

17th ANNUAL DALLAS/FORT WORTH SPORTS MEDICINE SYMPOSIUM

INVITATIONAL KEYNOTE SPEAKERS

Mark Zoland, MD
Core Surgical, New York, NY
Lane Bailey, PT, PhD
Ironman Sports Medicine, Houston, TX

March 20-22, 2020

Hilton Southlake Town Square
1400 Plaza Place
Southlake, Texas 76092

Agenda – Day One Friday, March 20, 2020

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| Noon – 2:00 pm | Pre-Symposium Registration (Optional) Hip Dissection – John Christoforetti, MD and Mark Zoland, MD Located at Arthrex – Grapevine, 1034 Texan Trail, Grapevine, TX 76051 |
| 2:00 pm – 4:00 pm | Registration |
| 4:00 pm – 4:10 pm | Opening Remarks <i>Brett Raynor, MD Program Co-Director</i> <i>Damond Blueitt, MD Program Co-Director</i> |
| 4:10 pm – 4:40 pm | Invitational Keynote Speaker The Modern Approach to Sports-Groin Evaluation and Treatment Mark Zoland, MD |
| 4:40 pm – 5:10 pm | Invitational Keynote Speaker Clinical Outcomes Following ACL Reconstruction: Our Experience at UT Houston Lane Bailey, PhD, PT, DPT |
| 5:10 pm – 7:00 pm | SESSION I: Physical Therapy <i>Moderator: Craig Garrison, PhD, PT, ATC, SCS</i> |
| 5:10 pm | Back to the Future: A Second Look at Rehab Following ACL Repair Joseph Hannon, PT, PhD, SCS |
| 5:35 pm | Hitting Below the Belt: LE injuries after SRC Bobby Jean Lee, PT, DPT, SCS, OCS |
| 6:00 pm | Concepts for Progressing Training Load for Rehab and Injury Risk Reduction |

Phil Sheedy, PT, DPT

6:25 pm Can't Go Wrong Getting Strong: Advanced Shoulder Strengthening for the Athlete
Stephen LaPlante, MS, PT, ATC

6:50 pm **Panel Discussion**

7:00 pm Adjourn

Agenda - Day Two
Saturday, March 21, 2020

6:30 am - 7:00 am Registration / Continental Breakfast

7:00 am – 10:00 am SESSION II:
Moderator: James Walter, MD

7:00 am Finger and Hand Injuries in the Adolescent Athlete: Surgical Management
Pam Sherman, MD

7:20 am Finger and Hand Injuries in the Adolescent Athlete: Rehabilitation Management
Cara Smith, PT, CHT

7:40 am Patellar Instability
Curtis Bush, MD

8:00 am Patellar Instability
Brittany Spear, PT, DPT

8:20 am Imaging and Diagnosis of Athletic Groin Injury
Mark Zoland, MD

8:40 am Use of Blood Flow Restriction Therapy Following ACL Reconstruction with Altered Weight Bearing: A Randomized Control Trial
Lane Bailey, PhD, PT, DPT

9:00 am Update on ACL Reconstruction
Lindsey Dietrich, MD

9:20 am Bridging the Gap between Rehabilitation and Return to Sport Following ACL-R
Devin Bailey, PT, DPT, SCS

9:40 am **Panel Discussion**

9:50 am – 10:00 am Break

- 10:00 am - 11:50 am** **SESSION III: Elbow / Shoulder**
Moderator: Brett Raynor, MD
- 10:00 am Recognition of Dynamic Posterior Instability in the Thrower
John Conway, MD
- 10:20 am Management of Dynamic Posterior Instability in the Thrower
Mike Macko, PT, DPT, OCS, MTC
- 10:40 am Arthroscopic Management of AC Joint Arthritis
Michael Khair, MD
- 11:00 am Options for the Treatment of Shoulder Arthritis in the Active Patient
Jason Klein, MD
- 11:20 am Is My Throwing Athlete at Risk for a UCL Injury? Objective Criteria Used for Screening
Craig Garrison, PhD, PT, SCS, ATC
- 11:40 am **Panel Discussion**
- 11:50 am – 12:50 pm** **Lunch**
- 12:50 pm – 3:20 pm** **SESSION IV: Primary Care / Sports Medicine Comprehensive Care**
Moderator: Damond Blueitt, MD
- 12:50 pm Plant Based Diets – How Deep Are the Roots?
Brittney Bearden, RD
- 1:10 pm Women’s Health from the Medical Perspective
Sarah Kennedy, DO
- 1:30 pm Empowering the Female Athlete from the “Pelvic Floor” Up
Tyler Fincher, PT, DPT
- 1:50 pm Management of Pelvic Apophysitis in the Adolescent Athlete
Shaun McMurtry, MD
- 2:10 pm Non-Cardiac Chest Pain in Athletes
Michele Kirk, MD
- 2:30 pm Neuropsychological Concerns with Sport Related Concussions
Mark Barisa, PhD, ABPP-CN
- 2:50 pm Psychological Problems in Youth Sports Today
Matt Johnson, PhD
- 3:10 pm **Panel Discussion**

