



35th Annual

**MEDICAL COLLEGE OF WISCONSIN
SPORTS MEDICINE SYMPOSIUM**

March 21 & 22, 2024

Sponsored by:

Sports Medicine Division

Departments of Orthopaedic Surgery & Family and Community Medicine

Guest Faculty include:

Evan S. Lederman, MD, University of Arizona

Casey Batten, MD, Kerlan-Jobe Clinic, Los Angeles

Dustin Grooms, PhD, LAT, Ohio University



**MEDICAL
COLLEGE
OF WISCONSIN**

**CONTINUING EDUCATION
PROGRAM**

GUEST SPEAKERS

Evan S. Lederman, MD

Clinical Professor, University of Arizona
Chief of Sports Medicine, Banner Health
Team Physician: Phoenix Suns, Arizona Diamondbacks

Casey G. Batten, MD

Lead Primary Care Sports Medicine Physician,
Los Angeles Rams
Board of Directors, American Medical Society for
Sports Medicine

Dustin Grooms, PhD, LAT

Professor of Clinical Neuroscience
Gary S. Chleboun Scholar in Physical Therapy
Ohio Musculoskeletal and Neurological Institute
Ohio University

Nathaniel Jones, MD

Assistant Professor
Loyola University, Chicago
Medical Director, Loyola University Collegiate Sports
Team Physician: Soccer USA, Loyola University
2012 US World Cup Soccer Medical Team

Kyle Ebersole, PhD, LAT

Associate Professor of Athletic Training, Physical Therapy,
Rehabilitation Sciences & Technology
University of Wisconsin, Milwaukee

Sandra Hunter, PhD

Professor of Exercise Science, Dept of Physical Therapy
Director of the Athletic and Human Performance Research Center
Office of Research and Innovation
Marquette University, Milwaukee
Editor-in-Chief, Exercise and Sports Sciences Reviews

FROEDTERT SPORTS MEDICINE SPEAKERS

Matt Krimmer, DPT, CSCS

Company Physical Therapist: Milwaukee Ballet

Dan Bruss, PT, CSCS

Physical Therapist: US Speedskating Team

Andre Daniel LAT, CES, PES

Athletic Trainer, Wisconsin Lutheran College

Alyssa Gorecki, MS, LAT, CSCS

Athletic Trainer, Wisconsin Lutheran College

Matt Hendricks, LAT, PES, P-BFR, ITAT

Athletic Trainer, Wisconsin Lutheran College

Julie Lois, MS, RD

Luke Menges, DPT

Carolyn Goesch, DPT

Brandon Fraleigh, DPT

Runner's Clinic

Michael Tabor, MSPT, LAT, CES, PES

Mark Lydecker, MPT, LAT

Adjunct Professor – PT & AT Programs
UW-Milwaukee

Megan Wermager, DPT, CMPT

Company Physical Therapist: Milwaukee Ballet

MEDICAL COLLEGE OF WISCONSIN SPEAKERS

Taurean Baynard, MD

PGY-5

Melissa S. DuBois, MD

Associate Professor of Radiology

Yuka Kobayashi, DO

Assistant Professor
Team Physician: Milwaukee Brewers

Jonathan Kraus, MD

Assistant Professor
Division of Foot and Ankle Surgery

Kurtis Lawton, DO

Clinical Instructor
Team Physician: Pius XI High School

Michael McCrea, PhD, ABPP

Professor
Past President of American Academy of Clinical Neuropsychology
Green Bay Packers, Neuropsychology Consultant
NFL Head, Neck & Spine Committee member

Conor McBride, MD

PGY-5

Mark W. Niedfeldt, MD

Associate Clinical Professor
Team Physician: Milwaukee Brewers, Wisconsin Lutheran College,
Concordia University & US National Snowboard Team

Teresa Patitucci, PhD

Associate Professor of Anatomy, Cell Biology & Biochemistry

William G. Raasch, MD

Professor
Team Physician: Milwaukee Brewers, Milwaukee Ballet,
Wisconsin Lutheran College & Wisconsin Lutheran HS

