THE INAUGURAL 
INOVA CAPITAL CITY 
SPORTS MEDICINE SUMMIT 
WASHINGTON NATIONALS PARK
TARGET AUDIENCE

- Orthopaedic surgeons
- Primary care sports medicine physicians
- Other health care professionals that treat athletes
- Physical therapists
- Athletic trainers
- Sports medicine physician assistants
COURSE DESCRIPTION

The management of in-season injuries can be a difficult issue that athletic trainers, physical therapists, sports medicine physicians and surgeons have to deal with on a year-round basis. This 2-day highly interactive course will feature regionally and nationally acclaimed sports medicine specialists. They will focus on providing the latest, evidence-based approach to the challenges facing medical providers when determining return to play guidelines for the injured, in-season athlete. The topics will range from concussion management and injury prevention, to traumatic and overuse injuries in the contact and throwing athlete. This inaugural sports medicine summit will be hosted at Nationals Park in the heart of our nation’s capital.
OBJECTIVES

1. Recognize the current concepts in concussion evaluation, management and what are some best practices for preventing further injury.
2. Identify the types of injuries in contact and throwing athletes which can help to aid in the diagnosis and efficient, effective treatment.
3. Demonstrate the current evidence based guidelines (using new technology) for the treatment of in-season injuries.

PROGRAM DIRECTOR

Robin West, MD
Lead Team Physician, Washington Nationals
Orthopaedic Surgeon & Medical Director, Inova Sports Medicine
Associate Professor, Georgetown University Medical Center
Associate Professor, Virginia Commonwealth University School of Medicine

CREDIT DESIGNATION

The Inova Office of Continuing Medical Education designates this live activity for a maximum of 15 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.
Physicians may claim up to 15 in Type 1 CME on the Virginia Board of Medicine Continued Competency and Assessment Form required for renewal of an active medical license in Virginia.

Accreditation Statement
Inova is accredited by the Medical Society of Virginia to provide continuing medical education for physicians.
7:00am-7:45am  Breakfast/Exhibits
7:45am-7:50am  Welcome
Robin West, MD

Session I: Medical Management
Moderator: Jessica Wertz, DO
7:50am-8:10am  Orthobiologics: The Basics
James Bradley, MD
8:10am-8:30am  Ultrasound in the Office and Training Room
Peter MacArthur, MD
8:30am-8:50am  Training Room Dermatology
Dennis Cullen, MD
8:50am-9:10am  Common Eye Injuries
Keith Smithson, OD
9:10am-9:30am  Use of “Supplements”: Benefits, Safety, and Legality
Bruce Thomas II, MD
9:30am-9:40am  Questions
9:40am-10:00am  Break and Exhibits

Session II: Shoulder
Moderator: Robert Najarian, MD
10:00am-10:20am  Clavicle Fractures and ACJ Injuries in the Contact and Overhead Athlete
Anand Murthi, MD
<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Speaker(s)</th>
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</table>
| 10:20am-10:40am | **Shoulder Instability in the Contact Athlete: Play-Offs are Coming...I need to Play!**  
Mark Schickendantz, MD | 2:30pm-3:00pm  
**Shoulder/Elbow Injury Prevention of the Throwing Athlete**  
Seth Blee, PT, DPT, CFMT |
| 10:40am-11:20am | **The Throwing Shoulder**  
James Bradley, MD | 3:00-3:30pm  
**Case Presentations/Questions**  
Edward Chang, MD |
| 11:20am-11:40am | **Muscle Injuries around the Shoulder: Rotator cuff, proximal biceps, pec major: Play/Fix Later or Fix It Now?**  
Sameer Nagda, MD | 3:30-3:40pm  
Breaks/Exhibits |
| 11:40am-12:10pm | **Case Presentations/Questions**  
Robert Najarian, MD | 3:40-3:50pm  
**Session IV: Knee**  
**Moderator: Armando Vidal, MD** |
| 12:10pm-1:10pm  | Lunch Keynote Speaker  
**What it Takes to be a Team Physician? 10 Things that I Have Learned**  
James Bradley, MD | 3:50-4:00pm  
**Morel-Lavallee Lesions Around the Knee**  
James Bradley, MD |
|                 | **Elbow**  
**Moderator: Dr. Edward Chang** | 4:00-4:10pm  
**MCL Injuries: Can You Speed Up the Recovery?**  
Ryan Miyamoto, MD |
| 1:10pm-1:30pm   | **Elbow pain in the Adult Overhead/Contact Athlete**  
Mark Schickendantz, MD | 4:10-4:25pm  
**Patellofemoral Instability: Do I Need Surgery?**  
Beth Shubin Stein, MD |
| 1:30pm-1:50pm   | **Elbow pain in the Youth Overhead Athlete**  
Robert Najarian, MD | 4:25-4:40pm  
**Articular Cartilage Injuries of the Knee: In-Season and Post-Season Management**  
Armando Vidal, MD |
| 1:50pm-2:10pm   | **UCL Injuries in the Throwing and Contact Athlete**  
Christopher Ahmad, MD | 4:40-4:55pm  
**ACL Injuries: How Soon Can I Play Again? The Balance of Biology and Biomechanics**  
Robin West, MD |
| 2:10pm-2:30pm   | **Common Wrist/Hand Injuries**  
David Moss, MD | 4:55-5:25pm  
**Case Presentations/Questions**  
Armando Vidal, MD |
|                 |                                                                        | 5:30-7:30pm  
Cocktail Hour/Batting Cages  
Lexus President’s Club |
Session V: Concussion
Moderator: Dr. Kathleen Weber

