ADVANCES ON THE KNEE, SHOULDER & SPORTSMEDICINE

Sonesta Resort
Hilton Head Island, SC
May 27-30-2017
Memorial Day Weekend

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, shoulder, and hip 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 Low Country Buffet
★ Receive 32 hours CMEs/CEUs

Jointly provided by Cincinnati SportsMedicine & Orthopaedic Center, The Noyes Knee Institute and The Jewish Hospital - Mercy Health
CONTINUING EDUCATION UNITS AND CMES

The Jewish Hospital designates this live activity for a maximum of 32 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

For Physician Assistants: The American Academy of Physicians (AAPA) accepts AMA PRA Category 1 Credits™ from organizations accredited by the ACCME.

For Nurses: For the purpose of recertification, the American Nurses Credentialing Center (ANCC) accepts AMA PRA Category 1 Credits™ issued by organizations accredited by the ACCME.

For Physical Therapists: This course will be accredited by state designated representative bodies of the APTA. In addition, this course will also be certified through ProCert for CCUs. 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 Research and Education Foundation has been approved as a BOC Approved Provider for 32 Category A CEUs.

For Strength Coaches: The Executive Council of the NSCA Certification Commission (National Strength and Conditioning 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.

WHY YOU SHOULD ATTEND THIS COURSE

- SURGEONS: Hear the latest information on research advancements, surgical techniques and injury prevention programs
- SPORTS MEDICINE PHYSICIANS: Learn cutting edge treatments of sports injuries
- REHABILITATION: PT's and ATC's learn specific rehabilitation techniques and protocols
- PHYSICIAN ASSISTANTS: Learn advanced treatments to help treat your patients after injury
- ALLIED HEALTH & COACHES: Hear from the experts on sports injuries and prevention options

COURSE CHAIRMEN

Frank R. Noyes, M.D. - Cincinnati, OH
Timothy P. Heckmann, P.T., ATC - Cincinnati, OH

PHYSICIAN FACULTY

Sanjeev Bhatia, M.D. - Cincinnati, OH
Matthew L. Busam, M.D. - Cincinnati, OH
Samer S. Hasen, M.D., Ph.D. - Cincinnati, OH
Thomas N. Lindenfeld, M.D. - Cincinnati, OH
Stephen J. O’Brien, M.D. - New York City, NY
Lonnie E. Paulos, M.D. - Salt Lake City, UT
Anthony A. Romeo, M.D. - Chicago, IL
Edward M. Wojtys, M.D. - Ann Arbor, MI

REHABILITATION FACULTY

George J. Davies, DPT, MEd, P.T., ATC - Savannah, GA
Julie Jasontek, P.T., MHS - Cincinnati, OH
Russell M. Paine, P.T. - Houston, TX
Kevin E. Wilk, DPT, P.T., - Birmingham, AL

RESEARCH AND SPORTSMEDICINE FELLOW FACULTY

Bradley D. Ashman, M.D. - Cincinnati, OH
Jeffrey K. Jenks, D.O. - Cincinnati, OH
Chris Karrasch, M.D. - Cincinnati, OH
Matthew T. Phillips, M.D. - Cincinnati, OH
Stephanie L. Smith, M.S. - Cincinnati, OH

For a Detailed Course Program, additional information or to register online visit www.csmocevents.com or contact Debbie Hartwig: dlhartwig@csmoc.com, 513-794-8461 or fax 513-792-3230

COURSE SOCIAL EVENTS

-Chairmen's Low Country Buffet
-Sunday, May 29, 2016
-7:00 pm – 10:00 pm
-Location: Ocean Front Beach Pavilion
-The low country buffet 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 $35 - children $15 - children 5 & under free.)

Breakfast Buffet
-Saturday through Tuesday,
-6:00 am – 7:00 am
-Participants will enjoy a full breakfast buffet to start their day.
-(Guest or family not included.)
The course is being held in its entirety at the ocean front Sonesta Resort at the Shipyard Plantation. We have negotiated pre-conference and conference rates depending on your nights of stay. Dates before and after Fri/Sat/Sun (5/26-28) will show a blended rate. Make reservations early because the resort will be sold out. Group rate ends April 25, 2017. For guaranteed room types or special requests, please contact the hotel directly.

