Cincinnati SportsMedicine Research & Education Foundation Presents the 26th Annual

ADVANCES ON THE KNEE & SHOULDER

HILTON HEAD ISLAND, SOUTH CAROLINA
WESTIN RESORT ON PORT ROYAL PLANTATION

MAY 29 - JUNE 1, 2011
MEMORIAL DAY WEEKEND
Dear Colleagues:

Welcome to the 26th Annual Advances on the Knee and Shoulder 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 and shoulder problems. Cincinnati SportsMedicine Research and Education Foundation has long recognized the collaborative efforts of orthopaedists, physical therapists, athletic trainers and many others to successfully diagnose and treat musculoskeletal problems. The Annual Advances on the Knee and Shoulder Conference is one of the few comprehensive continuing education courses that include clinical, surgical and rehabilitation techniques for knee and shoulder pathology. 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 fantastic 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
- Conference & Incentive Travel Magazine “Greens of Distinction Award”
- Convention South “Readers’ Choice Award”

State-of-the-art audiovisual support, a luxurious conference setting, a course syllabus with complete 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. In addition, for 2011 we have incorporated case based panel discussions into many of our knee and shoulder sessions. 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 26th Annual Advances on the Knee and Shoulder Conference is time well spent! We hope to see you in Hilton Head!

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To register visit
www.cincinnatisportsmed.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 and shoulder problems and the latest treatment options from internationally recognized orthopaedic surgeons and physical therapists.

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

**New for 2011…**
- Case-Based Panel Discussions for Knee and Shoulder Pathology
- Diagnosis and Treatment of Ankle Injuries
- Advances in the Treatment of Hip Disorders
- Evaluation and Treatment of Runners' Injuries

**Here’s what you’ll learn:**
- Special tests involved in a comprehensive shoulder examination
- Rehabilitation techniques for the throwing athlete
- Controversies in the treatment of rotator cuff tears
- Treatment options for young patients with shoulder arthritis
- Arthroscopic treatment of lateral epicondyritis
- Treatment of distal biceps injuries
- Operative and non-operative treatment of ankle injuries
- Diagnosis and treatment of concussions and avoiding head injuries
- Avoiding complications in ACL surgery
- Surgical treatment for acute and chronic MCL injuries
- Non-operative treatment of knee OA
- Gait abnormalities: retraining and unloading techniques
- Surgical and rehabilitation options for partial and total knee replacement

**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.**

**Special Break-out 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 two or three 75 minute sessions each evening.

**At the completion of this course, each participant should be able to:**
- Describe the special tests involved in a comprehensive examination of the shoulder
- Diagnose and treat rotator cuff injuries
- Describe conservative and post-operative management of shoulder instability
- Demonstrate rehabilitation techniques for the stiff shoulder
- Identify the current method of treatment for runners’ injuries
- Describe the evaluation process for a patient with hip pain
- Explain the indications for the microfracture procedure
- Demonstrate retraining techniques for patients with gait abnormalities
- Diagnose and treat acute and chronic MCL injuries
- Identify the advances in the treatment options for total and partial joint replacement of the knee and shoulder

**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 Chairman's Memorial Day Event
- Receive 30 hours CMEs

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.
ON SITE COURSE CHECK-IN
Saturday, May 28th; 10:00 am - 6:00 pm
Westin Gazebo Room

COURSE SOCIAL EVENTS
Chairmen’s Memorial Day
Beachside Cookout
Monday, May 30, 2011
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.

SPORTSMETRICS™ PRECONFERENCE PROGRAM
Friday, May 27, 2011:
1:15 pm – 2:00 pm  Sportsmetrics™ Course Check-in, Westin Resort Gazebo Room
2:00 pm – 7:00 pm  Sportsmetrics™ Certification Course, Jasmine/Hibiscus Room

Saturday, May 28, 2011:
7:30 am – 4:00 pm  Sportsmetrics™ Certification Course, Jasmine/Hibiscus Room

ADVANCES ON THE KNEE AND SHOULDER
Saturday, May 28, 2011:
10:00 am – 6:00 pm  Advances on the Knee and Shoulder Course Check-in, Westin Resort Gazebo Room

