

PHYSICIAN FACULTY

Frank R. Noyes, MD | Cincinnati, OH

Conference Co-Director; President, Cincinnati SportsMedicine Research and Education Foundation; Orthopaedic Surgeon, Mercy Health — Cincinnati SportsMedicine and Orthopaedic Center, Professor of Orthopaedic Surgery (Emeritus), Dept. of Orthopaedic Surgery, University of Cincinnati

Mahmoud Almasri, MD | Cincinnati, OH

Director, Hip Preservation Center, Mercy Health Physicians; Clinical and Research Faculty, Cincinnati SportsMedicine Research and Education Foundation

Olufemi R. Ayeni, MD, PhD, FRCSC | Hamilton, ON, Canada

Professor and Academic Head, Department of Surgery, Division of Orthopaedic Surgery, McMaster University; Canada Research Chair (Tier 2) in Joint Preservation Surgery

Asheesh Bedi, MD | Glenview, IL

Director, Center For Sports Medicine and Joint Preservation - NorthShore Orthopedic Institute; Clinical Professor, University of Chicago; Adjunct Professor, Hospital for Special Surgery; Head Orthopedic Consultant, NBPA and Team Physician, Chicago Bears

Brian J. Cholelli, MD | Cincinnati, OH

Director, Cartilage Restoration Center, Mercy Health Physicians; Clinical and Research Faculty, Cincinnati SportsMedicine Research and Education Foundation; Team Physician, Miami University (Oxford)

Samer S. Hasan, MD, PhD | Cincinnati, OH

Chief of Orthopaedic Surgery, The Jewish Hospital; Orthopaedic Surgeon, Mercy Health — Cincinnati SportsMedicine and Orthopaedic Center; Clinical and Research Faculty, Cincinnati SportsMedicine Research and Education Foundation; Volunteer Instructor, Department of Orthopaedic Surgery, University of Cincinnati

Michael S. Laidlaw, MD, FAAOS | Cincinnati, OH

Orthopaedic Sports Medicine Surgeon, Mercy Health; Adjunct Clinical Faculty: Cincinnati Sports Medicine Research & Education Foundation

Michael Palmer, MD, FAAOS, FAOA | Cincinnati, OH

Orthopedic Surgery and Sports Medicine, The Christ Hospital, Cincinnati, OH; Adjunct Clinical Faculty; Cincinnati SportsMedicine Research and Education Foundation

Anthony A. Romeo, MD | Westmont, IL

Executive Vice President, Musculoskeletal Institute
Shoulder, Elbow, and Sports Surgery, Duly Health and Care

Edward M. Wojtys, MD | Ann Arbor, MI

William S. Smith Collegiate Professor, Department of Orthopaedic Surgery, University of Michigan; Editor-in-Chief, Sports Health: A Multidisciplinary Approach

Frank R. Noyes, MD, internationally-renowned knee surgeon and sports medicine specialist. Unparalleled resource on the diagnosis, management, and physical therapy of knee disorders.

WHY YOU SHOULD ATTEND THIS COURSE

- **SURGEONS:** Hear the latest information on clinical advances and rehabilitation for your patients
- **SPORTS MEDICINE PHYSICIANS:** Learn cutting edge treatment and advances in all aspects of sports injuries
- **REHABILITATION: PT's and ATC's** learn specific rehabilitation techniques and protocols for non-operative and operative care

REHABILITATION FACULTY

Timothy P. Heckmann, PT, ATC | Cincinnati, OH

Conference Co-Director; Rehabilitation Consultant, Cincinnati SportsMedicine Research and Education Foundation; Adjunct Clinical and Research Faculty, Cincinnati SportsMedicine Research and Education Foundation

George J. Davies, DPT, MED, PT, SCS, ATC, LAT, CSCS, PES, FAPTA
Savannah, GA

Professor, Georgia Southern University – Armstrong Campus; Assistant Director, Biodynamics and Human Performance Center; Associate Editor, Sports Health: A Multidisciplinary Approach

Gabriella Russo Hugenberg PT, DPT, OCS | Cincinnati, OH

Staff Physical Therapist, Mercy Health — Orthopaedic and Sports Medicine Institute, Sports Performance and Rehabilitation