**HOLIDAY INN EXPRESS**
Hilton Head Island
Reservations: (843) 842-6662

**HAMPTON INN**
Reservations: (843) 681-7900

For detailed accommodation information including group discount codes visit csmoc.events.com

**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 800 page course notebook, four buffet breakfasts, breaks, Chairmen's Beachside Cookout, course t-shirt and tote bag.

**MD / DO** $1000
Resident / Fellow $1000

($100 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 March 31, 2017. Your fees, less 20% for administrative costs, will be refunded if we are notified (in writing) beginning April 1st up to April 30, 2017. No refunds will be made for any reason beginning May 1, 2017. 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.
DAY ONE  
SATURDAY, MAY 27th

6:00 am  Breakfast Buffet - Santee Ballroom Salons F, G, H
6:00 am  Course Check-in, Santee Ballroom Foyer
6:50 am  Course Welcome: Frank R. Noyes, M.D. and Timothy P. Heckmann, PT

Session I: Anatomy and Examination of the Shoulder
Moderator: Thomas N. Lindenfeld, M.D.
7:00 am  Shoulder Anatomy Review - What You Need to Know – Thomas N. Lindenfeld, M.D.
7:20 am  Examination of the Shoulder: General Overview – Anthony A. Romeo, M.D.
7:35 am  Objective and Functional Testing for the Upper Extremity – George J. Davies, DPT

Session II: Treatment of the SLAP/Biceps Complex
Moderator: Anthony A. Romeo, M.D.
7:50 am  Diagnosis and Treatment of the Biceps-Labrum Complex – Stephen J. O'Brien, M.D.
8:05 am  SLAP Tears: Shouldn't We Tenodese Them All? – Anthony A. Romeo, M.D.
8:20 am  Complications of SLAP and Biceps Surgeries – Samer S. Hasan, M.D., PhD
8:50 am  Rehabilitation Following SLAP Repair Surgery – Kevin E. Wilk, DPT
8:50 am  Science Meets Clinical Practice: Advanced Plyometric Training for the Shoulder – George J. Davies, DPT
9:05 am  Q&A
9:35 am  Break in Exhibitors' Gallery

Session III: Diagnosis and Treatment Options for the Rotator Cuff and Shoulder Arthritis
Moderator: Samer S. Hasan, M.D., Ph.D.
10:05 am  Treatment of the Overhead Athlete: Case Based Symposium
  Moderator: Samer S. Hasan, M.D., PhD, Faculty: Stephen J. O'Brien, M.D., Anthony A. Romeo, M.D., George J. Davies, DPT, Russell M. Paine, P.T., Kevin E. Wilk, DPT
10:40 am  Conservative Management of Rotator Cuff Tears – Russell M. Paine, P.T.
10:55 am  The Rotator Cuff: Case Based Symposium
  Moderator: Thomas N. Lindenfeld, M.D., Faculty: Samer S. Hasan, M.D., PhD, Sanjeev Bhatia, M.D., Stephen J. O'Brien, M.D., Anthony A. Romeo, M.D., Kevin E. Wilk, DPT
11:30 am  Rehabilitation Following Rotator Cuff Repair Surgery – Kevin E. Wilk, DPT
12:00 pm  Non-Prosthetic Treatment of Shoulder Arthritis – Matthew L. Busam, M.D.
12:00 pm  Shoulder Replacement Surgery – Samer S. Hasan, M.D., PhD
12:20 pm  Conservative and Post-Operative Treatment Options for the Arthritic Shoulder – Julie Jasontek, P.T.
12:35 pm  Q&A
1:15 pm  Adjourn

EVENING BREAKOUTS

Session IV: Diagnosis, Treatment, and Rehabilitation Option for Shoulder Pathology
4:00 pm  Comprehensive Examination of the Shoulder -Thomas N. Lindenfeld, M.D., Samer S. Hasan, M.D., PhD, Stephen J. O'Brien, M.D., Anthony A. Romeo, M.D., George J. Davies, DPT, Kevin E. Wilk, DPT, Russell M. Paine, P.T.
5:15 pm  The Stiff Shoulder: Diagnosis and Treatment Options
  Moderator: Samer S. Hasan, M.D., PhD, Faculty: Stephen J. O’Brien, M.D., Anthony A. Romeo, M.D., Julie Jasontek, P.T., Russell M. Paine, P.T., Kevin E. Wilk, DPT
  — Operative and Non-Operative Treatment of the Stiff Shoulder - Hasan
  — Stiff Shoulder Rehabilitation Concepts - Paine
  — Presentation of Cases to the Expert Panel
  — Q&A
6:30 pm  New Rehabilitation Techniques to Enhance Dynamic Stabilization Through Activation Exercises of the Shoulder Complex Musculature - George J. Davies, DPT, Michael A. McCormack, P.T. (?), Russell M. Paine, P.T., Kevin E. Wilk, DPT
6:00 am       Breakfast Buffet - Santee Ballroom Salons F, G, H
6:00 am       Course Check-in, Santee Ballroom Foyer