All meetings will be held in the Westin
Sunday, May 29, 2011
6:00 am – 7:00 am  Breakfast Buffet - Archer
6:50 am  Course Welcome: Frank R. Noyes, M.D. and Timothy P. Fleckmann, P.T.
7:00 am – 9:20 am  Session I: 2011 Update on Shoulder Impingement, SLAP Lesions and Treatment of the Throwing Athlete
9:20 am – 9:50 am  Break in Exhibitors’ Gallery
9:50 am – 12:50 pm  Session II: New Developments in Treating Rotator Cuff Injuries, Cuff Tear Arthropathy and Arthritis in the Young Patient
4:00 pm - 5:15 pm  Special Session: Comprehensive Examination of the Shoulder
5:15 pm – 6:30 pm  Session III Small Group Breakouts: Arthroscopic Knot Tying and Rehabilitation of Shoulder Pathology

Monday, May 30, 2011
6:00 am – 7:00 am  Breakfast Buffet - Archer
6:50 am  Morning Announcements
7:00 am – 9:30 am  Session IV: Advances in the Treatment of Shoulder Instability and The Stiff Shoulder
9:30 am – 10:00 am  Break in Exhibitors’ Gallery
10:00 am – 12:50 pm  Session IX: Treatment of Complex Knee Ligament Disorders and Arthrofibrosis
4:00 pm - 5:15 pm  Special Session: Sportsmetrics™ Neuromuscular and Conditioning Programs to Prevent ACL Injuries in the Female Athlete
5:15 pm – 7:45 pm  Session VII Small Group Breakouts: Surgical and Rehabilitative Advances for the Knee and Shoulder

Tuesday, May 31, 2011
6:00 am – 7:00 am  Breakfast Buffet - Archer
6:50 am  Morning Announcements
7:00 am – 9:45 am  Session VIII: ACL Reconstruction: Graft Selection, Techniques, Rehabilitation and Clinical Outcomes
9:45 am – 10:15 am  Break in Exhibitors’ Gallery
10:15 am – 12:50 pm  Session XI: Surgical and Rehabilitation Advances for the Knee Joint: Cartilage Restoration, Meniscus and Treatment of Arthritis
4:00 pm - 5:15 pm  Special Session: Comprehensive Examination of the Knee
5:15 pm – 7:45 pm  Session X Small Group Breakouts: Lower Extremity Advances: Surgical and Rehabilitation Techniques

Wednesday, June 1, 2011
6:00 am – 7:00 am  Breakfast – Carolina Café
6:50 am  Morning Announcements
7:00 am – 8:35 am  Session XI: Surgical and Rehabilitation Advances for the Knee Joint: Cartilage Restoration, Meniscus and Treatment of Arthritis
8:35 am – 10:50 am  Session XII: Gait Abnormalities, Osteotomy and Joint Replacement
10:50 am  Course Adjourns

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 28th  12:00 pm - 4:00 pm
(Set-up Only)
Sunday, May 29th  6:00 am - 1:00 pm
4:00 pm - 7:00 pm
Monday, May 30th  6:00 am - 1:00 pm
4:00 pm - 7:00 pm
Tuesday, May 31st  6:00 am - 1:00 pm
4:00 pm - 7:00 pm
Wednesday, June 1st  6:00 am - 11:00 am
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 27, 2011

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 28, 2011

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)
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
**SESSION I: 2011 Update on Shoulder Impingement, SLAP Lesions and Treatment of the Throwing Athlete**

**Moderator:** Thomas N. Lindenfeld, M.D.

- 7:00 am  Review of Shoulder Anatomy  
  – Thomas N. Lindenfeld, M.D.
- 7:20 am  Comprehensive Exam of the Shoulder  
  – Robert T. Burks, M.D.
- 7:40 am  Operative Treatment of the Overhead Athlete  
  – Anthony A. Romeo, M.D.
- 7:55 am  New Concepts in the Treatment of SLAP and Biceps Lesions  
  – Robert T. Burks, M.D.
- 8:10 am  Overview of Non-Operative Treatment and Return to Play Programs for the Overhead Athlete  
  – Kevin E. Wilk, DPT
- 8:25 am  Rehabilitation Techniques for the Throwing Athlete, SLAP and Biceps Repairs  
  Moderator: Michael A. McCormack, P.T.  
  Faculty: Todd S. Ellenbecker, DPT, Russell M. Paine, P.T., Kevin E. Wilk, DPT
- 8:55 am  Panel
- 9:20 am  Break in Exhibitors Gallery

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**SESSION II: New Developments in Treating Rotator Cuff Injuries, Cuff Tear Arthropathy and Arthritis in the Young Patient**

