Sports Medicine Update:
Building Young Athletes – Safe and Healthy X

Friday March 4, 2016
Akron Children’s Hospital
Considine Professional Building
215 W. Bowery St.
Akron, OH 44308
Janice McDaniel, MD  
Physician, Pediatric Interventional Radiology  
Akron Children’s Hospital  

Drew Engles, MD  
Physician, Orthopedics Center  
Akron Children’s Hospital  

Zaid Khatib, MD  
Fellow, Sports Medicine Center,  
Akron Children’s Hospital  
Team Physician, The University of Akron and Walsh University  

Aaron Watters, MD  
Fellow, Sports Medicine Center,  
Akron Children’s Hospital  
Team Physician, The University of Akron, Walsh University, Field High School and Woodridge High School  

Troy Smurawa, MD  
Physician, Sports Medicine Center,  
Akron Children’s Hospital, Team physician for the University of Akron and Hudson High School  

Joseph Congeni, MD  
Physician, Sports Medicine Center,  
Akron Children’s Hospital, Team physician for the University of Akron and Hoban High School  

Patrick Riley Jr., MD  
Physician, Orthopedics Center,  
Akron Children’s Hospital  

Kerwyn Jones, MD  
Orthopedic Surgeon, Director,  
Pediatric Orthopedic Residency Education Assistant Director,  
Pediatric Orthopedic Research,  
Akron Children’s Hospital  
Team Physician, Copley High School  

Sarah Lawson, MOT, OTR/L  
Occupational Therapist  
Akron Children’s Hospital  

Course Objectives  

Sports Specialization and Burnout in Youth Sports  
Steven Cuff, MD  
• Examine the level of youth participation in organized sports in the U.S. and societal pressures related to success in sports  
• Interpret the evidence behind Early Sports Specialization vs. Early Diversification  
• Evaluate the risks of early sports specialization  

Preventing Injuries in Young Dancers  
Heather Southwick, PT, MSPT  
• Identify key risk factors for injury in young dancers and how they will impact your plan of care  
• Identify some of the unique characteristics of young dancers and how hyper-mobility and body structure can impact risk for injury  
• Interpret key functional examination tests for dancers  

Upper Extremity Injuries in Overhead Athletes  
Steven Cuff, MD  
• Recognize how throwing biomechanics and the immature skeleton affect injuries in the young thrower  
• Identify throwing injuries that are unique to the young athlete  
• Assess the treatment and prevention of common injuries in the young thrower  

Complicated Patients  
Aaron Watters, MD and Zaid Khatib, MD  
• Distinguish conservative versus surgical treatment for complicated musculoskeletal sports injuries
Surgical Conditions of the Hand/Wrist
Drew Engles, MD
- Identify flexor digitorum profundus rupture (“Rugger Jersey Finger”) in athletes and formulate an appropriate referral or treatment algorithm
- Identify ulnar collateral ligament injuries of the thumb (“Gamekeepers’s Thumb) in athletes and formulate appropriate referral or treatment algorithm
- Identify an occult scaphoid fracture and formulate an appropriate diagnostic evaluation, as well as a subsequent referral or treatment algorithm

Rehabilitation Considerations for Hand/Wrist Injuries
Sarah Lawson, OT
- Discuss rehabilitation considerations follow hand and wrist injuries
- Identify when to refer patients with hand/wrist injuries to rehabilitation

Non-Operative Treatments for Hand/ Wrist
Joseph Congeni, MD
- Review hand finger wrist injuries in young athletes
- Determine the evaluation, management and work up of these injuries
- Differentiate which athletes can be handled and treated by primary care physician’s, athletic trainers and physical therapist versus those that need referred to orthopedics

Orthopedic 1:
Foot and Ankle Injuries in Dancers
Troy Smurawa, MD
- Identify the intrinsic and extrinsic factors unique to dance that predispose dancers to injuries
- Describe the types and causes of foot and ankle injuries in dance
- Outline strategies to assess dancers and to reduce the risks of foot and ankle injuries

