



**LOYOLA
MEDICINE**

*Loyola University Chicago
Stritch School of Medicine*

Loyola University Medical Center
Department of Family Medicine
2160 S. First Avenue, Bldg 54 - Suite 253
Maywood, Illinois 60153

**SPORTS MEDICINE
UPDATE**

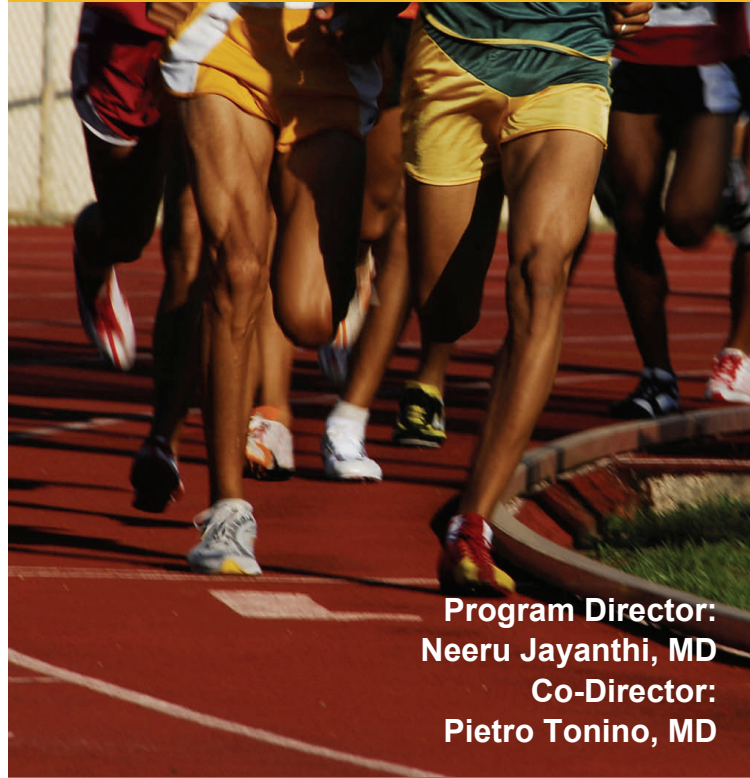
Saturday, November 14, 2009

Sponsored by:

Loyola University Chicago
Stritch School of Medicine
Departments of Family Medicine &
Orthopaedic Surgery and Rehabilitation



**SPORTS MEDICINE
UPDATE**



Program Director:
Neeru Jayanthi, MD
Co-Director:
Pietro Tonino, MD

Saturday, November 14, 2009

**LOYOLA UNIVERSITY CHICAGO
STRITCH SCHOOL OF MEDICINE
FACULTY**



Prempreet Singh Bajaj, MD
Assistant Professor
Orthopedic Surgery &
Rehabilitation

Sara Brown, DO, CAQ
Assistant Professor
Family Medicine

Haemi Choi, MD
Assistant Professor
Family Medicine

Lara R. Dugas, PhD
Assistant Professor
Preventive Medicine &
Epidemiology

Douglas Evans, MD
Assistant Professor
Orthopaedic Surgery &
Rehabilitation

Steve Gnatz, MD, MHA
Medical Director
Physical Medicine & Rehabilitation

Neeru Jayanthi, MD
Assistant Professor
Family Medicine
Orthopaedic Surgery &
Rehabilitation

Patrick O'Leary, MD
Clinical Instructor
Orthopaedic Surgery &
Rehabilitation

Rochella Ostrowski, MD
Assistant Professor
Medicine
Division of Rheumatology

John Shea, MD
Professor
Neurological Surgery

Pietro Tonino, MD
Associate Professor
Director, Section of Sports Medicine
Orthopaedic Surgery & Rehabilitation

James Winger, MD
Assistant Professor
Family Medicine

GUEST FACULTY

**Thomas Asuma, ATC, NASM-PES,
TPICGFI**
Certified Athletic Trainer,
Performance Enhancement Specialist

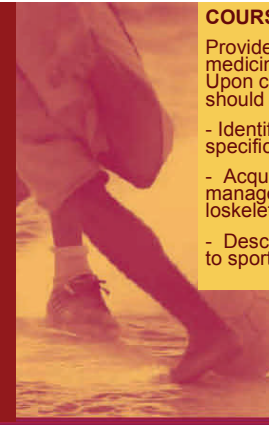
Jonathan Dugas, PhD
Assistant Professor
Department of Kinesiology and Nutrition
University of Illinois at Chicago