Julie Jasontek, PT, MHS | Cincinnati, OH

Rehabilitation Supervisor, The Jewish Hospital — Mercy Health Orthopaedics and Sports Rehabilitation, Cincinnati Ballet; Clinical Faculty, Cincinnati SportsMedicine Research and Education Foundation

Russell M. Paine, PT | Houston, TX

Director of Rehabilitation and Sports Medicine, Department of Orthopedic Surgery at McGovern Medical School, The University of Texas Health Science Center at Houston; Has served as Rehabilitation Consultant, Houston Astros, Houston Rockets, and NASA

Kevin Wilk, DPT, FAPTA | Birmingham, AL

Founder, Associate Clinical Director, Champion Sports Medicine; Vice President Clinical Research - Select Medical; Director Rehabilitative Research - American Sports Medicine Institute; Associate Clinical Professor, Programs in Physical Therapy, Marquette University, Milwaukee, WI.

SPORTS MEDICINE FELLOW AND RESEARCH FACULTY

Brian Kurcz, MD | Cincinnati, OH

Sports Medicine Fellow, Mercy Health — Cincinnati SportsMedicine and Orthopaedic Center

Brendan Swift, MD | Cincinnati, OH

Sports Medicine Fellow, Mercy Health — Cincinnati SportsMedicine and Orthopaedic Center

Ryan Ziegler, DO | Cincinnati, OH

Sports Medicine Fellow, Mercy Health — Cincinnati SportsMedicine and Orthopaedic Center

Stephanie L. Smith, MS | Cincinnati, OH

Sportsmetrics™ Program Manager, Mercy Health — Cincinnati SportsMedicine and Orthopaedic Center



- **PHYSICIAN ASSISTANTS:** Learn advanced treatments to treat your patients after sports medicine injuries
- **ALLIED HEALTH & COACHES:** Hear from the experts on sports injuries and prevention options



**Cincinnati SportsMedicine Research
& Education Foundation**

4700 E. Galbraith Road, Suite 205
Cincinnati, Ohio 45236

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37TH ANNUAL ADVANCES ON THE KNEE, SHOULDER, HIP AND SPORTS MEDICINE

*This course is a must for
you and your colleagues.*

2023 ADVANCES ON THE KNEE, SHOULDER, HIP & SPORTS MEDICINE MAY 27-30, 2023: **COURSE REGISTRATION**

Attendee's name: _____ Credentials _____

Address: _____

City: _____ State/Country: _____ Zip: _____

Home phone: _____ Work phone: _____ Mobile phone: _____

Email: _____

Emergency Contact: _____ Phone: _____

PT Lic # & State: _____ N.A.T.A. Cert #: _____ NSCA #: _____

☐ Visa ☐ Discover ☐ MC ☐ AMX CC #: _____ Exp Date: _____

Name on card: _____

Billing Address: _____

Please select: ☐ M.D./D.O. \$1,000 ☐ Resident/Fellow \$1,000 (\$100 refunded upon receipt of letter verifying training status) ☐ NP \$800

☐ Physical Therapist \$800 ☐ Athletic Trainer \$800 ☐ Physician Assistant \$800 ☐ P.T. Assistant \$800 ☐ NSCA \$800

☐ Student \$800 (\$100 refunded upon receipt of letter verifying training status) ☐ Other \$800 (please specify) _____

☐ Pre-Conference Sportsmetrics™ Certification Course \$790 May 25 & 26, 2023

☐ Physician/Resident Sportsmetrics Pre-Conference & Advances 2023 Package Discount \$1390 (**\$400 discount off combined registration fee**)

☐ PT/PTA/AT/NSCA Sportsmetrics Pre-Conference & Advances 2023 Package Discount \$1190 (**\$400 discount off combined registration fee**)

☐ Blood Flow Restriction Pre-Conference Event: FREE for Sportsmetrics and Advances course participants. May 26, 2023 (**limited to 75 attendees**).

