

Maximizing the Potential of the Adolescent Athlete

*A Symposium for physicians, certified athletic trainers,
coaches, physical therapists, nurses,
and other health professionals engaged in caring
for the adolescent athlete*

Friday-Saturday
June 26-27, 2009

*David G. Jagelman, MD Conference Center
Weston, Florida*



The Cleveland Clinic is recognized by the Board of Certification, Inc., to offer continuing education for athletic trainers.

In association with



PLAYER DEVELOPMENT

Maximizing the Potential of the Adolescent Athlete

Friday, June 26 - Evening Program

2:30pm Registration

GENERAL MEDICAL TOPICS, JOINT SESSION

Moderator: *I. Lieberman, MD*

3:00pm Introduction and Welcome

3:10pm Concussion in Sports,
The Immature Brain, An Update
R. Dimeff, MD

3:50pm Exertional Heat Illness
D. Westerdaahl, MD

4:20pm Skin Infections, Prevention and
Treatment of MRSA in Athletes
D. Grobman, DO

4:50pm Medicolegal Issues in Sports Medicine
T. Aubin, Esq. and T. Butensky, Esq.

5:25pm Panel Discussion and Q&A

6:00pm WELCOME RECEPTION



7:15pm Evening "Special Speaker"
Coach Howard Schnellenberger
FAU Football Coach

8:00pm Adjourn

Physicians, Physical Therapists, Nurses, Allied Health and Athletic Trainers

Saturday, June 27

7:30am Registration/Breakfast – Visit Exhibits

RETURN TO PLAY: GETTING ATHLETES BACK IN THE GAME QUICKLY AND SAFELY

Moderator: *B. Leo, MD*

8:15am Welcome and Announcements

8:25am Common Hand Injuries
D. Friedman, MD

9:00am Sports Hernias:
How to Diagnose and Treat
M. Sesto, MD

9:30am Foot and Ankle Injuries
J. Wu, MD

10:00am Panel Discussion and Q&A

10:15am Coffee Break – Visit Exhibits

10:30am Knee Injuries:
ACL Injury Prevention and Treatment
B. Leo, MD

10:55am Shoulder Injuries:
How to Manage Shoulder Instability
G. Gilot, MD

11:20am Cervical Spine Injuries:
How They Occur
I. Lieberman, MD

11:45am Panel Discussion and Q&A

12:00pm Lunch – Visit Exhibits

1:00pm Welcome and Announcements
Moderator: *D. Grobman, DO*

1:05pm Low Back Pain:
What you need to know about Scoliosis,
Spondylosis, Spondylolisthesis
J. O'Connell, MD

1:30pm The Interventional Management of
Back and Radicular Leg Pain
G. Saff, MD

1:55pm Radiographic Imaging in
Adolescent Athlete:
The Role of Xray, MRI, Other Studies
L. Wilkinson, MD

2:20pm Panel Discussion and Q&A

2:30pm Coffee Break – Visit Exhibits

WORKSHOP SESSIONS (please choose 1 in each session)

2:45pm Workshops Session I
A) Patellofemoral Dysfunction &
Rehabilitation Techniques
V. Morency, MPT

B) Rehabilitation Principles for Foot and
Ankle Injuries
S. Phillips, MPT

C) Spinal Stability & Core Training In Athletes
T. Smith, MSPT

3:30pm Workshops Session II
A) Patellofemoral Dysfunction &
Rehabilitation Techniques
V. Morency, MPT

