

Jointly Sponsored By University of Cincinnati

Cincinnati SportsMedicine Research & Education Foundation

27th Annual

ADVANCES ON THE KNEE, SHOULDER & SPORTS MEDICINE

WESTIN RESORT
HILTON HEAD ISLAND, SOUTH CAROLINA



MAY 27 - MAY 30, 2012
MEMORIAL DAY WEEKEND

PHYSICIAN FACULTY

Frank R. Noyes, M.D.

Chairman & Medical Director, Cincinnati SportsMedicine and Orthopaedic Center; President, Cincinnati SportsMedicine Research and Education Foundation; Clinical Professor, Department of Orthopaedic Surgery, University of Cincinnati, Cincinnati, OH

Matthew L. Busam, M.D.

Associate Director, Cincinnati SportsMedicine and Orthopaedic Center; Cincinnati, OH

Marc T. Galloway, M.D.

Associate Director, Cincinnati SportsMedicine and Orthopaedic Center; Team Physician Cincinnati Bengals; Adjunct Associate Professor, Department of Biomedical Engineering, University of Cincinnati, Cincinnati, OH

Samer S. Hasan, M.D., Ph.D.

Associate Director, Cincinnati SportsMedicine and Orthopaedic Center; Volunteer Instructor, Department of Orthopaedic Surgery, University of Cincinnati, Cincinnati, OH; Adjunct Associate Professor, Department of Biomedical Engineering, University of Cincinnati, Cincinnati, OH

Thomas N. Lindenfeld, M.D.

Associate Director, Cincinnati SportsMedicine and Orthopaedic Center; Associate Director, Cincinnati SportsMedicine Research and Education Foundation; Volunteer Instructor, Department of Orthopaedic Surgery, University of Cincinnati, Cincinnati, OH

James R. Andrews, M.D.

Medical Director, The American Sports Medicine Institute, Birmingham, AL; Medical Director, The Andrews Institute, Gulf Breeze, FL; Orthopaedic Surgeon, Andrews Sports Medicine and Orthopaedic Center, Birmingham, AL and Gulf Breeze, FL

Stephen J. O'Brien, M.D.

Vice Chairman, Department of Sports Medicine, Hospital for Special Surgery, New York City, NY; Associate Attending Orthopaedic Surgeon, Hospital for Special Surgery, New York City, NY; Associate Attending Orthopaedic Surgeon, New York Presbyterian Hospital, New York City, NY

Anthony A. Romeo, M.D.

Professor, Head, Section of Shoulder & Elbow Surgery, Department of Orthopaedic Surgery, Rush University Medical Center, Chicago, IL; Assistant Team Physician, Chicago White Sox and Chicago Bulls, Chicago, IL

Edward M. Wojtys, M.D.

Professor, Department of Orthopaedic Surgery; Chief, Sports Medicine Service, Department of Orthopaedic Surgery, University of Michigan, Ann Arbor, MI; Medical Director, MedSport, Ann Arbor, MI; Editor, Sports Health Sports Health: A Multidisciplinary Approach

REHABILITATION FACULTY

Timothy P. Heckmann, P.T., ATC

Director of Rehabilitation, Cincinnati SportsMedicine and Orthopaedic Center, Cincinnati, OH; Clinical Instructor, College of Mount St. Joseph, Cincinnati, OH

Julie Jasontek, P.T., MHS

Director of Rehabilitation, Cincinnati SportsMedicine and Orthopaedic Center, Cincinnati, OH

Michael A. McCormack, Jr., P.T., MHS, ATC

Director of Rehabilitation, Cincinnati SportsMedicine and Orthopaedic Center, Cincinnati, OH

George J. Davies, DPT, MED, P.T., SCS, ATC, LAT, CSCS, FAPTA

Professor, Armstrong Atlantic State University, Savannah, GA; Sports Physical Therapy, Coastal Therapy, Savannah, GA and Gundersen Lutheran Sports Medicine, LaCrosse, WI; Associate Editor, Sports Health: A Multidisciplinary Approach

Russell M. Paine, P.T.

Director of Rehabilitation and Research, Memorial Hermann Sportsmedicine, Memorial Hermann Hospital, Houston, TX; Team Physical Therapist, Houston Rockets, Houston, TX

Paul B. Sparling, MEd, ATC

Head Athletic Trainer and Medical Coordinator, Cincinnati Bengals, Cincinnati, OH

Kevin E. Wilk, DPT

Associate Clinical Director, Champion Sports Medicine, A Physiotherapy Associates Clinic, Birmingham, AL; Rehabilitation Consultant for Tampa Bay Rays Baseball Team, St. Petersburg, FL; Associate Clinical Professor, Programs in Physical Therapy, Marquette University, Milwaukee, WI

RESEARCH AND SPORTSMEDICINE FELLOW FACULTY

Alex M. Aboka, M.D.

Clinical Fellow, Cincinnati SportsMedicine and Orthopaedic Center, Cincinnati, OH

Eric J. Gardner, M.D.

Clinical Fellow, Cincinnati SportsMedicine and Orthopaedic Center, Cincinnati, OH

Samuel P. Harms, M.D.

Clinical Fellow, Cincinnati SportsMedicine and Orthopaedic Center, Cincinnati, OH

Jason A. Ramsey, M.D.

Clinical Fellow, Cincinnati SportsMedicine and Orthopaedic Center, Cincinnati, OH

Thomas M. Campbell, B.A.

Sportsmetrics™ Administrative Director, Cincinnati SportsMedicine Research and Education Foundation, Cincinnati, OH

Stephanie L. Smith, M.S.

Sportsmetrics™ Coordinator, Cincinnati SportsMedicine Research and Education Foundation, Cincinnati, OH



Conference Co-Directors:

Frank R. Noyes, M.D.

