



*Fifth Annual*  
**Primary Care Approach  
to Treating the  
Injured Athlete**

*Friday, May 2, 2008*  
*8:00 a.m. to 4:30 p.m.*

***The Conference Center at Sheppard Pratt***

This one-day course is for primary care physicians, physician assistants, certified athletic trainers, physical therapists, and other allied health professionals who are interested in improving their sports medicine knowledge.

***COURSE DIRECTORS:***

*Teri McCambridge, MD*  
*Scott Tarantino, MD*

*William Howard, M.D.*

*Alan Lake, M.D.*  
*Christopher Parker, P.T., A.T.C.*  
*Michael Marion, M.D.*

***FACULTY:***

*Steve Baitch, P.T., A.T.C.*  
*Jeffrey Brodie, M.D.*  
*Jennifer Bushey, M.P.T., O.C.S.*  
*Frank Dawson, M.D.*  
*Katherine Dahab, M.D.*  
*James C. Dreese, M.D.*  
*Michael Donahue, M.D.*  
*Matt Grady, M.D.*

*Brad Mountcastle, A.T.C.*  
*M. Catherine Sargent, M.D.*  
*Marc Siegelbaum, M.D., F.A.C.S.*  
*P. Justin Tortolani, M.D.*  
*Andrew Tucker, M.D.*  
*John Wilckens, M.D.*  
*Shannon Winakur, M.D.*  
*Bruce Wolock, M.D.*

† CATHOLIC HEALTH  
INITIATIVES

**St. Joseph Medical Center**

**WHERE THE EXPERTS ARE.**



***Course Information and registration form  
attached, or visit:***

***[www.Towsonsportsmedicine.com](http://www.Towsonsportsmedicine.com)  
or call 410-337-7900. ex. 1294***

*CME Credits: Physicians- 7.5 credit hours, Certified Athletic Trainers - 7.0 CEUs,  
Physical Therapists- 7.0*

# Program

## AM Session

7:15-7:55 Breakfast and Registration  
7:55-8:00 Welcome: Teri McCambridge, M.D./Course  
Co-Director  
Scott Tarantino, M.D. Course Co-Director

### Session A **It's All in the Perspective: "I've Got Pain in My Groin" Moderator: Scott Tarantino, M.D.**

8:00-8:30 A General Surgeon's Perspective and Anatomy of the Groin  
William Howard, M.D.  
8:30-8:45 A Urologist's Perspective  
Marc Siegelbaum, M.D.  
8:45 - 9:00 An Orthopaedist's Perspective  
John Wilckens, M.D.  
9:00 - 9:15 A Certified Athletic Trainer's Perspective  
Brad Mountcastle, A.T.C.

9:15 - 9:25 Questions for the Panel

### Session B **Emergencies on the Field Moderator: Teri McCambridge, M.D.**

9:25-9:45 Syncope in the Athlete  
Shannon Winakur, M.D.  
9:45 - 10:05 The Dislocated Joint:  
Appropriate Management on the Field?  
Scott Tarantino, M.D.  
10:05 - 10:25 Suspected C-spine Injuries on the Field: Iced IV  
Fluids and Steroids? What is the Appropriate  
Management?  
Justin Tortolani, M.D.  
10:25 - 10:40 Questions and Answers  
10:40 - 11:00 Break and Move to Morning Breakout Sessions

### Session C: **Breakout I**

11:00-11:30 A: Abnormal Running Gait and Injury  
Jen Bushey, P.T.  
B: Examination of the Spine  
Michael Donahue, M.D.  
C: Runners' Regrets:  
Intestinal Frustration with Exercise  
Alan Lake, M.D.  
D. Case-based Approach to Concussion in the  
Young Athlete  
Matthew Grady, M.D.  
E. PPE – Overview and Clearance  
Katherine Dahab, M.D.

**11:30-12:30 Lunch in Dining Room**

### Session D **Hot Topics in Sports Medicine Moderator: Scott Tarantino, M.D.**

12:30-1:00 Recombinant Human Growth Hormone and other  
Performance Enhancing Substances  
Frank Dawson, M.D.  
1:00-1:30 Who Needs Orthotics and What's Appropriate in  
the Athlete?  
Stephen Baitch, P.T.  
1:30-2:00 Management of Proximal Hamstring Injuries  
Jamie Dreese, M.D.

### Session E **Breakout II**

2:00-2:30 A: Examination of the Ankle and  
Injection Techniques of the Ankle and Foot  
Jeffrey Brodie, M.D.  
B: Examination of the Shoulder  
Michael Marion, M.D.  
C: Assessment and Progression of Core  
Strengthening for the Athlete  
Christopher Parker, P.T., A.T.C.  
D: Examination of the Elbow and Wrist  
Bruce Wolock, M.D.

### 2:30-2:45 **Break**

### Session F: **Diagnostic or Therapeutic Dilemmas Moderator: Teri McCambridge, M.D.**

2:45-3:15 Exercise Associated Lower Leg Pain  
Andrew Tucker, M.D.  
3:15-3:45 OCD Management in the pediatric athlete  
Catherine Sargent M.D.