- 9:50 am  Controversies in Rotator Cuff Tear Treatment: A Case Based Approach  
  Moderator: Robert T. Burks, M.D.  
  Faculty: Thomas N. Lindenfeld, M.D., Marc T. Galloway, M.D., Samer S. Hasan, M.D., Ph.D., Matthew L. Busam, M.D., Anthony A. Romeo, M.D.
- 10:35 am  Surgical Technique Spotlight: Rotator Cuff Repair  
  – Anthony A. Romeo, M.D.
- 10:45 am  New Trends in Rehabilitation Following Rotator Cuff Repair  
  Moderator: Todd S. Ellenbecker, DPT  
  Faculty: Michael A. McCormack, P.T., Julie Jasontek, P.T., Russell M. Paine, P.T., Kevin E. Wilk, DPT
- 11:20 am  Treatment of Cuff Tear Arthropathy: A Case Based Approach  
  Moderator: Samer S. Hasan, M.D., Ph.D  
  Faculty: Matthew L. Busam, M.D., Robert T. Burks, M.D., Anthony A. Romeo, M.D.
- 12:05 pm  Treatment of the Young Patient with Shoulder Arthritis: A Case Based Approach  
  Moderator: Anthony A. Romeo, M.D.  
  Faculty: Samer S. Hasan, M.D., Ph.D., Matthew L. Busam, M.D., Robert T. Burks, M.D., Todd S. Ellenbecker, DPT, Kevin E. Wilk, DPT
- 12:50 pm  Adjourn
Session IV: Advances in the Treatment of Shoulder Instability and the Stiff Shoulder

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

- **7:00 am** Open Treatment of Shoulder Instability Including Bankart Repair
  – Thomas N. Lindenfeld, M.D.
- **7:15 am** Advances in the Treatment of Anterior Shoulder Instability
  – Robert T. Burks, M.D.
- **7:30 am** Indications and Techniques for Posterior Shoulder Instability
  – Samer S. Hasan, M.D., Ph.D.
- **7:45 am** Management of Multidirectional Shoulder Instability
  – Anthony A. Romeo, M.D.
- **8:00 am** Conservative and Post-Operative Management of Shoulder Instability
  – Michael A. McCormack, P.T.
- **8:20 am** The Stiff Shoulder: Non-Operative and Operative Treatment
  – Samer S. Hasan, M.D., Ph.D.
- **8:40 am** Rehabilitation Techniques and Pearls for the Stiff Shoulder
  – Russell M. Paine, P.T.
- **9:00 am** Panel
- **9:30 am** Break in Exhibitors Gallery

Session V: Treatment Options for the Athlete’s Elbow

**Moderator: Kevin E. Wilk, DPT**

- **10:00 am** Review of Elbow Anatomy and Basic Arthroscopy
  – Thomas N. Lindenfeld, M.D.
- **10:15 am** Arthroscopic Treatment of Lateral Epicondylitis
  – Anthony A. Romeo, M.D.
- **10:25 am** Open Tendon Releases
  – Samer S. Hasan, M.D., Ph.D.
- **10:35 am** Treatment of Distal Biceps Injuries
  – Matthew L. Busam, M.D.
- **10:45 am** MCL Reconstruction of the Elbow
  – Anthony A. Romeo, M.D.
- **11:00 am** Rehabilitation of the Athlete’s Elbow
  – Kevin E. Wilk, DPT
- **11:15 am** Panel

Session VI: Advances in Sports Medicine

**Moderator: Marc T. Galloway, M.D.**

- **11:30 am** Treatment of Ankle Injuries and Surgical Indications – Edward M. Wojtys, M.D.
- **11:40 am** Conservative and Post-Operative Rehabilitation of Ankle Injuries – Julie Jasontek, P.T.
- **11:50 am** Advances in Hip Arthroscopy: Diagnosis and Surgical Considerations
  – Thomas N. Lindenfeld, M.D.
- **12:00 pm** Evaluation of Hip Pain: Diagnosis, Special Tests and Conservative Treatment
  – Michael A. McCormack, P.T.
- **12:10 pm** Evaluation and Treatment of Runners’ Injuries – Matthew L. Busam, M.D.
- **12:20 pm** Update on Concussions and Avoiding Head Injuries – Marc T. Galloway, M.D.
- **12:30 pm** Panel
- **1:00 pm** Adjourn

Session VII: Surgical and Rehabilitative Advances for the Knee and Shoulder

**4:00 pm #5** 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 #6** Treatment Options for Patellofemoral Disorders

**Moderator: Frank R. Noyes, M.D.**
**Faculty: Lonnie E. Paulos, M.D. Timothy P. Heckmann, P.T. Russell M. Paine, P.T.**

- **6:30 pm #7** Techniques to Manage the Stiff Shoulder

**Todd S. Ellenbecker, DPT Russell M. Paine, P.T.**

**#8** Training Drills for the Core and Hip to Stabilize the Knee

**Timothy P. Heckmann, P.T. Kevin E. Wilk, DPT Stephanie L. Smith, M.S.**

Chairmen’s Memorial Day BeachSide Cookout
**Monday May 30th 7:00-10:00 PM**
(immediately following the end of our evening breakout session)
DAY THREE
TUESDAY, MAY 31

6:00 am  Breakfast Buffet - Archer
6:50 am  Morning Announcements

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

Moderator: Frank R. Noyes, M.D.