How did you hear about this course? _____

REGISTRATION OPTIONS

Online: <https://cincinnatiportsmed.eventsmart.com/?p=2279>

Fax 513-513-853-8892 | Phone 513-853-8883

drpacker@mercy.com

Mail to CSMREF: Dawn Packer

4700 E. Galbraith Road, Suite 205 Cincinnati, OH 45236

Checks payable to Cincinnati SportsMedicine Research & Education Foundation

Cincinnati SportsMedicine Research and Education Foundation
Mercy Health — Cincinnati SportsMedicine & Orthopaedic Center

ADVANCES

ON THE

KNEE, SHOULDER, HIP AND SPORTS MEDICINE

Surgery, Rehabilitation, Clinical Outcomes

A world class conference providing education for all.

Sonesta Resort
Hilton Head Island, SC

May 27-30, 2023
Memorial Day Weekend

NOW OFFERING

Sportsmetrics™
Certification Course

AND

Blood Flow Restriction
Pre-Conference Event

WHY YOU SHOULD ATTEND THIS COURSE:



STATE-OF-THE-ART AUDIO VISUALS

- Enjoy the holiday weekend combining a great educational meeting with relaxation in a resort setting
- Hear internationally recognized experts on the knee, shoulder, elbow and hip present their preferred techniques and clinical outcomes
- Review advanced orthopaedic and rehabilitation products and educational materials in our Exhibitors' Gallery
- Talk personally throughout the conference with our course faculty during breaks, panel discussions and breakouts
- Network with other professionals
- Relax, enjoy the beachside atmosphere, and rekindle old friendships at our Chairmen's Low Country Buffet
- Receive CMEs/CEUs



AFTERNOON BREAKOUT SESSIONS



TIME TO ENJOY THE RESORT

Attend both the
**Sportsmetrics™ and
Advances Courses**
and save \$400 on
your combined
registration fee

CONTINUING EDUCATION

In support of improving patient care, this activity has been planned and implemented by Mercy Health - Cincinnati Sports Medicine & Orthopaedic Center and Mercy Health St. Rita's Medical Center. Mercy Health St. Rita's Medical Center is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team. Mercy Health St. Rita's Medical Center designates this live activity for a maximum of 31 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Physician Assistants: The American Academy of Physicians (AAPA) accepts *AMA PRA Category 1 Credits™* from organizations accredited by the ACCME.

Nurses: For the purpose of recertification, the American Nurses Credentialing Center (ANCC) accepts *AMA PRA Category 1 Credits™* issued by organizations accredited by the ACCME.

Physical Therapists: This course will be accredited by state designated representative bodies of the APTA. Each state varies on the number of CEUs approved. Participants may call their State Board or Cincinnati SportsMedicine Research and Education Foundation at 513-853-8883 for more information.

Athletic Trainers: Cincinnati SportsMedicine Research and Education Foundation has been approved as a BOC Approved Provider for Category A CEUs. This program has been planned and implemented in accordance with the requirements and policies of the Board of Certification for the Athletic Trainer (BOC). Cincinnati SportsMedicine Research and Education Foundation is approved by the BOC to provide continuing education for Athletic Trainers.

Strength Coaches: The Executive Council of the NSCA Certification Commission (National Strength and Conditioning Association) has approved the conference for CEUs. CEUs are not automatically recorded. The CSCS and/or NSCA-Certified Personal Trainer attending this conference is eligible for CEUs depending on sessions attended.

COURSE SOCIAL EVENTS

Chairmen's Low Country Buffet

Monday, May 29, 2023 | 7:00 pm – 10:00 pm

Location: Ocean Front Beach Pavilion

The low country buffet is a great chance for participants, guests, exhibitors and faculty to interact. We think you will enjoy the company, food, music and drink at our beachside event!

(Guest fees apply: adults \$45 - children \$20 - children 5 & under free)

Breakfast Buffet (Santee Ballroom Salons F, G, H)

Saturday through Tuesday | 6:00 am – 7:00 am

Participants will enjoy a full breakfast buffet to start their day.
(Guest or family not included.)

ACCOMMODATIONS

Sonesta Resort: 130 Shipyard Dr., Hilton Head Island, SC 29928

Reservations: 843-842-2400 | www.sonesta.com

Group Code: 052523CINCI

The course is being held in its entirety at the Sonesta Resort located on Shipyard Plantation. We have negotiated pre-conference and conference rates depending on your nights of stay. Room rate for Wednesday, 5/24, Thursday, 5/25 and Tuesday 5/30 is \$259.00 plus tax and fees per night (single or double occupancy). The rate for Friday, 5/26, Saturday, 5/27, Sunday, 5/28 and Monday 5/29 is \$359.00 plus tax and fees per night (single or double occupancy). Group rate ends April 26, 2023.

