32ND ANNUAL
MEDICAL COLLEGE OF WISCONSIN

Sports Medicine Symposium

Guest Faculty

Robert Anderson, MD
Green Bay Packers

Cindy J. Chang, MD,
UC San Francisco & UC Berkeley

Rich Willy, MPT, PhD
University of Montana

March 19 & 20
2020
Milwaukee, Wisconsin
SYMPOSIUM OBJECTIVES
By attending this course, participants will (depending on breakout sessions attended):

- Develop skills in the evaluation, diagnosis, and treatment of common elbow, back, hip, foot, ankle and knee musculoskeletal injuries in athletic populations.

- Construct a set of standards for on-field injuries and evaluation of injuries in the athletic training facility and office settings.

- Develop strategies for effective use of physical therapy, radiologic testing and dietary consults.

- Develop strategies for effective pain control for musculoskeletal problems.

TARGET AUDIENCE
Primary care physicians, emergency medicine physicians, physical therapists, athletic trainers, nurses, coaches, athletic directors, and anyone who is interested and involved in the care of athletes of all ages and abilities.

HOTEL ACCOMMODATIONS
- Radisson Hotel Milwaukee West
  2303 N. Mayfair Road, Milwaukee, WI 53226
  - MCW nightly rate is $105 (plus tax)
  - Book online using promo code SPORTM: radisson.com/milwaukee-hotel-wi-53226/wiwauwat
  - For telephone reservations and shuttle, call 414-257-3400.

- Springhill Suites Milwaukee West
  10411 W. Watertown Plank Rd, Milwaukee, WI 53226
  - Located one mile from MCW (Shuttle service 7AM – 8PM)
  - MCW nightly rate is $109 (plus tax)
  - Book online: marriott.com/event-reservations/reservation-link.mi?id=1573064181268&key=GRP&app=resvlink
  - For telephone reservations, call 414-257-3424.

REFUNDS & CANCELLATIONS
All registrations include a 25% nonrefundable processing fee. To receive a refund, written notice of cancellation must be received prior to March 8, 2020. After that date, no refunds will be granted. Fees will not be refunded for no-shows. Early registration is recommended; a limited number of registrations will be accepted on site.

PARKING
Park in Lot C on 87th Street just north of Watertown Plank Road and the Wisconsin Athletic Club. If Lot C is full, please check in at the visitor lot on 87th Street across from the College for alternate parking locations.
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• Develop strategies for effective use of physical therapy, radiologic testing and dietary consults.
• Develop strategies for effective pain control for musculoskeletal problems.

ACCREDITATION
ACCREDITATION STATEMENT
The Medical College of Wisconsin is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

DESIGNATION OF CREDIT STATEMENT
The Medical College of Wisconsin designates this live activity for a maximum of 15.25 AMA PRA Category I Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

HOURS OF PARTICIPATION FOR ALLIED HEALTH PROFESSIONALS
The Medical College of Wisconsin designates this activity for up to 15.25 hours of participation for continuing education for allied health professionals. This program has been planned and implemented in accordance with the requirements and policies of the Board and Certification for the Athletic Trainer (BOC) through the joint sponsorship of Froedtert Sports Medicine and Medical College of Wisconsin. Froedtert Sports Medicine (BOC AP# P8529) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of 15.25 EBP Category hours/CEUs. ATs should claim only those hours actually spent in the educational program.

National Strength and Conditioning Association (NSCA) approved up to 1.0 CEU(s) in Category A for certified individuals attending this event.

Wisconsin Physical Therapy Association has approved this program (#029773) for up to 15.25 hours of prescribed credit. The American Academy of Family Physicians designates this continuing medical education activity for up to 15 hours of prescribed credit.

SYMPOSIUM LOCATION
The Medical College of Wisconsin Medical Education Building, 8701 Watertown Plank Road, Milwaukee, WI 53226
Located a half block south of Watertown Plank Road on the west side of 87th Street.

PROGRAM MATERIALS, DIRECTIONS AND INFO
mcw.edu/departments/orthopaedic-surgery/education/sports-medicine-symposium

HOTEL ACCOMMODATIONS
Radisson Hotel Milwaukee West
2303 N. Mayfair Road, Milwaukee, Corner of Hwy 100 and North Ave
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TRAVEL & ROAD ALERTS: 511wi.gov/#:Alerts

