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

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
Brett Raynor, MD Program Co-Director
Damond Blueitt, MD Program Co-Director

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
Moderator: Craig Garrison, PhD, PT, ATC, SCS

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
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
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

SESSION IV: Primary Care / Sports Medicine Comprehensive Care
Moderator: Damond Bluett, 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