Chairman & Medical Director, Cincinnati SportsMedicine and Orthopaedic Center; President, Cincinnati SportsMedicine Research and Education Foundation; Clinical Professor, Department of Orthopaedic Surgery, University of Cincinnati, Cincinnati, OH

Timothy P. Heckmann, P.T., ATC

Director of Rehabilitation, Cincinnati SportsMedicine and Orthopaedic Center, Cincinnati, OH; Clinical Instructor, College of Mount St. Joseph, Cincinnati, OH

Dear Colleagues:

Welcome to the 27th Annual Advances on the Knee, Shoulder and Sports Medicine Conference. We hope that you will join our outstanding conference faculty for 30 hours of presentations on the latest controversies and clinical, surgical and rehabilitation recommendations for knee, shoulder, elbow and sports medicine problems. Cincinnati SportsMedicine Research and Education Foundation has long recognized the collaborative efforts of orthopaedists, physical therapists, athletic trainers and many others to successfully diagnosis and treat musculoskeletal problems. The Annual Advances on the Knee, Shoulder and Sports Medicine Conference is one of the few comprehensive continuing education courses that include clinical, surgical and rehabilitation techniques for knee, shoulder, elbow and sports medicine related issues. Our internationally recognized, multi-disciplinary faculty will share their experiences, research and outcomes to stimulate you to rethink your approach to many musculoskeletal challenges.

Our conference will be held at the fabulous Westin Resort, located inside Port Royal Plantation. The Westin Resort sits on 24 beachfront acres with miles of white sandy beaches. The Westin Resort has received numerous awards including:

- ◆ AAA Four-Diamond Award
- ◆ Reader's Choice Award, Convention South Magazine
- ◆ "2 Palmetto Facility", South Carolina Green Hospitality Alliance
- ◆ 2010 Best of the South, Meeting South Magazine

State-of-the-art audiovisual support, a luxurious conference setting, a course syllabus with handouts specific to each presentation, an extensive exhibitors' gallery and our traditional emphasis on small group break-out sessions are the successful hallmarks of our annual conference. The course is designed to allow afternoon break time to enjoy the beach, tennis, golf and a host of other activities.

As a new or past conference attendee, you will find that your participation in the 27th Annual Advances on the Knee, Shoulder & Sports Medicine Conference is time well spent! We hope to see you in Hilton Head!

To register visit www.cincinnati-sportsmed.com or contact
Debbie Hartwig: dlhartwig@csmoc.com,
513-794-8461 or fax 513-792-3230

COURSE FEATURES AND OBJECTIVES

This course has been designed to present select knee, shoulder, elbow and sports medicine problems and the latest treatment options from internationally recognized orthopaedic surgeons, physical therapists and athletic trainers.

Target Audience: orthopaedic surgeons, residents, physical therapists (instructional levels basic through advanced), athletic trainers, physician assistants, physical therapy assistants.

New for 2012...

- ◆ **Knee and Shoulder Injection Technique Lab**
- ◆ **Case-Based Panel Discussions for Knee, Shoulder and Sports Medicine Pathology**
- ◆ **Diagnosis and Treatment of Shoulder and Scapular Dyskinesia**
- ◆ **ACL Injury and the Development of Osteoarthritis**

Here's what you'll learn:

- Internal impingement and posterior shoulder tightness: cuff or capsule
- Treatment options for scapular dyskinesia
- Biologic augmentation of tendon healing
- Non-operative treatment options for knee and shoulder arthritis
- Knee and shoulder injection techniques
- Rehabilitation techniques for the thrower's shoulder
- Surgical correction of patellofemoral malalignment
- UCL reconstruction techniques: the Tommy John procedure
- Training drills for the core and hip to stabilize the knee
- Role of isokinetics to detect and measure muscle atrophy in the lower extremity
- Alternative exercise and rehabilitation options
- Management of the in season athlete

Special Breakout Sessions with Expert Faculty

Evening sessions provide the course participant with the opportunity to spend additional time with the faculty to observe live demonstrations and ask questions one-on-one concerning course content. Participants will choose three 75 minute sessions each evening.

At the completion of this course, each participant should be able to:

- Describe the issues related to internal impingement
- Diagnose and treat shoulder and scapular dyskinesia
- Explain biologic augmentation of tendon healing and its importance for successful surgical results
- Demonstrate injection techniques for the knee and shoulder
- Describe the special tests involved in a comprehensive exam of the knee and shoulder
- Demonstrate core training drills that improve stability of the knee
- Explain the role of isokinetics in the detection of muscle atrophy before and after surgery
- Describe the functional testing algorithm for return to play following a shoulder injury
- Diagnose and treat a concussion in an in-season athlete
- Describe the treatment options for leg pain in runners

The University of Cincinnati is committed to resolving all conflicts of interest issues that could arise as a result of prospective faculty members' relevant relationships with drug or device manufacturer(s). The University of Cincinnati is committed to maintaining only those speakers with financial interest that can be reconciled with the goals and educational integrity of the CME program.

Continuing Education Units and CMEs

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of the University of Cincinnati and Cincinnati SportsMedicine Research and Education Foundation. The University of Cincinnati is accredited by the ACCME to provide continuing medical education for physicians. The University of Cincinnati designates this educational activity for a maximum of 30 AMA PRA Category 1 Credit(s)[™]. Physicians should only claim credits commensurate with the extent of their participation in the activity.

For Physical Therapists - This course will be accredited by state designated representative bodies of the APTA. Each state varies on the number of CEUs approved. Participants may call their State Board or Cincinnati SportsMedicine Research and Education Foundation at (513) 794-8461 for more information.

For Athletic Trainers - Cincinnati SportsMedicine has been approved as a BOC Approved Provider for continuing education. This course has been approved for 30 CEUs.

For Strength Coaches - The Executive Council of the NSCA Certification Commission (National Strength Coaches Association) has approved the conference for CEUs. CEUs are not automatically recorded. The CSCS and/or NSCA-Certified Personal Trainer attending this conference is eligible to receive up to 2.0 CEUs depending on sessions attended.

Sign-in will be required.

Course Participant Registration Includes:

Buffet breakfasts, breaks, Memorial Day Beachside Cookout, course tote bag, t-shirt & comprehensive course syllabus.