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<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>8:00</td>
<td>Introduction – Craig Young, MD</td>
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<tr>
<td>8:05</td>
<td>Management Strategies in the Injured Runner – Rich Willy, MPT, PhD</td>
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<tr>
<td>8:45</td>
<td>Meniscal Root Tears – Carole Vetter, MD</td>
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<tr>
<td>9:15</td>
<td>Lateral Hip Pain: What Is It &amp; How Do We Treat It? – Karie Zach, MD</td>
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<td>9:45</td>
<td>BREAK</td>
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<tr>
<td>10:00</td>
<td>Pain Control For Musculoskeletal Problems – Karen Hubert, MD</td>
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<tr>
<td>10:40</td>
<td>Patellofemoral Clinical Practice: Integration into Practice</td>
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<tr>
<td>11:15</td>
<td>BREAK SESSION A*</td>
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<tr>
<td></td>
<td>A1. Ultrasound In The Young Athlete Workshop – Shayne Fehr, MD</td>
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<td>A2. Concision Cases and Questions – Kevin Walker, MD &amp; Matthew Myrivil, PhD</td>
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<td>A3. Suicide Awareness/Prevention In The High School Athlete – Kristin Hoff, PsyD</td>
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<td>A4. Anterolateral Knee Instability &amp; Update on the Anterolateral Ligament</td>
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<td>Jon Campbell, MD</td>
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<td>12:00</td>
<td>LUNCH</td>
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<tr>
<td>12:45</td>
<td>Femoral Acetabular Impingement – Demetrios Douras, MD</td>
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<tr>
<td>1:15</td>
<td>Rehabilitation Strategies for Hip Tendonopathy – Carrie Truebenbach, DPT, MS</td>
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<tr>
<td>1:45</td>
<td>Relative Energy Deficiency in Sport (RED-S) – Laura Gottschlich, DO</td>
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<tr>
<td>2:15</td>
<td>BREAKOUT SESSION B*</td>
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<tr>
<td></td>
<td>B1. Sports Anatomy: Clinical Correlations of Hand, Wrist, Foot &amp; Ankle Cadaveric Workshop Todd Hoagland, PhD, Andrew Kleven, DPT, Justin Bric, MD &amp; Alexander Graf, MD</td>
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<td>B2. Exercise and Pregnancy – Kathryn Dielenthal, MD</td>
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<td>B3. Femoral Acetabular Impingement Rehabilitation Strategies – Griffin Ewald, MPT, CSCS</td>
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<tr>
<td>3:00</td>
<td>BREAKOUT SESSION C*</td>
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<tr>
<td></td>
<td>C1. Sports Anatomy: Clinical Correlations of Hand, Wrist, Foot &amp; Ankle Cadaveric Workshop Todd Hoagland, PhD, Andrew Kleven, DPT, Justin Bric, MD &amp; Alexander Graf, MD</td>
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<td></td>
<td>C2. Antepartum &amp; Postpartum Considerations For Rehabilitation – Sara Ziegele, DPT</td>
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<td>C3. Asthma &amp; Exercise Induced Bronchospasm In Athletes – Craig Young, MD</td>
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<tr>
<td>3:45</td>
<td>BREAKOUT SESSION D*</td>
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<tr>
<td></td>
<td>D1. Sports Anatomy: Clinical Correlations of Hand, Wrist, Foot &amp; Ankle Cadaveric Workshop Todd Hoagland, PhD, Andrew Kleven, DPT, Justin Bric, MD &amp; Alexander Graf, MD</td>
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<td>D2. The Physical Therapist Role in the Management of Sport-Related Concussion – Eileen Compy, DPT, LAT &amp; Sara Ziegele, DPT</td>
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**Friday, March 20**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>7:55</td>
<td>Overview – William Raasch, MD</td>
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<tr>
<td>8:00</td>
<td>Haglund’s Syndrome &amp; Other Hindfoot Maladies – Robert Anderson, MD</td>
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<tr>
<td>8:40</td>
<td>Orthopaedic Oncology: What Every Sports Medicine Provider Should Know Adam Wooldridge, MD, MPH</td>
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<tr>
<td>9:20</td>
<td>Compare &amp; Contrast the Management of the Competitive vs. Recreational Athlete – Cindy Chang, MD</td>
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<tr>
<td>10:00</td>
<td>BREAK – EXHIBITS</td>
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<tr>
<td>10:20</td>
<td>Achilles tendon Injuries</td>
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<td>Robert Anderson, MD</td>
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<td>Elbow Injuries in the Throwing Athlete – William Raasch, MD</td>
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<tr>
<td>11:00</td>
<td>BREAKOUT SESSION E*</td>
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<tr>
<td></td>
<td>E1. Promoting Metabolic Flexibility With Your Diet – Nicole Kernoen, RD</td>
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<td></td>
<td>E2. Achilles Tendon Rehabilitation – Rich Willy, MPT, PhD</td>
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<td></td>
<td>E4. Foot &amp; Ankle Radiology Pearls – Keith Baynes, MD</td>
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<tr>
<td>12:15</td>
<td>LUNCH – EXHIBITS</td>
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<tr>
<td>12:45</td>
<td>Midfoot &amp; Forefoot Injuries – Robert Anderson, MD</td>
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<tr>
<td>1:15</td>
<td>Dental &amp; Maxillofacial Injuries In Athletes – Carolyn Brooks, MD, DMD</td>
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<tr>
<td>1:55</td>
<td>Controlling Acute Pain With Immobilization: What Kind and How Long? – Cindy Chang, MD</td>
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<tr>
<td>2:30</td>
<td>BREAKOUT SESSION F*</td>
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<td>F1. Ergogenic Aids Update – Mark Niefeldt, MD</td>
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<td>F2. Velocity Programs in the Overhead Athlete – Mark Lydecker, MPT, LAT</td>
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<td>F3. Posture &amp; The Relating Role in Rehabilitation – Chris Melkovitz, PT</td>
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<tr>
<td>3:00</td>
<td>BREAKOUT SESSION G*</td>
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<tr>
<td></td>
<td>G1. How To Get the Most Out Of Your Physical Therapy Referrals – John Liddell, DPT, LAT</td>
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<td>G2. Olympic Weightlifting in the Rehabilitation Environment – Becca Petro, MS, LAT, CSCS</td>
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<tr>
<td></td>
<td>G3. Swimming Injuries – Don Bruas, PT, CSCS</td>
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<tr>
<td>4:30</td>
<td>Day 2 Concludes</td>
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</tbody>
</table>

