Sports Medicine Speakers

Conference Co-Chairpersons:

Joseph Congeni, MD, FAAP
Medical Director, Sports Medicine Center at Akron Children’s Hospital
Team Physician, Archbishop Hoban High School
Associate Team Physician, The University of Akron

Derrick Eddy, MD
Director of Education, Sports Medicine Center at Akron Children’s Hospital
Team Physician, Hudson High School
Associate Team Physician, The University of Akron

Keynote Speakers:

Christopher Liebig, MD
Director, Sports Medicine
Akron Children’s Hospital Mahoning Valley

Garrett Bullock, PT, DPT
Team Leader, Mountain River Physical Therapy - Chatham, VA
Clinical Research Scientist
Independent Research Consultant, Functional Movement Systems

Joseph Congeni, MD, FAAP
Medical Director, Sports Medicine Center at Akron Children’s Hospital
Team Physician, Archbishop Hoban High School
Associate Team Physician, The University of Akron

Patrick Riley, Jr., MD
Orthopedic Surgeon
Akron Children’s Hospital

Kerwyn Jones, MD
Chairman, Department of Orthopedic Surgery
Akron Children’s Hospital
Team Physician, Copley High School

Drew Engles, MD
Hand and Microvascular Surgery
Department of Orthopedic Surgery
Akron Children’s Hospital

Daniel Norman, PT, SCS, CSCS
Physical Therapist
Akron Children’s Hospital

Nick Sanders, PT, DPT, CSCS, CIDN
Owner and Founder, PHYT For Function
Physical Therapist
Doctor of Physical Therapy
Certified Strength and Conditioning Specialist
Certified Integrative Dry Needling

Rosalie Franek, MS, LMT
Licensed Massage Therapist
Owner, Right Path Massage and Fitness, LLC

Sam Maniar, Ph.D.
Sport Psychologist
Licensed Psychologist (Ohio)
Center for Peak Performance, LLC
Both physical therapists and athletic trainers will benefit from current evidence-based presentations addressing: current evaluative and physical therapy interventions, clinical management, clinical research, applied/basic sciences and professional responsibilities. Licensed medical professionals will cover the following topics:

1. Identify the epidemiology of upper extremity injuries and the physiological differences making children vulnerable to certain injuries while playing sports and the treatments for these injuries.

2. Classify signs and symptoms of pitching risk factors and understand how to treat these risk factors beyond the “classic” interventions.

3. Identify the indications and technical considerations for elbow surgery in the throwing athlete.

4. Explain various counseling and sport psychology techniques to incorporate into treatment of injured patients, as well as reviewing current research on the effectiveness of counseling and sport psychology intervention in injury rehabilitation.

5. Identify the benefits of therapeutic massage for prevention and recovery from sports injuries and explain how it can be incorporated into the sports medicine setting.

6. Explain proposed mechanisms and physiology of dry needling and cupping for the management of pain, and identifying safety considerations and guidelines.

7. Identify injuries that are most common in young throwers and how to manage with rehabilitation, rest and a gradual return to throwing program.

8. Define common shoulder injury patterns in pediatric athletes and develop an understanding of the recommended treatment algorithms.

9. Identify specific exercises and research that will enhance the way therapists treat shoulder and elbow injuries.

10. Explain latest strategies to combat ACL retears in young athletes; why first time shoulder dislocations should be fixed; and, determining to fix or not to fix the hip labral tear in the young.

