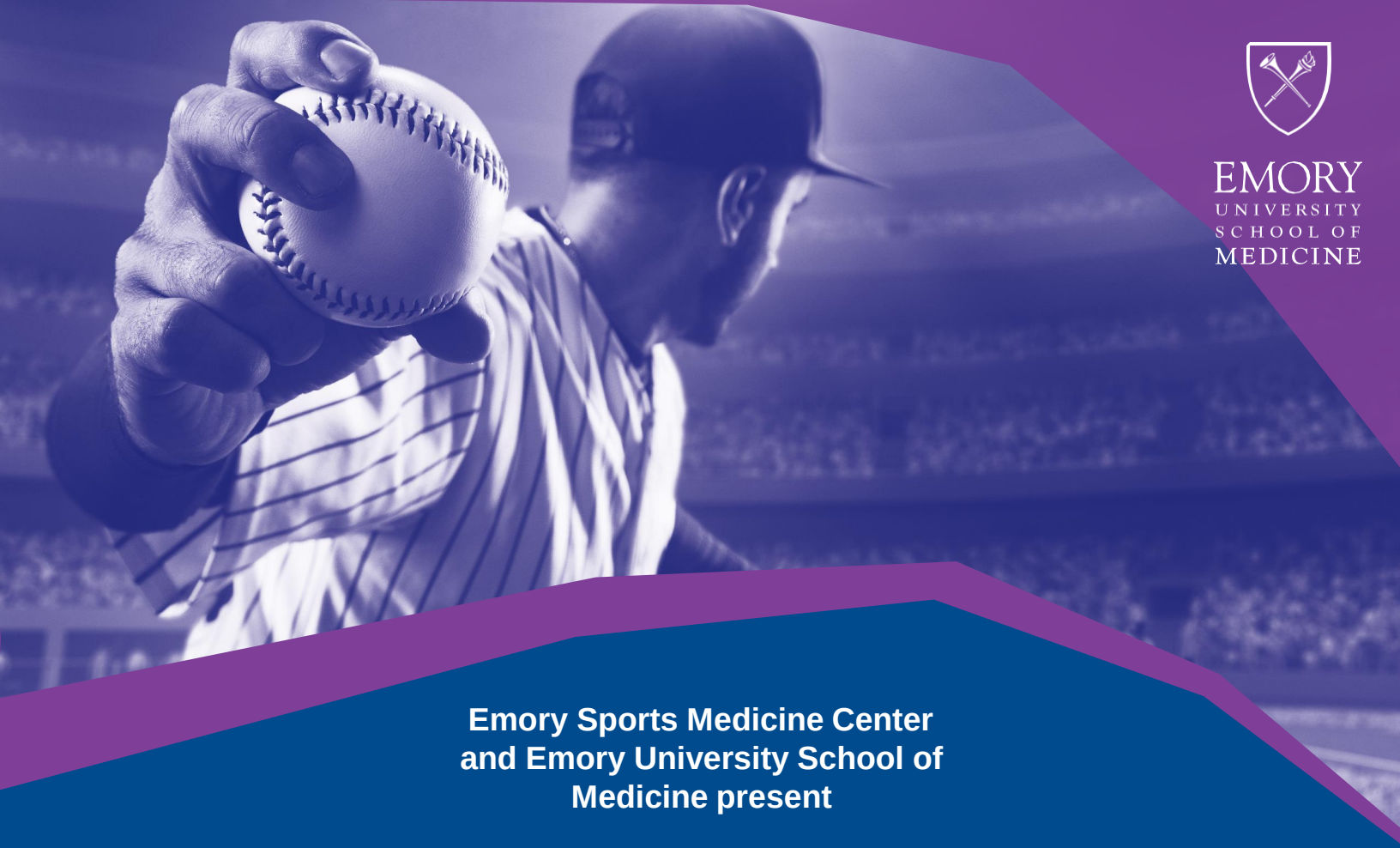

EMORY
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Emory Sports Medicine Center and Emory University School of Medicine present

13th Annual Emory Sports Medicine Symposium:

