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# Injuries in Football - 2009

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Thursday

April 2, 2009

## Registration

12:00 PM 1:00 Registration

## Course Introduction

1:00 PM 0:10 Introduction to Course  
James R. Andrews MD

## SESSION 1A - Performance 1

**Moderator - Alex Lincoln**

1:10 PM 0:05 Introduction of Faculty  
Alex Lincoln

1:15 PM 0:20 Concept of Periodization - The Specifics  
Russell Orr MS ATC CSCS LMT

1:35 PM 0:20 Screening to Prevent Injury  
Jon Torine

1:55 PM 0:20 Off-Season Strength and Conditioning  
Russell Orr MS ATC CSCS LMT

2:15 PM 0:20 In-Season Strength and Conditioning  
Andy Barnett CSCS

2:35 PM 0:20 Nutrition in the Football Player  
Bob Calvin MS RD LD CSCS

2:55 PM 0:20 Panel Discussion

3:15 PM 0:20 Break

## SESSION 1B - Performance 2

**Moderator - Steve Smith**

3:35 PM 0:05 Introduction of Faculty  
Steve Smith DPT SCS CSCS

3:40 PM 0:20 Spectrum of Injuries  
Scottie B. Patton ATC

4:00 PM 0:20 Prevention of Injuries  
Michael D Ryan PT, ATC, PES

4:20 PM 0:20 Biomechanical & EMG Analysis of specific lower extremity exercises  
Rafael Escamilla PhD,PT, ATC

4:40 PM 0:20 Techniques to Enhance Speed  
Andy Barnett CSCS

5:00 PM 0:20 On the Field Agility Drills  
Jon Torine

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## **Injuries in Football - 2009**

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5:20 PM	0:20	Rehabilitation Considerations during the Season Scottie B. Patton ATC
5:40 PM	0:20	Designing a Program for the Football Player Jon Torine
6:00 PM	0:20	Panel Discussion
6:20 PM	0:00	Adjourn

### **Reception**

6:20 PM	1:30	Participant Reception
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# Injuries in Football - 2009

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Friday

April 3, 2009

## **Continental Breakfast and Registration**

7:00 AM 0:30 Continental Breakfast and late registration

## **SESSION 2 - Injuries to the Knee in Football**

**Moderator - William G Clancy MD**

7:30 AM 0:05 Introduction of Faculty  
William G Clancy MD

7:35 AM 0:17 MCL Sprains: Rehabilitation and Return to Play  
Larry W Hess MPT ATC CES CSCS

7:52 AM 0:17 The differential diagnosis & treatment of Patellofemoral Pathologies  
Jeffrey A Guy MD

8:09 AM 0:17 CAIS Treatment Femoral Cartilage Defects  
Charles A Roth MD

8:26 AM 0:17 Articular Cartilage Rehabilitation  
Michael D Ryan PT, ATC, PES

8:43 AM 0:17 What's New in ACL Surgery - Graft selection, single vs double tunnel, patient selection and timing  
William G Clancy MD

9:00 AM 0:17 What's New in ACL Rehabilitation  
Kevin E Wilk DPT

9:17 AM 0:17 Panel Discussion

9:34 AM 0:17 Break

## **SESSION 3 - Lower Extremity Injuries**

**Moderator - Thomas Byrd MD**

9:51 AM 0:05 Introduction of Faculty  
Thomas Byrd MD

9:56 AM 0:17 Hip Pathologies in the Football Player  
Thomas Byrd MD

10:13 AM 0:17 Rehabilitation of Hip Pathologies  
Pete Draovitch PT

10:30 AM 0:17 Foot Injuries - Specific foot injuries in football players  
Erik C Nilssen MD

10:47 AM 0:17 High Ankle Sprains - From acute injury to return to play  
Michael D Ryan PT, ATC, PES

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11:04 AM 0:17 Hamstring Strains: Acute and Chronic Recurrent Strains  
Larry W Hess MPT ATC CES CSCS

11:21 AM 0:17 Sports Hernias  
Bill Meyers MD

## **SESSION 4 - Emerging Technologies in Diagnosis and Treatments**

11:38 AM 0:25 Musculoskeletal Ultrasound in Sports: Emerging Diagnostic & Therapeutic Tool  
Joshua Hackel MD

## **Lunch and Keynote Address**

12:03 PM 1:00 Keynote Speaker  
James R. Andrews MD

## **SESSION 5 - Upper Extremity Injuries Moderator - Lonnie E Paulos, M.D.**

1:03 PM 0:05 Introduction of Faculty  
Lonnie E Paulos MD

1:08 PM 0:17 Non-Operative treatment shoulder instability  
Kevin E Wilk DPT

1:25 PM 0:17 Shoulder Instability: Surgery or Non-operative Treatment  
Lonnie E Paulos MD