IMPORTANT: A deposit of one night's stay is required to hold each individual's reservation. Reservations must be cancelled three (3) business days prior to arrival and a cancellation number obtained to ensure advance deposit refund.

Holiday Inn Express Hilton Head Island: (2 miles from Sonesta Resort)
2 Tanglewood Drive, Hilton Head Island, SC 29928

Reservations: 843-842-6662

REGISTRATION FEE AND REFUNDS

The course is limited to 300 participants. Please be aware that previous courses have sold out. Fees include all sessions, break-outs, course notebook, breaks, Chairmen's Beachside Cookout, course t-shirt and tote bag.

MD/DO	\$1,000
Resident/Fellow	\$1,000
(\$100 refunded upon receipt of certified letter of training status)	
Physician Assistant / Nurse Practitioner	\$800
Physical Therapist / Physical Therapy Assistant	\$800
Athletic Trainer	\$800
NSCA	\$800
Student	\$800
(\$100 refunded upon receipt of certified letter of training status)	

NOTE: if registering for both the Sportsmetrics™ Preconference and the Advances on the Knee, Shoulder and Sports Medicine Conference, you'll receive a \$400 discount off your combined registration fees

If your registration must be canceled, a full refund will be given if we are notified (in writing) by March 31, 2023. Your fees, less 20% for administrative costs, will be refunded if we are notified (in writing) beginning April 1 through 30, 2023. **NO** refunds will be made for any reason beginning May 1, 2023. Each participant who attends will receive a certificate of completion at the conclusion of the course. In case of adverse weather conditions or travel interruptions caused by national security issues, refunds will be determined on an individual basis. Cincinnati SportsMedicine Research and Education Foundation reserves the right to change speakers or cancel the conference if unforeseen circumstances arise.



QUESTIONS? Contact Dawn Packer at 513-853-8883 or drpacker@mercy.com

SPORTSMETRICS™ CERTIFICATION PROGRAM *(Separate Registration)*

THURSDAY, MAY 25, 2023:

- 1:00 pm - 2:00 pm Sportsmetrics™ Course Check-In, Santee Ballroom Foyer
2:00 pm - 7:00 pm Sportsmetrics™ Certification Course, Savannah Junior Ballroom

FRIDAY, MAY 26, 2023:

- 7:00 am - 3:30 pm Sportsmetrics™ Certification Course, Savannah Junior Ballroom



ADVANCES IN BLOOD FLOW RESTRICTION TRAINING PRE-CONFERENCE



This pre-conference is open, free of charge, to all Sportsmetrics™ and Advances on the Knee, Shoulder, Elbow, Hip and Sports Medicine participants. Limited to 75 attendees.

FRIDAY, MAY 26, 2023:

4:00 – 7:00 pm Advances in Blood Flow Restriction Training Pre-Conference

- 4:00 – 5:30 pm – Instruction, Clinical Outcomes, Techniques
– How to Implement in Your Clinic
– Precautions
5:30 – 7:00 pm – Practical Demonstration

COURSE AGENDA SESSIONS

SATURDAY, MAY 27

Session 1: Examination of the Shoulder

- 7:00 am Evidence Based Approach to the Shoulder Examination
7:12 am Shoulder Examination: The Physical Therapist's Perspective

Session 2: The Throwing Athlete: Diagnosis and Treatment of Common Problems

- 7:24 am Current Concepts of Neural Plasticity Following Shoulder Injuries and Implications for Rehabilitation
7:36 am Rotator Cuff Tears: Improving Results in Overhead Athletes
7:48 am What's New in the Rehabilitation of the Overhead Athlete
8:00 am Superior Labral-Biceps Complex: Rare Indications for SLAP Repair
8:12 am Management of the Long Head of the Biceps Pathology: Tenotomy and Tenodesis
8:24 am Return to Throwing: Why are we Struggling to Find Valid Functional Tests: Comparison of UE and LE Tests
8:36 am The Throwing Athlete: Case Presentations
9:26 am Break in Exhibitors' Gallery