7:00 am  The Key to the Knee: A Layer by Layer Video Demonstration of Medial and Anterior Knee Anatomy – Fellow
7:15 am  The Key to the Knee: A Layer by Layer Video Demonstration of Lateral and Posterolateral Knee Anatomy – Fellow
7:30 am  ACL-Deficient Knee: Natural History, Risk Analysis and Non-Operative Treatment – Frank R. Noyes, M.D.
7:50 am  ACL Reconstruction: A Case Based Approach
        Moderator: Frank R. Noyes, M.D.
        Faculty: Marc T. Galloway, M.D., Matthew L. Busam, M.D., Lonnie E. Paulos, M.D., Edward M. Wojtys, M.D.
8:30 am  Avoiding Complications in ACL Surgery – Matthew L. Busam, M.D.
8:45 am  Restoring Proprioception and Neuromuscular Control in the ACL Deficient Patient – Kevin E. Wilk, DPT
9:00 am  ACL Post-Operative Rehabilitation Techniques: Returning Patients to Normal Activities – Timothy P. Heckmann, P.T.
9:15 am  Panel
9:45 am  Break in Exhibitors Gallery

Session IX: Treatment of Complex Knee Ligament Disorders and Arthrofibrosis

Moderator: Edward M. Wojtys, M.D.

10:15 am  Comprehensive Knee Exam: Clinical Rationale and Diagnosis – Frank R. Noyes, M.D.
10:35 am  Surgical Treatment for Acute and Chronic MCL Injuries – Lonnie E. Paulos, M.D.
10:50 am  Overview: Surgical Treatment of PCL and Posterolateral Ligament Injuries – Frank R. Noyes, M.D.
11:05 am  Rehabilitation Principles Following PCL and Posterolateral Reconstruction – Timothy P. Heckmann, P.T.
11:20 am  PCL and Posterolateral Reconstruction: A Case Based Approach
        Moderator: Edward M. Wojtys, M.D.
        Faculty: Frank R. Noyes, M.D., Lonnie E. Paulos, M.D.
11:55 am  New Techniques to Treat the Stiff Knee and Knee Arthrofibrosis – Kevin E. Wilk, DPT
12:10 pm  Cincinnati SportsMedicine Experience: Treatment of Knee Arthrofibrosis – Frank R. Noyes, M.D.
12:25 pm  Panel
12:50 pm  Adjourn

Session X: Lower Extremity Advances: Surgical and Rehabilitation Techniques

4:00 pm #9  Comprehensive Examination of the Knee
        Faculty: Frank R. Noyes, M.D.
        Lonnie E. Paulos, M.D.
        Edward M. Wojtys, M.D.

5:15 pm #10  What’s New In Knee Surgery and Rehabilitation
        Moderator: Frank R. Noyes, M.D.
        Faculty: Marc T. Galloway, M.D.
        Lonnie E. Paulos, M.D.
        Edward M. Wojtys, M.D.
        Timothy P. Heckmann, P.T.
        Kevin E. Wilk, DPT

6:30 pm #11  Functional Progression: How to Deal with Post-Operative Complications, Range of Motion, Strength and Return to Activity
        Timothy P. Heckmann, P.T.
        Julie Jasontek, P.T.

#12  New Techniques to Improve Neuromuscular Control and Proprioception Drills
        Russell M. Paine, P.T.
        Kevin E. Wilk, DPT
Session XI: Surgical and Rehabilitation Advances for the Knee Joint: Cartilage Restoration, Meniscus and Treatment of Arthritis

Moderator: Timothy P. Heckmann, P.T.

7:00 am Non-Operative Treatment of Knee OA
   – Marc T. Galloway, M.D.

7:15 am Treatment of OCD and Role of ACI
   – Edward M. Wojtys, M.D.

7:30 am 2011: Overview of Meniscus Repair and Transplantation
   – Frank R. Noyes, M.D.

7:50 am Rehabilitation Techniques Following Meniscus Repair
   – Russell M. Paine, P.T.

8:05 am Microfracture: Indications and Results
   – Marc T. Galloway, M.D.