An Interactive Case-based approach

May 16-17, 2020

Live Streamed

EMORY
SPORTS MEDICINE
CENTER

https://med.emory.edu/departments/orthopaedics/education/cme/index.html

SATURDAY, MAY 16, 2020

7:50 **WELCOME AND INTRODUCTION** – Neeru Jayanthi, MD and Spero Karas, MD

SESSION 1: R BEST SOLUTIONS FOR THE TOUGHEST PROBLEMS

ROOM A

Moderator: Spero Karas, MD

8 AM **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 TO THE OR**
Spero Karas, MD

9:20 **PRESEASON ASSESSMENT, CORRECTIVES, AND INJURY PREVENTION IN THE NFL** – Rick Burkholder, ATC

9:40 **PANEL DISCUSSION** – Myer, Mason, Whitfield, Karas, Burkholder

10 AM **BREAK**

SESSION 2: BREAKOUT SESSIONS

ROOM A: "HEAD TO HEAD" DEBATES

Moderator: Michael Biller, PT

10:10 **SUPERIOR CAPSULAR RECONSTRUCTION VS. REVERSE TSA** – Maughon vs. Gottschalk

10:30 **GLUTEUS MEDIUS TENDON TEARS: REPAIR OR REGENERATE?** – Whitfield vs. Olufade

10:50 **IMMEDIATE PT VS. WAIT 6 WEEKS AFTER CUFF REPAIR** – Jennings vs. van Pamelen

11:10 **FIRST TIME SHOULDER DISLOCATION: SURGERY VS. PT FIRST** – Karas vs. Burkholder

11:30 **PRE-OP PT FOR ACL TEAR OR WASTE OF RESOURCES** – Biller vs. Newsome

11:50 **MENISCUS TEARS: SURGERY VS. NON-OPERATIVE CARE** – Harastzi vs. Kneer

ROOM B: THE FEMALE ATHLETE

Moderator: Courtney Gleason, MD

10:10 **RELATIVE ENERGY DEFICIENCY IN THE FEMALE ATHLETE** – Courtney Gleason, MD

10:30 **BIOMECHANICAL CONSIDERATIONS IN THE FEMALE ATHLETE** – Sara Raiser, MD

10:50 **RUNNING INJURIES IN WOMEN- TIPS FOR SUCCESSFUL TREATMENT** – Lisa Kovack, PT

11:10 **PREGNANCY AND THE FEMALE ATHLETE** – Frazier Keitt,DO

11:30 **EXERCISE DURING POST-PARTUM AND POST-MENOPAUSE** – Ezi Obunadike, MD

11:50 **PANEL DISCUSSION**

ROOM C: PRIMARY CARE/URGENT CARE TRACK: PHYSICAL EXAM

Moderator: Casey Wagner MD

10:10 **KNEE EXAM PEARLS** – MD: Jeff Webb /PT: Hewgley

10.40 **FOOT/ANKLE EXAM PEARLS** – MD: Wagner /PT:

11:10 **SPINE/HIP EXAM PEARLS** – MD: Raiser /PT: Mynatt

11:40 **SHOULDER EXAM PEARLS** – MD: Maughon /PT: Jennings

12:10 PM **PANEL DISCUSSION** – Webb, Hewgley, Wagner, Maughon, Jennings, Raiser, Mynatt

12:30 **BREAK**

SATURDAY, MAY 16, 2020 (CONTINUED)

SESSION 3: BIOMECHANICS AND LOAD IN REHAB & SPORTS MEDICINE

ROOM A

Moderator: Neeru Jayanthi, MD

1PM **CAN YOU ACTUALLY IMPROVE PATELLOFEMORAL ALIGNMENT?** – Kyle Hammond, MD

1:20 **KEYNOTE SPEAKER: 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 PM **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** – Hammond, Silvers-Granelli, Jayanthi, Xerogeanes, Labib

3 PM **BREAK**

SESSION 4: BREAKOUT SESSIONS

ROOM A: HOT TOPICS IN REHABILITATION

Moderator: Michael Newsome, PT

3:10 **REGAINING QUAD STRENGTH AFTER ACLR: TROUBLESHOOTING PITFALLS** – Michael Biller, PT

3:30 **ROTATOR CUFF TEARS- PT OR SURGERY: WHAT IS THE EVIDENCE TELLING US?** – Michael Newsome, PT

3:50 **PLANTAR FASCIITIS IN ATHLETES: WHAT ARE THE LATEST TRENDS IN TREATMENT** – Kevin Poplawski, PT

4:10 **DETERMINING RETURN TO PLAY IN UPPER EXTREMITY ATHLETES** – Brian Jennings, PT and Lloyd van Pamelen, PT

