



Mayo Clinic School of Continuous
Professional Development

3rd Annual SPORTS MEDICINE SUMMIT

Care for the Athlete

**\$75 DISCOUNT
IF YOU REGISTER
ON OR BEFORE
JAN 10, 2020**

COURSE DIRECTORS



Matthew B. Anastasi, M.D.



Anikar Chhabra, M.D., M.S.

ARIZONA STATE UNIVERSITY
ED AND NADINE CARSON STUDENT-ATHLETE CENTER
TEMPE, ARIZONA
FEBRUARY 21–22, 2020

[CE.MAYO.EDU/SPORTSMEDSUMMIT2020](https://ce.mayo.edu/sportsmedsummit2020)

COURSE HIGHLIGHTS

- Current sports medicine topics featuring evidence-based, cutting-edge diagnostic and treatment strategies for sports-related and musculoskeletal conditions with a special focus on the upper extremity, shoulder, elbow and concussion
- Didactic and case presentations, interactive Q & A sessions, and live ultrasound demonstrations
- Faculty represent various fields of sports medicine including orthopedics, physical medicine and rehabilitation, radiology, neurology and physical therapy

TARGET AUDIENCE

This course is designed for primary care physicians, physical therapists, athletic trainers and physiatrists. Other healthcare professionals interested in sports medicine may benefit from this program.

LEARNING OBJECTIVES

Upon conclusion of this program, participants should be able to:

- Demonstrate how to accurately diagnose and treat common shoulder pathologies in athletes.
- Summarize the basics of ultrasound for diagnosis in shoulder and elbow pathology.
- Describe in-season treatment of shoulder instability.
- Identify current uses of ortho-biologics in shoulder and elbow pathologies.
- State current guidelines for concussion management and how to incorporate them into your practice.
- Apply different rehabilitation modalities to concussion treatment for athletes.

REGISTRATION

[CE.MAYO.EDU/SPORTSMEDSUMMIT2020](https://ce.mayo.edu/sportsmedsummit2020)

Registration	On or before 01/10/2020	After 01/10/2020
Physicians, Scientists	\$375.00	\$450.00
Allied Health, Athletic Trainers, Physical Therapists, Residents, Other	\$250.00	\$325.00

Please visit ce.mayo.edu/cancellation for more information.

SCHOLARSHIP OPPORTUNITIES

A limited number of scholarships are available for athletic trainers and medical school students interested in attending this activity. Please visit the course website, ce.mayo.edu/sportsmedsummit2020, for complete details and application form. The application deadline is January 22, 2020.

MEETING LOCATION

Arizona State University
Ed and Nadine Carson Student-Athlete Center
500 East Veterans Way | Tempe, Arizona 85281
<https://tours.asu.edu/tempe/carson-student-athlete-center>

ACCOMMODATIONS

Homewood Suites by Hilton – Tempe – ASU

2104 E. Rio Salado Parkway | Tempe, Arizona 85281 | Phone: 480-966-2780

[Online Reservations Link](#)

Homewood Suites by Hilton is a bright and modern extended stay hotel adjacent to Tempe Marketplace with more than 75 shops and 25 restaurants. It is conveniently located near the 101 Freeway and 202 Red Mountain Loop and just two miles from Arizona State University. The hotel offers complimentary hot full breakfast daily as well as complimentary shuttle service to Arizona State University, Phoenix Sky Harbor International Airport (PHX), and other nearby attractions.

A block of suites at a special group rate of \$194, per night, plus applicable state/local taxes (currently 14.07%) is available for registrants and guests. To ensure accommodations, make your reservation before the room block fills or the cut-off date, January 20, 2020. Reservations received after this date may be accepted on a rate- and space-available basis. When making your reservation, identify yourself as a participant of “Mayo Clinic Sports Medicine.”

Lodging arrangements are the sole responsibility of the individual registrant.

The standard hotel reservation cancellation policy will apply to individual reservations unless otherwise specified.

PROGRAM-AT-A-GLANCE

A complete program schedule is available at:

[CE.MAYO.EDU/SPORTSMEDSUMMIT2020](https://ce.mayo.edu/sportsmedsummit2020)

Friday, February 21, 2020

SESSION I: SHOULDER – PART I

- Physical Examination of the Shoulder: Where’s the Evidence?
- Rotator Cuff Pathology in the Athlete
- AC Joint Pathology: Current Concepts
- Shoulder Instability: Current In-Season Management
- Not All Impingement is Subacromial
- Live Ultrasound: Shoulder
- Thoracic Outlet Syndrome: Diagnosis and Management
- Case-Based Diagnostic Imaging Pearls of Shoulder Pathology
- Case Presentations from the Audience and Panel Discussion

SESSION II: SHOULDER – PART II

- Biceps Pathology: Current Management
- What’s New in the Evaluation and Treatment of the Thrower’s Shoulder
- Shoulder Injury Prevention Strategies
- Anterior Shoulder Instability: Why Arthroscopy is Better than Open
- Anterior Shoulder Instability: Why Open is Better than Arthroscopy
- In-Season PT Treatment of Shoulder Instability
- Case Presentations from the Audience and Panel Discussion

