

GENERAL INFORMATION:

Date: March 5-7, 2009

Location: Sharonville Convention Center
11355 Chester Road, Sharonville, OH 45246
513-771-7744.

Registration: **Pre-Conference Workshop – March 5** \$110
Hands on Evaluation Treatment Techniques for the Challenging Clinical Shoulder, *Scott Daniels, PT*
7.5 CEU's

Main Symposium – March 6 & 7 \$240
(Break food included, lunch included on Friday)

Friday Only – March 6 \$150
7.50 CEU's (Break food and lunch included)

Saturday Only – March 7 \$90
4.15 CEU's (Break food included)

All participants will receive a course CD with all course handouts.

Cancellation: There will be a \$50 charge to registrants cancelling after February 13, 2009. No refunds after February 27, 2009.

Deadline: Friday, February 27, 2009

COURSE DESCRIPTION:

The Fifteenth Annual Sports Medicine Symposium for the Health Care Professional is designed to increase knowledge in the ever expanding and changing sports medicine field. The topics selected are balanced between orthopedic problems, injury prevention, and other subjects.

A multi-disciplinary faculty of experts has been selected, not only for their clinical experience, but also for their ability to communicate information in a meaningful way. The objective is to present the latest advances in the standards of care in a wide range of topics. The information presented will include practical applications for physical therapists, athletic trainers, physical therapy assistants, and other health care professionals to enhance their care of the athlete. This includes pertinent anatomical review, discussion of surgical procedures, injury prevention, rehabilitation exercises, evaluation procedures, and manual techniques in the treatment of various types of sports related injuries.

INTENDED AUDIENCE:

This conference is intended for physicians, physical therapists, physical therapy assistants, occupational therapists, athletic trainers, coaches, emergency medical technicians and other professionals working with athletes and patients.

ACCREDITATION:

Wellington Orthopaedic and Sports Medicine is a BOC provider (P-3219). All CEU requests have been submitted to the Ohio, Kentucky, and Indiana therapy boards for approval.

ACCOMMODATIONS:

The Livinn Suites, Chester Road, right next to the Sharonville Convention Center. A block of rooms has been reserved. Call 513-772-7877 and ask for the Wellington group rate. \$59.00

Hotel within walking distance:
Sheraton Cincinnati North: 513-771-2080

Hotels within a five minute drive:
Laquinta Inn and Suites: 513-771-0300
Arcadia Residential Suites: 513-354-1000
Red Roof Inn: 513-771-5552
Holiday Inn Express: 513-771-9080

THE FIFTEENTH ANNUAL SPORTS MEDICINE SYMPOSIUM FOR THE HEALTH CARE PROFESSIONAL

THURSDAY, MARCH 5, 2009

8:30 – 5:30 p.m. **Workshop: Hands on Evaluation Treatment Techniques for the Challenging Clinical Shoulder**
Scott Daniels, PT

FRIDAY, MARCH 6, 2009

7:45 – 7:50 a.m. **Welcome and Opening Remarks**

7:50 – 8:25 a.m. **Sports Nutrition – Myth or Fact**
Michelle Macedonia, MS, RD, CSSD, LD

8:25 – 9:00 a.m. **Performance Enhancement Drugs: An Update**
Ted Lambrinides, Ph.D.

9:00 – 9:35 a.m. **Biomechanical Control of the Core in Predicting Future Injury**
Tim Hewett, Ph.D., FACSM

9:35 – 10:10 a.m. **The Role of the Scapula**
Ben Kibler, MD

10:10 – 10:30 a.m. **Exhibit Break**

10:30 – 11:00 a.m. **Integrated Functional Rehabilitation**
Robin Cromwell, PT

11:00 – 11:35 a.m. **The Throwing Shoulder**
Jon Divine, MD

11:35 – 12:10 p.m. **EMG Studies for Specific Shoulder Exercises**
Tim Uhl, Ph.D., ATC, PT, FNATA