Dustin Richter, MD

PGY-5, Chief Resident

Carole S. Vetter, MD

Professor
Team Physician: US Speedskating Team, Milwaukee Bucks

Kevin D. Walter, MD

Associate Professor
Neurotraumatic Consultant, NFL

Craig C. Young, MD

Professor
Team Physician: Milwaukee Brewers, Milwaukee Bucks,
Milwaukee Ballet

	Thursday, March 21, 2024
8:00 AM	Introduction - Craig Young, MD
8:05	Football Injuries - Casey Batten, MD ◊
8:45	Concussion Update: Amsterdam 2022 International Consensus Statement – Michael McCrea, PhD ◊
9:20	Concussion in the NFL Level - Kevin Walter, MD ◊
9:40	Q&A/ Optional break/Exhibits
10:00	The Biological Basis of Sex Differences in Athletic Performance - Sandra Hunter, PhD ◊
10:40	Exertional Rhabdomyolysis - Nate Jones, MD
11:15	BREAKOUT SESSION A* A1 - Chrononutrition - the Relationship Between Temporal Eating Patterns, Circadian Rhythms & Metabolic Health - Julie Lois, RD ◊ A2 - Management of Non-Arthritic Hip Pain - Matt Krimmer, DPT
12:00 PM	LUNCH / EXHIBITS
12:45 PM	Sports Medicine Pearls - Symposium Faculty
1:05	Shoulder Capsulitis / Frozen Shoulder- Craig Young, MD
1:35	Calf Injuries - Carole Vetter, MD
2:05	Heart Rate Variability for Optimization of Sports Recovery - Kyle Ebersole, PhD ◊
2:35	Q&A
2:45	BREAKOUT SESSION B* B1 - Revision ACL Reconstruction – Conor McBride, MD B2 - Foot & Ankle Performance for Dancer’s Tendonitis – Megan Wermager, DPT B3 - Anatomy Lab: Shoulder & Knee - Teresa Patitucci, PhD & Dustin Richter, MD ◊
3:30	BREAKOUT SESSION C* C1 - Biomechanics for Performance: The Windmill Pitch – Luke Menges, DPT ◊ C2 - Traumatoplasty of the Acetabulum: To Fix or Replace - Taurean Baynard, MD C3 - Anatomy Lab: Shoulder & Knee - Teresa Patitucci, PhD & Dustin Richter, MD ◊
4:15	BREAKOUT SESSION D* D1 - Current Concepts in the Rehabilitation of Adhesive Capsulitis - Carolyn Goesch, DPT D2 - Sports Medicine Considerations for the Cycling Athlete - Kurt Lawton, DO D3 - Spine Board Workshop – Andre Daniel, LAT, Alyssa Gorecki LAT, Matt Hendricks, LAT
5:00	Day 1 Concludes

*Choose one featured section or workshop for each breakout session - see sign-up sheet for ranking list

† Limited enrollment section: assignment based on order of registration

(please have alternatives ranked – or you will be randomly assigned to an alternative)

§Bring your interesting cases & questions

◊National Strength and Conditioning Association (NSCA) approved sessions counting for Category A CEU(s)

	Friday, March 22, 2024
7:55 AM	Overview - Yuka Kobayashi, DO
8:00	Decision Making in Failed Instability Surgery - Evan Lederman, MD ◊
8:30	Return-to-Play Issues: A Physician's Perspective - Casey Batten, MD ◊
9:10	Neuroplasticity After ACL Injury - Dustin Grooms, PhD, LAT ◊
9:50	Q&A
10:05	BREAK
10:20	Not All Shoulder Pain Is Impingement Syndrome - Evan Lederman, MD
11:00	UCL Injuries - William Raasch MD
11:30	BREAKOUT SESSION E* E1 - Return to Play Testing: Integrating Physical and Cognitive Readiness - Dustin Grooms, PhD, LAT ◊ E2 - Sports Medicine Radiologic Pearls – Melissa DuBois, MD
12:15 PM	LUNCH
1:10	Sports Medicine Pearls - Symposium Faculty & Attendees
1:30	Primary and Secondary Injury Prevention - Dustin Grooms, PhD, LAT ◊
2:10	Current Concepts in Achilles Tendon Surgery - Jonathan Kraus, MD ◊
2:40	Increased Risk of MSK Injury After Concussion – What to do About It? – Dustin Grooms, PhD, LAT ◊
3:20	BREAKOUT SESSION F* F1 - Rehabilitation of Ulnar Collateral Ligament Injuries - Mark Lydecker, MPT F2 - SI Joint Pain - Yuka Kobayashi, DO F3 - Anatomy Lab: Shoulder & Knee - Teresa Patitucci, PhD & Dustin Richter, MD ◊
4:05	BREAKOUT SESSION G* G1 - Considerations for Injury, Rehabilitation, and Performance of Masters Runners – Brandon Fraleigh, DPT ◊ G2 - Blood Flow Restriction Workshop - Dan Bruss, PT and Michael Tabor, PT†
4:45	Day 2 Concludes