4:30 **BLOOD FLOW RESTRICTION THERAPY: WHY YOU SHOULD BE USING IT** – Kenneth Mynatt, PT, DPT, ATC, LAT

4:50 **PANEL DISCUSSION** – Biller, Newsome, Poplawski, Jennings, van Pamelen, Mynatt

ROOM B: RESEARCH

Moderator: Jennifer Hunnicutt, PhD, ATC

3:10 **PAIN AND OPIOID USE AFTER ACL SURGERY** – Ehab Nazzal and PI: Xerogeanes / Hunnicutt

DO PATIENTS WITH DEPRESSION OR ANXIETY EXPERIENCE GREATER LEVELS OF PAIN CATASTROPHIZING
Megan Simon, ATC and PI: Xerogeanes /Hunnicutt

3:30 **HEALTHCARE BURDEN OF INJURIES IN YOUNG ATHLETES AND NON-ATHLETES: A MULTI-SITE CLINICAL COHORT STUDY**
Heather Saffel, MD and PI: Jayanthi

3:50 **YOUNG ATHLETE INJURY OUTCOME STUDY (IOS)** – Emily DeMaio and PI: Jayanthi

STAY IN SPORTS STUDY – Beau McGinley and PI: Jayanthi

4:10 **TIME TO KNEE REPLACEMENT AFTER ORTHOBIOLOGIC INJECTIONS: A PRP OUTCOME STUDY**
Chris Cherian, MD and PI: Mautner /Jayanthi

QUADRICEPS TENDON AUTOGRAFT FOR ACL REVISION – Bryce Haynes and PI: Xerogeanes / Hunnicutt

OUTCOMES AND SATISFACTION FOLLOWING ULTRASOUND-GUIDED VS MINI-OPEN CARPAL TUNNEL RELEASE
Travis Redmond and PI: Mautner

4:30 **NSAIDS MAY REDUCE EFFICACY OF MESENCHYMAL STEM CELL THERAPY** – Daniel Sok, PI: Mautner and Mason / Willett

JOINT SOUNDS AS A BIOMARKER OF KNEE INJURY STATUS – Daniel Whittingslow and PI: Inan / Xerogeanes

4:50 **RANDOMIZED CONTROLLED TRIAL OF DEHYDRATED CELL AND PROTEIN CONCENTRATE (ASCENT) VS CORTICOSTEROID**
Oluseun Olufade, MD

PHYSIMAX: CLINICAL APPLICATION AT EMORY UNIVERSITY – Tristan Rodik, ATC and PI: Lyle / Karas

SATURDAY, MAY 16, 2020 (CONTINUED)