8:20 am Rehabilitation for the Salvage Knee: Meniscus Transplantation, OAT, Carticel – Timothy P. Heckmann, P.T.

Session XII: Gait Abnormalities, Osteotomy and Joint Replacement

Moderator: Lonnie E. Paulos, M.D.

8:35 am Gait Abnormalities: Retraining and Unloading Techniques
   – Julie Jasontek, P.T.

8:50 am High Tibial Osteotomy: Techniques and Surgical Results
   – Frank R. Noyes, M.D.

9:10 am Use of New, BioSynthetic Bone Substitute in Association with Osteotomies About the Knee – Lonnie E. Paulos, M.D.

9:25 am Rehabilitation Following High Tibial Osteotomy
   – Timothy P. Heckmann, P.T.

9:40 am Partial Joint Replacement: Unicompartmental and Patellofemoral
   – Frank R. Noyes, M.D.

10:00 am Rehabilitation Following Partial and Total Joint Replacement
   – Julie Jasontek, P.T.

10:20 am Panel

10:50 am Course Adjourns

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@csmref.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.

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

- former course participant
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) $205 (ocean view) plus tax available until room block is sold out or May 4, 2011. 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/CSE26A
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 SportsMedicine
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 4, 2011

Hampton Inn
Group Code: CSM
(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, 2011

Condo Rental
Villas at Westin Resort
Reservations: phone (843) 681-4000, ext. 2; www.oceanpalmshiltonhead.com
Port Royal Village Sales and Rentals
Reservations: phone (800) 673-9385; (843) 681-9325; www.goodevacationrentals.com

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 4351BV. Valid travel dates: May 19 – June 11, 2011. There will be a separate ticketing charge of $20 for tickets purchased via the phone or $30 for tickets purchased at the airport. There is no ticketing fee for reservations made and ticketed on www.AA.com


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 NM6TM. Valid travel dates: May 19 – June 11, 2011.

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 22 – June 8, 2011.

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, breakfasts, Chairman'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 1, 2011. Your fees, less 20% for administrative costs, will be refunded if we are notified (in writing) beginning April 2nd up to May 2, 2011. No refunds will be made for any reason beginning May 3, 2011. 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.

Travel and Accommodations
Advances on the Knee and Shoulder - Course Registration
Sunday May 29 to Wednesday June 1, 2011

<table>
<thead>
<tr>
<th>Attendee's Name:</th>
<th>Nickname:</th>
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<tbody>
<tr>
<td>Address:</td>
<td></td>
</tr>
<tr>
<td>City:</td>
<td>State/Country:</td>
</tr>
<tr>
<td>Home Phone:</td>
<td>Work Phone:</td>
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<tr>
<td>Email:</td>
<td>Phone:</td>
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Emergency Contact: Phone:
Note: information will be kept strictly confidential, not published, nor released and used only in case of medical emergency.

SS# (MDs & PASs only): PT Ltc. #: and State: N.A.T.A. Cert. #: NSCA#: 

- AMEX - VISA - DISCOVER - MC - Credit Card #: Exp. Date: 
- 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
  - P.T. Assistant $600
  - Student $800 ($100 refunded upon receipt of certified letter of student status)
  - Other $800 (please specify)
- Pre-Conference Sportsmetrics Certification Course $790 May 27 and 28, 2011

How did you hear about this course? 
- Brochure
- JOSPT
- Sports Health
- PT Bulletin Online
- JAAPA
- AAOS News
- NATA News
- Former participant
- Internet
- Other (please specify)

The Westin Resort Hotel Registration
Group Name: Cincinnati SportsMedicine Research and Education Foundation • Major Arrival Date: Saturday May 28, 2011 • Major Departure Date: Wednesday June 1, 2011, Advances on the Knee and Shoulder - Sunday, May 29 to Wednesday June 1, 2011

To make reservations, visit our website www.cincinnatisportsmed.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 SPORTS MEDICINE

<table>
<thead>
<tr>
<th>Name:</th>
<th>Arrival Date:</th>
<th>Departure Date:</th>
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<tbody>
<tr>
<td>Company:</td>
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<td>Expiration Date:</td>
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RATES WILL APPLY 3 DAYS BEFORE AND 3 DAYS AFTER OFFICIAL MEETING DATES.

- Island View - $185
- Ocean View - $205
- 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, 2011. All reservations must be guaranteed with a deposit of $206.35 Island View / $228.55 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.
After spending the day participating in the education sessions offered in the 26th Annual Advances on the Knee and Shoulder 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 26th Annual Advances on the Knee and Shoulder Course