**Session V: Shoulder Instability: Diagnosis and Treatment**

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

- 7:00 am       Non-Operative Rehabilitation for Patients with Shoulder Instability - Kevin E. Wilk, DPT
- 7:30 am       Management of Glenoid and Humeral Bone Loss in Shoulder Instability - Anthony A. Romeo, M.D.
- 7:45 am       Posterior and Multidirectional Instability - Samer S. Hasan, M.D., PhD
- 8:00 am       Post-Operative Management of Shoulder Instability - Russell M. Paine, P.T.
- 8:15 am       Decision Making Criteria to Return an Athlete Back to Activity Following a Shoulder Injury? - George J. Davies, DPT
- 8:30 am       Q&A

**Session VI: Diagnosis and Treatment of Common Elbow Pathology**

**Moderator: Matthew L. Busam, M.D.**

- 8:50 am       Elbow Anatomy and Basic Arthroscopy - Thomas N. Lindenfeld, M.D.
- 9:05 am       Arthroscopic Treatment Options for the Athlete’s Elbow - Anthony A. Romeo, M.D.
- 9:20 am       The Clinical Relevance of the Bicipital Tunnel - Stephen J. O’Brien, M.D.
- 9:35 am       Distal Biceps Injuries - Matthew L. Busam, M.D.
- 9:50 am       Rehabilitation Following UCL Reconstruction - Kevin E. Wilk, DPT
- 10:05 am      Q&A
- 10:25 am      Break in Exhibitors’ Gallery

**Session VII: Advances in Hip Arthroscopy**

**Moderator: Sanjeev Bhatia, M.D.**

- 10:55 am      Common Hip Problems and Injuries: Diagnosis and Treatment - Sanjeev Bhatia, M.D.
- 11:10 am      Rehabilitation of Non-Operative Hip Joint Lesions - Kevin E. Wilk, DPT
- 11:25 am      Hip Arthroscopy: What Works and What Doesn’t - Sanjeev Bhatia, M.D.
- 11:40 am      Rehabilitation Following Hip Arthroscopy - Julie Jasontek, P.T.
- 11:55 am      Q&A

**Session VIII: Meniscus Repair and Transplantation**

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

- 12:15 pm      Meniscus Repair and Transplantation: What’s New In 2017 - Frank R. Noyes, M.D.
- 12:30 pm      Rehabilitation Techniques Following Meniscus Repair and Transplantation - Timothy P. Heckmann, P.T.
- 12:45 pm      Treatment of Meniscus Tears: Rapid Fire Case Presentation
  Moderator: Frank R. Noyes, M.D., Faculty: Lonnie E. Paulos, M.D., Edward M. Wojtys, M.D., Timothy P. Heckmann, P.T., Russell M. Paine, P.T.
- 1:05 pm       Q&A
- 1:15 pm       Adjourn

