



Highlights

► Concussion and Other Medical Issues in Sports Medicine

► The Spine

► The Shoulder and Elbow

► The Hip and Knee

Featuring current evaluation and management options, approaches and controversies, surgical procedures, PRP, prolotherapy and physiotherapy.



Accreditation

NewYork-Presbyterian/Queens is accredited by the Medical Society of the State of New York to provide continuing medical education for physicians.

NewYork-Presbyterian/Queens designates this live activity for a maximum of **5.25 AMA PRA Category 1 Credit(s)**[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Other:

Athletic Trainers: 5.25 Category A CEU's

Physical Therapists: 6.5 Credits pending

Occupational Therapists: 5.25 Credits pending

Disclosure Statement

NewYork-Presbyterian/Queens relies upon planners and faculty participants in its CME activities to provide educational information that is objective and free of bias. In this spirit, and in accordance with the guidelines of MSSNY and ACCME, all speakers and planners for CME activities must disclose any relevant financial relationships with commercial interests whose products, devices or services may be discussed in the content of a CME activity that might be perceived as a real or apparent conflict of interest. Any discussion of investigational or unlabeled uses of a product will be identified.

Registration Fees

\$50	Physicians
\$25	General Registrants
\$20/person	Group of 5 or more (other than Physicians)
No Fee	Physicians-in-training, NYP/Q Physicians & Staff (copy of NYP/Queens ID required with registration)

Fee includes continental breakfast, lunch and course materials.

Cancellation

Refunds will only be made upon receipt of written notification a minimum of five work days prior to the session.

Directions

NewYork-Presbyterian/Queens is located on the corner of Booth Memorial Avenue and Main Street in Flushing. *From the Long Island Expressway:* take the Main Street Exit (#23), travel north on Main Street to Booth Memorial Avenue. *From the Whitestone Bridge:* take the Van Wyck Expressway to the College Point Blvd. Exit; turn left on College Point Blvd. and right on Booth Memorial Avenue. Follow Booth Memorial Avenue to Main Street. *From the IRT Flushing Line #7:* train to Main Street (last stop), then Q44 bus southbound on Main Street; stops opposite the Hospital. NewYork-Presbyterian/Queens is located in a residential area with metered parking. Free lock-and-park spaces are available under the Van Wyck Expressway at College Point Blvd. and 58th Road. Shuttle buses to the Hospital run approximately every 10-15 minutes. Limited paid parking is available in our Visitor Parking Lot located on Booth Memorial Avenue opposite the Emergency Room.

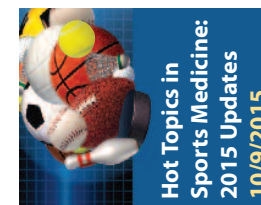
Special Needs

NYP/Queens is accessible for individuals with disabilities or special needs. Participants with special needs are requested to contact the Office of CME at 718-670-1419.

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NewYork-Presbyterian/Queens
Continuing Medical Education
56-45 Main Street
Flushing, NY 11355



Department of Orthopaedics and Rehabilitation

Hot Topics in Sports Medicine: 2015 Updates

Friday, October 9, 2015

7:00 am-1:45 pm

Course Chair

Alexander Golant, MD

Associate Director of Sports Medicine
Department of Orthopaedics and Rehabilitation
NewYork-Presbyterian/Queens
Assistant Professor of
Clinical Orthopaedic Surgery
Weill Cornell Medical College

Location

NewYork-Presbyterian/Queens

Theresa and Eugene M. Lang
Center for Research and Education
56-45 Main Street, Flushing, NY

Registration

718-670-1419
www.nypqcmce.org

Credit

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Friday, October 9, 2015 • 7:00 am-1:45 pm

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Theresa and Eugene M. Lang Center for Research and Education
56-45 Main Street, Flushing, NY