7:00am-7:45am Breakfast/Exhibits
7:45am-8:15am Concussion Evaluation and Management
Melissa Womble, PhD
8:15am-8:30am Medical Management of Concussions
Jessica Wertz, DO
8:30am-9:00am Ocular Rehabilitation/“Sports Optometry”
Keith Smithson, MD
9:00am-9:30am Vestibular Issues and Rehabilitation Following Concussion
Anne Mucha, PhD
9:30am-10:00am Concussions and CTE-Past, Present and Future
Joseph Maroon, MD
10:00am-10:20am Enhance Your Brain Performance
Majid Fotuhi, MD
10:20am-10:40am Case Presentations/Questions
10:40-11:00 Break/Exhibits

Session VI: Foot and Ankle
Moderator: Dr. Steven Neufeld

11:00am-11:20am Ankle sprains: Low to High
Steven Neufeld, MD
11:20am-11:40am Midfoot injuries: How Soon Can I Play?
Lew Schon, MD
11:40am-12:00pm  **Stress fractures of the foot and ankle: What is the Risk of Playing?**  
Daniel Cuttica, DO

12:00pm-12:20pm  **Plantar fasciitis, Achilles tendonitis, and other nagging soft tissue injuries: Get me through the season!**  
Lew Schon, MD

12:20pm-12:40pm  **Case Presentations and Panel Discussion**  
Steven Neufeld, MD

12:40pm-1:30pm  **Lunch Keynote Speaker**  
**Secrets of Longevity and Epigenetics: How to live Healthier and Longer**  
Joseph Maroon, MD

**Session VII:**  **Hip**  
*Moderator: Dr. Ryan Miyamoto*

1:30pm-1:50pm  **Hip Pain in the Contact and Overhead Athlete**  
Eric Kropf, MD

1:50pm-2:10pm  **Hip Dislocations: What are the Risks of Playing?**  
Andrew Wolff, MD

2:10pm-2:30pm  **Sports Hernia**  
Sharon Bachman, MD

2:30pm-2:50pm  **Hamstring Injuries: Distal, Mid to Proximal**  
James Bradley, MD

2:50pm-3:20pm  **Rehabilitation of Hip/Groin Pain**  
Angela Gordon, MD

3:20pm-3:50pm  **Case Presentations/Questions**  
Ryan Miyamoto, MD
Christopher Ahmad, MD
Head Team Physician New York Yankees
Head Team Physician New York City Football Club
Vice Chair of Clinical Research & Professor of Orthopaedic Surgery, Columbia University Medical Center

Christopher Annunziata, MD
Orthopaedic Surgeon, Ortho Virginia
Clinical Assistant Professor, Georgetown University Medical Center
Head Orthopaedic Surgeon, Washington Redskins

Sharon Bachman, MD
General Surgery, Inova Medical Group

Seth Blee, PT, DPT, CFMT
Clinic Director, Inova Physical Therapy Center
Team Physical Therapist, Washington Nationals