1:42 PM 0:17 Rehabilitation Following Shoulder Instability Surgery  
Steve Smith DPT SCS CSCS

1:59 PM 0:17 AC Joint Injuries  
Christopher O'Grady MD

2:16 PM 0:17 SLAP Tears in Football Players- Surgical Options  
Roger V Ostrander MD

2:33 PM 0:17 SLAP Tears in Football Players- Rehabilitation Guidelines  
Kevin E Wilk DPT

2:50 PM 0:17 Traumatic Hand and Wrist Injuries in Football  
Thomas Hunt MD

3:07 PM 0:17 Traumatic Injuries of the Elbow in Football Players  
Barry Callahan MD

3:24 PM 0:17 Panel Discussion

3:41 PM 0:17 Break

## **SESSION 6 - Head and Neck Injuries Moderator - William Mosi Jones MD**

3:58 PM 0:05 Introduction of Faculty  
William Mosi Jones MD

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4:03 PM	0:17	Mechanisms of Injury and Prevention of Catastrophic Injuries William Mosi Jones MD
4:20 PM	0:17	On the Field Evaluation of Head/ Neck Trauma in Football
4:37 PM	0:17	Medical Management of Concussions in Football Players Michael D. Goodlett MD
4:54 PM	0:17	Brachial Plexus Injuries/Stingers: Assessment and Return to Play Criteria ? Jensen/Lemay
5:11 PM	0:17	Management of Acute Cervical Spine Injuries in Football Players and Surgical Options Mark Giovanini MD
5:28 PM	0:17	Management of Spondylolisthesis/ Spondylolysis in Football Players David R Chandler MD
5:45 PM	0:17	Rehabilitation of Low Back Pain in Football Players Albi Gilmer PT
6:02 PM	0:18	Panel Discussion
6:20 PM	0:00	Adjourn

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# Injuries in Football - 2009

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Saturday

April 4, 2009

## Continental Breakfast

7:30 AM 0:30 Continental Breakfast

## CONCURRENT SESSION A - Medical Issues Moderator -

8:00 AM 0:05 Introduction of Faculty

8:05 AM 0:20 Emergency Preparedness in Football  
John Kasik ATC

8:25 AM 0:20 Echocardiogram Screenings in Pre-Participation Examinations: Clinical Application  
Henry Langhorne III MD

8:45 AM 0:20 Respiratory Problems in Football: Management of Asthma and Allergies  
Tom Wade MD

9:05 AM 0:20 Heat Illness in Football  
Jeff Baggett ATC

9:25 AM 0:20 Cardiomyopathy in Football: Diagnosis and Treatment  
Henry Langhorne III MD

9:45 AM 0:20 Prevention of Cardiac Problems in the Retired Professional Athlete: Risk Factors in Athletes  
John Richardson MD

10:05 AM 0:20 Methicillin-Resistant Staphylococcus Aureus (MRSA) in Football

10:25 AM 0:20 Ergogenic Aids  
Ron Lee MD

10:45 AM 0:20 Panel Discussion

## CONCURRENT SESSION B - Soccer Specific Injuries Moderator -

8:00 AM 0:05 Introduction of Faculty

8:05 AM 0:20 FIFA Research Center - F-MARC  
Mario Bizzini PT MS

8:25 AM 0:20 ACL Injuries - Return to Play Drills  
Steve Smith DPT SCS CSCS

8:45 AM 0:20 Tendinitis/Tendinosus: Differential Diagnosis & Surgical Treatment Options  
Juliet M DeCampos MD

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9:05 AM	0:20	Non-operative Treatment of Tendonitis of Lower Extremity Stephen LaPlante PT
9:25 AM	0:20	Rehabilitation of Hip & Groin Injuries Mario Bizzini PT MS
9:45 AM	0:20	Differential Diagnosis of Foot & Ankle Llesions Erik C Nilssen MD
10:05 AM	0:20	Selected Hip Pathologies in Soccer Players Jeffrey A Guy MD
10:25 AM	0:20	Hip Rehabilitation in Soccer Players Pete Draovitch PT
10:45 AM	0:20	Prevention of Soccer Injuries Mario Bizzini PT MS
11:05 AM	0:20	Concussions In Soccer Players: Mechanisms, Testing, & Return To Play Criteria William Mosi Jones MD
11:25 AM	0:20	Panel Discussion
11:45 AM	0:00	Adjourn