Presented by

NewYork-Presbyterian/Queens

Department of Orthopaedics and Rehabilitation

Statement of Need

Sports medicine is an ever-changing world. Members of the sports medicine team need to be frequently updated on current, state-of-the-science assessment, management and rehabilitative concepts and available treatment options in order to provide optimal quality patient care. This one day event will concentrate on the conditions and injuries associated with athletes at various levels of sport. Sports medicine does not only address the injuries of collegiate and professional athletes, but also those of pediatric, adolescent and mature recreational athletes. Topics will include: injuries of the shoulder, elbow, hip, knee, spine, preseason cardiac evaluations, concussions, Platelet-Rich Plasma Therapy (PRP) and prolotherapy.

Target Audience

Orthopaedists, physiatrists, primary care physicians, residents, fellows, interns, medical students, physician assistants, physical, occupational, and rehabilitation therapists, athletic trainers, nurse practitioners, nurses, other health care professionals involved in sports medicine.

Educational Objectives

It is intended that this NYP/Queens CME activity will lead to improved patient care. At the conclusion of this symposium, Primary Care Physicians and clinicians will be able to:

- Describe common injuries associated with the spine and develop an appropriate treatment plan.
- Identify and manage the various on-field emergencies associated with sports.
- Specify the purpose of pre-participation cardiac screenings and identify the danger signs during an assessment.
- Assess common head injuries in the athlete and incorporate a current, updated concussion protocol into clinical practice.
- Specify the advantages and disadvantages associated with Platelet-Rich Plasma Therapy (PRP) and prolotherapy; and recognize indications for use.
- Describe the assessment and management of upper extremity injuries including shoulder instability, ulnar collateral ligament and labral dysfunction.
- Identify assessment and management of lower extremity injuries including the hip labrum, anterior cruciate ligament and hamstrings.

To register

Ms. Pamela Williams, Director, Continuing Medical Education
tel: 718-670-1419 • fax: 718-661-7925
email: pgw9001@nyp.org • www.nypqcme.org

AGENDA

- 7:00 am Registration/Breakfast
- 7:30 am ■ **Introduction**
Stephen S. Mills, FACHE
President and Chief Executive Officer
NewYork-Presbyterian/Queens
- Jeffrey E. Rosen, MD**
Chairman, Department of Orthopaedics and Rehabilitation
NewYork-Presbyterian/Queens
Associate Professor of Clinical Orthopaedic Surgery
Weill Cornell Medical College
- Stephen Rimar, MD, MBA**
Executive Vice President and Chief Medical Officer
NewYork-Presbyterian/Queens
- Course Chair**
Alexander Golant, MD
Associate Director of Sports Medicine
Department of Orthopaedics and Rehabilitation
NewYork-Presbyterian/Queens
Assistant Professor of Clinical Orthopaedic Surgery
Weill Cornell Medical College
- **Concussion and Other Medical Issues in Sports Medicine**
- 8:00 am ■ **Get Your Head on Straight - Neurocognitive Aspects of Sports Related Concussion: From Baseline to Post-Injury Assessment**
Mark S. Herceg, PhD
Commissioner of Mental Health, Westchester County, NY
Neuropsychology Concussion Consultant
Consulting Psychologist at Silver Hill Hospital
- 8:20 am ■ **To Live or Not to Live - Management of On-Field Emergencies**
Justin A. Classie, MD
Medical Director of Sports Medicine
Department of Orthopaedics and Rehabilitation
NewYork-Presbyterian/Queens
Assistant Professor of Clinical Orthopaedic Surgery
Weill Cornell Medical College
- 8:40 am ■ **Checking the Ticker: Pre-Participation Evaluation for Cardiac Conditions in Athletes**
Mark Balek, MD
Attending Cardiologist, NewYork-Presbyterian/Queens
Assistant Professor of Clinical Medicine
Weill Cornell Medical College
- 9:00 am ■ **Case Presentation**
- 9:05 am ■ **Q/A Panel Discussion: Concussion and Other Medical Issues**
- 9:15 am Break
- **The Spine**
- 9:25 am ■ **Lean Back - Axial Low Back Pain in the Young Athlete**
Jason Hu, MD
Attending Physiatrist
Director of Physical Medicine and Rehabilitation
NewYork-Presbyterian/Queens
Department of Orthopaedics and Rehabilitation
Instructor in Clinical Rehabilitation Medicine
Weill Cornell Medical College
- 9:45 am ■ **Shoot 'em up and Make Them Better? Utility of PRP and Prolotherapy in Athletic Injuries and Conditions**
Libi Galmer, DO
Physical Medicine and Rehabilitation
Sports, Integrative and Regenerative Medicine
Advantage Care Physicians

