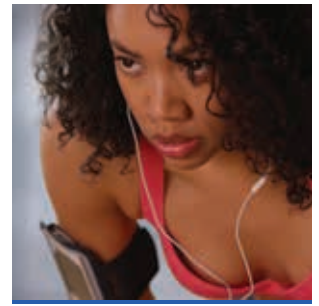


IN PERSON OR VIRTUAL

2022 Sports Medicine Symposium

HOT TOPICS IN SPORTS MEDICINE



FRIDAY, MARCH 18

7:30 a.m. to 5 p.m.

Norton Sports Health Performance & Wellness Center
9451 Westport Road
Louisville, Kentucky

Event will also be livestreamed



Jointly provided by:





WHY YOU SHOULD ATTEND

The Sports Medicine Symposium, provided by Norton Sports Health and KORT, is designed to provide physicians, physical therapists, athletic trainers and other health care clinicians with the latest scientific and clinical information about sports medicine, including injury prevention, medical and surgical treatments, and rehabilitative therapies for athletes. This year's focus will address the latest scientific and clinical information related to hot topics for the prevention of and care for common injuries in athletes. Clinicians will gain knowledge for providing patients with the most advanced evidence-based treatment options available.

TARGET AUDIENCE

This activity is targeted toward physicians, physician assistants and nurse practitioners in primary care and the specialties of emergency medicine, internal medicine, orthopedics, pediatrics, surgery and rehabilitation, as well as athletic trainers, physical therapists, emergency department and urgent care center personnel, and other clinical caregivers.

EDUCATIONAL OBJECTIVES

Upon completion of this symposium, attendees will be able to:

1. Define evidence-based practices of evaluation, diagnosis and/or management of common sports-related injuries.
2. Describe principles of injury prevention, treatment and rehabilitation of athletes at the provider-patient level.

CONTINUING EDUCATION CREDITS

PHYSICIANS

Accreditation: This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Norton Healthcare and Kentucky Orthopedic Rehab Team (KORT). Norton Healthcare is accredited by the Kentucky Medical Association to provide continuing medical education for physicians.

Designation: Norton Healthcare designates this live activity for a maximum of 8.25 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

ATHLETIC TRAINERS

KORT (BOC AP#: P2645) is approved by the Board of Certification Inc. to provide continuing education to Athletic Trainers (ATs). This program is eligible for a maximum of 8.25 Category A hours/CEUs. ATs should claim only those hours actually spent in the educational program.



PHYSICAL THERAPISTS

This program has been approved by the APTA Kentucky, a chapter of the American Physical Therapy Association, for 8.25 Category 1 contact hour(s).

ACKNOWLEDGMENTS

Norton Sports Health and KORT gratefully acknowledge the following supporters and exhibitors known at the time of printing:

Alpha Orthopedic Systems/Arthrex

I&S Medical

Johnson & Johnson

Louisville Slugger Hitting Science Center

Orthofix

Pacira BioSciences Inc.

Smith & Nephew Sports Medicine

Stryker

Zimmer Biomet OrthoSolutions



COURSE MATERIALS

Presentation slides and symposium information will be available at **NortonCME.com**. Select the “Conference Details/Presentation” option and then this activity. Zoom participation links will not be posted to this website. They will be emailed to you after you register.

COURSE FORMAT

This symposium will be held in person at Norton Sports Health Performance & Wellness Center, located at 9451 Westport Road in Louisville, Kentucky. The live conference also will be livestreamed for off-site attendees to view the conference from their own locations. The virtual format will allow participants to submit questions for the presenters throughout the day.

REGISTRATION FEES

Physicians, advanced practice providers

In person: \$100 Virtual: \$50

Athletic trainers, physical therapists, residents

In person: \$40 Virtual: \$20

Students, retirees

In person: \$20 Virtual: \$20

Three convenient ways to register:

1. Call **(502) 629-1234**, option 4.
2. Visit **NortonCME.com** and locate the activity by date.
3. Scan the **QR code**.



REGISTRATION DEADLINE

The deadline to register is Wednesday, March 16. Early registration is encouraged. Walk-in registration cannot be guaranteed, as this activity may be full and unable to accommodate you.