**EVENING BREAKOUTS**

**Session IX: Hot Topics in Rehabilitation; Diagnosis and Treatment Options for the Patellofemoral Joint**

- 4:00 pm      Hot Topics in Rehabilitation, Moderator: George J. Davies, DPT, Faculty: Timothy P. Heckmann, P.T., Russell M. Paine, P.T., Kevin E. Wilk, DPT
  —Dry Needling
  —Blood Flow Restriction Training Demonstration - Faculty
- 5:15 pm      Treatment Options for Patellofemoral Disorders (12 minute presentations, 10 minute Q&A)
  Moderator: Frank R. Noyes, M.D., Faculty: Stephen J. O’Brien, M.D., Timothy P. Heckmann, P.T., George J. Davies, DPT, Kevin E. Wilk, DPT
  —Surgical Correction for Patellofemoral Malalignment - Frank R. Noyes, M.D.
  —Rehabilitation Following Patellofemoral Procedures - Timothy P. Heckmann, P.T.
  —Non-Operative Rehabilitation of Patellofemoral Pain and Biomechanical Dysfunction - Kevin E. Wilk, DPT
  —The Influence of the Hip in Knee Rehabilitation: What Does the Research Indicate for Hip Muscle Recruitment - George J. Davies, DPT
- 6:30 pm      Special Rehabilitation Techniques for the Patellofemoral Joint: What to Do When the Patient Has Pain
  Moderator: Kevin E. Wilk, DPT, Faculty: George J. Davies, DPT, Timothy P. Heckmann, P.T., Julie Jasontek, P.T., Russell M. Paine, P.T.,
DAY THREE  
MONDAY, MAY 29th

6:00 am  Breakfast Buffet - Santee Ballroom Salons F, G, H  
6:00 am  Course Check-in, Santee Ballroom Foyer  
7:00 am  Announcements and Memorial Day Tribute - George J. Davies, DPT

Session X: Understanding Knee Anatomy and the Comprehensive Knee Examination  
Moderator: Timothy P. Heckmann, P.T.  
7:15 am  The Key to the Knee: Medial and Anterior Knee Anatomy - Chris Karrasch, M.D.  
7:35 am  The Key to the Knee: Lateral and Posterolateral Knee Anatomy - Bradley D. Ashman, M.D.  
7:55 am  Comprehensive Knee Exam: Clinical Rationale and Diagnosis - Frank R. Noyes, M.D.

Session XI: ACL Reconstruction, Rehabilitation and Clinical Outcomes  
Moderator: Frank R. Noyes, M.D.  
8:15 am  Treatment of the ACL Deficient Knee: Presentation of Cases to the Expert Panel  
9:15 am  Post-Operative Management Following ACL Reconstruction - Timothy P. Heckmann, P.T.  
9:30 am  Avoiding Complications in ACL Surgery - Matthew L. Busam, M.D.  
9:45 am  The Risk of Osteoarthritis After ACL Injury - Edward M. Wojtys, M.D.  
10:00 am  ACL Rehabilitation - True Objective Picture of Controlled One-Year Post ACL Reconstructed Patients - Russell M. Paine, P.T.  
10:15 am  Current Thoughts of Neural Plasticity Following ACL Reconstructions - George J. Davies, DPT  
10:30 am  Q&A  
10:50 am  Break in Exhibitors’ Gallery

Session XII: Neuromuscular Training, Functional Testing and the Female Athlete  
Moderator: Edward M. Wojtys, M.D.  
11:20 am  ACL Graft Considerations for the Female Athlete - Edward M. Wojtys, M.D.  
11:35 am  Scientific Basis and Development of the Sportsmetrics™ Neuromuscular Training Programs - Frank R. Noyes, M.D.  
11:50 am  Neuromuscular Training Programs as a Bridge for Return to Play Following ACL Injuries - Timothy P. Heckmann, P.T.  
12:05 pm  Demonstration of the Sportsmetrics™ Neuromuscular Training Program and Return-to-Play App - Stephanie L. Smith, M.S.  
12:20 pm  Training the Lower Extremity for Performance - Kevin E. Wilk, DPT  
12:40 pm  Q&A  
1:15 pm  Adjourn

EVENING BREAKOUTS

Session XIII: Diagnosis, Treatment, and Rehabilitation Option for Knee Pathology  
4:00 pm  Comprehensive Examination of the Knee - Frank R. Noyes, M.D., Lonnie E. Paulos, M.D., Edward M. Wojtys, M.D., George J. Davies, DPT, Timothy P. Heckmann, P.T., Kevin E. Wilk, DPT  
5:15 pm  Prevention and Treatment of Knee Arthrofibrosis: A Major Complication of Knee Injury and Surgery  
Moderator: Frank R. Noyes, M.D. Faculty: Lonnie E. Paulos, M.D., Edward M. Wojtys, M.D., Timothy P. Heckmann, P.T., George J. Davies, DPT, Russell M. Paine, P.T., Kevin E. Wilk, DPT  
—Surgical Perspective on Avoiding and Treating Knee Arthrofibrosis - Frank R. Noyes, M.D.  
—Difficulties in Treating Knee Arthrofibrosis - Timothy P. Heckmann, P.T.  
—Presentation of Cases - Dr. Noyes will present cases; panel: Lonnie E. Paulos, M.D., Edward M. Wojtys, M.D., Timothy P. Heckmann, P.T., George J. Davies, DPT, Russell M. Paine, P.T., Kevin E. Wilk, DPT  
6:30 pm  Motion Complications: Use of Modalities and Biofeedback- Moderator: Russell M. Paine, P.T., Faculty George J. Davies, DPT, Timothy P. Heckmann, P.T., Julie Jasontek, P.T., Kevin E. Wilk, DPT
DAY FOUR
TUESDAY, MAY 30th