AGENDA

- **The Spine** continued
- 10:05 am ■ **Pain in My Neck- Cervical Pain in the Athlete**
Kevin I. Pak, MD
Attending Physician
Department of Orthopaedics and Rehabilitation
NewYork-Presbyterian/Queens
- 10:25 am ■ **Case Presentation**
- 10:30 am ■ **Q/A Panel Discussion: The Spine**
- **The Shoulder and Elbow**
- 10:40 am ■ **The Ball is Off the Tee - Management of an In-Season Athlete with Anterior Shoulder Instability**
Kevin N. Jiang, MD
Attending Orthopaedic Surgeon
Department of Orthopaedics and Rehabilitation
NewYork-Presbyterian/Queens
Assistant Professor of Clinical Orthopaedic Surgery
Weill Cornell Medical College
- 11:00 am ■ **Tommy John Surgery - Does It Live up to the Hype?**
Raymond B. Pahk, MD
Attending Orthopaedic Surgeon
Department of Orthopaedics and Rehabilitation
NewYork-Presbyterian/Queens
- 11:20 am ■ **My SLAP Tear Has Weakened My Slap Shot – Surgical Management of SLAP Tears in Athletes**
Raymond B. Pahk, MD
- 11:40 am ■ **Case Presentation**
- 11:45 am ■ **Q/A Panel Discussion: The Shoulder and Elbow**
- 11:55 am Break
- **The Hip and Knee**
- 12:05 pm ■ **Just a Pinch in the Hip - FAI and Labral Tears in a Competitive Athlete**
Tony N. Quach, MD
Associate Director of Sports Medicine
Department of Orthopaedics and Rehabilitation
NewYork-Presbyterian/Queens
Assistant Professor of Clinical Orthopaedic Surgery
Weill Cornell Medical College
- 12:25 pm ■ **Controversies in ACL Reconstruction: Choosing the Graft, Ditching the Brace, and Getting Back on the Field**
Alexander Golant, MD
- 12:45 pm ■ **Pulling up a Hami – 2015 Approach to Management of Hamstring Injuries**
Kevin N. Jiang, MD
- 1:05 pm ■ **Case Presentation**
- 1:25 pm ■ **Q/A Panel Discussion: The Hip and Knee**
- 1:45 pm Closing Remarks • Lunch

REGISTRATION

Department of Orthopaedics and Rehabilitation

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THREE EASY WAYS TO REGISTER:

- 1 **Online:** Go to website: www.nypqcme.org and pay via credit card
- 2 **Fax:** This form with credit card information to: **718.661.7925**
- 3 **Mail:** This form with a check made payable to: **NYHQ-Continuing Medical Education**
Mail to: Pamela Williams, Dir., Continuing Medical Education
NewYork-Presbyterian/Queens
56-45 Main Street, Flushing, NY 11355

- REGISTRATION FEE-Please check one.** Questions? **718-670-1419**
- \$50/Physician \$25/General Registrant
- \$20/person-Group of 5 or more (other than Physicians)
- No Fee/Physicians-in-training, NYP/Queens Physicians & Staff (copy of ID required, pre-registration requested)

Last Name _____

First Name _____

MD _____ General Registrant _____

Mailing Address _____

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