# **Day 1 Schedule of Events (All Inclusive)**

# **Friday, July 13th, 2018**

7:00-8:00 am Registration / Check in / Sign in

8:00-9:00 am Main Lecture 1 - **Hip Arthroscopy and Sports Hernia** **by Dr Chris Jones**

9:00-10:00 am Main Lecture 2 - **The Throwing Shoulder and the Elbow** **Dr Chase Smith**

10:00-12:00 pm Breakout Sessions (Choose 1)

**A) Return to Play Tests by Robb Rogers, M.Ed, MSCC, CSCS**

Objectives:

Lower Extremity Tests

Core Tests

Upper Extremity Tests

**B) Returning the Active Patient to the Weight Room by John Seddon**

Objectives:

1. Perform proper form with four main barbell lifts (squat, deadlift, standing press, and bench

press).

2. Recognize the correct technique in four main barbell lifts.

3. Recognize the correct common errors seen in four main barbell lifts.

4. Recall the alternate functional movements for each of the four main barbell lifts.

**C) Vestibular Rehabilitation for Athletes with Post-Concussion Syndrome** **by Jennifer**

 **Braswell Christy, PT, PhD**

Objectives:

1. Recognize the appropriate outcome tools to assess vestibular related impairments of dizziness, gaze instability and balance problems in athletes with post-concussion syndrome

2. Correctly perform evidence based exercises to treat athletes with vestibular-related impairments from post-concussion syndrome

3. Recall appropriate progression of exercises, given the results of the clinical evaluation

**D) Intro to Dry Needling by Nan A Maio, PT,DPT,Cert.DN**

E) TBA

**F) Evidence-Based Rotator Cuff Examination for the Practicing Clinician** **by Aaron Sciascia,**

**PhD, ATC, PES**

The provider number for Evidence-Based Rotator Cuff Examination for the Practicing Clinician is P3683 and

has been approved for 1.5 hours of EBP CEU''s and expires on 12/31/2018. Brought to you by Eastern

Kentucky University’s AP# P3683

Objectives:

1. Recognize the aspects of the patient history which can assist clinicians with diagnosing rotator cuff injury
2. Recognize the range of motion assessments which have the best value for diagnosing rotator cuff injury
3. Recognize which manual muscle tests have the best value for diagnosing rotator cuff injury
4. Recognize the special tests that have the best clinical utility for diagnosing rotator cuff injury
5. Recall the definitions of diagnostic accuracy statistics (sensitivity, specificity, likelihood ratios, accuracy, and predictive values)

12:00-1:00 pm Lunch Lecture - TBA

1:00-3:00 pm Breakout Sessions - (Choose 1)

**A) Return to Play Tests by Robb Rogers, M.Ed, MSCC, CSCS**

Objectives:

Lower Extremity Tests

Core Tests

Upper Extremity Tests

**B) Returning the Active Patient to the Weight Room by John Seddon**

Objectives:

1. Perform proper form with four main barbell lifts (squat, deadlift, standing press, and bench

press).

2. Recognize the correct technique in four main barbell lifts.

3. Recognize the correct common errors seen in four main barbell lifts.

4. Recall the alternate functional movements for each of the four main barbell lifts.

**C) Vestibular Rehabilitation for Athletes with Post-Concussion Syndrome** **by Jennifer**

 **Braswell Christy, PT, PhD**

Objectives:

1. Recognize the appropriate outcome tools to assess vestibular related impairments of dizziness, gaze instability and balance problems in athletes with post-concussion syndrome

2. Correctly perform evidence based exercises to treat athletes with vestibular-related impairments from post-concussion syndrome

3. Recall appropriate progression of exercises, given the results of the clinical evaluation

**D) Intro to Dry Needling by Nan A Maio, PT,DPT,Cert.DN**

E) TBA

**G) Return to Play for Overhead Athletes Following Superior Labral Repair by Aaron Sciascia, PhD,ATC, PES**

The provider number for Return to Play for Overhead Athletes Following Superior Labral Repair is P3683 and

has been approved for 1.5 hours of EBP CEU''s and expires on 12/31/2018. Brought to you by Eastern

Kentucky University’s AP# P3683

Objectives:

1. Recognize the factors across published literature that prevent clinicians from providing concrete return to play prognoses
2. Recall the odds of return to play for overhead and non-overhead athletes following superior labral repair with and without concurrent soft tissue debridement
3. Recognize injury history as a factor affecting patient-reported outcome scores in overhead athletes and the extent to which scores are affected

2:45-3:15pm ​Sign out / Certificate Pick up / Survey Hand-in

**Day 2 Schedule of Events (All Inclusive)**

# **Saturday, July 14th, 2018**

### 7:00-8:00 am Registration / Check in / Sign in

8:00-9:00 am Main Lecture 3 - **Hand and Wrist Injuries in Athletics by Dr Ben Gomez**

9:00-10:00 am Main Lecture 4 - **Blood Flow Restriction Therapy A Game Changer in Rehabilitation!**

 **by Dr. Eric Fuchs, ATC, AEMT**

Objectives:

1. Participants will be able to define Blood Flow Restriction Therapy
2. Participants will be able to recognize and compare differences in Blow Flow Restriction devices
3. Participants will be able to recognize the positive impact of Blood Flow Restriction on patient outcomes.