3:20 pm – 3:30 pm Break

LABS 3:30 PM – 6:00 PM

Breakout Sessions - 35 minutes each (attend 4)

(Hotel/Jerry/THSM)

Lab A: Management of Hip and Groin Injuries in the Soccer Athlete
Matt DeLang, PT, DPT

Lab B: Beyond the Tissues: The Real Issues That Are Stopping Athletes From Getting Better
Heidi Armstrong, Injury Recovery Coach

Lab C: Manual Therapy from Head to Toe for the Throwing Athlete
Adeeb Khalfe, PT, DPT, OCS

Lab D: Nutrition for the Endurance Athlete
Kaylee Jacks, MS, CSSD, RD, LD

Lab E: Use of Blood Flow Restriction in Rehabilitation
Mason Gist, PT, DPT, OCS and Sean Kennedy, PT, DPT, SCS

Lab F: Training Load and Arm Care in the Throwing Athlete
Craig Warner, PT, DPT, SCS

6:00 pm Adjourn

Day Three Agenda

Sunday, March 22, 2020

7:00 am – 8:00 am Registration / Continental Breakfast

7:30 am Nondenominational Church Service – Palmer I
THR Chaplain

7:50 am – 8:00 am Break

8:00 am – 12:00 pm SESSION V: Athletic Hip
Moderator: John Christoforetti, MD

Didactic

8:00 am Introduction
John Christoforetti, MD

8:10 am Biological Treatments for Intramuscular Thigh Injuries
Elizabeth Batterton, MD

8:25 am Diagnostic Imaging for Pre-Arthritic Hip Injuries
Edwin Chu, MD

- 8:40 am** Simplifying the Complex: Bone Deformities in the Athlete’s Hip
Joel Wells, MD
- 8:55 am** Kids Are Different: Pediatric Sports Medicine and the Role of Hip Arthroscopy
Henry Ellis, MD
- 9:10 am** How Much Arthritis Is Too Much?
Brett Raynor, MD
- 9:25 am** Sports Don’t End When the Hip Joint Fails: Activity after Modern Hip Arthroplasty
Joel Wells, MD
- 9:40 am** Evidence-Based Protocol for Home Exercise Program to Complement Individualized Rehabilitation
Ryan McGovern, PhD, LAT, ATC
- 9:55 am** Introduction to Texas Health Sports Medicine Center for the Athlete’s Hip: An Interdisciplinary, Multi-Institutional Team
John Christoforetti, MD

10:10 am – 10:20 am Break

Case-Based Learning

- 10:20 am** Case #1: Management of Apophysitis in an Elite Soccer Player
Henry Ellis, MD
- 10:30 am** Case #2: MRI/Surgical Correlation of the Athlete’s Hip
Gabriella Bucci, MD
- 10:40 am** Case #3: Acute Rectus Femoris Injury in an In-Season Athlete
Elizabeth Batterton, MD
- 10:50 am** Case #4: Management of Iliopsoas Snapping with Labral Tear in a 45 y.o. Active Mom
Brett Raynor, MD
- 11:00 am** Case #5: Periacetabular Osteotomy with Return-to-Sport
Joel Wells, MD
- 11:10 am** Case #6: Total Hip Arthroplasty with Return to Sport under Age 50
Joel Wells, MD
- 11:20 am** Panel Discussion
John Christoforetti, MD

Rapid Fire – On/field Management of Hip Injuries

11:35 am – 12:00 pm

12:00 pm Adjourn