



Painting by St. G. Tucker Aufranc, MD

THE TWENTY-THIRD

# Boston Sports Medicine Symposium

November 2 & 3, 2018

Boston Marriott Hotel,  
Newton, MA

## COURSE CHAIR

**Alan Curtis, MD**

Orthopedic Surgeon, New England Baptist Hospital and Boston Sports & Shoulder Center

## INVITED FACULTY

Katie Adams, LMT, CNMT

Louis Bley, MD

Peter Brownson, MD

Kelton Burbank, MD

Brian Busconi, MD

Brian Cole, MD

Kyle Eberlin, MD

Lindsey Elizondo, DPT, ATC

Paul Ghostlaw, PT

Thomas Gill, IV, MD

Robert Hunter, MD

Andrew Jawa, MD

John Kelly, MD

W. Ben Kibler, MD

Dirk Kokmeyer, DPT

Mark Kovacs, PhD, FACSM

James Lubowitz, MD

Augustus Mazzocca, MD

Louis McIntyre, MD

Brian McKeon, MD

Suzanne Miller, MD

Claude Moorman, III, MD

Marc Philippon, MD

Kevin Plancher, MD

Jason Rand, PAC

Mike Reinold, DPT

John Richmond, MD

Glen Ross, MD

Tony Schena, MD

Mark Slovenkai, MD

Patrick St. Pierre, MD

John Tierney, DO

Donato Tramuto

Bryan Truscott, ATC

Nikhil Verma, MD

Jon Warner, MD

Paul Weitzel, MD

Kevin Wilk, DPT, FAPTA

Andy Williams, MB, BS, FRCS

Tom Wuerz, MD



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## THE TWENTY-THIRD

# Boston Sports Medicine Symposium

## Registration Information

*This course will provide orthopedic surgeons, fellows, residents, physician assistants, physical therapists and allied health professionals with a unique opportunity to enhance their knowledge and skills in the surgical management and rehabilitation of sports medicine injuries.*

### OBJECTIVES

- Identify current concepts for diagnosing and treatment options for sports medicine injuries including surgical, non-surgical and rehabilitation options for shoulder, knee, ankle and hip issues.
- Describe the role of history, leadership and education in sports medicine
- Identify best current practice management policies
- Discuss the benefits and pitfalls of opioids
- Describe a new approach to treating loneliness

### CONTINUING MEDICAL EDUCATION CREDITS

New England Baptist Hospital designates this live activity for a maximum of *13 AMA PRA Category 1 Credits™*. Physicians should claim only credit commensurate with the extent of their participation in the activity. NEBH is accredited by the Massachusetts Medical Society to provide continuing medical education for physicians.

### COURSE TUITION

#### Register early and save!

- The registration fee for physicians is \$595 before 9/15, \$650 after 9/15.
- The registration fee for physician assistants, nurse practitioners, and registered nurses is \$350 before 9/15, \$395 after 9/15.
- The registration fee for allied health professionals is \$275 before 9/15, \$295 after 9/15. **More space and seating this year!**
- The registration fee for fellows, residents and active military is \$50.

### COURSE LOCATION

**Boston Marriott Hotel Newton**  
**2345 Commonwealth Avenue**  
**Newton, MA 02459**

### HOTEL ACCOMMODATIONS

A block of rooms have been reserved at the **Boston Marriott Hotel Newton** at a rate of \$149 plus tax single/double occupancy per night. Telephone 888-236-2427. Rooms must be reserved no later than **October 15**. Please reference Boston Sports Medicine Symposium.

### SPECIAL SERVICES

To request reasonable accommodations for a disability please notify us in writing at least two weeks before the symposium.

To register,  
please go to  
[nebh.org/bsms](http://nebh.org/bsms)

# FRIDAY, NOVEMBER 2, 2018

6:30 AM *Registration, Continental Breakfast*

## Physicians, PACs, NPs, RNs

## Allied Health Professionals

### 7:25 Breakfast Symposium

- Developing Ancillary Revenues in a Sports Medicine Practice  
— *N. Verma, MD*

### 7:25 Breakfast Symposium

- Opioid Use and Abuse Following Arthroscopic Procedures: Solving the National Crisis Together  
— *K. Plancher, MD*

- 7:55 Welcome/Intro  
— *A. Curtis, MD*

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- Opioid Use and Abuse Following Arthroscopic Procedures: Are We A Part of the National Crisis?  
— *K. Plancher, MD*

