**Annual Sports Medicine Symposium**

**Focus 2015: Lower Extremity**

**When:**
Friday, June 19, 2015
7:30 a.m. – 5 p.m.

**Where:**
Engh Conference Center
Inova Mount Vernon Hospital

**Cost:**
All participants - $60

Cost includes parking, continental breakfast, lunch, refreshment breaks and handouts.

Registration: inova.org/sportsconference or call 1.855.My.Inova (694.6682).
Space is limited. No walk-ins accepted.

**Directions to Inova Mount Vernon Hospital**

From Virginia:
Take I-95 (Capital Beltway – Outer Loop) toward Baltimore. After passing Exit 175, Tsenagposición Road, stay to the right, following signs for Local Traffic I-95. Take Exit 173 South – Route 1. Frost Heaven South, take Route 1 North for approximately four miles, and turn left at Sherwood Hall Lane. At the second light, turn right onto Parker’s Lane. The hospital entrance is on the right.

From the George Washington Memorial Parkway:
From Old Town Alexandria, after crossing US 495, drive approximately three miles south on the George Washington Memorial Parkway. Follow left onto Monticello Drive. After the first traffic light, this road becomes Sherwood Hall Lane. At the second light, turn left onto Parker’s Lane. The hospital entrance is on the right.

**From the Lorton Area:**
Take Lorton Road to Route 1, Richmond Highway. Turn left and travel north on Route 1 for approximately 7.5 miles. After passing the Multiplex Cinema on your left, take the next right onto Sherwood Hall Lane. At the second light, turn right onto Parker’s Lane. The hospital entrance is on the right.

**From the South:**
Take I-95 North to Exit 161. Follow Route 1 North for 10 miles. After passing the Multiplex Cinema on your left, take the next right onto Sherwood Hall Lane. At the second light, turn right onto Parker’s Lane. The hospital entrance is on the right.

**From Maryland:**
Take I-95 (Capital Beltway – Inner Loop) toward Richmond. After passing Exit 4, Route 495, take Route 495 to the right, following signs for Local Traffic 95/495. After crossing the Woodrow Wilson Bridge, take the first exit (Exit 177C) to the George Washington Parkway. Drive approximately three miles south and exit right onto Monticello Avenue. After the first traffic light, this road becomes Sherwood Hall Lane. At the second light, turn left onto Parker’s Lane. The hospital entrance is on the right.
Who Should Attend?
Licensed athletic trainers, physical therapists and other healthcare providers with an interest in sports medicine care. See agenda for learning objectives.

National Athletic Trainers’ Association (NATA) accreditation

Participants are eligible to receive 7 NATA Board of Certification CEUs

Inova Health System provider #P3357

Seminar 2015 Faculty

Program Director
Sameer Nagda, MD
Orthopaedic Surgeon, Anderson Orthopaedic Clinic; Assistant Clinical Professor of Orthopaedic Surgery, Georgetown University School of Medicine; Team Physician, Potomac Nationals Baseball Team

Tom Sanders, MD
Orthopaedic Surgeon, Foot and Ankle Specialist. Dr. Sanders will be joining the Anderson Orthopaedic Clinic in September, 2015

Robert H. Wagner, MD
Orthopaedic Surgeon, Washington Redskins Football Team

Seth Blee, PT, DPT, CFMT
Clinic Director of the Inova Physical Therapy Center at Sportsplex. Adjunct Faculty Member, Marymount University. Doctorate in Physical Therapy Program and Credentialled Clinical Instructor, American Physical Therapy Association.

George C. Branche, III, MD
Orthopaedic Surgeon, Anderson Orthopaedic Clinic; Clinical Assistant Professor, Georgetown University School of Medicine; Consultant, ATP Tennis Tour

Craig Miller, DO
Orthopedic Surgeon and Sports Medicine Physician, Shady Grove Orthopedic Associates

Seth Blee, PT, DPT, CFMT
Clinic Director of the Inova Physical Therapy Center at Sportsplex. Adjunct Faculty Member, Marymount University. Doctorate in Physical Therapy Program and Credentialled Clinical Instructor, American Physical Therapy Association.

Sameer Nagda, MD, Program Director

Learning Objectives:
- Understand the surgical graft options for ACL reconstruction
- Be aware of the technical pearls and pitfalls that can influence a successful outcome
- Review the outcomes in high level NFL athletes

8:30 a.m. ACL Reconstructive Surgery Pre-Talk
Sameer Nagda, MD

8:45 a.m. Live ACL Reconstructive Surgery (Feed from Inova Mount Vernon Hospital OR)
George C. Branche, IV, MD

9:30 a.m. Questions

10:00 a.m. Break

10:15 a.m. Patello-Femoral Pain – Evaluation and Management
Robin West, MD

Learning Objectives:
- Understand the anatomy and biomechanics of the patellofemoral joint
- Understand the causes of patellofemoral pain and instability
- Understand treatment options

11:00 a.m. Management of Meniscal Tears – Current Concepts
Craig Miller, DO

Learning Objectives:
- Understand meniscal anatomy
- Understand meniscus tears and treatment options
- Understand rehabilitation of meniscus tears and future directions

11:40 a.m. Questions from the Live Surgery
Drs. Branche, Miller, Nagda and West

12:00 noon Lunch

Agenda

7:00 a.m. Registration and Continental Breakfast

7:50 a.m. Welcome and Opening Remarks
Sameer Nagda, MD, Program Director

8:00 a.m. ACL Tears: Management and Prevention
Chris Annunziata, MD

Learning Objectives:
- Identify different types of lumbosacral pathology and their referred pain patterns
- Understand acute and long term presentations for low back pain
- Understand the diagnostic and therapeutic process for lumbosacral injuries

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12:00 noon Lunch

12:45 p.m. Lumbar Pathology – The Great Imitator
Robert H. Wagner, MD

Learning Objectives:
- Understand the etiology and treatment options for ankle arthropathy
- Understand the indications and techniques for total ankle arthroplasty
- Understand the post-operative course and rehabilitation from total ankle arthroplasty

1:40 p.m. Running Assessments: What to Look For and Treat
Seth Blee, PT, DPT, CFMT

Learning Objectives:
- Understand the motion required throughout the leg for efficient walking/running
- Understand how restrictions in joints and soft tissues can impact running motion
- Understand current topics debated in the running community

2:30 p.m. Break

2:55 p.m. Total Ankle Replacement – Current Concepts in 2015
Tom Sanders, MD

Learning Objectives:
- Understand the etiology and treatment options for ankle arthropathy
- Understand the indications and techniques for total ankle arthroplasty
- Understand the post-operative course and rehabilitation from total ankle arthroplasty

3:40 p.m. Management of Hip Pathology in the Athletic Population – Advances in Hip Arthroscopy
Andrew Wolff, MD

Learning Objectives:
- Understand the population in whom arthroscopic treatment of hip pathology is appropriate
- Understand historical development and current trends in hip preservation surgery
- Understand rationale and indications for labral reconstruction of the hip

4:30 p.m. Questions and Closing Remarks
Sameer Nagda, MD, Program Director