Session 3: Modern Concepts in Treating Rotator Cuff Disease

- 9:56 am New Concepts in Rotator Cuff Tendon Healing: Protein, Cells, Matrix, Augmentation
10:08 am Consideration for Rotator Cuff Repair: Footprint Anatomy and How Many Rows?
10:20 am New Treatment Options for Massive and Irreparable Rotator Cuff Tears
10:32 am Rehabilitation Following Rotator Cuff Repair Surgery: One Size Does Not Fit All
10:44 am Rotator Cuff Tears: Case Presentations

Session 4: Shoulder Instability: Diagnosis and Treatment

- 11:22 am Management of the First-Time Shoulder Dislocation
11:34 am Posterior Shoulder Instability
11:46 am Managing Glenoid and Humeral Bone Loss in Anterior Instability
11:58 am Reliability of the Blaze Pods for Upper Extremity Neuro-Cognitive Reactive Closed Kinetic Chain Stability Tests
12:10 pm Post-Operative Management of Shoulder Instability
12:22 pm Treatment of Shoulder Instability: Case Presentations

- 1:02 pm Operative and Non-Operative Treatment of the Stiff Shoulder
1:15 pm Adjourn

Session 5: Diagnosis, Treatment, and Rehabilitation Options for Shoulder Pathology

- 4:00 pm Comprehensive Examination of the Shoulder
5:15 pm Evaluation and Management of Impingement and the Stiff Shoulder
6:30 pm Objective Return-to-Sports Criteria for the Upper Extremity

SUNDAY, MAY 28

Session 6: Shoulder Arthritis: Modern Treatment Techniques

- 7:00 am Management of the Young Patient with Shoulder OA
7:12 am Management of Bone Loss when Performing Shoulder Replacement
7:24 am Reverse Shoulder Arthroplasty for Massive Cuff Tears and Cuff Arthropathy
7:36 am Conservative and Post-Operative Treatment Options for the Arthritic Shoulder
7:48 am Shoulder Arthritis: Case Presentations

Session 7: Diagnosis and Treatment of Common Elbow Problems in the Athlete

- 8:30 am Tendonopathy and Tendon Repairs Around the Elbow
8:42 am Distal Biceps Tendon Injuries
8:54 am Non-arthroplasty Management of Elbow Arthritis
9:06 am Rehabilitation Following UCL Surgery: Repair and Reconstruction – Where are we Today
9:18 am Elbow: Case Presentations
9:48 am Break in Exhibitors' Gallery



COURSE AGENDA SESSIONS *(continued)*

Session 8: 2023 Update on Hip Disorders: A Spectrum of Abnormalities Needing Diagnosis and Treatment

- 10:18 am Diagnosis of Femoroacetabular Impingement
- 10:30 am Hip Patient Personas: Should We Manage Conservatively, Surgically, or Collaboratively?
- 10:42 am Treatment of Hip Labral Tears and FAI
- 10:54 am Micro Instability of the Hip: Fact or Fiction?
- 11:06 am Posterior Hip and Gluteus Pain: Diagnosis and Treatment
- 11:18 am Arthroscopic Management of Abductor Disorders of the Hip
- 11:30 am Conservative and Post-Operative Rehabilitation of the Hip
- 11:42 am Return-to-Play Following Hip Arthroscopy: An Evidence Based 5 Criterion Testing Protocol
- 11:54 am Disorders of the Hip: Case Presentations

Session 9: Sports Medicine Review: Keeping Athletes in the Game

- 12:18 pm Common Supplements Being Used by Athletes: Which Ones are Dangerous?
- 12:30 pm Role of Orthobiologics in Muscle and Tendon Injuries: Effectiveness and Contraindications
- 12:42 pm Keeping Athletes in the Game: Case Presentations
- 1:15 pm Adjourn

Session 10: Advances in the Diagnosis and Treatment of the Lower Extremity

- 4:00 pm Blood Flow Restriction: Description and Implementation Options for the Upper and Lower Extremity
- 5:15 pm Treatment Options for Patellofemoral Disorders
- 6:30 pm Current Rehabilitation Trends in Treating Patellofemoral Disorders
- 6:30 pm Examination and Rehabilitation Programs You Need to have for Treatment of Hip Disorders in Athletes