12:10 – 1:00 p.m. **Lunch Provided**

1:00 – 1:30 p.m. **GIRD-2009 Update – Where Do We Go From Here**
Ben Kibler, MD

1:30 – 2:20 p.m. **Post Op Care Using the Kinetic Chain**
Robin Cromwell, PT

2:20 – 2:40 p.m. **Exhibit Break**

2:40 – 3:10 p.m. **The Future of Shoulder Rehabilitation: Using Outcome Measures to Know our Interventions are Working**
Tim Uhl, Ph.D., ATC, PT, FNATA

3:10 – 3:50 p.m. **Rehabilitation of the Complicated Shoulder: Why Some Don't Get Better**
Terry Malone, EdD, PT, ATC, FAPTA

4:00 – 5:30 p.m.

OPTIONAL WORKSHOPS
(limited to 30 participants per workshop)

1. **Effective Pilates Rehabilitation Techniques Utilizing Rotator Disks**
Jacqui Haas

2. **Neuro Core Concepts**
Tim Hewett, Ph.D., FACSM

3. **Demonstration and Hands on Techniques for Upper Extremity Soft Tissue Treatment**
Stevie Stevens, ATCH, LMT

SATURDAY, MARCH 7, 2009

7:40 – 7:45 a.m. **Welcome and Opening Remarks**

7:45 – 8:30 a.m. **Pathophysiology and Clinical Exam of Rotator Cuff Impingement and Tears**
Rob Heidt, MD

8:30 – 9:10 a.m. **Total Shoulder Replacement**
Paul Favorito, MD

9:10 – 9:45 a.m. **Rehabilitation Following Total Shoulder Replacement**
Scott Daniels, PT

9:45 – 10:05 a.m. **Exhibit Break**

10:05 – 10:45 a.m. **Low Back Pain in the Pediatric Athlete – Watch Out for Spondylololysis**
Eric Wall, MD

10:45 – 11:30 a.m. **Spinal Pain in the Competitive Athlete – Evaluation and Treatment**
Kevin Lawrence, DHS, PT, OCS

11:30 – 12:00 p.m. **Idiopathic Scoliosis: 19th Century Disease, 21st Century Treatment**
Eric Wall, MD

12:00 – 12:30 p.m. **Treatment for Epicondylitis: What is Working**
Robert Rhoad, MD

“Current Concepts in Sports Medicine”

March 5 – 7, 2009

PAYMENT:

<input type="checkbox"/> Pre-Conference Workshop	\$110
<input type="checkbox"/> Main Symposium	\$220
<input type="checkbox"/> Friday Only Symposium	\$130
<input type="checkbox"/> Friday Optional Workshop	\$30
Circle Preference 1 2 3	
<input type="checkbox"/> Saturday Only Symposium	\$90
TOTAL	

Payment: Check
(Made payable to: Wellington Orthopaedic & Sports Medicine)
 Credit Card
Type of Card: Visa Mastercard Discover American Express

Name on Card: _____
Account Number: _____
Security Code: _____ Exp.: _____
Signature: _____

REGISTRATION FORM:

Registrant Information:
Name (as to appear on certificate): _____
 M.D. PT ATC Other _____

Address: _____
City: _____ State: _____ Zip: _____
Phone: _____ Fax: _____
Email: _____

Lunch: A box lunch will be provided on Friday, March 5.
Please check your choice: Turkey Chicken Breast Tuna Vegetarian

Send Registration to: Wellington Orthopaedic and Sports Medicine,
Attn: Lisa Sweeterman
5589 Cheviot Road, Cincinnati, OH 45247

Questions: Contact Lisa Sweeterman at 513-245-5434 or Email (preferred)
lsweeterman@wellingtonortho.com
Please retain a copy of the registration for your reference.

REGISTRATION DEADLINE:

Friday, February 27, 2009

CANCELLATION AND REFUND POLICY:

Wellington Orthopaedic and Sports Medicine reserves the right to cancel or delay the course due to any unforeseen circumstances. In the event that this meeting would have to be cancelled, Wellington Orthopaedic and Sports Medicine will refund your registration fee. Wellington Orthopaedic and Sports Medicine is not responsible for any travel, hotel or other costs incurred.