- Ankle Injuries in the Athlete  
— *M. Slovenkai, MD*

- Evaluation of Surgical Indications for Clavicle Fractures  
— *W. B. Kibler, MD*

- Four Pillars of Performance Based Therapy  
— *M. Reinold, DPT*

- Contemporary Management of Thoracic Outlet Syndrome: Diagnosis, Treatment, and Outcomes  
— *K. Eberlin, MD*

- Diagnostic Ultrasound and Muscles: Does Size Matter?  
— *D. Kokmeyer, DPT*

- Anatomy and Decision Making for Partial Rotator Cuff Tears  
— *A. Curtis, MD*

- Shoulder Instability in the Elite Athlete  
— *P. Brownson, MD*

- Tips for Success in Rotator Cuff Repair  
— *B. Cole, MD*

- First Time Dislocator  
— *C. Moorman, MD*

- Holistic Approach to Massive Rotator Cuff Tears  
— *J. Kelly, MD*

- Bone Loss and the Role of Remplissage  
— *K. Plancher, MD*

- Revision Rotator Cuff Repair  
— *A. Mazzocca, MD*

- The Laterjet: Techniques and Rehabilitation  
— *N. Verma, MD*

- Questions & Answers

- What's New in the Rehabilitation & Training of the Athlete's Shoulder  
— *K. Wilk, DPT*

## 10:00–10:30 AM *Break*

- Panel Discussion: Rotator Cuff Issues

- Understanding Scapular Dyskinesia  
— *W. B. Kibler, MD*

- Rotator Cuff Rehabilitation  
— *K. Wilk, DPT*

- Using Technology to Keep Your Athlete in the Game  
— *M. Kovacs, PhD*

- Understanding Scapular Dyskinesia  
— *W. B. Kibler, MD*

- The Athletic Core: A Rehab Progression  
— *L. Elizondo, DPT*

- Live Examination Demonstration  
— *W. B. Kibler, MD and Panel*

- Team Approach to the Athlete  
— *C. Moorman, MD*

- Orthopedic Surgeons Involved in the Wine Industry: An Introduction on How to Evaluate and Enjoy Wine the SOMA Way  
— *P. St. Pierre, MD*

## 12:00–1:00 PM *Lunch*

## FRIDAY, NOVEMBER 2, 2018 *(continued)*

Physicians, PACs, NPs, RNs	Allied Health Professionals
<ul style="list-style-type: none"> <li>• KEYNOTE: Thoughts on History, Leadership and Education — <i>R. Hunter, MD</i></li> </ul>	<ul style="list-style-type: none"> <li>• KEYNOTE: Loneliness and Social Isolation: The New Chronic Condition of the 21st Century – How Physical Fitness can be the remedy — <i>D. Tramuto</i></li> </ul>
<ul style="list-style-type: none"> <li>• Shoulder Instability in the Elite Athlete — <i>P. Brownson, MD</i></li> </ul>	<ul style="list-style-type: none"> <li>• Anatomy and Decision Making in Rotator Cuff Tears — <i>A. Curtis, MD</i></li> </ul>
<ul style="list-style-type: none"> <li>• Decision Making in the First Time Dislocator — <i>C. Moorman, MD</i></li> </ul>	<ul style="list-style-type: none"> <li>• Tips on Success for Rotator Cuff Repairs — <i>B. Cole, MD</i></li> </ul>
<ul style="list-style-type: none"> <li>• Shoulder Dislocation in Older Adults: What are we seeing and tips on management — <i>G. Ross, MD</i></li> </ul>	<ul style="list-style-type: none"> <li>• Holistic Approach to the Big Cuff Tear — <i>J. Kelly, MD</i></li> </ul>
<ul style="list-style-type: none"> <li>• Evaluating Bone Loss and The Role of the Remplissage — <i>K. Plancher, MD</i></li> </ul>	<ul style="list-style-type: none"> <li>• Rehabilitation of Large Rotator Cuff Tears with Superior Capsule Reconstruction — <i>P. Ghostlaw, PT</i></li> </ul>
<ul style="list-style-type: none"> <li>• Laterjet Tips for Success — <i>N. Verma, MD</i></li> </ul>	<ul style="list-style-type: none"> <li>• The Trigger Point Conundrum — <i>K. Adams, LMT</i></li> </ul>
<ul style="list-style-type: none"> <li>• Panel Discussion: Instability/SLAPS</li> </ul>	<ul style="list-style-type: none"> <li>• Questions &amp; Answers</li> </ul>
<b>3:00–3:30 PM Break</b>	
<ul style="list-style-type: none"> <li>• Proximal Humerus Fractures: Options for a Tough Problem — <i>P. St. Pierre, MD</i></li> </ul>	<ul style="list-style-type: none"> <li>• Demo 1: Athletic Core Demonstration — <i>L. Elizondo, DPT</i></li> </ul>
<ul style="list-style-type: none"> <li>• Patient-Specific Planning for Total Shoulder Replacement: A Value Proposition — <i>J. Warner, MD</i></li> </ul>	<ul style="list-style-type: none"> <li>• Demo 2: Ultrasound in Orthopedics — <i>J. Rand, PAC, B. McKeon, MD</i></li> </ul>
<ul style="list-style-type: none"> <li>• Outpatient Total Shoulder Replacement — <i>A. Jawa, MD</i></li> </ul>	<ul style="list-style-type: none"> <li>• Demo 3: Functional Movement Screen for Golf — <i>B. Truscott, ATC</i></li> </ul>
<ul style="list-style-type: none"> <li>• Reverse Total Shoulder Arthroplasty: It's All About the Exposure — <i>P. St. Pierre, MD</i></li> </ul>	<ul style="list-style-type: none"> <li>• Demo 4: Rehabbing the Post-op Shoulder — <i>K. Adams, LMT, M. Reinold, DPT, K. Wilk, DPT</i></li> </ul>
<ul style="list-style-type: none"> <li>• Orthopedic Surgeons Involved in the Wine Industry: An Introduction on How to Evaluate and Enjoy Wine the SOMA Way — <i>P. St. Pierre, MD</i></li> </ul>	
<b>5:30–7:00 PM Social Reception</b>	