SPECIAL NEEDS

Norton Sports Health is committed to making this conference accessible to all individuals. If you have a disability, please provide a description of any auxiliary aids or services (identified in the Americans with Disabilities Act) needed at the time of registration. Most requests for aids or services can be obliged.

COURSE CO-DIRECTORS

Robin G. Curry, M.D.

Nonsurgical Orthopedics and Sports Medicine Specialist
Norton Orthopedic Institute

Robbie Hinkebein, P.T., DPT, OCS, ATC

Regional Vice President
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Orthopedic Surgeon
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SPECIAL THANKS TO THE PLANNING COMMITTEE

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KORT

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KORT

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Physical Therapist
Clinic Director, Downtown
KORT

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Kevin E. Wilk, P.T., DPT, FAPTA

Associate Clinical Director
Champion Sports Medicine
Birmingham, Alabama

DISCLOSURE POLICY

Norton Healthcare adheres to the Kentucky Medical Association accreditation requirements, as well as the Standards for Integrity and Independence in accredited continuing education. During the planning process, all individuals in a position to control content (course directors, planners and presenters) must disclose all relevant financial relationships with ineligible companies and the nature of that relationship. This information is assessed by the Norton Healthcare Center for Continuing Medical, Provider & Nursing Education to ensure mitigation of identified conflicts prior to the activity. Relationships with ineligible companies will be disclosed to activity participants.



AGENDA

7 a.m. Breakfast and registration; Zoom room opens

7:30 a.m. Welcome

Session 1: COVID-19 and Athletes: An Update

7:35 a.m. COVID-19 Update/Treatment Options
Joseph M. Flynn, D.O., MPH, FACP

8:15 a.m. Cardiac Considerations in Post-COVID Athletes
Mostafa O. El-Refai, M.D.

8:45 a.m. Questions and answers; panel discussion

8:55 a.m. Break; exhibits open

Session 2: Hot Topics in Upper Extremity

9:05 a.m. Management of Biceps Tendon Pathology in Throwers
Ryan J. Krupp, M.D.

9:30 a.m. Keynote address
Shoulder Arthroplasty in the “Never Say Die” Athlete
David Schneider, M.D.

10:20 a.m. Nonsurgical Management of Elbow Pathology
Ryan E. Modlinski, M.D.

10:40 a.m. Shoulder Instability Treatment
Ashley Parsons, P.T., DPT, CCI, Cert. MDT, Cert. D.N.

10:55 a.m. Questions and answers; panel discussion

11:05 a.m. Break; exhibits open

Session 3: Hot Topics in Lower Extremity

11:15 a.m. ACL Reconstruction in Pediatric and Adolescent Athletes
Jennifer M. Brey, M.D.

11:35 a.m. What’s New in Hip Arthroscopy
Samuel D. Carter, M.D.

11:55 a.m. Orthopedic Connections to the Pelvic Floor
Teresa Smith, P.T., DPT, OCS, CSCS

12:15 p.m. Questions and answers; panel discussion

12:25 p.m. Lunch

Session 4: Innovations in Return to Play and Sports Performance

12:55 p.m. Keynote address
Cognitive Rehabilitation
Kevin E. Wilk, P.T., DPT, FAPTA

1:45 p.m. Return-to-play Decision-making Using Technology and Wearables
Josh Bixler, P.T., DPT, OCS

2:05 p.m. Questions and answers; panel discussion

2:15 p.m. Refreshment break; exhibits open

Session 5: Caring for the Whole Athlete

2:35 p.m. Mental Performance
Vanessa Shannon, Ph.D.

3 p.m. Pain Neuroscience in Sports Medicine
Chad P. Garvey, P.T., DPT, OCS, FAAOMPT

3:20 p.m. Management of RED-S and Stress Reaction Continuum in Athletes
Daniel Love, P.T., DPT

3:40 p.m. Concussion Rehabilitation: Improving Outcomes With Activity
Melissa Bloom, P.T., DPT, NCS

4:30 p.m. Updated Kentucky State Practice Act for Certified Athletic Trainers: How to Best Utilize a Certified Athletic Trainer in Your Setting
Kevin Brown, M.Ed., ATC

4:50 p.m. Questions and answers; panel discussion

5 p.m. Closing remarks; adjournment