratt Boulevard (Highway 119) in Longmont. Highway 119 becomes Highway 157 (Foothills Parkway) just north of Boulder. Turn right (west) from Foothills Parkway onto Colorado Avenue. Travel through 28th Street (U.S. 36) into campus. There is meter parking along Colorado Avenue and in Lot 359 just past Folsom Street. There is also parking near the Dal Ward Athletic Center.

Directions from the West: Take I-70 east to U.S. 6. Go east on U.S. 6 to Colorado Highway 58. Turn right (east) on state Highway 58 to state Highway 93. Make a left (north) onto state Highway 93 towards Boulder. State Highway 93 will turn into Broadway once in Boulder. Continue on Broadway west until you see the campus on your right. To get to Colorado Avenue from the west, turn right on Regent Drive off of Broadway. Follow Regent Drive until it dead ends and turn left (west) onto Colorado Avenue. There is meter parking along Colorado Avenue and in Lot 359 just past Folsom Street. There is also parking near the Dal Ward Athletic Center.

Parking: There is free parking at Lot 436 on the corner of Regent and Colorado between 6:30am-5pm. There will be an attendant at the entrance handing out flyers for CU Symposium attendees to place on their dashboards.