ROOM C: PRIMARY CARE/URGENT CARE TRACK: CASE-BASED INITIAL MANAGEMENT

Moderator: Robert Bowers, DO, PhD

3:10 **X-RAY READING: HOW NOT TO MISS THE "DON'T MISS FRACTURES"** – Jeremy Whitley, MD

3:30 **WHAT SHOULD I LOOK FOR ON A SHOULDER MRI?** – Augustine Conduah, MD

3:50 **CONCUSSION UPDATE FOR THE PRIMARY CARE PROVIDER** – Brandon Mines, MD

4:10 **WHAT IS ON A KNEE MRI THAT I NEED TO KNOW?** – Ed Jackson, MD

4:30 **WHEN CAN I USE ULTRASOUND INSTEAD OF AN MRI?** – Robert Bowers, DO, PhD

4:50 **PANEL DISCUSSION** – Whitley, Conduah, Mines, Jackson, Bowers

SUNDAY, MAY 17, 2020

SESSION 5: INNOVATIVE APPROACHES TO SPORTS MEDICINE PAIN MANAGEMENT

ROOM A

Moderator: Brandon Mines, MD

8 AM **ULTRASOUND INJECTIONS IN SPORTS MEDICINE YOU MAY NOT HAVE HEARD ABOUT** – Oluseun Olufade, MD

8:20 **INTERVENTIONAL TREATMENT FOR RECALCITRANT TENDINOPATHY** – Kenneth Mautner, MD

8:40 **INNOVATIVE KNEE SURGICAL OPTIONS FOR BONE BRUISE AND SUBCHONDRAL EDEMA** – Mathew Pombo, MD

9 AM **THE ROLE OF THE SPORTS MEDICINE CLINICIAN IN ADDRESSING POST-SURGICAL OPIOID USE** – Jennifer Hunnicutt, PhD, ATC

9:20 **INNOVATIVE NON-INTERVENTIONAL MANAGEMENT OF SPORTS MEDICINE RELATED PAIN** – Lee Kneer, MD

9:40 **PANEL DISCUSSION** – Olufade, Mautner, Pombo, Hunnicutt, Kneer

10 AM **BREAK**

SESSION 6: BREAKOUT SESSIONS

ROOM A: YOUTH SPORTS

Moderator: Jeff Webb, MD

10:10 **WHEN IS IT SAFE FOR A YOUNG ATHLETE TO BE IN CONTACT SPORTS?** – Jeff Webb, MD

10:30 **SOCCER MEDICINE: SOCCER-SPECIFIC STRATEGIES ON RETURN TO PLAY** – Mat Pombo, MD

10:50 **SUCCESSFULLY IMPLEMENTING INJURY PREVENTION WITH COACHES AND ATHLETIC TRAINERS** – Holly Silvers-Granelli, PT, PhD

11:10 **TENNIS MEDICINE: COMPREHENSIVE EVALUATION OF THE TENNIS PLAYER** – Neeru Jayanthi, MD

11:30 **QUIT SCREENING FOR INJURY RISK: INTEGRATED APPROACH TO IDENTIFY AND TARGET NEUROMUSCULAR TRAINING**
Greg Myer, PhD

11:50 **BASEBALL MEDICINE: ARMCARE STRATEGIES FOR THE YOUNG PITCHER** – Robert Bowers, DO, PhD and Chip Hewgley, PT

12:10 PM **PANEL DISCUSSION** – Webb, Pombo, Silvers-Granelli, Jayanthi, Myer, Bowers, Hewgley

ROOM B: RAPID FIRE ON- AND OFF-FIELD SPORTS MEDICINE CASES

Moderator: Joan Reed, ATC

10:10 **COVID-19 RETURN TO SPORT CONSIDERATIONS** – John Dunham, ATC

HEAT RELATED CRAMPS IN AN ELITE TENNIS PLAYER: AN ALGORITHM FOR SUCCESS – Wes Troyer, DO

10:30 **PRP MAKE YOU JUMP: A CASE OF SINDING-LARSEN JOHANSSON TREATED WITH INTRAOSSEOUS PR** – Adam Street, MD

TRIPLE ORBITAL FRACTURE IN DIVISION 2 MEN'S SOCCER PLAYER – Rachelle Berry, ATC

10:50 **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

11:10 **PECTORALIS MINOR RELEASE FOR TOS** – Eric Wagner, MD

DISAPPEARING SHOULDER – Chelsea Richardson, ATC

11:30 **COMBINED REVISION ACLR AND CLOSING WEDGE HIGH TIBIAL OSTEOTOMY TO CORRECT POSTERIOR TIBIAL SLOPE IN A PATIENT WITH RECURRENT ACL TEARS** – Janelle Prince, ATC

DISTAL FEMORAL VARUS-CORRECTIVE OSTEOTOMY – Morgan Melquist, ATC

11:50 **NON-OPERATIVE ACL ON AND OFF COURT PROGRESSION IN TENNIS PLAYER** – Tony Tran, ATC

HIP IMPINGEMENT AND RETURN TO PLAY IN TENNIS PLAYER – Adriana Acuna, ATC

JOB SATISFACTION AMONG ATHLETIC TRAINERS – Jack Elliott-Gower, ATC /PI: Pittman and Hunnicutt