### 10:00-12:00 PM Breakout Session - (Choose 1)

**H) Rehab in a Different Light by Robb Rogers, M.Ed, MSCC, CSCS**

Objectives:

- ROM via soft tissue mobility

 - DMS

 - Hands on

 - Strength

 - Eccentric first

 - Elastic second

 - Slow strength third

 - Endurance last

- Retraining the Software

**I) Emergency Care in Athletics Best Practices for Today! by Dr. Eric J. Fuchs, ATC, AEMT**

Objectives:

1. Participants will be able to identify the need and learn how to implement a proper comprehensive emergency action plan for their setting.
2. Participants will learn to identify emergency equipment and supplies that need to be readily available in any athletic training facility or practice facility.
3. Participants will be able to identify what medical supplies and emergency medications should be available in a properly stock an emergency trauma kit and airway kit.
4. Participants will be able identify how to set up communication protocols for their sports medicine team in event of an emergency, which will be based on the nature of the emergency.
5. Participants will understand the importance of documented daily preventative maintenance (PM’s) and review of all emergency equipment and medications at their facility or prior to an event.

**J) The Cervical Spine: Manual Interventions with Integration into Classification Based Pain**

**by David Greer PT.**

**K) The Effectiveness of Joint Mobilizations for Shoulder Pain by Aaron Sciascia, PhD, ATC, PES**

The provider number for The Effectiveness of Joint Mobilizations for Shoulder Pain is P3683 and has

 been approved for 1.5 hours of EBP CEU''s and expires on 12/31/2019. Brought to you by Eastern

 Kentucky University’s AP# P3683

Objectives:

1. Recognize the primary benefit of joint mobilization is pain reduction
2. Recognize that high grade mobilizations improve ROM better than low grade mobilizations in patients with adhesive capsulitis
3. Recall the Maitland and Kaltenborn end feels
4. Recognize that Maitland oscillations and Kaltenborn tractions both reduce pain
5. Perform the recommended joint mobilizations to reduce pain and increase function

L)TBA

**M) New Techniques for Taping by Brad Cheatham, ATC**

### 12:00-1:00 pm Lunch Lecture - TBA

1:00-3:00 pm Breakout Sessions (Choose 1)

###

**H) Rehab in a Different Light by Robb Rogers, M.Ed, MSCC, CSCS**

Objectives:

- ROM via soft tissue mobility

 - DMS

 - Hands on

 - Strength

 - Eccentric first

 - Elastic second

 - Slow strength third

 - Endurance last

- Retraining the Software

**I) Emergency Care in Athletics Best Practices for Today! by Dr. Eric J. Fuchs, ATC, AEMT**

Objectives:

1. Participants will be able to identify the need and learn how to implement a proper comprehensive emergency action plan for their setting.
2. Participants will learn to identify emergency equipment and supplies that need to be readily available in any athletic training facility or practice facility.
3. Participants will be able to identify what medical supplies and emergency medications should be available in a properly stock an emergency trauma kit and airway kit.
4. Participants will be able identify how to set up communication protocols for their sports medicine team in event of an emergency, which will be based on the nature of the emergency.
5. Participants will understand the importance of documented daily preventative maintenance (PM’s) and review of all emergency equipment and medications at their facility or prior to an event.

**J) The Cervical Spine: Manual Interventions with Integration into Classification Based Pain**

**by David Greer PT.**

**K) The Effectiveness of Joint Mobilizations for Shoulder Pain by Aaron Sciascia, PhD, ATC, PES**

The provider number for The Effectiveness of Joint Mobilizations for Shoulder Pain is P3683 and has

 been approved for 1.5 hours of EBP CEU''s and expires on 12/31/2019. Brought to you by Eastern

 Kentucky University’s AP# P3683

Objectives:

1. Recognize the primary benefit of joint mobilization is pain reduction
2. Recognize that high grade mobilizations improve ROM better than low grade mobilizations in patients with adhesive capsulitis
3. Recall the Maitland and Kaltenborn end feels
4. Recognize that Maitland oscillations and Kaltenborn tractions both reduce pain
5. Perform the recommended joint mobilizations to reduce pain and increase function

 L) TBA

**N) Total Knee Replacement Round Table Discussion led by Dr Brett Smith**

### 2:45-3:15 pm Sign out / Certificate Pick up / Survey Hand-in

# **Day 3 Schedule of Events (All Inclusive)**

# **Sunday, July 15th, 2018**

7:00-8:00 am Registration / Check in / Sign in

8:00-9:00 am Main Lecture 5 - **The Future of Sports Medicine - From Regenerative treatments to**

 **Ultrasound-guided procedures by Ricardo Colberg, MD, RMSK**

Objectives:

1. Explain the role of regenerative medicine in the field of sports medicine

2. Describe how ultrasound-guided procedures are improving outcomes and

 shortening recovery time

3. Explain how ultrasound imaging is being used in clinic and at sporting events

9:00-10:00 am Main Lecture 6 - **TBA by Dr. James Robinson**

10:00-11:00 am Main Lecture 7 -**TBA Dr. Jonathan K. Jennings**

11:00-12:00 pm Main Lecture 8 - TBA

11:45-12:15 pm Sign out / Certificate Pick up / Survey Hand-in

#