Why You Should Attend This Course:

- ★ *Enjoy the holiday weekend combining a great educational meeting with relaxation in a resort setting*
- ★ *Hear internationally recognized experts on the knee and shoulder present their preferred techniques and clinical outcomes*
- ★ *Review advanced orthopaedic and rehabilitation products and educational materials in our Exhibitors' Gallery*
- ★ *Talk personally throughout the conference with our course faculty during breaks, panel discussions and break-outs*
- ★ *Network with other professionals*
- ★ *Relax, enjoy the beachside atmosphere, and rekindle old friendships at our Chairmen's Memorial Day Event*
- ★ *Receive 30 hours CMEs/CEUs*

ON SITE COURSE CHECK-IN

Saturday, May 26th; 10:00 am - 6:00 pm
Westin Gazebo Room

COURSE SOCIAL EVENTS

Chairmen's Memorial Day

Beachside Cookout

Monday, May 28, 2012

7:00 pm – 10:00 pm

Location: Poolside at the Westin Resort

The beachside cookout is a great chance for participants, guests, exhibitors and faculty to interact. We think you will enjoy the company, food, music and drink at our beachside event! (Guest fees apply: adults \$30 - children \$15 - children 5 & under free.)

Breakfast Buffet

Sunday through Wednesday,

6:00 am – 7:00 am

Participants will enjoy a full breakfast buffet to start their day. (Guest or family not included.)

FOR COURSE INFORMATION

Contact our Conference Coordinator

via Email: dlhartwig@csmoc.com,

Phone: (513) 794-8461 or

Fax: (513) 792-3230

Monday - Friday 10:00 am - 6:00 pm EST.

Please leave a message if your call is after business hours.

EXHIBITORS' GALLERY

A variety of commercial exhibitors will be featured at the meeting, allowing participants to speak with key suppliers and learn about the technological advances regarding the knee and shoulder. Refreshment breaks will be served in the Exhibitors' Gallery.



Exhibit Hours

Saturday, May 26th 12:00 pm - 4:00 pm

(Set-up Only)

Sunday, May 27th 6:00 am - 1:00 pm

Monday, May 28th 6:00 am - 1:00 pm

Tuesday, May 29th 6:00 am - 1:00 pm

Wednesday, May 30th 6:00 am - 11:00 am

SPORTSMETRICS™ PRECONFERENCE PROGRAM

Friday, May 25, 2012:

1:15 pm – 2:00 pm

2:00 pm – 7:00 pm

Sportsmetrics™ Course Check-in, Westin Resort Gazebo Room

Sportsmetrics™ Certification Course, Jasmine/Hibiscus Room

Saturday, May 26, 2012:

7:30 am – 4:00 pm

Sportsmetrics™ Certification Course, Jasmine/Hibiscus Room

ADVANCES ON THE KNEE, SHOULDER & SPORTSMEDICINE

Saturday, May 26, 2012:

10:00 am – 6:00 pm

Advances on the Knee, Shoulder and Sports Medicine Course Check-In, Westin Gazebo Room

All meetings will be held in the Westin

Sunday, May 27, 2012

6:00 am – 7:00 am

Breakfast Buffet - Archer

6:50 am

Course Welcome: Frank R. Noyes, M.D. and Timothy P. Heckmann, P.T.

7:00 am – 9:40 am

Session I - Management Principals for SLAP, Biceps and Impingement

9:40 am – 10:10 am

Break in Exhibitors' Gallery

10:10 am – 12:35 pm

Session II: Treatment of Rotator Cuff Injuries and Shoulder Arthritis: New Approaches for 2012

4:00 pm - 7:45 pm

Session III: 6 Breakout Sessions - Comprehensive Shoulder Exam, Knee and Shoulder Injection Lab, Shoulder and Scapular Rehabilitation and Rehabilitation of the Throwers' Shoulder

Monday, May 28, 2012

6:00 am – 7:00 am

Breakfast Buffet - Archer

6:50 am

Morning Announcements

7:00 am – 9:20 am

Session IV: Advances in the Treatment of Shoulder Instability and the Stiff Shoulder

9:20 am – 9:50 am

Break in Exhibitors' Gallery

9:50 am – 11:15 am

Session V: Treatment Options for the Athlete's Elbow

11:15 am - 12:35 pm

Session VI: Treatment Options for Patellofemoral Disorders

4:00 pm - 7:45 pm

Session VII: 5 Breakout Sessions: ACL Female Injury Prevention, Neuromuscular Training, Patellafemoral Rehabilitation

7:00 pm – 10:00 pm

Chairmen's Memorial Day Cookout

Tuesday, May 29, 2012

6:00 am – 7:00 am

Breakfast Buffet - Archer

6:50 am

Morning Announcements

7:00 am – 7:50 am

Session VIII: Understanding Knee Anatomy and the Comprehensive Knee Examination

7:50 am – 10:00 am

Session IX: ACL Reconstruction: Graft Selection, Techniques, Rehabilitation and Clinical Outcomes

10:00 am – 10:30 am

Break in Exhibitors' Gallery

10:30 am - 12:30 pm

Session X: Treatment Options for Complex Knee Problems

4:00 pm – 7:45 pm

Session XI: 3 Breakout Sessions: Comprehensive Knee Exam, Cartilage and Meniscus Restoration, Knee Arthrfibrosis

Wednesday, May 30, 2012

6:00 am – 7:00 am

Breakfast Buffet - Carolina Cafe

6:50 am

Morning Announcements

7:00 am – 9:00 am

Session XII: Degenerative Knee Joint Disease - What Can You Do?

9:00 am – 11:15 am

Session XIII: Sports Medicine Update: Treatment Options for the Young, Recreational and Professional Athlete

11:15 am

Course Adjourns



PRE-CONFERENCE

CERTIFICATION COURSE

FRIDAY MAY 25TH- SATURDAY MAY 26TH, 2012



Serious knee injuries are sidelining female athletes at an alarming rate and although there is no absolute prevention from these types of injuries, there is finally something you can do to help reduce the risk of sustaining a serious knee injury. Cincinnati SportsMedicine Research and Education Foundation has led the way with the development of Sportsmetrics™, the first program scientifically proven to decrease knee injuries in female athletes. The specialized progression of jump/plyometric drills found in Sportsmetrics™ teaches athletes safe techniques for jumping and landing, in an effort to significantly reduce the risk of serious knee injury in female athletes.