SESSION III: ELBOW

- Live Ultrasound: Elbow
- Physical Exam of the Elbow: What’s the Evidence?
- Case-Based Diagnostic Imaging Pearls of Elbow Pathology
- Treatment for Elbow Tendinopathy: What Are My Options?
- UCL Tears in the Throwing Athlete: Current Concepts
- Ortho-Biologics and the Athlete’s Elbow
- Elbow Dislocations: Management in the Athlete
- Case Presentations from the Audience and Panel Discussion

Saturday, February 22, 2020

SESSION IV: CONCUSSION – PART I

- What's the Latest and Greatest in Concussion Testing
- Biomarkers and Concussions: Are We Making Any Progress?
- On-Field Evaluation of Concussion
- RTP After Concussion: What is the Standard of Care?
- Sequelae of Concussion and Repetitive Head Impact

SESSION V: CONCUSSION – PART II

- Post-Concussion PT
- Vestibular Assessment and Management
- Neuropsychology Evaluation and Assessment
- Concussion / MTBI Imaging
- Concussion Roundtable

SESSION VI: CONCUSSION – PART III

- NCAA: DoD CARE Consortium / Berlin Concussion Consensus: Points to Ponder
- The Evolving Landscape of CTE
- Age and Gender Differences in Management and Treatment of Sports-Related Concussion
- Medical-Legal Considerations of Concussion: How to Protect Yourself!
- The Effectiveness of Head Protection Equipment in Concussion
- Case Presentations from the Audience and Panel Discussion

CREDIT



In support of improving patient care, Mayo Clinic College of Medicine and Science is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

AMA: Mayo Clinic College of Medicine and Science designates this live activity for a maximum of 13.50 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

AAFP: Application for CME credit has been filed with the American Academy of Family Physicians.
Determination of credit is pending.

AOA: This program has been accredited by the American Osteopathic Association for 13.50 credits of AOA Category 2-A.



BOC: Mayo Clinic School of Continuous Professional Development (BOC AP#: P476) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of 13.5 EBP Category hours/CEUs. ATs should claim only those hours actually spent in the educational program.

Physical Therapy: The course is sponsored by Mayo Clinic College of Medicine and Science and meets the criteria for category A Continuing Education in Arizona pursuant to the administrative rules of the Arizona Board of Physical Therapy [A.A.C. R4-24-402(A)(2)].

Other Healthcare Professionals: A certificate of attendance will be provided to other healthcare professionals for requesting credits in accordance with state nursing boards, specialty societies, or other professional associations.

FACULTY

Course Directors

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Guest Faculty

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Director, Barrow Concussion &
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Mayo Clinic Faculty

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Jeremiah R. Long, M.D.

Daniel P. McGurran, P.T., D.P.T.

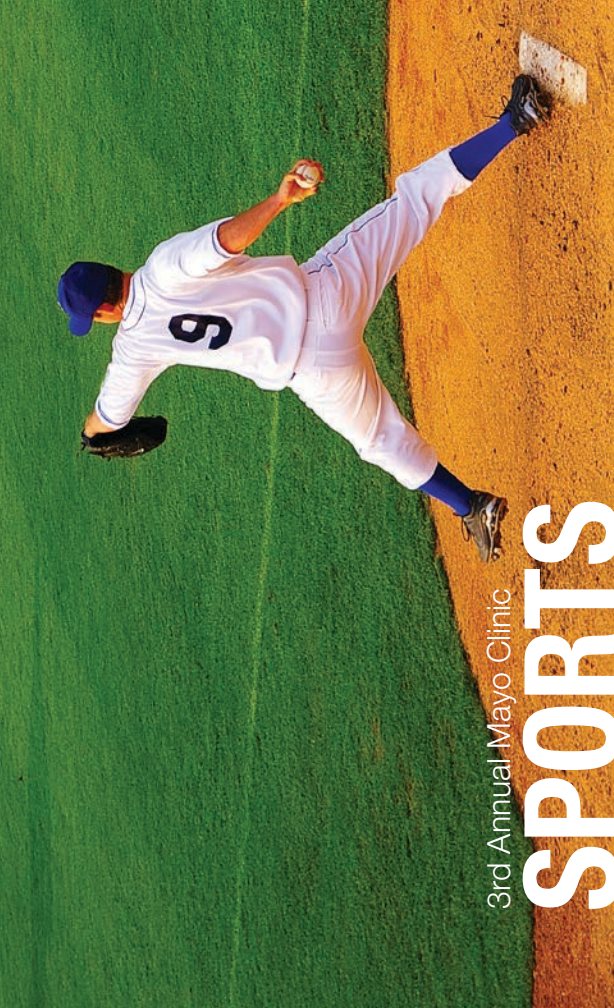
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Visit our course website for additional information.

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