B) Rehabilitation Principles for Foot and
Ankle Injuries
S. Phillips, MPT

C) Spinal Stability & Core Training In Athletes
T. Smith, MSPT

4:15pm Panel Discussion and Q&A

4:30pm Adjourn

Coaches

Saturday, June 27

7:30am Registration/Breakfast – Visit Exhibits

HELPING ADOLESCENT ATHLETES REACH THEIR FULL POTENTIAL

Moderator: *Isador Lieberman, MD*

8:15am Welcome and Announcements

8:25am Strength Training
R. Dimeff, MD

8:50am Nutrition and Exercise Recovery
M. Kovacs, PhD

9:15am Supplements:
What's Safe, What's not
D. Westerdaahl, MD

9:40am Athletes and Drug Testing
J. Burnside

10:00am Panel Discussion and Q&A

10:15am Coffee Break – Visit Exhibits

SPORTS MANAGEMENT AND ADMINISTRATION

Moderator: *D. Westerdaahl, MD*

10:30am Motivating Today's Athlete
M. Kovacs, PhD

10:55am Keys to Building a Successful Coaching Staff
M. Jarvis

11:20am Media Relations: Pearls and Pitfalls
K. McCormack

11:45am Panel Discussion and Q&A

12:00pm Lunch – Visit Exhibits

1:00pm Heartsaver CPR & AED course 3.0 hrs. (Optional)
The HeartSaver CPR and AED course is a three-hour program designed to teach the layperson the basics of cardiopulmonary resuscitation (CPR). This hands-on program will cover adult, child and infant CPR and choking and the use of an Automated External Defibrillator. There is no written exam involved.

4:00pm Adjourn

Course Directors

David Westerdahl, MD

Director of Sports Medicine
Florida Atlantic University
Associate Team Physician, Florida Panthers
Staff, Department of Orthopaedics/Sports Medicine
Cleveland Clinic Florida, Weston
954-659-6164

Isador H. Lieberman, MD, MBA, FRCSC

Professor of Surgery, Orthopaedic & Spinal Surgeon
Chairman, Medical Interventional & Surgical Spine Center
Cleveland Clinic Florida, Weston
954-659-5660

Cleveland Clinic Faculty

Robert J. Dimeff, MD

President, American Medical Society for Sports Medicine
Clinical Professor of Surgery, Cleveland Clinic Lerner
College of Medicine of CWRU
Director, Primary Care Sports Medicine
Director, Sports Health Community Affairs
Cleveland Clinic Sports Health Center
Cleveland, Ohio

David W. Friedman, MD, FACS

Chairman, Department of Plastic Surgery
Head, Section of Hand Surgery
Department of Plastic Surgery
Department of Orthopaedic Surgery

Gregory Gilot, MD

Staff, Department of Orthopaedic Surgery

Daniel Grobman, DO

Staff, Department of Spine/Sports Medicine
Associate Team Physician
Florida Atlantic University

Brian M. Leo, MD

Head, Section of Sports Medicine
Department of Orthopaedic Surgery
Cleveland Clinic Florida
Florida Atlantic University Head Orthopaedic Surgeon

Vernet Morency, MPT

Department of Physical Therapy

John O'Connell, MD

Staff, Department of Physical Medicine and Rehab/Spine Center

Serge Phillips, MPT

Department of Physical Therapy

Gary Saff, MD

Department of Anesthesiology/Pain Management

Mark E. Sesto, MD

Chair Division of Surgery
Chair, Dept. of General/Vascular Surgery

Tracy Smith, MSPT

Director, Department of Physical Therapy

Lana Wilkinson, MD

Staff, Department of Radiology

Jeffrey K. Wu, MD

Staff, Department of Orthopaedic Surgery

Invited Faculty

Thomas G. Aubin, Esq.

Stearns Weaver Miller
Weissler Alhadeff & Sitterson, PA

John Burnside MS, ATC, LAT

Head Athletic Trainer
Florida Atlantic University

Tobi Butensky, Esq.

Stearns Weaver Miller
Weissler Alhadeff & Sitterson, PA

Mike Jarvis

Head Basketball Coach
Florida Atlantic University

Mark Kovacs, PhD, CSCS

Senior Manager of Strength & Conditioning/Sport Science
United States Tennis Association

Katrina McCormack

Assistant Administrative Director, Media Relations
Florida Atlantic University

Faculty Disclosure

In accordance with the Standards of Commercial Support issued by the Accreditation Council for Continuing Medical Education (ACCME), Cleveland Clinic Florida requires resolution of all conflicts of interest to ensure CME activities are free of commercial bias. Disclosures will be identified in the activity syllabus. Presenters will also disclose discussion of off-label uses.

