



HOSPITAL
FOR
SPECIAL
SURGERY

MAJOR LEAGUE SOCCER

2015 MEDICAL SYMPOSIUM

JANUARY 10, 2015 ■ THE WESTIN FT. LAUDERDALE ■ FL

JOINTLY PROVIDED BY Hospital for Special Surgery Office of
Continuing Medical Education & Major League Soccer



Major League Soccer Medical Symposium

January 10, 2015

Jointly provided by the

HSS Office of Continuing Medical Education and Major League Soccer

Overview

Collegiate and professional soccer leagues rely upon their medical teams to treat soccer-related injuries and return injured players to the sport in a safe and efficient manner. This course provides attendees with critical knowledge regarding medical illnesses like cardiac disease, heat stroke, cancer and sickle cell disease that may also prevent or delay players from entering or returning to the game. Expert faculty will guide medical teams on the identification, prevention and treatment of injuries common to soccer athletes, such as hamstring injuries, extra-articular hip injuries and spinal conditions. Comprehension of these topics plays a critical role in practitioners' ability to maintain the health and performance of soccer players.

Target Audience

This activity is targeted towards orthopaedic surgeons, sports medicine physicians, primary care physicians, physiatrists, athletic trainers, rehabilitation therapists and physical therapists.

Learning Objectives

HSS continuing medical educational activities are intended to improve the quality of patient care and safety. At the end of this seminar, participants should be able to:

- Identify key risk factors for cardiac disease, common symptoms and heart murmurs, and apply key intervention strategies and treatment options once cardiac disease is identified.
- Describe the epidemiology, causational factors, contributing co-morbidities, and treatment objectives and goals for hamstring injuries in the soccer athlete.
- Recognize the importance of performing a detailed exam and better diagnose intra-vs. extra-articular disorders in the hip.
- Recognize the importance of timely diagnosis for extra-articular hip injuries such as sports hernia and identify different treatment modalities for this on-field injury.
- Explain the complex physiology of cancer and sickle cell disease and traits and how these illnesses affect an athlete's performance.
- Describe the complex needs of the athlete with cancer and sickle cell disease and identify how these diseases affect performance, nutrition, hydration and medication use.
- Identify the most beneficial orthobiologics for different conditions facing a soccer athlete.
- Recognize how to modify rehabilitation to return athletes to play in a more expeditious and safe manner.
- Identify the signs and symptoms of spinal disease that can often mask as hip pain.
- Describe the diagnosis and treatment paradigm in order to avoid delayed diagnosis and prolonged injury.
- Explain the danger of heat illness in athletes and effectively treat patients suffering from heat stroke.
- Recognize at-risk athletes and the importance of nutrition and hydration for all high-level athletes to ensure their overall wellbeing and performance.

Accreditation & Credit Designation

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 Hospital for Special Surgery and Major League Soccer. Hospital for Special Surgery is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. Hospital for Special Surgery designates this live activity for a maximum of 7.0 *AMA PRA Category 1 Credits*[™] onsite and online. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Hospital for Special Surgery is a New York State Education Department approved provider for physical therapy continuing education. Hospital for Special Surgery designates this activity for a maximum of 7.0 Contact Hours onsite and online. This activity is pending approval in Florida. The following states require continuing education units with no state-specific approval: CT, DE, IA, ID, MO, MT, NC, ND, NE, OR and WA.



Hospital for Special Surgery is recognized by the Board of Certification, Inc., to offer continuing education for Certified Athletic Trainers. This symposium is accredited for up to 7.0 Contact Hours for BOC credits onsite and online. According to the education levels described by the CEC Committee of the NATA, the following continuing education course is considered to be Essential Level.

Financial Disclosure Policy

In accordance with the Accreditation Council for Continuing Medical Education's Standards for Commercial Support, all CME providers are required to disclose to the activity audience the relevant financial relationships of the Activity Directors, planning committee members, planners, authors and staff involved in the development of CME content. An individual has a relevant financial relationship if he or she has a financial relationship in any amount occurring in the last 12 months with a commercial interest whose products or services are discussed in the CME activity content over which the individual has control.