Rehab Considerations in the Foot and Ankle for Young Dancers
Heather Southwick, PT, MSPT
- Identify specific principles of rehabilitation of the foot and ankle unique to dancers
- Identify and be able to utilize screening and functional tests to help determine pointe readiness and safety in young dancers
- Describe task-specific rehabilitation concepts and exercises for the young dancer’s foot and ankle

Surgical Aspects of Dance Injuries
Patrick Riley Jr., MD
- Describe most common dance injuries that may lead to surgery
- Advise on when a dancer needs to see a surgeon
- Explain operative cases in dancers

Orthopedic 2:
Spondylosis
Joseph Congeni, MD
- Identify lumbar spine injuries in athletes and the initial management and treatment
- Recognize the current work up of back pain in young athletes
- Analyze prevention protocols for these athletes

Intervention Radiology-Role of Injections in Sports Medicine
Janice McDaniel, MD
- Examine the role of interventional radiology in sports medicine and the common indications for referral
- Analyze several case examples of steroid injections for symptomatic pain relief

Operable Fractures
Kerwyn Jones, MD
- Examine the basic treatment algorithms for pediatric fracture care
8 – 9 a.m.  
Sports Specialization and Burnout in Youth Sports  
Steven Cuff, MD

9 – 9:10 a.m.  
Break

9:10 – 10:10 a.m.  
Preventing Injuries in Young Dancers  
Heather Southwick, PT, MSPT

10:10 – 10:20 a.m.  
Break

10:20 a.m. – 11:20 p.m.  
Upper Extremity Injuries in Overhead Athletes  
Steven Cuff, MD

11:20 a.m. – 12 p.m.  
Complicated Patients  
Aaron Watters, MD & Zaid Khatib, MD

12 – 1 p.m.  
Lunch/Visit

1 – 3:10 p.m.  
Surgical Conditions of the Hand/Wrist  
Drew Engles, MD

Rehabilitation Considerations for Hand/Wrist Injuries  
Sarah Lawson, OT

Non-Operative Treatments for Hand and Wrist  
Joseph Congeni, MD

3:10 – 3:30 p.m.  
Break

3:30 – 5:40 p.m.  
Orthopedic 1:  
Rehab Considerations in the Foot and Ankle for Young Dancers  
Troy Smurawa, MD

Foot and Ankle Injuries in Dancers  
Heather Southwick, PT, MSPT

Surgical Aspects of Dance Injuries  
Patrick Riley Jr., MD

Orthopedic 2:  
Spondylosis  
Joseph Congeni, MD

Intervention Radiology-Role of Injections in Sports Medicine  
Janice McDaniel, MD

Operable Fractures  
Kerwyn Jones, MD

5:40 p.m.  
Legends of Sports Medicine  
Award Presentation and Reception
Akron Children’s Hospital offers several registration and payment options. You may go online to register and pay electronically, or you may register online and pay by check. Alternatively, you may complete the form below and pay by check. To register online, visit http://bit.ly/sports-medconf

NAME/TITLE (MD, AT, PT ETC.)

ADDRESS

PHONE

EMAIL

DIETARY NEEDS OR SPECIAL ACCOMMODATIONS

Conference fees include breakfast, snacks, lunch and handouts.

**FEES:** (check one)

- PTs, MDs and NP
- RN, ATs
- Residents
- Undergraduate Students
- Emeritus Staff
- Akron Children’s Residents/Fellows

* We require a copy of current semester class schedule as proof of student status.

