

University of Iowa Carver College of Medicine

The UI Sports Medicine Center,
Department of Orthopaedics & Rehabilitation
& Iowa Orthopaedic Society Announce

24th Annual

Hawkeye Sports Medicine Symposium & Iowa Orthopaedic Society Fall Meeting

December 5 – 6, 2008

Friday and Saturday

Marriott Hotel and Conference Center

300 East 9th Street

Coralville, Iowa

Sponsored by: University of Iowa Sports Medicine
Center, Department of Orthopaedics and Rehabilitation,
University of Iowa Roy J. and Lucille A. Carver College
of Medicine



UI Sports Medicine

University of Iowa
Hospitals and Clinics



General Information

Purpose

The program is designed to present health care professionals with up-to-date 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. In addition to lectures, case presentations and panel discussions will be offered to enhance the participant's understanding of the topics presented.

Objectives

Upon completion of this program, the participant should be able to:

- Describe the injuries that occur in wrestling and how to best deal with them.
- Recognize and provide proper management for chondral and osteochondral lesions.
- Relate current concepts for the pathological anatomy and treatment of instability of the posterior-lateral corner of the knee.
- Describe the current concepts about the occurrence and management of post traumatic osteoarthritis.
- Discuss the incidence, mechanisms, preventive measures and rehabilitation of ACL injuries.
- Describe the injuries incurred in and around the patellofemoral joint and the best courses of treatment.
- Manage athletes with hip pain.
- Relate techniques for treatment of osteochondral lesions of the knee.
- Relate current concepts of ACL injury rehabilitation.
- Describe the anatomy of the knee.

Intended Audience

The format of the program allows it to be attractive to individuals with a variety of backgrounds and interests. Orthopaedic surgeons, family physicians, team physicians, athletic trainers, physical therapists, physician assistants, nurses, coaches, and persons involved with emergency medicine services are encouraged to attend.

Symposium Location

The Symposium will be held at the Coralville Marriott Hotel & Conference Center, 300 East 9th Street, Coralville, Iowa. Phone 319-688-4000 or 1-888-236-2427, www.coralvillemarriott.com

Registration Fees

Registration fees include: CME and CEU recording, registration, instruction, educational materials, lab session, continental breakfasts, refreshment breaks, Friday's lunch, dinner* and hotel parking. All but \$35 of the registration fee is refundable if the inability to attend the Symposium is made known on or before Wednesday, November 26. No refunds will be made for later notification.

*Please note dinner tickets are included with registration for physicians and allied health participants. The student fee for dinner is an additional \$25.

Lab Session

Breakout Lab Session, Saturday, December 6th, 8:00 – 10:00 am. If you would like to perform the ACI procedure and become certified, please note this on your registration form. The calf knees are provided by Genzyme at no additional cost to you. Register for calf knee by November 19th.

Special Events:

Wine/Cheese/Beer Reception and Dinner Banquet

A reception will begin at 6:00 pm on Friday, December 5th, Coralville Marriott Hotel and Conference Center with a presentation by Joseph Buckwalter, MD, Professor and Head, Department of Orthopaedics and Rehabilitation.

Dinner will begin 6:45 pm. Guest Panelists include Dan Gable (UI) and Jim Gibbons (ISU), Moderator Tim Johnson, Voice of IPT's College Wrestling Series.

Please indicate on the Registration Form your attendance for this Special Event.

Athletic Event

The University of Iowa Wrestling Team will host Iowa State University at Carver-Hawkeye Arena on Saturday, December 6, 2008, at 7:00 pm. A block of tickets are being held for Symposium participants and may be purchased through the University of Iowa Athletic Ticket office. Cost is \$14 per ticket plus a \$3.00 processing fee per order. Information on how to order tickets will be sent with your Symposium confirmation letter.

Credit

Physician: The University of Iowa Roy J. and Lucille A. Carver College of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The University of Iowa Carver College of Medicine designates this educational activity for a maximum of 17.25 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Nurse: This program is offered in cooperation with the University of Iowa College of Nursing, an Iowa Board of Nursing Approved Provider, number 1. Full time attendance will award 12.3 contact hours. Program number 08 340 93 has been assigned.