General Information

For further information about the course, please contact:

Cleveland Clinic Florida
Continuing Medical Education
2950 Cleveland Clinic Boulevard
Weston, Florida 33331 USA

Local: 954-659-5490
Toll Free: 1-866-293-7866 ext. 55490
Fax: 954-659-5491
E-mail: cme@ccf.org

www.ccf.org/florida/cme

Learning Objectives

As a result of attending this program, the learner will be able to:

- Describe the diagnosis and identify the sequelae of concussions to meet the criteria to return to play
- Utilize new approaches to prevent, diagnose and manage MRSA infections
- Describe techniques to prevent injury and maximize performance
- Discuss new approaches to sports management and administration

Course Description

This course is designed to be a review and update covering a wide variety of sports medicine topics, utilizing a multi-disciplinary approach. Attendees will find this course to be a valuable source of current cutting edge medical knowledge to professionals who treat adolescent athletes. Lectures will provide an academic forum for attendees to discuss current and controversial issues in the field of sports medicine. Attendees will also have an opportunity to enhance their skills and competence with breakout sessions and workshops.

Education Levels

According to the education levels described by the CEC Committee of the NATA, the following continuing medical education course is considered to be Advanced Level.

Accreditation Statement

Cleveland Clinic Florida is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to sponsor continuing medical education for physicians.

Designation of Credits

Cleveland Clinic Florida designates this educational activity for a maximum of **9.25 AMA PRA Category 1 credits™**. Physicians should only claim credit commensurate with the extent of their participation in the activity.

This activity has been reviewed and is acceptable for up to **9.50 Prescribed credits** by the **American Academy of Family Physicians**.

This activity may be submitted for American Osteopathic Association Continuing Medical Education credit in category 2-A.

Approved by the **Florida Board of Nursing**, NCE provider #2334, for **9.25 contact hours**. Each nurse should claim only those hours actually spent in the activity.

The **Florida Physical Therapy Association** has approved this course for **13.0 continuing education hours**.

This program has been approved for a maximum of **9.25 contact hours** by the **BOC** (approved provider # P8122). Certified Athletic Trainers are responsible for claiming only those hours actually spent participating in the continuing education activity.

Late Registration and Cancellation

Pre-registrations are accepted by fax until 4:00pm on June 19, 2009. Please register on-site after this date.

Cancellations up to seven business days before the meeting will be issued a refund less a \$25 administrative fee. No refunds will be issued thereafter.

Lodging

A number of reasonably priced full-service and limited service hotels/motels with free shuttle service are available within close proximity to Cleveland Clinic Florida.

Please contact: 954-659-5490

or email: cme@ccf.org for information.

REGISTER ONLINE: www.ccf.org/florida/cme

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Please choose one:

- \$200 Physician \$150 Cleveland Clinic Alumni Physician \$150 Residents/Fellows
 \$150 Certified Athletic Trainer \$150 Physical Therapist \$150 Allied Health Professional
 \$50 Coaches \$100 Nurses (License # Required) _____

Workshops *(Please select one from each session)*

Session I 2:45-3:30pm | Session II 3:30-4:15pm

A B C | A B C

I will attend the **Heartsaver CPR & AED course** \$45

I will attend the **Welcome Reception**, Friday, June 26, 2009 Yes No

Prefix: Dr. Mr. Ms. **Suffix:** DO MD PhD RN ATC PT Other _____

Name _____
(Last) (First) (M.I.) (Degree Initials)

Address _____

City, State, Zip _____

Telephone _____ E-mail _____
(Include area code)

Specialty _____

Method of Payment

Check enclosed *(Make payable to Cleveland Clinic Florida)*

VISA MasterCard American Express **Total Amount \$** _____

Card Number _____ Expiration Date _____
(Include 3 or 4 digit security code)

Signature _____
(Not valid without signature)

For Credit Card Payees Only

To expedite your registration, please fax this form to the CME Department at Cleveland Clinic Florida (954) 659-5491. Once faxed, please do NOT send a duplicate registration by mail.

Course #09W32

Date _____

Reg. # _____

Fee _____

If You Are Paying By Check

Please make check payable to Cleveland Clinic Florida
Please mail registration form and check to:

Cleveland Clinic Florida
CME Office
P.O. Box 277545
Atlanta, GA 30384-7545

Registrant with a Disability or Dietary Restriction

In accordance with the ADA, Cleveland Clinic Florida is committed to making this conference accessible to all individuals. If you require an auxiliary aid or service please call 954-659-5490 by June 5, 2009. CCF will make every reasonable effort to accommodate your request.