MONDAY, MAY 29

Session 11: Understanding Knee Anatomy and the Comprehensive Knee Examination

- 7:00 am The Key to the Knee: Medial and Anterior Knee Anatomy
- 7:15 am The Key to the Knee: Lateral and Posterolateral Knee Anatomy
- 7:30 am Comprehensive Knee Exam: Clinical Rationale and Diagnosis

Session 12: ACL Reconstruction, Rehabilitation and Clinical Outcomes

- 7:45 am Bone Deficits Caused by ACL Injury
- 7:57 am Factors for Success in ACL Surgery
- 8:09 am ACL Revision: Indications and Surgical Technique
- 8:21 am The Anterior Closing Wedge Proximal Tibial Osteotomy: Current State of Use in Revision ACL Reconstructions
- 8:33 am Post-Operative Management Following ACL Reconstruction
- 8:45 am Current Concepts of Neural Plasticity Following Knee Injuries
- 8:57 am Treatment of the ACL Deficient Knee: Case Presentations
- 9:33 am Memorial Day Tribute
- 9:53 am Break in Exhibitors' Gallery

Session 13: Neuromuscular Training, Functional Testing, and Arthrofibrosis

- 10:23 am Best Science Supporting Plyometric Exercises for Knee Rehabilitation and Prevention
- 10:35 am Advanced Phase Rehabilitation for the ACL Athlete
- 10:47 am Scientific Basis and Development of the Sportsmetrics™ Neuromuscular Training Programs
- 10:59 am Demonstration of the Sportsmetrics™ Neuromuscular Training Program and Return-to-Play App



- 11:11 am 2023 Update: Objective Tests and Criteria for Return-to-Sports After Knee Injuries
- 11:23 am The ACL Response to Training
- 11:35 am Arthrofibrosis After Knee Surgery: A Dreaded Complication
- 11:47 am Treatment of Arthrofibrosis to Restore Knee Motion
- 11:59 am Neuromuscular Training and Arthrofibrosis: Case Presentations
- 1:05 pm Adjourn

Session 14: Comprehensive Knee Examination and Meniscus Injuries

- 4:00 pm Comprehensive Examination of the Knee
- 5:15 pm Modern Treatments for Meniscal Injuries
- 6:30 pm Objective Tests and How to Determine Safe Return to Sports to Avoid Reinjury

TUESDAY, MAY 30

Session 15: Treatment Options for Complex Knee Ligament Injuries

- 7:00 am Lateral Extra-Articular Procedures: Indications and Technique
- 7:12 am Controversies in Performing Lateral Extra Articular Procedures: When are they Really Necessary?
- 7:24 am Medial Ligament Injuries: Diagnosis and Treatment
- 7:36 am Surgical Treatment of PCL and Posterolateral Ligament Injuries
- 7:48 am Rehabilitation Principles Following PCL and Posterolateral Reconstruction
- 8:00 am Problem Patients Following ACL Reconstruction: Navigating LOM, Poor Quad Function, and Pain: Does Graft Choice Matter?

Session 16: Knee Cartilage Restoration, Osteoarthritis, Joint Replacements: 2023 Update

- 8:12 am Complex Regional Pain Syndrome: Why isn't it Recognized More Frequently?
- 8:24 am Cartilage Restoration Techniques: What Really Works in 2023
- 8:36 am Gait Abnormalities, Retraining Techniques, and the Role of Unloading Braces
- 8:48 am Orthobiologics for Treatment of Osteoarthritis: What is the Evidence
- 9:00 am Role of High Tibial Osteotomy and Surgical Techniques
- 9:12 am Advances in Total Knee Replacement for Young and Active Patients
- 9:24 am Partial Joint Replacement: Unicompartamental and Patellofemoral
- 9:36 am Rehabilitation After Tibial Osteotomy and Knee Replacement: Newer Concepts to Achieve Patient Satisfaction and Return to Activity
- 9:48 am Knee Club: Presentation of Interesting and Complex Knee Cases; Q&A
- 11:00 am Adjourn