*Choose one featured workshop or section for each breakout session - see sign-up sheet for ranking list

†Limited enrollment section: assignment based on order of registration (please have alternatives ranked)

◊ National Strength and Conditioning Association (NSCA) approved sessions counting for Category A CEU(s)

SAVE THE DATE!!



36th ANNUAL SPORTS MEDICINE SYMPOSIUM – March 13-14, 2025

SUBJECT TO CHANGE

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

COURSE COORDINATORS: Wendy Engel & Amy Peters

COURSE PLANNING COMMITTEE: Dan Bruss, PT, CSCS, Laura Gottschlich, DO, Joe Hoff, MS, LAT, Yuka Kobayashi, DO, and William Raasch, MD

SYMPOSIUM OBJECTIVES:

This symposium is designed for 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. Topics and speakers are subject to change. Team, institutional and hospital affiliations are current as of brochure printing.

By attending this course, participants will (depending on breakout sessions attended):

1. Summarize the evaluation, diagnosis and treatment of common elbow, shoulder, back, hip, knee and ankle musculoskeletal injuries to athletes, as well as medical conditions in athletic populations and sport related concussions.
2. Construct a set of standards for on-field injuries and evaluation of injuries both on the sideline and in the office setting.
3. Practice and demonstrate hands-on skills in sideline and clinic applications, such as spine boarding or blood flow restriction training.
4. Determine strategies for effective implementation of Sports Medicine Team services, such as physical therapy or radiologic testing.
5. Review, critique, and develop strategies to implement scientific evidence appropriately to the care of athletes.

REGISTRATION:

Pre-Registration Fees (in person): \$425 for physicians, \$325 for PT/NP/PA, \$275 for ATC/LAT's & Residents, and \$100 for students with accompanying letter from supervisor. Fees include: registration and program materials, snacks and lunches. Additional fees: \$25 for AMA PRA CME Credit Certificate, \$10 fee after the Pre-Registration date of March 8th.

Pre-Registration Fees (remote/streaming): \$375 for physicians, \$275 for PT/NP/PA, \$225 for ATC/LAT's & Residents. *Important notes for the remote streaming option – there will be **no** attendee choice for breakout sessions since only one room is set up to broadcast; remote viewers will automatically be assigned to sessions in that room.*

Remote attendees will not necessarily be able to interact with the speakers.

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, 2024. 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.

BREAKOUT SESSION SIGN UP:

Please rank breakout sessions in order of preference. We will make every effort to give you your highest choices. Space is limited in some sections to allow maximal instructor/attendee interactions. **REQUESTS WILL BE FILLED IN ORDER RECEIVED.** Sign up early for best selection. For duplicate sessions place an asterisk at your 1st choice.

If you fail to provide alternatives and the session is already filled, we will randomly place you in an open session.

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 15.75 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 15.75 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 of Certification for the Athletic Trainer (BOC) through the joint providership of Froedtert Sports Medicine 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 15.75 Category A hours/CEUs. ATs should claim only those hours actually spent in the educational program.

National Strength and Conditioning Association (NSCA) approved up to 1.1 CEU(s) in Category A for certified individuals attending approved sessions at this event.

Wisconsin Physical Therapy Association has approved this program for up to 15.75 hours of prescribed credit.

The American Academy of Family Physicians designates this continuing medical education activity for up to 16 hours of prescribed credit.

Topics, speakers, titles, and credit hours are subject to change.

HOTEL ACCOMMODATIONS:

The Radisson Hotel Milwaukee West (2303 N. Mayfair Rd. - corner of Hwy 100 & North Ave.) MCW nightly rate \$107 (plus tax.)

For telephone reservations and shuttle, call 414-257-3400. Book online by 3/13/24 at <https://www.choicehotels.com/reservations/groups/G9667179>

Access/Promo code: G9667179