For more info visit [nebh.org/bsms](http://nebh.org/bsms)

# SATURDAY, NOVEMBER 3, 2018

6:45 AM Registration, Continental Breakfast

## Physicians, PACs, NPs, RNs

## Allied Health Professionals

### 7:25 Breakfast Symposium

- Practice Management and Outcomes  
— *L. McIntyre, MD*

- 7:50 Welcome/Intro  
— *A. Curtis, MD*

- Arthroscopic Treatment Options of Hip Cartilage Damage  
— *M. Philippon, MD*

- Capsular management in Hip Arthroscopy  
— *T. Wuerz, MD*

- Labral Reconstruction in the Hip: Techniques and Outcomes  
— *M. Philippon, MD*

- Questions & Answers

- Management of Cartilage Disease in the Athlete  
— *B. Cole, MD*

- Anatomy, Biomechanics and Operative Technique Regarding Anterolateral Soft Tissues of Knee  
— *A. Williams, MD*

- Arthroscopic Treatment of Tibial Plateau Fractures  
— *J. Lubowitz, MD*

- Meniscal Repair  
— *L. McIntyre, MD*

### 7:25 Breakfast Symposium

- Targeted Muscle Reinnervation and Surgical Management of Nerve Pain  
— *K. Eberlin, MD*

- 7:50 Meniscal Injuries  
— *J. Richmond, MD*

- MCL Repairs: How and When  
— *B. Busconi, MD*

- ACL Tips for Success  
— *B. McKeon, MD*

- Knee Dislocations  
— *T. Gill, MD*

- Patellofemoral Issues: Diagnosis and Treatment  
— *R. Hunter, MD*

- Tips on Knee Rehabilitation  
— *K. Wilk, DPT*

- Panel Discussion

## 10:00–10:30 AM Break

- Panel Discussion: Complex Knee Issues

- ACL Reconstruction: Tips for Success  
— *B. McKeon, MD*

- MCL Repair: How and When  
— *B. Busconi, MD*

- My Approach to Knee Dislocations: the NFL Experience  
— *T. Gill, MD*

- Rehabilitation of the Post -Op Knee  
— *M. Reinold, DPT*

- Questions & Answers

- What I Have Learned From Treating Knee Injuries in the Elite Athlete  
— *A. Williams, MD*

- Arthroscopic Treatment of Tibial Plateau Fractures  
— *J. Lubowitz, MD*

- How to Treat a Partial Proximal Hamstring Tear  
— *S. Miller, MD*

- Outcomes Following Hip Arthroscopy in Athletes  
— *M. Philippon, MD*

- Non-operative Management of FAI: Can Surgery Be Avoided?  
— *D. Kokmeyer, DPT*

- Questions & Answers

12:00 PM Adjourn