11. Identify deficits in return to throw case studies and how to apply practical applications and assessment to return to play.
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<th>Time</th>
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<td>7 – 8 a.m.</td>
<td>Registration/Visit Vendors/Continental Breakfast</td>
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| 8 – 9 a.m.   | The Arms Race: Identifying and Treating Upper Extremity Pain in Athletes  
Christopher Liebig, MD |
| 9 – 10 a.m.  | Early Identification and Treatment of At-Risk Overhead Athletes  
Garrett Bullock, PT, DPT |
| 10 – 10:15 a.m. | Break/Visit Vendors                                                                       |
| 10:15 a.m. – 11:10 a.m. | Surgery of the Elbow in the Throwing Athlete  
Drew Engles, MD |
| 11:10 a.m. – 12 p.m. | Counseling & Sport Psychology Techniques in Injury Rehabilitation  
Sam Maniar, PhD |
| 12 – 12:45 p.m. | Lunch/Visit Vendors                                                                       |
| 12:45 – 2:30 p.m. | Breakout – Track A:  
Therapeutic Massage in the Sports Medicine Setting  
Rosalie Franek, MS, LMT  
An Introduction to Neurologic Dry Needling and Cupping for Pain Management  
Nick Sanders, PT, DPT, CSCS, CIDN |
| 2:30 – 2:45 p.m. | Break/Visit Vendors                                                                       |
| 2:45 – 3:30 p.m. | Controversies in Pediatric Sports Medicine Surgery 2018  
Patrick Riley, Jr., MD |
| 3:30 – 4:30 p.m. | Return to Throwing Case Studies: Practical Applications  
Garrett Bullock, PT, DPT |
| 4:30 p.m.    | “Legends of Sports Medicine”  
Award Presentation and Reception                                                            |
Garrett Bullock, PT, DPT

Garrett Bullock was a 4-year baseball letter winner at Wake Forest University, where he was captain in 2009. Bullock went on to play in the Houston Astros Organization, playing professional baseball for 5 seasons. Upon retirement, Bullock studied at Duke University, where he was class president and received his doctorate of physical therapy in 2017. Bullock has authored numerous scientific publications and has presented his work at various national conferences. His clinical and research focus is on athletic development and overhead athlete injuries.

Christopher Liebig, MD

Dr. Liebig is the director of Sports Medicine at Akron Children’s Hospital Mahoning Valley office. He attended medical school at West Virginia University School of Medicine in Morgantown, WV. He completed his residency at Children’s Hospital of Richmond at VCU (Virginia Commonwealth University) in Richmond, VA. Dr. Liebig went on to accept a fellowship at Akron Children’s Hospital’s Sports Medicine Center in Akron, OH and is now practicing at its Boardman, OH office.
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 Amy Chand at 330-543-2126 or achand@akronchildrens.org.

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 7.25 AMA PRA Category 1 Credit™. Physicians should claim only the credit commensurate with the extent of their participation in this activity.

Children’s Hospital Medical Center of Akron is recognized by the Board of Certification, Inc., to offer continuing education for Certified Athletic Trainers. This program has been approved for 7.25 CEU hours and is pending 5.5 hours of Evidence Based Practice continuing education.

This course has also been approved for 7.25 CEU hours from the Ohio Physical Therapy Association.

Directions and Parking
The Hilton Akron/Fairlawn is located directly across the street from Summit Mall. Parking is free and available on-site. For driving directions, please visit www.akronhilton.com/map.html.

Planning Committee:
Joseph Congeni, MD, FAAP
Derrick Eddy, MD
Stephen Lutz, AT, ATC
Cortney Myer, PT, DPT, SCS, CIDN
Katrina Wolford
Amy Chand, EP

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 planning committee members 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 have a financial conflict to disclose or resolve. The following presenters have the following conflict to disclose:

Garrett Bullock, PT, DPT
Consultant: Functional Systems

Kerwyn Jones, MD
Grant: NIH

Drew Engles, MD
Stock Shareholder:
Wright Medical Group
Akron Children’s Hospital offers several registration and payment options. You may go online and register and pay electronically, or you may register online and pay by check. Checks should be made payable to Akron Children’s Hospital. Attention Amy Chand at 215 W. Bowery St. Suite 7300 Akron, Ohio 44308.

To register online, visit www.akronchildrens.org/sportsmedconf

**Registration Fees (check one):**

- PTs, MDs and NPs $135
- Residents $25
- Undergraduate Students* $25
- RNs and ATs $100
- Akron Children’s Residents and Fellows $0
- Akron Children’s Emeritus Staff $0

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

**Registration deadline is February 23, 2018.**

**Cancellation/Refund Policy**

Please visit www.akronchildrens.org/cme to locate and review the CME Cancellation/Refund Policy. For more information or special accommodations, please contact Amy Chand at 330-543-2126 or achand@akronchildrens.org.