Program Objectives
The purpose of this sports medicine seminar is to assist health care professionals—athletic trainers, physical therapists, sports medicine physicians, chiropractors, etc.—in the evaluation, management/treatment and rehabilitation of sports related injuries. At the end of this activity, participants should be able to:
• Perform creative taping methods for various athletic injuries to return athletes to competition as soon as it is medically safe
• Identify the complications of ACL rehabilitation
• Explore the use of radiology in diagnosing common sports injuries
• Identify the proper physical examination of the hip and the indications for hip arthroscopy
• Explain the importance of good posture in the athletic population
• Describe heat related pathology and research in the areas of prevention and treatment
• Explain long term joint health after knee injury
• Perform the evaluation of the Functional Movement Screen Active Straight Leg Raise Test
• Identify the Functional Movement Screen corrective exercises for the Active Straight Leg Raise Test
• Recognize the mechanical hamstring muscles, part band, part muscle and an alternative for return to play program
• Discover how to perform a hands on physical examination of the hip
• Perform taping techniques to improve posture and movement patterns

Who Should Attend
Athletic trainers, physical therapists, sports medicine physicians and chiropractors.

Seminar Director
Keith A. Handling, MS, ATC, PT is associate professor in the Department of Kinesiology and Applied Physiology at the University of Delaware. Mr. Handling received his BS in physical education and his BS in physical education from the University of Delaware and his MS in physical education from West Chester University.

Planning Committee
Joan Couch, ATC
Keith A. Handling, MS, ATC, PT
Seminar Director
Paul Lowry, MED, ATC
Nikki Lounsberry, MS, ATC
Jeffrey A. Schneider, MS
Kelli Stafford, MS, ATC
Daniel Watson, MED, ATC

Successful prevention, evaluation and rehabilitation of sports injuries are crucial elements of any comprehensive athletic program. This one-day sports medicine conference covers topics related to the evaluation and rehabilitation of sports-related injuries to the upper and lower extremities. A special panel discussion will allow attendees to ask questions of our distinguished speakers.
Medical Aspects of Sports

February 6, 2016

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Saturday, February 6, 2016
John M. Clayton Hall
University of Delaware
Newark, Delaware
**Schedule**

- **7:30 a.m.** Registration and Continental Breakfast
- **7:45 a.m.** Creative Solutions in Taping Methods to Prevent Injury
  Andrea DiTrani, MS, ATC
  University of Delaware

- **8:00 a.m.** Physical Examination of the Hip: Indications for Hip Arthroscopy
  Victor Kalmam, DO
  Claire Coggins, MD
  University of Delaware

- **9:00 a.m.** Heat Related Pathology: Research in the Areas of Prevention and Treatment
  Katherine Morrison, PhD, ATC

- **9:15 a.m.** Long-Term Joint Health After Knee Injury
  Nicole M. Cattaneo, PhD, LAT, ATC

- **9:30 a.m.** Indications for Hip Arthroscopy
  Andrea Di Trani, MS, ATC
  Andrea Di Trani, MS, ATC
  Aaron Struminger, MA, ATC, LAT
  University of Delaware

- **9:45 a.m.** Part Muscle, an Alternative for Return Mechanical Hamstring: Part Band, or MARYLAND, please contact your state examining board of physical therapy examiners for course is considered to be Essential/Advanced/ Mastery Level.
  UNIVERSITY OF DELAWARE

- **10:00 a.m.** Evaluation and Adjournment
  Evaluation and Adjournment

- **10:15 a.m.** Panel Discussion: Current Issues/ Topics in Sports Medicine
  Andrew Rotman, MD, ATC, FAAP, Moderator
  Claire Coggins, MD
  Victor Kalmam, DO
  Angela D. Smith, MD
  Angela Hutchinson Smith, PT, DPT, OCS, SCS, ATC

- **10:30 a.m.** Break

- **10:45 a.m.** Repeat Mini-Clinics
  Repeat Mini-Clinics
  Groups Rotate
  3:25 – 4:05 p.m.

- **11:00 a.m.** Panel Discussion: Current Issues/ Topics in Sports Medicine
  Andrew Rotman, MD, ATC, FAAP, Moderator
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  Victor Kalmam, DO
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Registration and continental breakfast begins at 7 a.m.