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

Athletic Trainer: The University of Iowa is recognized by the NATA Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program has been designated for 14.0 Continuing Education Units.



EMS: The University of Iowa Health Care Emergency Medical Services Learning Resources Center (EMSLRC), approved provider awards CEHs to certified EMS providers for completion of this entire program. The EMSLRC requires full-time attendance for CEH award. This conference has been approved for 16.0 Optional Education hours.

Physical Therapist: A certificate of attendance will be sent to you after the Symposium. This letter of certification can be used to submit to your licensing board for re-certification.

Marriott Hotel Accommodations

A limited number of rooms have been reserved at the Coralville Marriott Hotel & Conference Center. Room rates are \$99 plus taxes. Reservations by attendees must be received on or before 6:00 pm on November 20, 2008. Attendees 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 reference the "Hawkeye Sports Medicine Symposium," when making reservations to receive the discounted group rate.

Parking

Parking is available in the City of Coralville's parking ramp adjacent to the Marriott Hotel. Parking passes will be provided to Symposium participants who park in the ramp. Please bring your parking ticket to the Symposium Registration Desk to receive a one-day parking pass. Hotel guests receive free parking.

Emergency Calls

You may be reached during the Symposium hours for emergency phone calls through the Coralville Marriott Hotel operator at 319-688-4000. Please have the caller identify the "Hawkeye Sports Medicine Symposium".

Program Content

Determination of educational content for this program and the selection of speakers are responsibilities of the program director. Firms providing financial support did not have input in these areas.

DISCLOSURE POLICY: Everyone in a position to control the content of this educational activity will disclose to the CME provider and to attendees all relevant financial relationships with any commercial interest. They will also disclose if any pharmaceuticals or medical procedures and devices discussed are investigational or unapproved for use by the U.S. Food and Drug Administration (FDA).

Program Agenda

Friday, December 5, 2008

Marriott Hotel and Conference Center, Coralville, Iowa

- 7:15 am Registration, Continental Breakfast, Visit Vendor Exhibits
- 7:50 Welcome: Opening Remarks, Overview of Course, Announcements
John Albright, MD
- SESSION 1: Treatment of Wrestlers** Moderator: Tim Gibbons, MD
- 8:00 Science Goes to the Mat for Optimal Wrestling Performance
Craig Horswill, PhD
- 8:20 Management of Common Acute Wrestling Injuries – *Todd McKinley, MD*
- 8:40 Surgery in Wrestlers: Pushing the Envelope – *Darron Jones, MD*
- 9:00 Longterm Effects of Competitive Wrestling – *Mark Mysnyk, MD*
- 9:20 Current Concepts on Meniscus Repair in the Competitive Athlete
Robert LaPrade, MD, PhD
- 9:40 Rehabilitation of the Injured Wrestler: Pearls from the Mat Side
Matt Doyle, MS, ATC, LAT
- 10:00 Panel Discussion / Case Presentations
- 10:15 Break / Visit Vendor Exhibits
- CONCURRENT SESSION 2A: Patellofemoral Disorders**
Moderator: Ned Amendola, MD
- 10:30 The Southwick-Fulkerson Tibial Tuberosity Transfer with Intraoperative Femoral Nerve Stimulation – *John Albright, MD*
- 10:50 Patellar Realignment, Tubercle, Soft Tissue Balance, Trochleoplasty and Patelloplasty – *Tom Minas, MD*
- 11:10 Surgical Treatment Compared with Eccentric Training for Patellar Tendinopathy (Jumper's Knee) - A Randomized, Controlled Trial
Lars Engebretsen, MD, PhD
- 11:30 Rehabilitation of the Patient with Patellofemoral Pain
Paul Pursley, PT, SCS, CSCS
- 11:50 Panel Discussion / Live Presentation - Teenager with Severe Focal Patellar Chondral Defects – *John Albright, MD*
- CONCURRENT SESSION 2B: Hip Pain**
Moderator: Dan Foster, PhD, ATC, LAT
- 10:30 Hip Pain in the Young Athlete with an Immature Skeleton
George Phillips, MD
- 10:50 The Snapping Hip – *Jason Blackham, MD*
- 11:10 Sports Hernia – *Paul Baumert, MD*
- 11:30 Evaluation and Building of Core Strength – *Denny Bewyer, PT*
- 11:50 Hip Arthroscopy: The Use of the Scope in Hip Injuries in the Athlete
Rick Wilkerson, DO
- 12:10 Panel Discussion / Case Presentations
- 12:25 Lunch / Visit Vendor Exhibits
- SESSION 3: Knee Instability 1** Moderator: Brian Wolf, MD, MS
- 1:10 Anatomy & Clinical Diagnosis of Posterior Lateral Corner Lesions
Robert LaPrade, MD, PhD
- 1:30 Surgical Management & Rehabilitation of Posterior Lateral Corner Lesions
Robert LaPrade, MD, PhD
- 1:50 The Use of Osteotomy for Instability of the Knee – *Ned Amendola, MD*
- 2:10 Use of Neuromuscular Electric Stimulation in the Management of the Post-surgical Knee – *Lynn Snyder-Mackler, PT, ScD, ATC, SCS*
- 2:30 Panel Discussion / Case Presentations
- 2:45 Break / Visit the Vendor Exhibits
- SESSION 4: Knee Instability 2**
Moderator: Glenn Williams, PT, PhD, ATC, SCS
- 3:00 Research on ACL Injury Incidence & Prevention in Norway
Lars Engebretsen, MD, PhD