DISCLOSURE:

All conflict of interest of any individual(s) in a position to control the content of this CME activity will be identified and resolved prior to this educational activity being provided. Full disclosure will be included in the syllabus and/or by way of announcement where appropriate.

SPECIAL NEEDS:

In accordance with the Americans with Disabilities Act (ADA), if any participant has special needs, written requests should be sent c/o Lisa Sweeterman, Wellington Orthopaedic and Sports Medicine, 5589 Cheviot Road, Cincinnati, Ohio 45247 at least one month prior to the conference.

SPONSORS:

Wellington Orthopaedic and Sports Medicine gratefully acknowledges the following organizations for their support and contributions to the program.

Presenting Sponsor: Breg

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Exhibitors: Full Range Rehab	Dynasplint
Care Rehab	EMPI
Biogel	Bledsoe
School Health	Ronckers
X-Milk	Sammons Preston

Wellington Orthopaedic and Sports Medicine hereby assumes no liability for any claims, personal injury or damage that may arise out of or during The Fifteenth Annual Sports Medicine Symposium for the Health Care Provider.

COURSE DIRECTORS:

Chris Giordullo, M.Ed., ATC
Director of the Therapy Services
Education and Research Foundation,
Wellington Orthopaedic and Sports
Medicine

FACULTY:

Robin Cromwell, PT
Physical Therapist
Lexington Clinic
Sports Medicine

Scott Daniels, PT
Director of Therapy Services,
Wellington Orthopaedic and Sports
Medicine

Jon Divine, MD
Medical Director
Sports Medicine, Biodynamics Center
Children's Hospital Medical Center

Paul Favorito, MD
Wellington Orthopaedic and Sports
Medicine Team Physician, ATP-WTA
Tennis Masters Series, Cincinnati, OH
Team Physician, Cincinnati Ballet
Company

Jacqui Haas, ATC
Director of Performing Arts and
Dance Medicine, Wellington
Orthopaedic and Sports Medicine

Robert Heidt, Jr., MD
Orthopedic Surgeon, Wellington
Orthopaedic and Sports Medicine,
Team Physician, Cincinnati Bengals

Timothy Hewett, Ph.D., FACSM
Director, Cincinnati Children's
Hospital Sports Medicine Biodynamics
Center, Associate Professor, University
of Cincinnati College of Medicine
Departments of Pediatrics,
Orthopedic Surgery, Biomedical
Engineering, and Rehabilitation
Sciences

Ben Kibler, MD
Medical Director
Lexington Clinic Sports Medicine
Center and Shoulder Center of
Kentucky

Ken Rusche, M.Ed., ATC, PT, SCS
Oxford Physical Therapy Centers
Cincinnati, Ohio

Ted Lambrinides, Ph.D.
Director of Exercise Science
Thomas Moore College
Owner: Athletic Strength and Power

Kevin Lawrence, DHS, PT, OCS
Assistant Professor Physical Therapy
Department of Health Sciences
College of Mount Saint Joseph

Michelle Macedonia, MS, RD, CSSD, LD
Owner: Nutrition Strategies

Terry Malone, Ed.D., PT, ATC
Professor and Director of Physical
Therapy, University of Kentucky

Robert Rhoad, MD
Wellington Orthopaedic and Sports
Medicine Team Physician, ATP-WTA
Tennis Masters Series, Cincinnati, OH
Team Physician, Cincinnati Ballet
Company

Stevie Stevens, ATC, LMT
Athletic Trainer Wellington
Orthopaedic and Sports Medicine,
Massage Therapist for Turfway Park
and Cincinnati Ballet

Tim Uhl, Ph.D., ATC, PT, FNATA
Director of Musculoskeletal Laboratory
Associate Professor Athletic Training
University of Kentucky

Eric Wall, MD
Director
Cincinnati Children's Orthopaedic
and Sports Medicine

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5589 Cheviot Road
Cincinnati, Ohio 45247

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*“Current Concepts
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Cincinnati, Ohio**

 **BREG**
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