SPORTSMETRICS™ AGILITY AND SPEED - SAS

- ◆ Offers athletes the same benefits of our original injury prevention program along with the added benefit of a complex conditioning program
- ◆ Offers concentration on correct running form and proper technique with cutting, pivoting, and decelerating
- ◆ Our most well-rounded training program yet

**Become a Certified Clinical Site and offer Sportsmetrics™ training in your community!
ATTEND THE PRE-CONFERENCE SPORTSMETRICS™ CERTIFICATION COURSE**

- ◆ Learn the scientifically-proven methods to reduce female knee ligament injuries
- ◆ Collaborate with the founders of Sportsmetrics™
- ◆ Receive hands-on instruction in Sportsmetrics™ training techniques
- ◆ Learn how to market Sportsmetrics™ to your community
- ◆ Earn CEUs (NATA: 13; APTA: Varies by state)

- ◆ Save on travel and accommodations - attend two great educational meetings
- ◆ Be prepared to offer Sportsmetrics™ this summer to your community
SPORTSMETRICS™ can become your cornerstone for community outreach by focusing on injury prevention and athletic performance for healthy and recovering athletes!

Friday, May 25, 2012

- 2:00 – 2:15 Introduction & Welcome - Thomas M. Campbell, BA
- 2:15 – 3:00 Sports Injury Testing - Cincinnati Sportsmetrics™
Normative Data - Stephanie L. Smith, MS
- 3:00 – 3:45 Testing Practicum
Video Analysis, Digitizing & Report Creation
Pre- & Post-Testing Requirements - Faculty
- 3:45 – 4:00 Break (Lite Snack Provided)
- 4:00 – 5:30 Sportsmetrics™ Training Overview
Program Defined/Demonstration
Warm-up Recommendations
Plyometric/Jump Training
Flexibility Training - Stephanie L. Smith, MS
- 5:30 – 6:15 Strength and Speed Training
Recommendations - Al Ducker, ATC
- 6:15 – 7:00 Sportsmetrics™ Speed and Conditioning Demo and Practice - Faculty

Saturday, May 26, 2012

- 7:30 – 9:15 Sportsmetrics™ Development, Research and ACL Experience - Frank R. Noyes, MD
- 9:15 – 9:30 Break
- 9:30 – 10:30 Implementation Options - Thomas M. Campbell, BA
- 10:30 – 11:30 Marketing Sportsmetrics™
Marketing Materials
Marketing Requirements - Thomas M. Campbell, BA
- 11:30 – 12:30 Break (Lunch Provided)
Clinical Site Q & A
- 12:30 – 2:00 Training Participation & Mock Instruction,
Feedback & Review - Faculty
- 2:00 – 4:00 Certification Practical Exam – By Appointment - Faculty
(appointment times set at random by course faculty prior to the course)

Tuition for the Pre-Conference Certification Course is \$790 per person and includes the Sportsmetrics™ Certification Manual, CD-Rom with all forms and marketing materials, the Sportsmetrics™ Instructional Video Series and Video Analysis Digitizing Software.

***Sportsmetrics™ Certification does not provide CME credit. See Course Registration (page 11) to enroll.**

★ REGISTER EARLY! — space is limited to the first 45 paid registrants. ★


VISIT WWW.SPORTSMETRICS.NET FOR MORE INFORMATION

DAY ONE SUNDAY, MAY 27

- 6:00 am Breakfast Buffet - Archer 
- 6:00 am Course Check-in, Westin Resort Gazebo Room
- 6:50 am Course Welcome: Frank R. Noyes, M.D. and Timothy P Heckmann, P.T.

Session I: Management Principles for SLAP, Biceps and Impingement

Moderator: Thomas N. Lindenfeld, M.D.

- 7:00 am Shoulder Anatomy: What You Need To Know
– Thomas N. Lindenfeld, M.D.
- 7:20 am Examination of the Shoulder: Personal Experience and Pearls
– James R. Andrews, M.D.
- 7:40 am Internal Impingement and Posterior Shoulder Tightness:
Is It the Cuff or the Capsule?
– Russell M. Paine, P.T.
- 7:55 am The Diagnosis and Treatment of the Biceps Labrum Complex
– Stephen J. O'Brien, M.D.
- 8:10 am Controversies in the Management of Biceps/SLAP Injuries: Presentation of Cases to the Expert Panel
Moderator: Samer S. Hasan, M.D., Ph.D.
Faculty: Thomas N. Lindenfeld, M.D., James R. Andrews, M.D., Stephen J. O'Brien, M.D., Anthony A. Romeo, M.D.; Alex M. Aboka, M.D.
- 8:50 am Rehabilitation Following SLAP Repair
–Kevin E. Wilk, DPT
- 9:05 am Diagnosis and Treatment of Shoulder and Scapular Dyskinesia
–Michael A. McCormack, P.T.
- 9:20 am Q&A - Audience Participation
- 9:40 am Break in Exhibitor's Gallery 

Session II: Treatment Options for Rotator Cuff Injuries and Shoulder Arthritis: New Approaches for 2012

Moderator: James R. Andrews, M.D.

- 10:10 am Biologic Augmentation of Tendon Healing: Role for Success
– Marc T. Galloway, M.D.
- 10:25 am Controversies in Rotator Cuff Tear Treatment: Presentation of Cases to the Expert Panel
Moderator: Thomas N. Lindenfeld, M.D.
Overview of Topic: Samer S. Hasan, M.D., Ph.D.
Faculty: Marc T. Galloway, M.D., Matthew L. Busam, M.D., James R. Andrews, M.D., Stephen J. O'Brien, M.D., Anthony A. Romeo, M.D., Jason A. Ramsey, M.D.
- 11:00 am Rehabilitation of the Overhead Athlete : What's New
–Kevin E. Wilk, DPT
- 11:15 am New Trends in Rehabilitation Following Rotator Cuff Repair: Presentation of Cases to the Expert Panel
Moderator: Michael A. McCormack, P.T.
Faculty: Julie Jasontek, P.T., George J. Davies, DPT, Russell M. Paine, P.T., Kevin E. Wilk, DPT, Thomas N. Lindenfeld, M.D.
- 11:50 am Non-Operative Treatment of Shoulder Arthritis
–Matthew L. Busam, M.D.
- 12:10 pm Treatment of Shoulder Arthritis Including Cuff Tear Arthropathy
–Samer S. Hasan, M.D., Ph.D
- 12:25 pm Q&A - Audience Participation
- 12:35 pm Adjourn

Break Outs

Participants may choose three breakouts.
Each breakout runs for approximately 75 minutes.