- 3:20 Who Can Cope with ACL Injuries? Classification, Perturbation Training, Evidence – *Lynn Snyder-Mackler, PT, ScD, ATC, SCS*
- 3:40 Collaborating Across the Pond to Study ACL Injury & Reconstruction
Lynn Snyder-Mackler, PT, ScD, ATC, SCS; Lars Engebretsen, MD, PhD
- 4:00 Quadriceps Muscle Dysfunction after Knee Injury: Mechanisms & Treatment – *Glenn Williams, PT, PhD, ATC, SCS*
- 4:20 Panel Discussion / Case Presentations
- 4:35 Mini Break – 10 minutes
- SESSION 5: Post-Traumatic Osteoarthritis**
Moderator: Ned Amendola, MD
- 4:45 Knee Osteoarthritis after Meniscus and ACL Injuries – *Lars Engebretsen, MD, PhD*
- 5:05 Post-traumatic OA: Current Perspectives & the Iowa Research Program
Joseph Buckwalter, MS, MD
- 5:25 Knee Osteoarthritis & Neuromuscular Function: Evidence from Clinical Research & the Gait Lab – *Lynn Snyder-Mackler, PT, ScD, ATC, SCS*
- 5:40 Panel Discussion / Case Presentations
- 5:55 ADJOURN
- 6:00 Wine / Cheese / Beer Reception – Presentation by *Joseph Buckwalter, MD*
- 6:45 Sports Medicine Symposium Dinner Banquet
Guest Panelists - *Dan Gable (UI), Jim Gibbons (ISU)*
Moderator: *Tim Johnson, Voice of IPT's College Wrestling Series*