It is the policy of Hospital for Special Surgery to request all financial relationships that Activity Directors, planning committee members, planners, authors and staff have with commercial interests, but to disclose to the activity audience only the **relevant** financial relationships.

Activity Director

Amanda Martin, DO, has disclosed no relevant financial relationships.

Planning Committee

Keren Baum, MA, has disclosed no relevant financial relationships.

Amy DeRobertis, MS, has disclosed no relevant financial relationships.

Richard H. Edelson, MD, has disclosed no relevant financial relationships.

Wayne K. Gersoff, MD, has disclosed no relevant financial relationships.

Allison Goldberg, MPA, has disclosed no relevant financial relationships.

Lauren Hee has disclosed no relevant financial relationships.

Lawrence Lemak, MD, has disclosed no relevant financial relationships.

Amanda Martin, DO, has disclosed no relevant financial relationships.

Melody Mokhtarian has disclosed no relevant financial relationships.

Jaime Rojas, MS, ATC, LAT, has disclosed no relevant financial relationships.

Christoph Schoenbeck has disclosed no relevant financial relationships.

Nik Wald, ATC, has disclosed no relevant financial relationships.

Guest Faculty

Robert Agee, MD, has disclosed no relevant financial relationships.

Evan B. Allen, MA, ATC, LAT, has disclosed no relevant financial relationships.

Michael F. Bergeron, PhD, FACSM, has disclosed no relevant financial relationships.

Leslie T. Cooper Jr., MD, has disclosed no relevant financial relationships.

Craig Devine, PT, ATC, has disclosed no relevant financial relationships.

Richard H. Edelson, MD, has disclosed no relevant financial relationships.

Peter H. Edwards Jr., MD, has disclosed no relevant financial relationships.

Robert B. Flannery MD, has disclosed no relevant financial relationships.

John Gallucci, Jr., MS, ATC, PT, DPT, has disclosed no relevant financial relationships.

Michael B. Gerhardt, MD, has disclosed no relevant financial relationships.

Wayne K. Gersoff, MD, has disclosed no relevant financial relationships.

Eric Giza, MD, has disclosed no relevant financial relationships.

Zachary Herold, has disclosed no relevant financial relationships.

Thomas G. Hospel, MD, MBA, has disclosed no relevant financial relationships.

William B. Hutchinson Jr., MD, has disclosed the following relevant financial relationships and will be discussing products/services of the commercial interest with which relationships exists.

- Ownership Interest: Radlink Surgery Center of the Pacific

Bert R. Mandelbaum, MD, has disclosed the following relevant financial relationships and will be discussing products/services of the commercial interest with which relationships exists.

- Salary: MLB
- Royalty: Arthrex
- Consulting Fee/Honoraria: Alter G; Arthrex; DuPuy Mitek; Exactech; Geistlich

Gabriel Manoel, PT, DPT, OCS, CSCS, has disclosed no relevant financial relationships.

Holly Silvers, MPT, has disclosed no relevant financial relationships.

Nik Wald, ATC, has disclosed no relevant financial relationships.

Robert G. Watkins III, MD, has disclosed no relevant financial relationships.

HSS Faculty

Aisling Toolan, PT, DPT, SCS, CSCS, has disclosed no relevant financial relationships.

Riley J. William III, MD, has disclosed no relevant financial relationships.

Hospital for Special Surgery Office of CME staff and CME Committee members have no relevant financial relationships to disclose regarding this activity.