4:00 pm-7:45 pm

Session III: Operative Treatment and Rehabilitation of Shoulder Injuries

- 4:00 pm #1 Comprehensive Examination of the Shoulder
Faculty: Samer S. Hasan, M.D., Ph.D.
James R. Andrews, M.D.
Stephen J. O'Brien, M.D.
Anthony A. Romeo, M.D.
- 5:15 pm #2 Shoulder and Knee Injections: Demonstration of Technique and Hands on Practicum
Faculty: Frank R. Noyes, M.D.
Thomas N. Lindenfeld, M.D.
Matthew L. Busam, M.D.
- 5:15 pm #3 Shoulder and Scapular Rehabilitation, Evaluation and Conditioning
Michael A. McCormack, P.T.
George J. Davies, DPT
- #4 Rehabilitation of the Thrower's Shoulder: Stretching and Strengthening
Kevin E. Wilk, DPT
Russell M. Paine, P.T.
- 6:30 pm #5 Shoulder and Scapular Rehabilitation, Evaluation and Conditioning
Michael A. McCormack, P.T.
George J. Davies, DPT
- #6 Rehabilitation of the Thrower's Shoulder: Stretching and Strengthening
Kevin E. Wilk, DPT
Russell M. Paine, P.T.




DAY TWO MONDAY, MAY 28

- 6:00 am Breakfast Buffet - Archer 
6:50 am Morning Announcements
– Memorial Day Tribute - George J. Davies, DPT

Session IV: Advances in the Treatment of Shoulder Instability and the Stiff Shoulder

Moderator: *Stephen J. O'Brien, M.D.*

- 7:00 am Lessons I've Learned in the Management of Shoulder Instability and the Overhead Athlete
– James R. Andrews, M.D.
- 7:20 am Advances in the Treatment of Anterior Shoulder Instability
– Stephen J. O'Brien, M.D.
- 7:35 am Posterior and Multidirectional Shoulder Instability
– Samer S. Hasan, M.D., Ph.D.
- 7:50 am Conservative and Post-Operative Management of Shoulder Instability
– Michael A. McCormack, P.T.
- 8:05 am Management of Glenoid and Humeral Bone Loss in Shoulder Instability
– Anthony A. Romeo, M.D.
- 8:20 am The Stiff Shoulder: Non-Operative and Operative Treatment
– Samer S. Hasan, M.D., Ph.D.
- 8:35 am Management of the Stiff Shoulder
– Russell M. Paine, P.T.
- 8:50 am Q&A - Audience Participation
- 9:20 am Break in Exhibitors' Gallery 

Session V: Treatment Options for the Athlete's Elbow

Moderator: *Anthony A. Romeo, M.D.*

- 9:50 am Elbow Anatomy and Basic Arthroscopy
– Thomas N. Lindenfeld, M.D.
- 10:05 am Arthroscopic Tennis Elbow Release and Other Arthroscopic Treatments
– Anthony A. Romeo, M.D.
- 10:20 am Open Tendon Releases and Distal Biceps Injuries
– Samer S. Hasan, M.D., Ph.D.
- 10:35 am UCL Ligament Reconstruction of the Elbow: The Tommy John Procedure
– James R. Andrews, M.D.
- 10:50 am Rehabilitation of the Athlete's Elbow
– Kevin E. Wilk, DPT
- 11:05 am Q&A - Audience Participation

Session VI: Treatment Options for Patellofemoral Disorders

Moderator: *Frank R. Noyes, M.D.*

- 11:15 am Conservative Management of Patellofemoral Pain
– Russell M. Paine, P.T.
- 11:30 am Plica Syndrome
– Stephen J. O'Brien, M.D.
- 11:45 am Surgical Correction of Patellofemoral Malalignment
– Frank R. Noyes, M.D.
- 12:00 pm Rehabilitation Following Patellofemoral Procedures
– Timothy P. Heckmann, P.T.
- 12:15 pm Q&A - Audience Participation
- 12:35 pm Adjourn

Break Outs

Participants may choose three breakouts.
Each breakout runs for approximately 75 minutes.

4:00 pm-7:45 pm

Session VII: Patellofemoral, Neuromuscular and Conditioning Programs

4:00 pm #7 Sportsmetrics™ Neuromuscular and Conditioning Programs to Prevent ACL Injuries in Female Athletes

Moderator: Frank R. Noyes, M.D.
Faculty: Thomas M. Campbell, B.A.
Stephanie L. Smith, M.S.

5:15 pm #8 Management of Patellofemoral Pain: Rehabilitation, Bracing and Taping Strategies and Use of Electrical STIM
Russell M. Paine, P.T.
Kevin E. Wilk, DPT

#9 Training Drills for the Core and Hip to Stabilize the Knee
Timothy P. Heckmann, P.T.
George J. Davies, DPT

6:30pm #10 Management of Patellofemoral Pain: Rehabilitation, Bracing and Taping Strategies and Use of Electrical STIM
Russell M. Paine, P.T.
Kevin E. Wilk, DPT

#11 Training Drills for the Core and Hip to Stabilize the Knee
Timothy P. Heckmann, P.T.
George J. Davies, DPT

Chairmen's Memorial Day

BeachSide Cookout

Monday May 28th 7:00-10:00 PM

(immediately following the end of our evening breakout session)

DAY THREE TUESDAY, MAY 29

6:00 am Breakfast Buffet - Archer 

6:50 am Morning Announcements

Session VIII: Understanding Knee Anatomy and the Comprehensive Knee Examination

Moderator: Kevin E. Wilk, P.T.

7:00 am The Key to the Knee: A Layer by Layer Video Demonstration of Medial and Anterior Knee Anatomy
– Samuel P. Harms, M.D.

7:15 am The Key to the Knee: A Layer by Layer Video Demonstration of Lateral and Posterolateral Knee Anatomy
– Eric J. Gardner, M.D.

7:30 am Comprehensive Knee Exam: Clinical Rationale and Diagnosis
– Frank R. Noyes, M.D.

Session IX: ACL Reconstruction: Graft Selection, Techniques, Rehabilitation and Clinical Outcomes

Moderator: Frank R. Noyes, M.D.