12 PM **EXERCISE-INDUCED ABDOMINAL PAIN IN A HIGH-LEVEL ATHLETE** – Altelisha "Lisha" Taylor, MD, MPH

SUNDAY, MAY 17, 2020 (CONTINUED)

SESSION 6: BREAKOUT SESSIONS

ROOM C: PRIMARY CARE/URGENT CARE TRACK: NON-SURGICAL AND SURGICAL CLINICAL CASES

Moderator: Ed Jackson, MD

10:10 **MENISCUS TEARS**
Non-Operative Sports Medicine: Casey Wagner, MD /Sports Surgeon: Greg Lee, MD

10:30 **ROTATOR CUFF TEARS**
Sports Medicine: Cleo Stafford, MD /Sports Surgeon: Augustine Conduah, MD

10:50 **PATELLAR INSTABILITY**
Sports Medicine: Cleo Stafford, MD /Sports Surgeon: Ed Jackson, MD

11:10 **ACHILLES TENDON INJURY**
Sports Medicine: Amadeus Mason, MD /Sports Surgeon: Sam Labib, MD

11:30 **HAND/WRIST FRACTURES**
Sports Medicine: Jeremy Whitley, MD /Sports Surgeon: Charles Daly, MD

11:50 **ELBOW TENDON INJURY AND FRACTURES**
Sports Medicine: Ezi Obunadike, MD /Sports Surgeon: Charles Daly, MD

12:10 PM **PANEL DISCUSSION** – Wagner, Lee, Stafford, Conduah, Jackson, Mason, Labib, Whitley, Daly, Obudadike

12:30 **CONCLUSION**

CONFERENCE SPEAKERS

PROGRAM COMMITTEE

NEERU JAYANTHI, MD
Director, Sports Medicine Research and Education Director, Tennis Medicine
Associate Professor, Orthopaedics and Family Medicine
Associate Director, Primary Care Sports Medicine Fellowship Emory Healthcare Sports Medicine Center
Co-Director, Emory Youth Sports Medicine

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Manager Emory Physical Therapy
Dunwoody & Johns Creek Locations

SARA RAISER, MD
Assistant Professor, Department of Orthopaedics
Emory Healthcare Sports Medicine Center

KEYNOTE SPEAKER

HOLLY SILVERS-GRANELLI PT, PhD
Medical Assessment Research Chair, Major League Soccer
Director of Research, Velocity Physical Therapy

GUEST SPEAKERS

GREG MYER, PhD
Director, Research SPORT Center and The Human Performance Laboratory
Professor of Pediatrics and Orthopaedic Surgery, Cincinnati Children's Hospital

RICK BURKHOLDER, ATC
Head Athletic Trainer, Kansas City Chiefs

LLOYD VAN PAMELEN, PT, CSCS
Former Team Physical Therapist, Atlanta Braves

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FRAZIER KEITT, DO
LEE KNEER, MD
SAM LABIB, MD
GREG LEE, MD
R. AMADEUS MASON, MD
T. SCOTT MAUGHON, MD
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EZI OBUDADIKE, MD
OLUSEUN OLUFADE, MD
MATTHEW POMBO, MD
CLEO STAFFORD, MD
CASEY WAGNER, MD
ERIC WAGNER, MD
JEFFREY WEBB, MD
BRYAN WHITFIELD, MD
JEREMY WHITLEY, MD
JOHN XEROGEANES, MD

CONFERENCE SPEAKERS

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BRIAN JENNINGS, PT, DPT, OCS
LISA KOVACK, PT
KENNETH MYNATT, PT, DPT, ATC, LAT
MICHAEL NEWSOME, PT, OCS, MTC, CERT MDT, CSCS
KEVIN POPLAWSKI, PT
JOAN REED, ATC

RESEARCH AND CASE STUDY SPEAKERS

RACHELLE BERRY, ATC
MASON BRILES, ATC
ADRIANNA ACUNA, ATC
CHRIS CHERIAN, MD
EMILY DEMAIO
KARLI DILL, ATC
JOHN DUNHAM, ATC
JACK ELLIOTT-GOWER, ATC
BEAU MCGINLEY MORGAN MELQUIST, ATC EHAB NAZZAL
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