Twin Cities Sports Medicine Conference – Marathon Weekend

RETURN TO PLAY

Agenda

September 28-29, 2017

McNamara Alumni Center
University of Minnesota

Curriculum and faculty are subject to change.

Thursday evening

5:30-6:00 pm  Registration

6:00-8:00 pm  Pre-Conference A: Introduction to Ultrasound-Guided Injections ................................................................. Ben Nelson, MD
  David Olson, MD, Robert Johnson, MD, David Smith, MD, Kirk Scofield, MD, RMSK, & David Jewison, MD

6:00-8:00 pm  Pre-Conference B: Return to Play after Lower Extremity Injury ................................................................. Robert Manske, PT

Friday

7:00-7:50 am  Registration, Breakfast & Exhibits

7:50  Welcome and Opening Remarks ................................................................. David Olson, MD

Session 1: Return to Play .................................................................................. Moderator: David Olson, MD

8:00  Robert Johnson Keynote: Return to Play ................................................... Brandon Mines, MD

8:30  Q&A ............................................................................................................. Brandon Mines, MD

Session 2: Return to Play After Lower Extremity Injuries .................................. Moderator: Jeffrey Macalena, MD

8:45  Patellar Instability, an Overview ................................................................. Jeffrey Macalena, MD

8:50  Conservative Management of Patellar Instability ....................................... Jill Monson, PT

9:00  Surgical Management of Patellar Instability ................................................. Liza Arendt, MD

9:10  Case-Based Panel Discussion and Q&A ....................................................... Macalena, Monson, Arendt

9:30  ACL+ ............................................................................................................ Jeffrey Macalena, MD

9:55  Panel/Q&A ................................................................................................. Macalena, Monson, Bradley Nelson

10:00-10:15  Refreshment Break & Exhibits

Session 3: Return to Play After Medical Issues (Cases) ...................................... Moderator: Robert Johnson, MD

10:15  Diabetes ................................................................................................. David Jewison, MD

10:30  Cardiac Event .......................................................................................... Brandon Mines, MD

10:45  Infectious Mononucleosis ......................................................................... David Smith, MD

11:00  Transient Global Amnesia ......................................................................... Michael Broton, MD

11:15  Spontaneous Pneumothorax ..................................................................... Robert Johnson, MD

11:30  Panel/Q&A ............................................................................................... Smith, Jewison, Broton, Mines

11:45-12:30  Lunch & Exhibits

Session 4: Return to Play After Concussion ...................................................... Moderator: David Smith, MD

12:30  Return to Learn ....................................................................................... Chris Ashton, ATC

12:45  Early Exercise as Part of Concussion Return to Play .................................. Suzanne Hecht, MD

1:00  Psychological Considerations ..................................................................... Aimee Custer, PsyD

Session 5: Return to Play After Upper Extremity Injuries .................................... Moderator: Peter Ames, PT

1:15  Cut ‘em Open or Cut ‘em Loose: Management of In-Season Shoulder Injuries ......................................................... Bradley Nelson, MD and Jeffrey Winslow, ATC

1:45  Keynote: Upper Extremity Performance Testing Return to Play Assessment after Upper Extremity Injury ................................. Robert Manske, PT

2:15  Panel/Q&A ................................................................................................. Bradley Nelson, Winslow, Manske

Friday continued on reverse side

Conference information:

z.umn.edu/TCSportsMed
**Friday, continued**

**Session 6: Kinesiophobia & Sports Psychology**

2:30 Kinesiophobia: How to Identify and Manage

2:50 Sports Psychology Techniques

3:05 Case-Based Panel: When to Send to a Professional

3:20 Q&A

3:30-3:45 *Refreshment Break & Exhibits*

**3:45 Concurrent Workshops A**

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<tr>
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<tr>
<td>1 Transitioning Athletes from Rehab to Performance Using Strength Training Principles</td>
<td>Christopher Hart, DPT</td>
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<td>2 Sideline Diagnosis with Ultrasound</td>
<td>Ben Nelson, David Smith, Kirk Scofield &amp; David Jewison</td>
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<tr>
<td>3 Sideline &amp; Office-Based Assessments (VOMS Testing)</td>
<td>Robert Johnson, MD</td>
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<td>4 Upper Extremity Performance Testing</td>
<td>Robert Manske, PT</td>
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<td>5 Physical Examination of the Shoulder</td>
<td>Alicia Harrison, MD &amp; Jonathan Braman, MD</td>
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4:20 5 minutes – transition to Workshop B

**4:25 Concurrent Workshops B**

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<td>5 Physical Examination of the Hand and Wrist</td>
<td>Amy Moeller, MD &amp; Ariel Williams, MD</td>
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5:00 pm Adjourn

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**Course Directors**
Peter S. Ames, PT, PhD, SCS
Bradley J. Nelson, MD
David E. Olson, MD, CAQ

**Planning Committee Members**
Brenda Dolejs, ATC
Moira Novak Doyle, MS, ATC
Rob Himmerick, PT
Robert Johnson, MD
Jeff Macalena, MD
Jill Monson, PT, OC
Jamie Peters, MD, CAQSM, FAAFP
William O. Roberts, MD, MS
David Smith, MD
Steven Stovitz, MD, MS

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