7:50 am ACL Reconstruction: Presentation of Cases to the Expert Panel
Moderator: Frank R. Noyes, M.D.
Faculty: Marc T. Galloway, M.D., Matthew L. Busam, M.D., Stephen J. O'Brien, M.D., Edward M. Wojtys, M.D., Samuel P. Harms, M.D., Timothy P. Heckmann, P.T., George J. Davies, DPT

8:50 am Restoring Proprioception and Neuromuscular Control in the ACL Deficient Patient
– Kevin E. Wilk, DPT

9:05 am ACL Post-Operative Rehabilitation Techniques: Returning Patients to Normal Activities
– Timothy P. Heckmann, P.T.

9:20 am ACL Injury and the Development of Osteoarthritis
– Edward M. Wojtys, M.D.

9:35 am Q&A - Audience Participation

10:00 am Break In Exhibitors' Gallery 

Session X: Treatment Options for Complex Knee Problems

Moderator: Edward M. Wojtys, M.D.

10:30 am Role of Isokinetics to Detect and Measure Muscle Atrophy in the Lower Extremity
– George J. Davies, DPT

10:45 am Avoiding Complications in Knee Ligament Surgery
– Matthew L. Busam, M.D.

11:00 am Cincinnati SportsMedicine Experience: Treatment of Knee Arthrofibrosis
– Frank R. Noyes, M.D.

11:20 am Overview: Surgical Treatment of PCL and Posterolateral Ligament Injuries
– Frank R. Noyes, M.D.

11:40 am Rehabilitation Principles Following PCL and Posterolateral Reconstruction
– Timothy P. Heckmann, P.T.

12:00 pm Q&A - Audience Participation

12:30 pm Adjourn

Break Outs

Participants may choose three breakouts.
Each breakout runs for approximately 75 minutes.

4:00 pm-7:45 pm

Session XI: Surgical and Rehabilitation Advances for 2012

4:00 pm #12 Comprehensive Examination of the Knee

*Faculty: Frank R. Noyes, M.D.
Marc T. Galloway, M.D.
Edward M. Wojtys, M.D.*

5:15 pm #13 2012 Advances for Cartilage and Meniscus Restoration: Presentation of Cases to the Expert Panel

*Moderator: Frank R. Noyes, M.D.
Faculty: Marc T. Galloway, M.D.
Edward M. Wojtys, M.D.
Eric J. Gardner, M.D.
Timothy P. Heckmann, P.T.
Russell M. Paine, P.T.
Kevin E. Wilk, DPT*

6:30 pm #14 Management of the Knee with Arthrofibrosis and Patella Infra

*Timothy P. Heckmann, P.T.
Russell M. Paine, P.T.*

*Julie Jasontek, P.T.
Kevin E. Wilk, DPT*



DAY FOUR WEDNESDAY, MAY 30

6:00 am Breakfast Buffet - Carolina Café 

6:50 am Morning Announcements

Session XII: Degenerative Knee Joint Disease What Can You Do?

Moderator: Timothy P. Heckmann, P.T.

- 7:00 am Non-Operative Treatment of Knee OA
– Marc T. Galloway, M.D.
- 7:15 am High Tibial Osteotomy: Techniques and Surgical Results
– Frank R. Noyes, M.D.
- 7:30 am Gait Abnormalities: Retraining and Unloading Techniques
– Julie Jasontek, P.T.
- 7:45 am Partial Joint Replacement: Unicompartmental and Patellofemoral
– Frank R. Noyes, M.D.
- 8:00 am Rehabilitation Following High Tibial Osteotomy and Joint Replacement
– Timothy P. Heckmann, P.T.
- 8:15 am Alternative Exercise and Rehabilitation Options
– Julie Jasontek, P.T.
- 8:30 am Q&A - Audience Participation

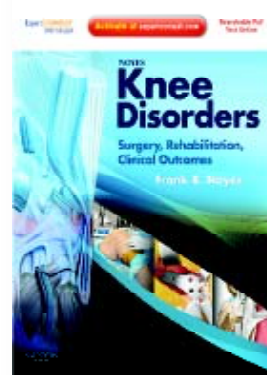
Session XIII: Sports Medicine Update: Treatment Options for the Young, Recreational and Professional Athlete

Moderator: Marc T. Galloway, M.D.

- 9:00 am Practical Considerations for Heat Related Illness
– Paul B. Sparling, MEd, ATC
- 9:15 am Concussions - Doc, When Can I Play?
– Marc T. Galloway, M.D.
- 9:30 am Strength Training in the Athletic Population
– George J. Davies, DPT
- 9:45 am The Use of Stimulants and Performance Enhancement Drugs
What You Need to Know
– Paul B. Sparling, MEd, ATC
- 10:15 am Functional Testing Algorithms for Return to Play Following
Shoulder Injuries
– George J. Davies, DPT
- 10:10 am Management of the In Season Athlete: Presentation of Cases to
the Expert Panel
Moderator: Marc T. Galloway, M.D.
Faculty: Edward M. Wojtys, M.D., Paul B. Sparling, MEd, ATC,
Timothy P. Heckmann, P.T., Julie Jasontek, P.T.,
George J. Davies, DPT, Al Ducker, ATC
- 11:15 am Course Adjourns

“This is my 10th course. I always feel that I have the most cutting edge information following attendance.”
–former course participant

Do You Have Patients With Complex Knee Problems?



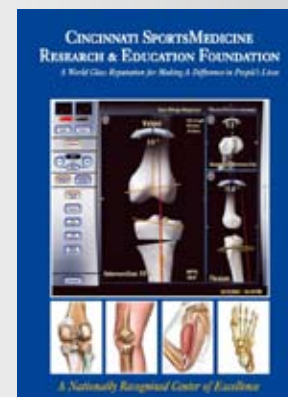
Cincinnati SportsMedicine Research and Education Foundation is recognized for clinical outcome studies involving surgical treatment of complex knee conditions. We are currently studying and seeking patient candidates for the following surgical procedures:

- ★ PCL reconstruction using a two-strand graft
- ★ LCL, posterolateral ligament reconstruction
- ★ ACL autogenous revision reconstruction
- ★ Meniscus allografts
- ★ Articular cartilage restoration procedures (Carticel, OAT)

Patients benefit from the highly advanced diagnostic testing services offered by our Foundation including:

- ★ Stress radiography
- ★ Advanced muscle function testing
- ★ Objective ligament testing
- ★ Video analysis of jumping mechanics

To learn more about these studies, please contact Sue Barber-Westin, Director of Clinical and Applied Research Studies. e-mail: sbwestin@csmedf.org



****If your patient qualifies for inclusion in a study, they may be offered reduced physician consultation and treatment charges, or assistance with travel accommodations and fees.***

TRAVEL AND ACCOMMODATIONS

Accommodations

The course is being held in its entirety at the ocean front Westin Resort on Port Royal Plantation. The Westin Resort offers more than 412 beautiful guest rooms and suites.

