Current Sports Medicine Topics — Lower Extremity and General Medicine

Course objectives for this program include:

- Demonstrate the mechanism of Lisfranc injuries of the foot, discuss their non-operative and operative treatment options, and describe their return-to-play considerations.
- Identify common complaints and presentation of athletes with posterior ankle impingement and describe return-to-play considerations.
- Recognize signs and symptoms of psychological distress in the injured athlete and potential need for referral.
- Compare and contrast graft options for ACL reconstruction in the competitive youth athlete and its effects on rehabilitation.
- Illustrate various surgical options to treat an early degenerative knee, and demonstrate the role biologics play in the management of degenerative knee conditions.
- Differentiate common hip pathologies based on athlete presentation and exam.
- Describe correlation between post-concussive athletes and lower extremity injuries.
- Explain active recovery and application of protocol for a concussed athlete.
11th Annual Sports Medicine Conference

Current Sports Medicine Topics — Lower Extremity and General Medicine

Athletic trainers will earn three (3) category A CEUs and 1.5 EPB CEUs (pending BOC approval) at this interactive sports medicine conference.

Presentations will focus on lower extremity and general medicine topics. Approved BOC Provider #P3665.

According to the education levels described by the Professional Development Committee (PDC), the following continuing education course is considered to be Advanced Level.

Northwestern Medicine Regional Medical Group (NMRMG) is approved by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers.

Course Directors
Aaron A. Bare, MD
Matthew D. Gimre, MD

Course Coordinators
Laura Most, ATC
Maggie Ranum, ATC
Taeopae Wetterman, ATC

Diagnosis and Treatment of Lisfranc Injuries of the Foot
Jeffrey A. Senall, MD, Orthopaedic Surgery, NMRMG-Orthopaedics

Posterior Ankle Impingement: Don’t Get Pinched
Gregory P. Vetekowski, MD, Orthopaedic Surgery, NMRMG-Orthopaedics

Career-Ending Injuries: A Psychological Perspective
Kelsey Ruffing, MLS, LPC, Mental Health Therapist and Sport Psychology Consultant, Edgewood Clinical Services

The Treatment of the Early Degenerative Knee and Use of Biologics
Brian Chilialdi, MD, Orthopaedic Surgery, NMRMG-Orthopaedics

ACL Graft Choices for the Competitive Athlete: A Hamstring or Patellar Tendon Point-Counterpoint Discussion
Aaron A. Bare, MD, Orthopaedic Surgery, Sports Medicine, NMRMG-Orthopaedics
David H. Watt, MD, Orthopaedic Surgery, Sports Medicine, NMRMG-Orthopaedics

Evaluating Hip Pain in the Athlete: How to Make Sense of This Diagnostic Challenge
Matthew D. Gimre, MD, Sports Medicine, NMRMG-Orthopaedics

Emerging Topics in Concussion Treatment: Lower Extremity Injuries and Active Recovery
Taeopae Wetterman, ATC, Athletic Training, NMRMG-Orthopaedics
Laura Most, ATC, Athletic Training, NMRMG-Orthopaedics

Agenda
7:30-8:00 am  Check-in
8:00 am–11:15 am  Presentations
1:15 pm  Adjourn
Continenta breakfast and snacks will be provided.

Location
Northwestern Medicine Central DuPage Hospital
Auditorium
25 North Winfield Road
Winfield, IL 60190

Registration
Registration is requested by Friday, June 9. $20 per person. Space is limited. To register, call 630.933.4234. TTY for the hearing impaired 630.933.4833. Visit rmg.nm.org/sportsmedconference for more information.

Cancellation and refund policy
Participants will receive a full refund if the cancellation is received at least seven business days before the event. If participants register and do not attend, they are still responsible for full payment. Participants will need to contact NMRMG’s Physician and Referral Class Registration Group via phone at 630.933.4234, TTY for the hearing impaired 630.933.4833, to request a refund.

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25 North Winfield Road
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Directions to Northwestern Medicine Central DuPage Hospital
Use campus entrance 2 off Winfield Road. Complimentary valet parking is available at the main entrance, or you may self park in Lot 3. Enter through the main entrance and a guest services representative will direct you to the conference area.