

13th Annual Emory Sports Medicine Symposium

March 21-22, 2020

Day 1 Agenda (7:00am – 5:00pm)		
7:00 – 7:50am		Registration & Continental Breakfast
7:50am		Welcome & Introductions LIVE STREAM Neeru Jayanthi, MD & Spero Karas, MD
8:00 – 10:00am		Session 1 Best Solutions for the Toughest Problems Moderator: Spero Karas, MD
	8:00	Data Overload: Harnessing the “Noise” from Emerging Technologies to Optimize Athlete Performance and Safety Greg Myer, PhD
	8:20	When Should We Delay Surgery with Biologic Injections? Amadeus Mason, MD
	8:40	Hip impingement, resurfacing, or hip replacement: Is it time for surgery? Bryan Whitfield, MD
	9:00	Second opinions on shoulder surgical issues: When is it time to go back to the OR Spero Karas, MD
	9:20	Preseason Assessment, Correctives, and Injury Prevention in the NFL Rick Burkholder, ATC
	9:40	Panel Discussion

10:00 – 10:10am Break

10:10am – 12:10pm			
Session 2			
Breakout Session			
	Room A	Room B	Room C
	LIVE STREAM		
	“Head to Head” Debates Moderator: Mike Biller, PT	The Female Athlete Moderator: Courtney Gleason, MD	Primary Care/Urgent Care Track: Physical Exam Moderator: Casey Wagner MD

	10:10	Superior Capsular Reconstruction vs. Reverse TSA Maughon vs. Gottschalk	Relative Energy Deficiency in the Female Athlete Courtney Gleason, MD	Knee Exam Pearls 10:10-10:40 MD: Jeff Webb PT: Hewgley
	10:30	Gluteus medius tendon tears: Repair or regenerate? Whitfield vs. Olufade	Biomechanical Considerations in the Female Athlete Sara Raiser, MD	Foot/Ankle Exam Pearls 10:40-11:10 MD: Casey Wagner PT: Poplawski
	10:50	Immediate PT vs. wait 6 weeks after cuff repair Jennings vs. van Pamelan	Running Injuries in Women- Tips for Successful Treatment Lisa Kovack, PT	Shoulder Exam Pearls 11:10-11:40 MD: Maughon PT: Jennings
	11:10	First time shoulder dislocation: Surgery vs. PT first Karas vs. Burkholder	Pregnancy and the Female Athlete Frazier Keitt, MD	Spine/Hip Exam Pearls 11:40-12:10 MD: Raiser PT: Mynatt
	11:30	Pre-op PT for ACL tear or waste of resources Biller vs. Newsome	Exercise During Post-Partum and Post-Menopause Ezi Obunadike, MD	PANEL DISCUSSION: 12:10-12:30 PM
	11:50	Meniscus Tears: Surgery vs. Non-operative care Hammond vs. Kneer	Identify Following Injury in the Female Athlete Julie Granger, PT	

12:10 –
1:00pm

Lunch

1:00 – 3:00pm LIVE STREAM		Session 3 Biomechanics and Load in Rehab & Sports Medicine Moderator: Neeru Jayanthi, MD
	1:00	Can you actually improve patellofemoral alignment? Kyle Hammond, MD
KEYNOTE	1:20	Can you improve biomechanics in rehab to reduce injury risk? Holly Silvers-Granelli, PT, PhD
	1:40	In-season load management: A new approach to an old problem Neeru Jayanthi, MD
	2:00	You can fix the ACL, but does that fix the problem? John Xerogeanes, MD
	2:20	Understanding the biomechanical load of lower extremity cartilage injuries Sam Labib, MD
	2:40	Panel Discussion

3:00 – Break
3:10pm

3:10pm – 5:10pm		Session 4 Breakout Session		
		Room A	Room B	Room C
		Hot Topics in Rehabilitation Moderator: Michael Newsome, PT	Research Moderator: Jennifer Hunnicutt, PhD, ATC	Primary Care/Urgent Care Track: Case-Based Initial Management Moderator: Jeremy Whitley MD
	3:10	Regaining Quad Strength after ACLR: Troubleshooting Pitfalls Michael Biller, PT	Pain and Opioid Use after ACL Surgery Ehab Nazzal PI: Xerogeanes/Hunnicutt	X-ray reading: How not to miss the “don’t miss fractures” Jeremy Whitley, MD
			Do Patients with Depression or Anxiety Experience Greater Levels of Pain Catastrophizing	

			Megan Simon, ATC PI: Xerogeanes/Hunnicutt	
3:30	Rotator Cuff Tears- PT or Surgery: What is the evidence telling us? Michael Newsome, PT	<p>Quadriceps Tendon Autograft for ACL Revision</p> <p>Bryce Haynes PI: Xerogeanes/Hunnicutt</p> <hr/> <p>Healthcare Burden of Injuries in Young Athletes and Non-Athletes: A Multi-Site Clinical Cohort Study</p> <p>Heather Saffel, MD PI: Jayanthi</p>	<p>What should I look for on a shoulder MRI?</p> <p>Spero Karas, MD</p>	
3:50	Plantar fasciitis in Athletes: What are the latest trends in treatment Kevin Poplawski, PT	<p>Young Athlete Injury Outcome Study (IOS)</p> <p>Emily DeMaio PI: Jayanthi</p> <hr/> <p>STAY in Sports Study</p> <p>Beau McGinley PI: Jayanthi</p>	<p>Concussion update for the primary care provider</p> <p>Brandon Mines, MD</p>	
4:10	Determining Return to Play in Upper Extremity Athletes Brian Jennings, PT and Lloyd van Pamelan, PT	<p>Time to Knee Replacement after Orthobiologic Injections (TKO): A PRP Outcome Study</p> <p>Chris Cherian, MD PI: Mautner/Jayanthi</p> <hr/> <p>Outcomes and Satisfaction following Ultrasound-Guided vs Mini-Open Carpal Tunnel Release</p>	<p>What is on a knee MRI that I need to know?</p> <p>Ed Jackson, MD</p>	