### Session G: **Your Sports Medicine Dilemmas (Questions submitted by the audience) Moderator: Teri McCambridge, M.D.**

3:45-4:30 Panel: Catherine Sargent, Matthew Grady,  
Scott Tarantino, Jamie Dreese

### 4:30 **Course Ends**

## General Information

## Meeting Registration Form

### Registration

May 2, 2008: 7:15 - 7:55 a.m.

### Course Location

The Conference Center at Sheppard Pratt  
6501 N. Charles St., Baltimore, MD 21285-6815. 443-722-4528

### Conference Center Directions

Please visit [www.sheppardpratt.org](http://www.sheppardpratt.org), click on Conference Center.

### Hotel and Travel Information

Sheraton, Towson: 410-321-7400  
Holiday Inn, Timonium: 410-252-7373  
Red Roof Inn, Timonium: 410-666-0380

**An enrollment confirmation** will be emailed to each registrant. If you do not receive a confirmation by April 11, please call 410-337-7900; ask for Joyce Cahalan, Program Coordinator, to confirm that you are registered. If you do not have email, your confirmation will be sent via postal mail.

### Cancellation Policy:

 If you must cancel, please:

1. Fax to 410-337-5321, attention Joyce or
2. Email to [jcahalan@oapa.com](mailto:jcahalan@oapa.com)

Cancellation must be in writing. An administrative fee of \$50 will be retained on all refunds, which will be processed shortly after written notice has been received. Cancellation after April 28 is non-refundable. St. Joseph Medical Center, Orthopaedic Associates and Towson Sports Medicine (course organizers) reserve the right to cancel or postpone any course due to unforeseen circumstances. In the event of cancellation or postponement, only the registration fee will be refunded; course organizers are not responsible for other related travel expenses.

### Emergency Calls

On the day of the meeting, direct calls can be made to: 443-722-4528. Messages will be posted for all participants.

### Americans with Disabilities Act

The course organizers fully comply with the legal requirements of the ADA and the rules and regulations thereof. Please notify us if you have any special requirements.

### Policy on Faculty and Sponsor Disclosure

It is the policy of the course organizers that the faculty discloses real or apparent conflicts of interest relating to the topics of this educational activity, and also discloses discussions of unlabeled/unapproved uses of drugs or devices during their presentation(s). Detailed disclosure will be made in the course handout materials.

### For Further Information

Registration questions: Joyce Cahalan 410-337-7900  
Fax: 410-337-5321 (attention Joyce) or email [jcahalan@oapa.com](mailto:jcahalan@oapa.com).  
The course brochure can also be found online at [www.oapa.com](http://www.oapa.com), click on Towson Sports Medicine.

Please complete and mail to:

Orthopaedic Assoc, 8322 Bellona Ave, Towson, MD 21204  
Attention: Primary Care Approach to Injured Athlete  
Include check payable to Orthopaedic Associates/Primary Care Conference or FAX your credit card registration to 410-337-5321. Please include registration form and a copy of the mailing label.

Please type or print clearly:

\_\_\_\_\_  
First Name Last Name M.I.

\_\_\_\_\_  
Primary Degree (for your badge) Specialty

\_\_\_\_\_  
Mailing Address

\_\_\_\_\_  
City, State, Zip, Country

\_\_\_\_\_  
Daytime Telephone, FAX Number

\_\_\_\_\_  
Email Address

### Fees

#### Early Bird: Postmarked by April 11

Physicians: \$200  
Fellows, Residents\*, Allied Professionals, ATCs: \$150

#### Postmarked after April 11

Physicians: \$225  
Fellows, Residents\*, Allied Professionals, ATCs: \$175

*\*With verification of status*

Registration fee includes instructional materials, continental breakfast, refreshment breaks and lunch.

Registration fee for pre-registered participants must be received by the start of the meeting. **On-site registration will be assessed a \$25 surcharge.** A certificate of attendance will be mailed within six weeks of the completion of the course. A certificate cannot be mailed until fees have been received and processed.

### Credit Card Registration

Visa  Mastercard  Discover  AMEX Exp. Date \_\_/\_\_/\_\_

Card # \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Name on card \_\_\_\_\_

Signature \_\_\_\_\_

CME Credits: Physicians- 7.5 credit hours, Certified Athletic Trainers - 7.0 CEUs,  
Physical Therapists- 7.0

## *Registration Form Cont.*

Please select a first and second choice for each breakout session.

### **Breakout I (select first and second choice)**

#### **Group A**

\_\_\_ 11:00-11:30 Abnormal Running Gait and Injury

#### **Group B**

\_\_\_ 11:00-11:30 Examination of the Spine

#### **Group C**

\_\_\_ 11:00-11:30 Runners' Regrets:  
Intestinal Frustration with Exercise

#### **Group D**

\_\_\_ 11:00-11:30 Case-based Approach to Concussion in  
the Young Athlete

#### **Group E**

\_\_\_ 11:00-11:30 PPE – Overview and Clearance

### **Breakout II (select first and second choice)**

#### **Group A**

\_\_\_ 2:00-2:30 Examination of the Ankle and  
Injection Techniques of the Ankle and Foot

#### **Group B**

\_\_\_ 2:00-2:30 Examination of the Shoulder

#### **Group C**

\_\_\_ 2:00-2:30 Assessment and Progression of Core  
Strengthening for the Athlete

#### **Group D**

\_\_\_ 2:00-2:30 Examination of the Elbow and Wrist

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