6:00 am Breakfast Buffet - Santee Ballroom Salons F, G, H
6:00 am Course Check-in, Santee Ballroom Foyer

Session XIV: Treatment Options for Complex Knee Ligament Injuries
**Moderator: Lonnie E. Paulos, M.D.**

7:00 am Surgical Treatment of PCL and Posterolateral Ligament Injuries - Frank R. Noyes, M.D.
7:20 am Posterior Cruciate Ligament Reconstruction: Trans-tibial Fixation Technique - Lonnie E. Paulos, M.D.
7:35 am Rehabilitation Principles Following PCL and Posterolateral Reconstruction - Timothy P. Heckmann, P.T.
7:50 am Is it Time to Return to Open Kinetic Chain Rehabilitation in Knee Rehabilitation Because of Quad Deficits? - George J. Davies, DPT

Session XV: Osteoarthritis of the Knee: Surgical and Rehabilitation Options
**Moderator: George J. Davies, DPT**

8:10 am Articular Cartilage Management in the Athletic Population - Russell M. Paine, P.T.
8:25 am Innovative Therapeutic Interventions for Knee Rehabilitation - George J. Davies, DPT
8:40 am High Tibial Osteotomy: Techniques and Surgical Results - Frank R. Noyes, M.D.
9:00 am Advances in Total Knee Replacement for the Young, Active Patient - Mathew T. Phillips, M.D.
9:15 am Partial Joint Replacement: Unicompartmental and Patellofemoral - Frank R. Noyes, M.D.
9:30 am Rehabilitation Following High Tibial Osteotomy and Knee Replacement - Timothy P. Heckmann, P.T.
9:45 am Alternative Exercise and Rehabilitation Options - Julie Jasontek, P.T.
10:00 am Knee Club: Presentation of Interesting and Complex Knee Cases - Moderator: Frank R. Noyes, M.D. Faculty Lonnie E. Paulos, MD, Mathew T. Phillips, M.D., Edward M. Wojty's, M.D., Russell M. Paine, P.T., Timothy P. Heckmann, P.T., Julie Jasontek, P.T., George J. Davies, DPT

ATTEND THE PRE-CONFERENCE
SPORTSMETRICS™ CERTIFICATION COURSE
May 25th and 26th, 2017

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™ SPORT SPECIFIC PROGRAMS
• Offers athletes the same benefits of our original injury prevention program along with the added benefit of a complex conditioning program catered to the needs of their sport
• Offers concentration on correct running form and proper technique with cutting, pivoting, and decelerating

CONTINUING EDUCATION CREDITS:
• 10.5 BOC CEUs (3.25 EBP Category and 7.25 Category A) for Athletic Trainers
• 11.5 CEUs approved by the OPTA for Physical Therapists
• 9 CCUs approved by ProCert for Physical Therapists
• CEUs vary from state to state. Please check with your individual state for specifics

BECOME PART OF THE LARGEST EVIDENCE BASED ACL INJURY PREVENTION PROGRAM IN THE WORLD

• 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

• 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!
Advances on the Knee, Shoulder & Sports Medicine - Course Registration
Saturday May 27 to Tuesday May 30, 2017

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#: __________

☐ VISA ☐ Discover ☐ MC ☐ Credit Card #: __________________ Exp. Date: ________

Name on Card: ____________________________

Card Billing Address: ________________________________

Please select:    ☐ M.D. $1000    ☐ D.O. $1000    ☐ Resident/Fellow $1000 ($100 Refunded upon receipt of certified letter of training status)
☐ Physical Therapist $800    ☐ Athletic Trainer $800    ☐ Physician Assistant $800    ☐ P.T. 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)