James Bradley, MD
Clinical Professor of Orthopaedic Surgery, University of Pittsburgh School of Medicine
Head Orthopaedic Surgeon, Pittsburgh Steelers

Edward Chang, MD
Orthopaedic surgeon specializing in sports medicine.
Director of Sports Medicine Research for the Inova Medical Group

Dennis Cullen, MD
Assistant Team Physician, Washington Nationals
Head Internist, Washington Nationals
Clinical Instructor, Georgetown University School of Medicine
Daniel Cuttica, DO
Orthopedic Foot & Ankle Surgeon, The Orthopedic Foot & Ankle Center of Washington DC
Assistant Professor of Clinical Orthopedic Surgery, Georgetown University Medical Center

Majid Fotuhi, MD
Medical Director, NeuroGrow Brain Fitness Center
Affiliate Staff, Johns Hopkins Medicine

Angela Gordon, PT, DSc, MPT, COMT, OCS, ATC
Founder Advanced Kinetics Physical Therapy and Sports Performance, Physical Therapist, Co

Eric Kropf, MD
Associate Professor, Lewis Katz SOM Temple University
Chairman, Temple Orthopaedics and Sports Medicine
Team Physician, Temple Athletics
Consultant, Philadelphia Flyers

Peter MacArthur, MD, CAQSM
Board Certified Primary Care Sports Medicine Physician
Department of Orthopaedic Surgery & Sports Medicine, Inova Health System

Joseph Maroon, MD, FACS
Professor and Vice Chairman, Heindl Scholar in Neuroscience - Department of Neurosurgery, University of Pittsburgh

Ryan Miyamoto, MD
Orthopedic Surgery and Sports Medicine, Fair Oaks Orthopedics

David Moss, MD
Hand Surgeon, Washington Orthopaedics & Sports Medicine
Assistant Clinical Professor of Orthopaedic Surgery, The George Washington University

Anne Mucha, PT, DPT, MS, NCS
Coordinator of Vestibular Rehabilitation, University of Pittsburgh Medical Center Sports Concussion Program and Centers for Rehab Services

Anand Murthi, MD
Chief, Shoulder and Elbow Surgery
Director, Shoulder and Elbow Fellowship and Research
MedStar Union Memorial Hospital/MedStar Orthopedics, Baltimore, Maryland

Sameer Nagda, MD
Orthopaedic Surgeon, Anderson Clinic
Assistant Clinical Professor of Orthopaedic Surgery, Georgetown University School of Medicine
Team Physician, Potomac Nationals Minor League Baseball Team
Consultant, United States Soccer Federation

Robert Najarian, MD
Assistant Team Physician, Washington Nationals
Assistant Professor of Orthopaedic Surgery, Clinical Educator, Georgetown University School of Medicine & Virginia Commonwealth University School of Medicine

Steven Neufeld, MD
Medical Director, Orthopaedic Foot & Ankle Center of Washington (OFAC)
Clinical Professor, Virginia Commonwealth University, Department of Orthopaedic Surgery
Director, Total Ankle Replacement Program, Inova Fairfax Medical Campus
Director, Orthopaedic Foot & Ankle Fellowship Program
Clinical Instructor, Georgetown University Department of Orthopaedics
Mark Schickendantz, MD
Associate Professor of Surgery
Director, Center for Sports Health, Cleveland Clinic
Head Team Physician, Cleveland Indians

Lew Schon, MD, FACS
Director of Foot & Ankle Fellowship & Orthobiologic Laboratory
Chief of Foot & Ankle Division, Department of Orthopaedic Surgery,
Medstar Union Memorial Hospital
Associate Prof. of Orthopaedics, Georgetown School of Medicine
Associate Prof. of Orthopaedics and BME, Johns Hopkins University
Fischell Literati Faculty, University of Maryland
Fischell Department of Bioengineering

Keith Smithson, OD
Optometrist specializing in pediatric and sports vision.
Team optometrist for the Washington Wizards,
Washington Nationals and DC United

Beth Shubin Stein, MD
Associate Attending Orthopaedic Surgeon of the Sports Medicine
and Shoulder Service, Hospital for Special Surgery in New York City
Director of the Patellofemoral Center, Hospital for Special Surgery in
New York City
Associate Professor, Weill Cornell Medical College