The Hotel also features:

- Heavenly Spa by Westin™
- Westin WORKOUT® Gym
- 3 Restaurants • 2 Outdoor pools and 1 covered pool
- Outdoor Jacuzzi • Outdoor tennis • Three 18-hole championship golf courses
- Westin Kids Club®
- Free shuttle to surrounding areas (limited)
- Breathe Westin (hotel is completely smoke free)
- Unwind (a Westin evening ritual in the hotel lobby)
- Check in 4PM, Check out noon
- Conference rate \$185(island view) \$215 (ocean view) plus tax available until room block is sold out or May 4, 2012. For guaranteed room types, suites or special requests please contact hotel directly.

IMPORTANT: The Westin Resort will be sold out. Make reservations early. Hotel reservations must be cancelled 5 days prior to arrival to ensure advance deposit refund. 843-681-4000 or 1-800-937-8461. Visit: <http://www.starwoodmeeting.com/Book/CSE22A>
If you encounter problems booking a hotel room please contact our conference administrative assistant at 513-794-8461.



Hotels near the Hilton Head Westin Resort
Days Inn (5 miles from the Westin)

Group Code: Cincinnati Sports Medicine
9 Marina Side Drive, HWY 278 Business
@ Shelter Cove
Hilton Head Island, SC 29928
Reservations: (843) 842-4800
Special room rate: \$69
Special room rate guaranteed until room block is sold out or May 2, 2012

Hampton Inn

Group Code: CS1
(2 miles by vehicle from the Westin, 1 mile by foot)
One Dillon Road, Hilton Head Island, SC 29926
Reservations: (843) 681-7900
Special room rate: \$104
Special room rate guaranteed until room block is sold out or May 4, 2012

Condo Rental

Villas at Westin Resort

Reservations: phone (843) 681-4000, ext. 2;
www.oceanpalmsiltonhead.com
Port Royal Village Sales and Rentals
Reservations: phone (800) 673-9385;
(843) 681-9325; www.goodevacationrentals.com

The Westin will provide complimentary limited shuttle service before and at the end of course sessions Sunday-Wednesday to course participants staying at the Hampton and Days Inn hotels only. Schedule will be sent with registration confirmation.

Travel

Driving: Located at the southernmost tip of South Carolina, Hilton Head Island is an easy drive from many destinations. From I-95 take Exit 8 onto Highway 278 directly to Hilton Head Island. The fastest route to the Westin and nearby hotels is Highway 278, not the Cross Island Parkway.

By Air: American Airlines: offers a 5% discount off lowest published fares. Call American Airlines Meeting Services Desk at 800-433-1790 or online at www.AA.com and refer to promotion code 8652BY. Valid travel dates: May 17 – June 9, 2012. There will be a separate ticketing charge of \$25 for tickets purchased via the phone or \$35 for tickets purchased at the airport. There is no ticketing fee for reservations made and ticketed on www.AA.com

Continental Airlines: offers discounts off published fares of 2% to 10% or Zone fares. Call Continental MeetingWorks at 800-468-7022 for reservations or save an additional 3% off by booking your own reservation at www.continental.com. Valid travel dates: May 22 – June 2, 2012. Access your meeting discounts by referring to “Z” Code ZMA4 and Agreement Code 695037, or book online at www.continental.com and enter your Offer Code ZMA4695037 in the Offer Code box

Delta/Northwest/KLM/Air France Airlines: offers a 5% discount on full/non-restricted fares from Hub markets or a 7% discount on full/non-restricted fares from Non-Hub markets or a 2% discount on discounted/restricted fares from Hub markets or 5% discount on discounted/restricted fares from Non-Hub markets. Call Delta/Northwest Meeting Services Reservation Desk at 800-328-1111, Monday thru Friday 7:00 am to 7:30 pm (CT). Refer to Ticket Designator/Account Code NM8VJ. Valid travel dates: May 17 – June 9, 2012. Tickets purchased via phone will be charged a ticketing fee

Ground Transportation: The Westin Resort is 45 minutes from the Savannah International Airport and 5 minutes from the Hilton Head Airport. Traffic is heavier than normal on Memorial Day weekend so please consider this when making travel arrangements.

Car Rental: Most major car companies are represented at both airports. AVIS is offering special rates for course participants. For ease in making your reservation, a web page has been developed for you below or you may contact Avis at 800-331-1600 or www.avis.com. Reference the AWD discount # T323199. These rates are available May 20 – June 6, 2012.

Taxi One Way Fares:

Savannah International Airport to Westin \$80.00 (\$10 per passenger in excess of 2) Hilton Head Airport to Westin \$15.00 (\$5 per passenger in excess of 2) All fares are subject to change without notice. Information provided is believed to be accurate but is not guaranteed.

Registration FEE and Refunds

The course is limited to 350 participants. Please be aware that previous courses have sold out. Fees include all sessions, break-outs, a 1,000 page course notebook (valued at \$100), four buffet breakfasts, breaks, Chairmen's Beachside Cookout, course t-shirt and tote bag.	
MD / DO	\$1000
Resident / Fellow	\$1000
(\$200 Refunded upon receipt of certified letter of training status)	
Physical Therapist	\$800
Physical Therapy Assistant	\$800
Athletic Trainer	\$800
Physician Assistant	\$800
Student	\$800
(\$100 Refunded upon receipt of certified letter of training status)	
Other Allied Health Professional	\$800

If your registration must be cancelled, a full refund will be given if we are notified (in writing) by April 2, 2012. Your fees, less 20% for administrative costs, will be refunded if we are notified (in writing) beginning April 3rd up to May 1, 2012. No refunds will be made for any reason beginning May 2, 2012. Each participant who attends will receive a certificate of completion at the conclusion of the course. In case of adverse weather conditions or travel interruptions caused by national security issues, refunds will be determined on an individual basis. Cincinnati SportsMedicine Research and Education Foundation reserves the right to change speakers or cancel the conference if unforeseen circumstances arise.