			Travis Redmond PI: Mautner	
	4:30	Blood Flow Restriction Therapy: Why you should be Using It Kenneth Mynatt, PT, DPT, ATC, LAT	NSAIDs May Reduce Efficacy of Mesenchymal Stem Cell Therapy Daniel Sok PI: Mautner/Mason/Willett	When can I use ultrasound instead of an MRI? Robert Bowers, MD
			Joint Sounds as a Biomarker of Knee Injury Status Daniel Whittingslow PI: Inan/Xerogeanes	
	4:50	Panel Discussion	Preliminary Data of a Marker-less Motion Capture System Tristan Rodik, ATC PI: Lyle/Karas	
			Job Satisfaction among Athletic Trainers Jack Elliott-Gower, ATC PI: Pittman/Hunnicut	

5:15pm

Light Reception

Day 2 Agenda (8:00am – 12:10pm)		
8:00 – 10:00am LIVE STREAM	Session 5 Innovative Approaches to Sports Medicine Pain Management Moderator: Brandon Mines, MD	
8:00	Ultrasound injections in sports medicine you may not have heard about Oluseun Olufade, MD	

	8:20	The role of advanced imaging guidance for the management of sports related pain David Prologo, MD
	8:40	Innovative knee surgical options for bone bruise and subchondral edema Mathew Pombo, MD
	9:00	The Role of the Sports Medicine Clinician in Addressing Post-Surgical Opioid Use Jenny Hunnicutt, PhD, ATC
	9:20	Innovative non-interventional management of sports medicine related pain Lee Kneer, MD
	9:40	Panel Discussion

10:00 – Break
10:10am

10:10am – 12:10pm		Session 6 Breakout Session		
		Room A	Room B	Room C
		Youth Sports Moderator: Jeff Webb MD	Rapid Fire On- and Off-Field Sports Medicine Cases Moderator: Joan Reed	Primary Care/Urgent Care Track: Non-Surgical and Surgical Clinical Cases Moderator: Ed Jackson MD
	10:10	When is it safe for a young athlete to be in contact sports? Jeff Webb, MD	Athletic Training Case Study John Dunham, ATC	Meniscus Tears Non-Operative Sports Medicine: Casey Wagner, MD Sports Surgeon: Greg Lee, MD
			Heat related cramps in an elite tennis player: An algorithm for success Wes Troyer	
	10:30	Soccer medicine: Soccer-specific	PRP Make You Jump Jump: A Case of Sinding-Larsen	Rotator Cuff Tears Sports Medicine:

		strategies on return to play Mat Pombo, MD	Johansson Treated with Intraosseous PRP Adam Street, MD Triple Orbital Fracture in Division 2 Men's Soccer Player Rachelle Berry, ATC	Cleo Stafford, MD Sports Surgeon: Augustine Conduah MD
	10:50	Successfully implementing injury prevention with coaches and athletic trainers Holly Silvers-Granelli, PT, PhD	Lyme Disease in a Women's Basketball Player Karli Dill, ATC Non-Contact Femoral-Tibial Dislocation With Peroneal Nerve Palsy in a High School Football Linebacker Mason Briles, ATC	Patellar instability Sports Medicine: Cleo Stafford, MD Sports Surgeon: Ed Jackson, MD
	11:10	Tennis medicine: Comprehensive evaluation of the tennis player Neeru Jayanthi, MD	Pectoralis minor release for TOS Eric Wagner, MD Right ACL Tibial Avulsion in 14 y.o. Football Player Chelsea Richardson, ATC	Achilles Tendon Injury Sports Medicine: Amadeus Mason MD Sports Surgeon: Sam Labib MD
	11:30	Quit Screening for Injury Risk: Integrated approach to Identify and Target Neuromuscular Training	Combined Revision ACLR and Closing Wedge High Tibial Osteotomy to Correct Posterior Tibial Slope in a Patient with Recurrent ACL Tears Janelle Prince, ATC	Hand/Wrist Fractures Sports Medicine: Jeremy Whitley, MD Sports Surgeon: Mike Gottschalk, MD

		Greg Myer, PhD		
			Distal Femoral Varus-Corrective Osteotomy	
			Morgan Melquist, ATC	
	11:50	Baseball medicine: Armcare strategies for the young pitcher	Non-operative ACL on and off court progression in tennis player	Elbow Tendon Injury
		Robert Bowers, MD, PhD and Chip Hewgley, PT	Tony Tran, ATC	Sports Medicine: Courtney Gleason vs Ezi Obunadike, MD
		Panel Discussion (12:10-12:30)	Hip impingement and return to play in tennis player	Sports Surgeon: Christopher Harazi MD
			Adrianna Acuna, ATC	
			Emma Cronk MD/Lisha Taylor MD	Panel Discussion (12:10-12:30)

12:30pm

Conclusion