Bruce Thomas, MD
Medical Director, LPGA
Team Physician, Washington Nationals
Team Physician, US Olympic Team
Team Physician, Chinese Olympic Baseball Team
Team Physician, USA Wrestling
Associate Clinical Professor, University of Central Florida

Armando Vidal, MD
Associate Professor, Sports Medicine & Shoulder Service, University
of Colorado School of Medicine
Team Physician, University of Colorado
Team Physician, University of Denver

Kathleen Weber, MD, MS
Director of Primary Care Sports Medicine & Women's Sports Medicine,
Rush University Medical Center – Midwest Orthopaedics at Rush
Section of Sports Medicine
Team Physician, Chicago Bulls, Chicago White Sox, DePaul University,
Malcolm X, and Chicago Force
Company Physician, Hubbard Street and River North Dance Companies

Jessica Wertz, DO
Primary Care Sports Medicine Physician, Inova Orthopaedics and
Sports Medicine
Medical Director for Concussion, Inova Sports Medicine

Andrew Wolff, MD
Orthopedic surgeon specializing in the treatment of athletic
hip injuries. Patients from around the world seek his expertise
in hip arthroscopy including labral repair and reconstruction,
and correction of femoroacetabular impingement (FAI)

Melissa Womble, PhD
Neuropsychology Post-Doctoral Fellow
UPMC Sports Medicine Concussion Program
Orthopaedic Technologists

10.75 Category 1 CEUs are approved by the NBCOT, Inc. for the “OTC®, wOT-SC™” credential holder.

ADDITIONAL CREDIT DESIGNATIONS

Athletic Trainers (Application has been submitted)*

Inova Health System has submitted an application to be approved by the Board of Certification, Inc to offer continuing education for Certified Athletic Trainers. If approved, this program would be eligible for a maximum of 15 Category A hours/CEUs and for possible 4 Evidenced Based Practice hours/CEUs.

*Please contact toby.younis@inova.org if you have any questions or wish to check the status of the Category A CEU approval.
## The Details

### Cost

<table>
<thead>
<tr>
<th></th>
<th>Full Conference</th>
<th>Thursday Only</th>
<th>Friday Only</th>
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<tbody>
<tr>
<td>Physician</td>
<td>$350</td>
<td>$200</td>
<td>$175</td>
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<tr>
<td>Athletic Trainer, Physical Therapist, Physician Assistant or Nurse</td>
<td>$150</td>
<td>$100</td>
<td>$75</td>
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<tr>
<td>Resident, Fellow, or Allied Health Professional</td>
<td>$50</td>
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Register Online at [www.inova.org/sportsmedcme](http://www.inova.org/sportsmedcme)

### Cancellation Policy

Registration cancellation is only accepted prior to April 20, 2016 via email to Toby Younis, toby.younis@inova.org. An administrative fee of $50.00 will be deducted from fees for all cancellations. The registration fee is non-refundable after the cancellation date.

### Course Syllabus

In maintaining Inova Green standards, the course syllabus will be available online this year with log-in information given at the conference during check-in. Please be sure to bring your laptop or tablet for complimentary Wi-Fi service to access the syllabus.
**SPECIAL NEEDS**

Special Needs or Requests
Inova CME complies with the Americans With Disabilities Act. If you require special services facilities or dietary considerations (outside of vegetarian) to support your participation in this CME program, please contact Toby Younis at toby.younis@inova.org at least 14 days prior to the conference date.

**LOCATION**

Conference Location
Washington Nationals Park
1500 S Capitol Street, SE
Washington, DC 20003

Parking
Complimentary parking is available at the stadium in Parking Lot B

Conference Entrance
Please enter at the Media & Suites Entrance located on S. Capitol Street

Conference Hotel
Hampton Inn & Suites, Navy Yard
Phone Number: 202-800-1000
www.hamptoninnwashingtondcnavyyard.com

**FOR MORE INFORMATION**

Contact
Toby Younis, Senior Meeting Planner
toby.younis@inova.org or 703-204-6383
www.inova.org/sportsmedcme
INAUGURAL INOVA CAPITAL CITY SPORTS MEDICINE SUMMIT
MAY 5 AND 6, 2016