Tony Garofolo, ATC
Schaumburg Flyers

Thurman Hendrix, MA, CSCS
Gottlieb Memorial Hospital
President, Neurobody Performance, INC

John Honcharuk, ATC, NASM-PES, CSCS
Certified Athletic Trainer,
Performance Enhancement Specialist

**Peter Oldenburg, PT, MHS, OCS, Cert.
MDT**
Board Certified in Orthopedic Physical Therapy
Certified in Mechanical Diagnosis and Therapy of
the Spine by the McKenzie Institute



COURSE OBJECTIVES

Provide education and information in sports medicine and musculoskeletal specific issues. Upon completion of this activity, participant should be able to:

- Identify medical and musculoskeletal issues specific to sports medicine.
- Acquire additional techniques of evaluation, management, and rehabilitation of musculoskeletal injuries.
- Describe updated evidence-based approaches to sports specific medical and musculoskeletal

TARGET AUDIENCE

Athletic trainers, physical therapist, nursing and other health care providers who are interested in the treatment and care of athletes and musculoskeletal injuries.

ACCREDITATION

The Loyola University Chicago, Stritch School of Medicine is accredited by the BOC and the Illinois Physical Therapy Association (IPTA 8 contact hrs) Loyola Sports Medicine is recognized by the Board of Certification, Inc. to offer continuing education for certified athletic trainers. Loyola University of Chicago is an Equal Opportunity Educator and Employer.

CONFERENCE LOCATION

Loyola University Chicago
Stritch School of Medicine
John & Herta Cuneo Center
Leischner Hall - Suite 390
2160 S. First Avenue
Maywood, Illinois 60153



FURTHER INFORMATION

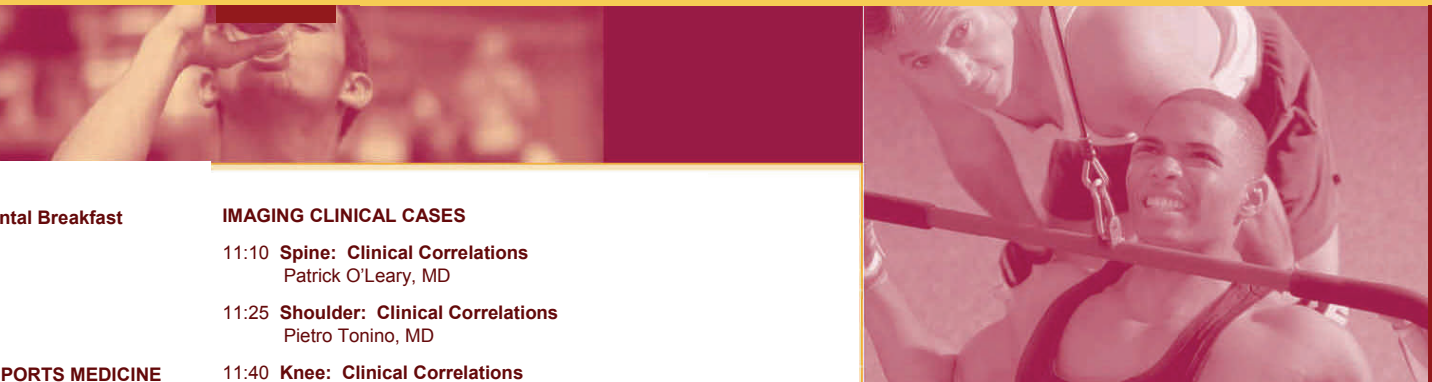
Contact: Stefani Higgins during business hours.
Phone: (708) 216-1071
Fax: (708) 216-1104 Attn: Stefani Higgins

For travel directions to Loyola's campus go to <http://www.meddean.luc.edu/node/130>

SPECIAL NEEDS

We would like to welcome all registrants to this activity. If you have a disability and need an accommodation to participate in this event, we will try to provide it. Please submit a written request one month prior to the course to receive service.