Saturday, December 6, 2008

Marriott Hotel and Conference Center, Coralville, Iowa

- 7:15 am Registration, Continental Breakfast, Visit Vendor Exhibits
- 7:45 Welcome: Opening Remarks, Overview of Course, Announcements
Tim Gibbons, MD, President, IOS
- 8:00 – **Breakout Lab Sessions: Marriott Exhibit Hall**
- 10:00 (NOTE –If you are interested in performing an ACI procedure, it is important to sign up on the Registration Form to reserve a calf knee. There is no additional charge to you. Calf knees are being provided by Genzyme.)
- Assessment and Treatment of Osteochondral Lesions**
Open Mosaicplasty – *Dr. Brian Wolf*
Open Allograft – *Dr. Ned Amendola*
CAS Mapping (Aesculap) – *Dr. John Albright*
ACI (periosteal patch and MACI) – *Dr. Tom Minas*
- Cadaver Dissection / Special Demonstration** – *Drs. Lars Engebretsen & Robert LaPrade*
- Rehabilitation of the Knee** – Perturbation Training, NMES, & Thoughts on the Future - *Lynn Snyder-Mackler, PT, ScD, ATC, SCS*
- 10:00 Break / Visit Vendor Exhibits
- SESSION 6: Assessment & Treatment of Osteochondral Lesions**
Moderator: John Albright, MD
- 10:15 Debridement +/- Microfracture vs. Autologous Chondrocyte Implantation
Lars Engebretsen, MD, PhD
- 10:35 In Search of the Gold Standard for Cartilage Defect Assessment: Size & Location Assessment / Grading / Biopsy / Treatment – *John Albright, MD*
- 10:55 Autologous Chondrocyte Implantation: Primary and as Salvage after Failed Microfracture – *Tom Minas, MD*
- 11:15 Treatment Options for Acute & Chronic Osteochondritis Dissecans Lesions
Brian Wolf, MD, MS
- 11:35 Allogenic Osteochondral Graft Transfer and Role of Osteotomy in Cartilage Restoration Surgery – *Ned Amendola, MD*
- 11:55 Rehabilitation after Cartilage Procedures – *Mike Shaffer, PT, MS, ATC, OCS*
- 12:15 Panel Discussion / Case Presentations
- 12:30 ADJOURN
- 7:00 pm University of Iowa vs. Iowa State University Wrestling
Carver-Hawkeye Arena, Iowa City

Guest Speakers

Lars Engebretsen, MD, PhD, Professor, Head of Scientific Activities Norwegian Olympic Committee, Dept of Sports Medicine & Oslo Sports Trauma Research Center, Norwegian School of Sports Medicine, Ullevaal University Hospital Orthopaedic Center, Oslo, Norway

Dan Gable, Former Iowa Head Wrestling Coach, led Iowa to 15 NCAA Titles (9 consecutively) and 21 Big Ten Team Titles; Three-time NCAA Coach of the Year, US Olympic Head Coach, Olympic Champion, Three-time National Champion, Six-time Midlands Champion, Three-time All-American, Three-time Big Eight Champion ISU, Three-time Iowa High School State Champion

Jim Gibbons, Broadcaster for PBS, ESPN, Big 10 Network, Wrestling Broadcaster of the Year, Former ISU Head Wrestling Coach, Head Coach National Championship Team, Three-time NCAA All-American, NCAA National Champion, Three-time Iowa High School State Champion

Tim Gibbons, MD, President, Iowa Orthopaedic Society, Mason City Clinic, Mason City, IA

Craig Horswill, PhD, Senior Research Fellow, Gatorade Sports Science Institute, Barrington, IL

Tim Johnson, Voice of IPT's College Wrestling Series for the past 22 years, as well as broadcaster for ESPN and BTN, Two-time National Wrestling Broadcaster of the Year, inductee into Glen Brand Wrestling Hall of Fame of Iowa, Director of Wrestling for the 1984 Olympics, Midwest Regional Director for the Fellowship of Christian Athletes

Darron Jones, MD, Mason City Clinic, Mason City, IA

Robert LaPrade, MD, PhD, Professor, Oslo Sports Trauma Research Center, Department of Orthopaedic Surgery Director, Sports Medicine and Shoulder Surgery, University of Minnesota, Minneapolis MN

Tom Minas, MD, Assistant Professor, Brigham & Women's Hospital, Orthopaedic Surgery, Director of Cartilage Repair Center, Chestnut Hill, MA

Mark Mysnyk, MD, Steindler Orthopedic Clinic, Iowa City, IA

Lynn Snyder-Mackler, PT, ScD, ATC, SCS, Distinguished Alumni Professor, Department of Physical Therapy, University of Delaware, Newark, DE