AGENDA

- 7:00am Breakfast*
- 7:30am Welcome and Introduction*
- 7:35am Cardiac Disease in the Elite Athlete: How to Recognize, Treat and Prevent Sudden Cardiac Death
- Cardiac Case Presentation
John Gallucci Jr., MS, ATC, PT, DPT
 - Cardiac Disease From a Player's Perspective
Zachary Herold
 - Sudden Cardiac Death
Leslie T. Cooper Jr., MD
 - Discussion and Q&A
- 8:45am Break*
- 9:00am Hamstring Injuries in the Professional Soccer Athlete: What Do the Numbers Say?
- Hamstring: What's New in 2015? A Healthy Athlete Update
Eric Giza, MD
 - Case Presentation: Hamstring Strain with Rehabilitation and Return to Play
Nik Wald, ATC
 - Case Presentation: Hamstring Injury with Operative Intervention and Return to Play
Gabriel Manoel, PT, DPT, OCS, CSCS
 - Hamstring Injury Prevention: FIFA '11 Intervention Study
Holly Silvers, MPT
 - Discussion and Q&A
- 9:55am Break*
- 10:10am Sports Hernia Injuries-It's Not From the Hip Joint: Diagnosis Treatment and the Return to Play Model in MLS
- Case Presentation: Sports Hernia
Nik Wald, ATC
 - Sports Hernia: Identification and Treatment Paradigms
William B. Hutchinson Jr., MD
 - You Must Clear the Hip
Michael B. Gerhardt, MD
 - Sports Hernia: Rehabilitation and Return to Play
Craig Devine, PT, ATC
 - Discussion and Q&A
- 11:15am Effective Strategies for Managing Nutrition, Hydration and Recovery Challenges and Preventing Exertional Heat Illness in Elite Athletes
Michael F. Bergeron, PhD, FACSM
- 12:15pm Lunch*

- 1:15pm Hematologic Complications and Pitfalls in Sports
- Case Presentation: Sickle Cell Disease
Thomas G. Hospel, MD, MBA, and Craig Devine, PT, ATC
 - Sickle Cell Disease and Traits in the Soccer Athlete
Robert Agee, MD
 - Case Presentation: Leukemia in an Elite Athlete
Evan B. Allen, ATC, LAT
 - Cancer: Treatment and Return to Play with Physiologic Effects of Treatment
Robert B. Flannery, MD
 - Discussion and Q&A
- 2:20pm The Regenerative Triad of Orthobiologic Treatments in Major League Soccer
- The Use of Orthobiologic Treatments in Professional Soccer Players
Richard H. Edelson, MD
 - Rehabilitation With the Use of Orthobiologics: Building a Case for Early Movement to Reduce Time Lost
Peter H. Edwards, Jr., MD
Wayne K. Gersoff, MD
Bert R. Mandelbaum, MD
Riley J. Williams III, MD
- 3:05pm Break*
- 3:20pm Spine Injuries and Disease in the Elite Athlete
- Case Presentation: Acute Lumbar Injury
Robert G. Watkins III, MD
 - Spine Injury in the Soccer Athlete
Robert G. Watkins III, MD
 - Spinal Rehabilitation and Return to Play
Aisling Toolan, PT, DPT, SCS, CSCS
 - Discussion and Q&A
- 4:10pm Closing Remarks*

**Not designated for AMA PRA Category 1 Credits™*

Faculty and Agenda are subject to change

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Riley J. Williams III, MD

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Director of the Institute for Cartilage Repair
Associate Professor of Orthopaedic Surgery
Weill Cornell Medical College
Team Physician, New York Red Bulls and Brooklyn Nets

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Notes to Participants:

PROGRAM

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<http://www.eventscribe.com/2015/MLS>

Access Key: MLS2015

EVALUATION

In keeping with our “green” CME operation, we no longer print paper evaluations, but instead utilize an online evaluation module. Please take a moment after the course to fill out the following survey:

<https://www.surveygizmo.com/s3/1742279/Major-League-Soccer-2015-Medical-Symposium-January-10-2015>

CERTIFICATE

Once you complete the online evaluation you will be able to print your certificate. Please do not complete the survey on your mobile device as you will not be able to print out your certificate.

For more information please contact:

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