AGENDA



| | | | |
|---|---|--|--|
| 7:30 Registration and Continental Breakfast | IMAGING CLINICAL CASES | BREAKOUT SESSIONS - I | |
| 8:00 Welcome & Introduction | 11:10 Spine: Clinical Correlations Patrick O'Leary, MD | MEDICAL UPDATES - LEISCHNER HALL | |
| 8:05 Pre-Test Questions Neeru Jayanthi, MD Pietro Tonino, MD | 11:25 Shoulder: Clinical Correlations Pietro Tonino, MD | 1:40 H1N1 in Schools Haemi Choi, MD | REHABILITATION TECHNIQUES - ROOM 475 |
| CURRENT CONTROVERSIES IN SPORTS MEDICINE | 11:40 Knee: Clinical Correlations Douglas Evans, MD | 2:05 MRSA in Schools James Winger, MD | 1:40 Osteopathic Manipulation of Spine/Pelvis in Non-Operative Care Sara Brown, MD |
| 8:15 Drink to Thirst? Rules of Hydration & Hyponatremia Jonathan Dugas, PhD | 11:55 EMG & Clinical Correlations Steve Gnatz, MD | 2:30 Recognizing Inflammatory Arthritis Rochella Ostrowski, MD | 2:10 Teaching Mental Habits for Sports Performance & Injury Prevention Thurman Hendrix, MA, CSCS |
| 8:35 Is Exercise Necessary for Weight Loss? Lara Dugas, PhD | 12:10 Questions - Panel Discussion | 2:55 Discussion | 2:40 McKenzie Based Approach Peter Oldenburg, PT, MHS, OCS |
| 8:55 Can Muscle Cramping or Soreness be Prevented? Jonathan Dugas, PhD | 12:30 LUNCH (Provided) | | 3:10 Discussion |
| 9:15 New Approaches in Treatment of Tendinopathy Neeru Jayanthi, MD | 1:00 Two Minute Clinical Cases Neeru Jayanthi, MD Pietro Tonino, MD | | |
| 9:35 Questions - Panel Discussion | 1:30 Break | | |
| SPINE SECTION | BREAKOUT SESSIONS II - SPORTS SPECIFIC INJURED PLAYER | INDIVIDUAL/OVERHEAD ATHLETE LEISCHNER HALL | ENDURANCE ATHLETE ROOM 475 |
| 9:45 Anatomy & Biomechanics of the Spine John Shea, MD | 3:20 Tennis & High Performance Screen Neeru Jayanthi, MD | 3:20 Running Sara Brown, MD | CONTACT SPORTS ROOM 445 |
| 10:05 Scoliosis: When to Worry Patrick O'Leary, MD | 3:50 Golf & Biomechanics Thomas Asuma, ATC | 3:50 Swimming/Water Polo Pietro Tonino, MD | 3:20 Football - Functional Movement Screen John Honcharuk ATC |
| 10:25 When is Epidural Steroid Injection Appropriate? Prem Bajaj, MD | 4:20 Baseball & Pitching Analysis Pietro Tonino, MD Tony Garofolo, ATC | 4:20 Collapsed Endurance Athlete James Winger, MD | 3:50 Soccer Haemi Choi, MD |
| 10:45 Questions - Panel Discussion | | | 4:20 Hockey Douglas Evans, MD |
| 10:55 Break | | | |
| 5:00 ADJOURN | | | |

REGISTRATION

SPORTS MEDICINE UPDATE SATURDAY NOVEMBER 14, 2009

Pre-registration is required for the course. As space is limited to the first 200, your response is requested no later than Monday, November 6th to secure your reservation and availability of course material for this conference.

The registration fee for this course is as follows:

(Please check appropriate box below and enclose payment with registration)

- \$75 Athletic Trainers / Physical Therapists /Allied Health Professionals
- \$75 Fellow/Residents
- \$50 1/2 Day sessions (Lunch Provided) **12:30pm — 5:00PM SESSION**
- \$40 Students (physical therapy, athletic trainer, medical, nursing, and other)

To register online, go to www.luc.edu/sportsmedicineupdate (Active October 6th)

All refund requests must be made in writing by November 6, 2009 and are subject to a 25% service charge. No refunds will be provided for written cancellations received after November 6, 2009.

Mail to:

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2160 S. First Avenue, Bldg. 54 - Suite 253, Maywood, Illinois 60153
or Fax: (708)216-1104 Attn: Stefani Higgins

Name _____

Degree (MD, AT, PT, RN, etc) _____

Address _____

City _____ State _____ Zip _____

Daytime Phone Number _____ Fax Number _____

Email Address _____

Select method of payment:

Check, make checks payable to: Loyola University Department of Family Medicine

Mastercard Visa Discover (DO NOT FAX CREDIT CARD INFORMATION)

Account Number: _____

Expiration Date: _____

Signature: _____

Billing Address: _____ Billing Zip Code: _____

Topic Suggestions for Future Courses: _____