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.

Registration Fees
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<td>Physicians-on-training, NY-P-Q Physicians &amp; Staff copy of NY-P-Q/Queens ID required with registration</td>
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Fee includes continental breakfast, lunch and course materials.

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 6.75 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Other:
Physical Therapists: Credits pending
Occupational Therapists: 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 context 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
718-670-1419
www.nypqcme.org

Credit
6.75 AMA PRA Category 1 Credit(s)™

Physical Therapists: Credits pending
Occupational Therapists: Credits pending

Disclaimer: Photo images for illustrative purposes only. Persons depicted are models.

The Aging Athlete: Optimizing Health and Performance
Friday, October 14, 2016 • 7:00 am - 3:45 pm
Presented by the Department of Orthopedics & Rehabilitation
Location
NewYork-Presbyterian/Queens
Theresa and Eugene M. Lang Center for Research and Education
56-45 Main Street, Flushing, NY
The Aging Athlete: Optimizing Health and Performance

Friday, October 14, 2016
7:00 am - 3:45 pm
NewYork-Presbyterian/Queens
Theresa and Eugene M. Lang Center for Research and Education 56-45 Main Street, Flushing, NY

Presented by
The Department of Orthopedics & Rehabilitation

Statement of Need
Today, more people are living longer healthier lives. Statistically, older athletes are more likely to injure themselves and experience a decrease in flexibility, as well as back pain associated with spinal conditions. While older athletes are more likely than younger athletes to experience sports injuries, most of the injuries can be prevent-

Identify various medical conditions that may require evaluation and treatment. It is intended that this NYP/Queens CME activity will lead to improved patient care.

Target Audience
Orthopedists, Physiatrists, Primary Care Physicians, Residents, Fellows, Interns, Physician Assistants, Physical Therapists, Occupational Therapists, Rehabilitation Therapists, Nurse Practitioners, Nurses, and other Sports Medicine and Healthcare Professionals involved in the care of aging patients.

Educational Objectives
It is intended that this NYP/Queens CME activity will lead to improved patient care. At the end of this symposium, the participant will be able to:

- Recognize age-related changes that occur in the musculoskeletal system and specify non-operative and operative treatment options.
- Describe and identify overuse injuries in the upper, lower extremities and spine and discuss treatment options in the aging athlete.
- Identify and discuss traumatic injuries in the aging athlete.
- Develop a patient-specific strength and conditioning program.
- Discuss the effects of supplements, nutrition and other agents on the aging athlete.
- Identify various medical conditions that may require evaluation and management in adults who remain very active late in life.

[AGENDA]

7:00 am  Registration/Breakfast

7:40 am  Welcome Remarks
Jaclyn A. Mucaria, MPA
President
NewYork-Presbyterian/Queens

Jeffrey E. Rosen, MD
Chairman, Department of Orthopedics & Rehabilitation
NewYork-Presbyterian/Queens

Associate Professor of Clinical Orthopaedic Surgery
Well Cornell Medical College

Stephen Rimar, MD, MBA
Executive Vice President and Chief Medical Officer
NewYork-Presbyterian/Queens

8:00 am  OVERUSE AND TRAUMATIC INJURIES

8:30 am  Tendinosis and Overuse Conditions of an Aging Athlete

Raymond B. Pahk, MD
Attending Orthopedic Surgeon
Department of Orthopedics & Rehabilitation
NewYork-Presbyterian/Queens

Kevin N. Jiang, MD
Attending Orthopedic Surgeon
Assistant Professor of Clinical Orthopaedic Surgery
Well Cornell Medical College

9:15 am  Traumatic Injuries in an Aging Athlete

Evan M. Goldwyn, MD
Director of Orthopedic Trauma Service
Department of Orthopedics & Rehabilitation
NewYork-Presbyterian/Queens

Assistant Professor of Clinical Orthopaedic Surgery
Well Cornell Medical College

Kevin N. Jiang, MD
Tony N. Quach, MD

10:00 am  Spine Conditions
Jason Hu, MD
Attending Physiatrist
Director of Physical Medicine and Rehabilitation
Department of Orthopedics & Rehabilitation
NewYork-Presbyterian/Queens

Instructor in Clinical Rehabilitation Medicine
Well Cornell Medical College

Kevin I. Pak, MD, FAAPMR
Attending Physiatrist
Department of Orthopedics & Rehabilitation
NewYork-Presbyterian/Queens

11:40 am  Management of Arthritis in an Aging Athlete: Non-invasive Treatment Modalities
Jeffrey E. Rosen, MD

11:00 am  Special Considerations for Arthroplasty
Aditya M. Derasari, MD
Attending Orthopedic Surgeon
NewYork-Presbyterian/Queens

11:20 am  Return to Sports after Arthroplasty
Alexander Golant, MD

11:50 am  Q&A for Morning Session

12:00 pm  Lunch

[AGENDA]

[REGISTRATION]

ORTHOPEDIC SYMPOSIUM 2016
The Aging Athlete: Optimizing Health and Performance
Friday, Oct. 14, 2016
7:00 am - 3:45 pm
NYP/Queens, Lang Center
56-45 Main Street, Flushing, NY

THREE EASY WAYS TO REGISTER:
- Online: Go to website: www.nypqcmec.org and pay via credit card. This form with credit card information to: 718-661-7925
- Fax: This form with credit card information to: 718-661-7925
- Mail: This form with a check made payable to: NYP/Queens 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.

$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 ____________________________
City/State/Zip ____________________________
Phone ____________________________ Fax ____________________________
E-mail ____________________________
Affiliation ____________________________

Yes. I wish to pay by credit card. Card holder name ____________________________
Charge $ ___________ to my ____________
VISA ____________ MasterCard ____________
American Express ____________ Discover ____________ Security Code ____________
Card Number ____________________________
Expiration Date ____________________________

Authorizing Signature ____________________________

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

NewYork-Presbyterian/Queens