**SPONSORED BY**
Sports Medicine Division
Departments of Orthopaedic Surgery & Family and Community Medicine

* Choose one featured section or workshop for each breakout session: See sign-up sheet for ranking list.
† Limited enrollment section: Please rank alternatives.
§ Bring your interesting cases and questions
◊ National Strength and Conditioning Association (NSCA) approved up to 1.0 CEU(s) in Category A for certified individuals attending this course
Symposium Guest Speakers

Robert Anderson MD
Team Physician: Green Bay Packers

Rich Willy MPT, PhD
Assistant Professor: University of Montana

Cindy J. Chang MD
Clinical Professor: University of California, San Francisco
American Medical Society for Sports Medicine
Past President: 2011–2012
Team Physician: UC-Berkeley
USA Team Physician: 1998 Nagano Winter Paralympic Games; 2002 Salt Lake City Winter Paralympic Games
USA Chief Medical Officer: 2012 London Summer Olympic Games & 2008 Beijing Summer Paralympic Games

Jonathan Ferris LAc, CPed
Structural Elements
Team Podoristhe: Milwaukee Brewers

Carrie Truebenbach DPT, MS, OCS
Sychrony PT
Adjunct Professor: Doctor of Physical Therapy Program – UW-Milwaukee

FROEDERT SPORTS MEDICINE SPEAKERS

Dan Bruss PT, CSCS

Eileen Compy DPT, LAT
Team Physical Therapist: US Speedskating

Griffin Ewald MPT, CSCS
Instructor: Marquette University
Team Physical Therapist: Milwaukee Torrent

John Lidell DPT, LAT

Nicoie Kerneen RD, C SSD
Sports Nutritionist: Milwaukee Brewers

Becca Petro MS, LAT, CSCS
USAW Level I Sports Performance Coach

Griffen Ewald MPT, CSCS
Instructor: Marquette University
Team Physical Therapist: Milwaukee Torrent

Sara Ziegle DPT
Team Physical Therapist: Milwaukee Torrent
Runner’s Clinic

MEDITATIONAL MEDICINE OF WISCONSIN FACULTY SPEAKERS

Keith Baynes MD
Associate Professor: Radiology

Todd Hoagland PhD
Professor
Cell Biology, Neurobiology & Anatomy

Carole S. Vetter MD
Professor
Team Physician: U.S. Speedskating Team,
Milwaukee Bucks
Ryan Wagner DO
Clinical Instructor

Justin Bric MD
PGY-5 Resident

Kristin Hoff PsyD
Assistant Professor

Kevin D. Walter MD
Associate Professor
Neuromotoric Consultant, NFL

Kathryn Dielethens MD
Assistant Professor: Obstetrics & Gynecology

Karen Hulbert MD
Associate Professor
Family & Community Medicine

Adam Wooldridge MD, MPH
Assistant Professor
Musculoskeletal Oncology

Demetrios Duros MD
Assistant Professor

Andrew Kleven DPT

Craig C. Young MD
Professor
Team Physician:
Milwaukee Brewers, Milwaukee Bucks,
Milwaukee Ballet,
U.S. National Ski & Snowboard Teams

Shayne Fehr MD
Assistant Professor

William Raasch MD
Professor
Team Physician:
Milwaukee Brewers,
Milwaukee Bucks, Milwaukee Ballet,
Wisconsin Lutheran College &
Wisconsin Lutheran HS

Carrie Zuch MD
Assistant Professor
Team Physician:
Milwaukee Torrent

Alexander Graf MD
PGY-5 Resident

Topics, speakers, titles, and credit hours are subject to change. Team, institutional and hospital affiliations are current as of brochure printing.
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MEDICAL COLLEGE
OF WISCONSIN

Sports Medicine Symposium

CONTINUING EDUCATION PROGRAM

8701 Watertown Plank Road
P.O. Box 26509
Milwaukee, WI 53226-0509

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REFERENCES & CREDITS

All speakers are required to disclose any relationships with companies that may have products, medications, or devices related to the topics they are presenting. This program has been planned and implemented in accordance with the requirements and policies of the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of 15.25 EBP Category hours/CEUs. ATs should claim only those hours actually spent in the educational program.

HOTEL ACCOMMODATIONS

• COURSE DIRECTORS: Mark Lydecker, MPT, LAT & Craig Young, MD

• COURSE COORDINATORS: Wendy Engel & Amy Peters

• COURSE PLANNING COMMITTEE: Laura Gottschlich, DO, Joe Hoff, MS, LAT & William Raasch, MD

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