**Registration deadline is February 26, 2016**

**Make checks payable to:**
Akron Children’s Hospital
Attn: Katrina Wolford
One Perkins Square
Akron, Ohio 44308

For more information, call Amy Chand at 330-543-2126 or email achand@chmca.org.
Steven Cuff, MD

Steven Cuff, MD, is a member of the Nationwide Children's Hospital Sports Medicine team in Columbus, OH and co-director of their Sports Concussion Program. He's also an associate professor of pediatrics at The Ohio State University College of Medicine. Dr. Cuff is board certified in pediatrics and sports medicine by the American Board of Pediatrics. He completed his residency in pediatrics at Rainbow Babies & Children's Hospital/University Hospitals of Cleveland and a fellowship in sports medicine at Akron Children's Hospital. He received his bachelor's degree in biology from Duke University and medical degree from The Ohio State University.

Dr. Cuff is a fellow of the American Academy of Pediatrics (AAP) and a member of its Council on Sports Medicine and Fitness. He currently serves on the Ohio AAP's Home and School Health committee as co-chair of the Sports Medicine sub-committee. He's also a member of the American Medical Society for Sports Medicine and serves on their Education Committee. He currently serves as the team physician for Watkins Memorial High School in Pataskala, OH.

Heather Southwick, PT, MSPT

Heather Southwick, PT, MSPT, is currently the director of physical therapy for the Boston Ballet. Prior, she spent 15 years as a physical therapist at Children’s Hospital Boston where she was part of the team working with dancers and students in the school. She helped teach Boston Ballet's adaptive dance class for students with Down’s Syndrome and Autism when it was first established. She is a former dancer with undergraduate degrees in dance and psychology from Mount Holyoke College. As part of her studies, she danced in London and attended the Laban Center for Movement and Dance. Ms. Southwick completed her clinical education at Performing Arts Physical Therapy in New York City where she treated dancers in CATS, Beauty and the Beast, The Rockettes and others. She's a member of the International Association of Dance Medicine and Science as well as the Performing Arts Medical Association. She has served as the co-chair for the Task Force for Dancer Health, Dance/USA and served as chair of the committee that developed a screening used nationally.
Course Information

Target Audience
This conference is designed for those who work with youth participating in sports including physicians, physical therapists, occupational therapists, personal trainers, certified athletic trainers, and certified strength and conditioning specialists.

Refreshments
Breakfast, lunch and refreshments are included with the sessions. If you have special dietary needs, contact the Sports Medicine Center, 330-543-2126, and make note on the registration form.

Accreditation Statement
Children’s Hospital Medical Center of Akron is accredited by the Ohio State Medical Association to provide continuing medical education for physicians.

The Children’s Hospital Medical Center of Akron designates this live activity for a maximum of 8.0 AMA PRA Category 1 Credit™. Physicians should claim only the credit commensurate with the extent of their participation in this activity.

Special Accommodations
If you need special accommodations due to a disability, please notify Amy Chand at 330-543-2126 no later than February 12, 2016.

Refund Policy
To review the refund policy please visit www.akronchildrens.org/cme to locate the CME Cancellation/Refund Policy.

Directions and Parking
The Considine Professional Building is located directly across from Akron Children’s Hospital at 215 W. Bowery St. Free parking is available in the parking deck located at 181 W. Cedar Street. Parking is discouraged in any other lots and will not be validated. For driving directions, please visit www.akronchildrens.org/maps

Planning Committee:
Troy Smurawa, MD
Joseph Congeni, MD
Stephen Lutz, AT/ATC
Cortney Myer, PT, DPT, SCS
Aaron Galpert, MS, Ed, AT, ATC
Amy Chand, EP
Katrina Wolford

Disclosure Statement
As a provider of the Ohio State Medical Association, it is the policy to require the disclosure of the existence of any financial interest a planning committee member and presenters have with either the commercial supporters of this activity or the manufacturers of any commercial products discussed, and when necessary, resolve any potential conflict. None of the planning committee members has a financial conflict to disclose or resolve. The following presenters have the following conflict to disclose:

Drew Engles, MD
Stock shareholder: Tournier, Inc

Aaron Watters, MD
Grand/Research Support: Akron Children’s Hospital Foundation