Advances on the Knee, Shoulder and Sports Medicine - Course Registration

Sunday May 27 to Wednesday May 30, 2012

Attendee's Name: _____ Nickname: _____
first last preferred name for name tag

Address: _____

City: _____ State/Country: _____ Zip: _____

Home Phone: _____ Work Phone: _____ Mobile Phone: _____

Email: _____

Emergency Contact: _____ Phone: _____

Note: information will be kept strictly confidential, not published, nor released and used only in case of medical emergency.

SS# (MD's & PAs only): _____ PT Lic. # and State: _____
Last 4 Digits of SS and Full Birth Date Required for CME Certificate

N.A.T.A. Cert. #: _____ NSCA#: _____

AMEX VISA Discover MC Credit Card #: _____ Exp. Date: _____

Name on Card: _____

Card Billing Address: _____

Please select: M.D. \$1000 D.O. \$1000 Resident/Fellow \$1000 (\$200 Refunded upon receipt of certified letter of training status)

Physical Therapist \$800 Athletic Trainer \$800 Physician Assistant \$800 PT Assistant \$800

Student \$800 (\$100 Refunded upon receipt of certified letter of student status) Other \$800 (please specify) _____

Pre-Conference Sportsmetrics™ Certification Course \$790

How did you see/hear about this course? Brochure JOSPT Sports Health PT Bulletin Online JAAPA

AAOS Now NATA News Former participant Internet Other (please specify) _____



Choose 3 breakouts per day. Make one selection from each of the color coded areas below

May 27, 2012	
Session III #1	_____
Session III #2	_____
Session III #3	_____
Session III #4	_____
Session III #5	_____
Session III #6	_____
May 28, 2012	
Session VII #7	_____
Session VII #8	_____
Session VII #9	_____
Session VII #10	_____
Session VII #11	_____
May 29, 2012	
Session XI #12	_____
Session XI #13	_____
Session XI #14	_____

Registration Options: Online www.cincinnati-sportsmed.com Fax 513-792-3230 Phone 513-794-8461
 Mail to CSMREF: Debbie Hartwig 10663 Montgomery Road, Cincinnati, OH 45242
 Checks payable to Cincinnati SportsMedicine Research & Education Foundation

THE WESTIN RESORT HOTEL REGISTRATION

Group Name: Cincinnati SportsMedicine Research and Education Foundation • Major Arrival Date: Saturday May 26, 2012 • Major Departure Date: Wednesday May 30, 2012
Advances on the Knee, Shoulder & Sports Medicine -- Sunday, May 27 to Wednesday May 30, 2012
 To make reservations, visit our website www.cincinnati-sportsmed.com and click on the Westin Resort link or fax this form to 843-681-7704 or call 843-681-4000 or 1-800-937-8461 or mail to: The Westin Resort, Two Grasslawn Avenue, Hilton Head Island, SC 29928, Attention Reservations
COURSE PARTICIPANT MUST MAKE HOTEL RESERVATIONS – DO NOT COMPLETE & SEND THIS PORTION OF THE FORM TO CINCINNATI SPORTSMEDICINE

Name: _____ Arrival Date: _____ Departure Date: _____

Company: _____ No. of Adults in Party (over 18 Years old): _____

Street: _____ No. of Children: _____ No. of Rooms Required: _____

City: _____ State: _____ Zip: _____ Telephone: () _____

Credit Card#: _____ Name on Credit Card: _____

Expiration Date: _____ Signature: _____

Email: _____

RATES WILL APPLY 3 DAYS BEFORE AND 3 DAYS AFTER OFFICIAL MEETING DATES.
 Please check the rate of accommodations desired.

- Island View - \$185 Ocean View - \$215
 King Two Double Beds

Preferences will be noted on reservation, however, they are not guaranteed. All preferences are subject to availability upon check-in. Group rate is available three days prior and three days following the convention dates based upon availability.

GUARANTEE

Reservations will be accepted on a space available basis until the reservation cut-off date of May 4, 2012. All reservations must be guaranteed with a deposit of \$206.35 Island View / \$239.65 Ocean View. The deposit will be applied to the first night's room and tax and can be made via credit card or check.

RESERVATIONS MUST BE CANCELLED 5 DAYS PRIOR TO ARRIVAL TO ENSURE ADVANCE DEPOSIT REFUND.

Check-in time: 4:00 p.m. Check-out time: 12:00 p.m.

Attendees may be checked in earlier depending on occupancy levels & availability of ready rooms.

*Cincinnati SportsMedicine
Research and Education Foundation
10663 Montgomery Road
Cincinnati, OH 45242*

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After spending the day participating in the education sessions offered in the 27th Annual Advances on the Knee, Shoulder and Sports Medicine course, we hope you'll be able to enjoy some of Hilton Head's amenities. The island of a thousand sunsets offers an abundance of activities for the young and old.

With the neighboring Atlantic Ocean, Hilton Head Island provides the perfect backdrop for those individuals who just want to sit back and bask beside a sparkling pool or stroll along 12 miles of golden sand beaches.

- On the other hand, it's a place where the ambitious, active person can...
 - ... tee up for world-class golf at Port Royal's three 18-hole championship courses: Barony, Planter's Row and Robber's Row designed by Pete Dye. Honored with the Conference and Incentive Travel Magazine Greens of Distinction Award
 - ... enjoy an invigorating match at a world-class tennis facility
 - ... swim, sail, fish, jet ski - you name the watersport!
 - ... enjoy the nightlife either dancing at South Beach, listening to live blues music or relaxing at many of the wonderful local hangouts
 - ... experience the culinary delights - from fast food to French cuisine at the island's more than 300 restaurants, cafes, pubs, steak and seafood houses
 - ... head to one of the island's numerous factory outlet malls where the sales never end
 - ... discover the natural beauty of the low country on bicycles
 - ... explore the richness and diversity of the low country's saltwater tidal marshes by kayaking
 - ... share the experience as you take the helm or help raise the sails on a 62' and all wood Concordia yacht

Could There Be a Better Place?

Hilton Head Island

Site of the 27th Annual
Advances on the Knee, Shoulder & Sports Medicine Course



Got an Idle Hour?
We have at least a **million** ways to fill it up