**CONTINUING EDUCATION CREDIT**

As a measurable evidence of continuing professional development, participants will be awarded:

8.0 Continuing Education Units (CEUs) for the Board of Certification, Inc. (BOC) for certified athletic trainers

0.8 CEUs for the State of Delaware Examining Board of Physical Therapy

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If you practice outside of Delaware, Pennsylvania, or Maryland, please contact your state examining board to verify whether this seminar is approved for credit.

The University of Delaware is recognized by the Board of Certification, Inc., to offer continuing education for certified athletic trainers.

**LEVEL OF DIFFICULTY**

According to the education levels described by the Professional Development Committee (PDC) for athletic trainers, this continuing education course is considered to be Essential/Advanced/ Mastery Level.

**ONLINE CONFERENCE MATERIALS**

Handouts from presenters will be available through the Professional and Continuing Studies website during the seminar. Please bring a fully charged laptop or tablet to view the handouts online. Handouts will not be available in paper form.

**REGISTRATION**

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**FEES**

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<tr>
<td>$215</td>
<td>Full-tim e student rate is $80 (full-tim e matriculated only, with photocopy of current student ID).</td>
</tr>
<tr>
<td>$215</td>
<td>After January 29, 2016</td>
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**ADVANCE REGISTRATION**

**CANCELLATION AND REFUND POLICY**

A full refund will be given for written cancellation received by January 29, 2016. No refund will be given after this date. In the event that this program is rescheduled or canceled, the University of Delaware is not responsible for any cancellation fees charged by airlines or travel agencies.

**DISABLED ACCOMMODATIONS**

To request disability accommodations, contact the Division of Professional and Continuing Studies at least 10 days in advance of the program at 302-831-8843 (voice) or 302-831-2199 (TDD).

**CONTACT INFORMATION**

Lynn Fishlock, University of Delaware, 201 John M. Clayton Hall, Newark, DE 19716-7410, 302-831-8843, email: lynnaf@udel.edu.

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**HOW TO ORDER THE COURSE MANUAL?**

- **Online:** www.pcs.udel.edu/sports

- **Paper:**
  - 302-831-8843
  - Fax: 302-831-0701

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- **Online:** www.pcs.udel.edu/sports

- **Paper:**
  - 302-831-8843
  - Fax: 302-831-0701

**GENERAL**:

- **LUNCHEON**
  - 11:45 a.m.
  - Heat Related Pathology: Research in the Areas of Prevention and Treatment
  - Katherine Morrison, PhD, ATC

- **LONG-TERM JOINT HEALTH AFTER KNEE INJURY**
  - Nicole M. Cattaneo, PhD, LAT, ATC
  - 2:30 – 4:25 p.m.

- **BREAK**

- **MINI-CLINICS**
  - 2:45 – 3:05 p.m.

- **STATION 1**
  - Functional Movement Screen
  - Corrective Exercising for the Active Straight Leg Raise Test
  - Daniel Watson, MS, ATC

- **STATION 2**
  - Mechanical Hamstring: Part Band, Part Muscle, an Alternative for Return Chelsea Best, ATC

- **STATION 3**
  - Functional Examination of the Hip
  - Victor Kalmam, DO

- **STATION 4**
  - Repeat Mini-Clinics
  - Groups Rotate

- **4:05 – 4:15 p.m.**

- **Question and Answer Session**

**Medical Aspects of Sports**

**April 14, 2016**

- **Return to:** Medical Aspects of Sports Seminar, University of Delaware, 201 John M. Clayton Hall, Newark, DE 19716-7410, Attention: Registration

**Phone:** 302-831-7600, Fax: 302-831-7001

**Name:**

**Credentials:**

**Email Address:**

**Home/Work Address:**

**City:**

**State:**

**Zip:**

**Telephone:**

**Place of Employment:**

**Job Title:**

**HOW DID YOU HEAR ABOUT THIS SEMINAR?**

- **Brochure**
- **NATA calendar online**
- **Maryland PTA newsletter**
- **Email**
- **Delaware PTA website**
- **Word of mouth**
- **BOC website**
- **NJ PTA website**
- **Other**