Rick Wilkerson, DO, Northwest Iowa Bone, Joint and Sports Surgery, Spencer, IA

The University of Iowa Faculty and Staff

John Albright, MD, Hawkeye Sports Medicine Symposium Director*

Ned Amendola, MD, Director, University of Iowa Sports Medicine*

Paul Baumert, Jr., MD, FAAFP*

Denny Bewyer, PT

Jason Blackham, MD

Joseph Buckwalter, MS, MD, Professor and Chair, Department of Orthopaedics and Rehabilitation

Matt Doyle, MS, ATC, LAT

Danny Foster, PhD, ATC, LAT*

Todd McKinley, MD

George Phillips, MD

Paul Pursley, PT, SCS, CSCS

Mike Shaffer, PT, MS, ATC, OCS*

Glenn Williams, PT, PhD, ATC, SCS*

Brian Wolf, MD, MS*

**Hawkeye Sports Medicine Symposium Committee Member*

The University of Iowa prohibits discrimination in employment, educational programs, and activities on the basis of race, national origin, color, creed, religion, sex, age, disability, veteran status, sexual orientation, gender identity, or associational preference. The University also affirms its commitment to providing equal opportunities and equal access to University facilities. For additional information contact the Office of Equal Opportunity and Diversity, (319) 335-0705.

Individuals with disabilities are encouraged to attend all University of Iowa sponsored events. If you are a person with a disability who requires an accommodation in order to participate in this program, please contact the Continuing Medical Education Division in advance at 319/335-8599.

Registration

24th Annual Hawkeye Sports Medicine Symposium and Iowa Orthopaedic Society
Fall Meeting, Friday – Saturday, December 5 – 6, 2008

Please print clearly.

Dr/Mr/Ms _____

Address _____

City _____

State _____ ZIP _____

Phone _____

Business FAX

Email _____

(email will help for future notifications)

Specialty/Degree _____

Profession _____

Check here if you do NOT want to be
included in a class list distributed to
course attendees _____

For Office Use Only CEUs _____ AMA 1 _____ PN: COM 08-340-01

Date _____

REGISTRATION FEES:

(for on-site registration a \$35 additional fee will be added)

Physicians (Friday evening reception/dinner banquet included) @ \$375 \$ _____

Allied Health Professionals (Friday evening reception/dinner banquet included)
@ \$275 \$ _____

Students – PT & AT (registration does not include Friday evening reception/dinner banquet)
@ \$35 \$ _____

Friday Night Reception & Dinner Banquet

I will attend the Friday evening Reception/Dinner Banquet ____ Yes ____ No
(Please mark one)

- Registered Symposium Physicians/Allied Healthcare Professionals
(No additional charge)
- PT & AT Students @ \$25 \$ _____
- Guests of Registered Symposium Participants
(please provide names) @ \$40 \$ _____
- General Public (please provide names) @ \$40 \$ _____

Lab Session on Saturday, December 6th, 8:00 – 10:00 a.m.

I would like to participate, please reserve a calf knee for me. ____ Yes ____ No
Reservation needed by November 19th; calf knees reserved at no additional cost to you.

TOTAL \$ _____

Method of Payment:

____ Enclosed is my check made payable to:

The University of Iowa for the total amount of \$ _____

____ Please charge my: Mastercard VISA

Account Number _____

Expiration Date _____ Signature _____

3-digit security code on back

Four Ways to Register:

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

☎ Phone: 319/335-8599

📠 FAX: 319/335-8327

🖱 Online: www.medicine.uiowa.edu/cme and click on Upcoming Conferences

The University of Iowa requests this information in order to process your registration.
No persons outside of The University of Iowa are routinely provided this information.

For additional information on this program and other upcoming CME events at
the UI Carver College of Medicine, please visit <http://www.medicine.uiowa.edu/cme/>.



University of Iowa Health Care

Continuing Medical Education Division
100 Medicine Administration Building
Iowa City, Iowa 52242-1101

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