**FEE:**

- **Price Includes conference materials, continental breakfast and lunch:**
  - $195 early registration—must be received by January 29, 2016
  - $215 late registration—after January 29, 2016
  - $80 student rate (full-tim e matriculated)—must include copy of current student ID

**METHOD OF PAYMENT:**

- **Check enclosed payable to the University of Delaware**
- **Company purchase order enclosed**
- **Charge my:**
  - MasterCard
  - Visa
  - Discover
  - American Express

**Account number:**

**Expiration date:**

**Cardholder's signature:**

Please duplicate this form for additional registrations.
## Schedule

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<tr>
<td>7:30 a.m.</td>
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<td>7:45 a.m.</td>
<td>Welcome Remarks</td>
</tr>
<tr>
<td>8:00–8:45 a.m.</td>
<td>Complicated ACL Rehab</td>
</tr>
<tr>
<td>8:45–9:30 a.m.</td>
<td>Radiology of Common Sports Injuries</td>
</tr>
<tr>
<td>9:30–10:15 a.m.</td>
<td>Physical Examination of the Hip: Indications for Hip Arthroscopy</td>
</tr>
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<td>10:15–10:30 a.m.</td>
<td>Break</td>
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<tr>
<td>10:30–11:15 a.m.</td>
<td>Does Posture Matter for Athletes?</td>
</tr>
<tr>
<td>11:15 a.m.–12:15 p.m.</td>
<td>Panel Discussion: Current Issues/Topics in Sports Medicine</td>
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## General Information

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**CONTINUING EDUCATION CREDIT**

As a measurable evidence of continuing professional development, participants will be awarded:

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This course has been approved by the Maryland State Board of Physical Therapy Examiners for 0.8 CEUs.

**FEE**

- $215 through January 29, 2016
- $215.80 for full-time student rate
- $195.80 for Maryland PTA members
- $175.80 for NATA members

**Disability Accommodations**

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**Medical Aspects of Sports**

**February 6, 2016**

**Return to: Medical Aspects of Sports Seminar, University of Delaware, 201 John M. Clayton Hall, Newark, DE 19716-7410, Attention: Registrar**

**Phone:** 302-831-7600, Fax: 302-831-0701

**Name ___________________________**

**Credential ___________________________**

**Address ___________________________**

**City ___________________________ State ______ Zip ____________**

**Telephone ___________________________**

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- ____ Other ___________________________

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**CRADLE TO GRAVE:**

- Money order or check payable to University of Delaware, c/o Lynn Fishlock, University of Delaware, 201 John M. Clayton Hall, Newark, DE 19716-7410
- Institute master card, VISA, or MasterCard

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<td>Welcoming Remarks</td>
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<tr>
<td>12:15 - 1 p.m.</td>
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<td>1:15 - 2:30 p.m.</td>
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By Phone: If paying by MasterCard, Visa, Discover or American Express, you can register by phone. Have your credit card and course information ready, then dial 302-831-7600 and choose option 2. By Internet: If you are paying with your credit card or online check, please visit www.pcs.udel.edu/sports.

**Cost**

Through January 29, 2016: 519. After January 29, 2016: 615. Full time student rate is 580. Full time matriculated students only, with photocopy of current student ID. Fee includes seminar course materials, continental breakfast and lunch. Checks should be made payable to University of Delaware.

**Cancellation and Refund Policy**

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**Extreme Weather**

Call 302-831-3474 or visit www.udel.edu/info/weather for information on seminar cancellation or delay.

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**For More Information**

General: Lynn Fishlock, University of Delaware, 201 John M. Clayton Hall, Newark, DE 19716-7410, 302-831-8843 (voice) or 302-831-2789 (TDD).

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- Account number
- Expiration date ___________ Security Code (on back of card) ___________

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### Medical Aspects of Sports

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Saturday, February 6, 2016

John M. Clayton Hall
University of Delaware
Newark, Delaware

Co-sponsored by the University of Delaware Intercollegiate Athletics Program and the Department of Kinesiology and Applied Physiology

Board of Certification CEU Provider #P458

A Continuing Professional Education Program of the University of Delaware