

REGISTER ONLINE: www.ccf.org/florida/cme

Maximizing the Potential of the Adolescent Athlete

June 26-27, 2009

Please choose one:

- \$200 Physician
- \$150 Cleveland Clinic Alumni Physician
- \$150 Residents/Fellows
- \$150 Certified Athletic Trainer
- \$150 Physical Therapist
- \$150 Allied Health Professional
- \$50 Coaches
- \$100 Nurses (License # Required) _____

Workshops (Please select one from each session)

Session I 2:45-3:30pm | Session II 3:30-4:15pm
 A B C | A B C

I will attend the **Heartsaver CPR & AED course** \$45
 I will attend the **Welcome Reception**, Friday, June 26, 2009, 6:00-7:30 pm Yes No
Prefix: Dr. Mr. Ms. **Suffix:** DO MD PhD RN ATC PT Other _____

Name _____
(Last) (First) (M.I.) (Degree Initials)

Address _____

City, State, Zip _____

Telephone _____ E-mail _____
(Include area code)

Specialty _____

Method of Payment

Check enclosed (Make payable to Cleveland Clinic Florida)
 VISA MasterCard American Express **Total Amount \$** _____

Card Number _____ Expiration Date _____
(Include 3 or 4 digit security code)

Signature _____
(Not valid without signature)

For Credit Card Payees Only

To expedite your registration, please fax this form to the CME Department at Cleveland Clinic Florida (954) 659-5491. Once faxed, please do NOT send a duplicate registration by mail.

Course #09W32
Date _____
Reg. # _____
Fee _____

If You Are Paying By Check

Please make check payable to Cleveland Clinic Florida
 Please mail registration form and check to:
 Cleveland Clinic Florida
 CME Office
 P.O. Box 277545
 Atlanta, GA 30384-7545

Registrant with a Disability or Dietary Restriction
 In accordance with the ADA, Cleveland Clinic Florida is committed to making this conference accessible to all individuals. If you require an auxiliary aid or service please call 954-659-5490 by June 5, 2009. CCF will make every reasonable effort to accommodate your request.

MAXIMIZING THE POTENTIAL OF THE ADOLESCENT ATHLETE



Cleveland Clinic Florida
 CONTINUING MEDICAL EDUCATION
 2950 Cleveland Clinic Blvd.
 Weston, FL 33331



Cleveland Clinic Florida

Maximizing the Potential of the Adolescent Athlete

A Symposium for physicians, certified athletic trainers, coaches, physical therapists, nurses, and other health professionals engaged in caring for the adolescent athlete

**Friday-Saturday
June 26-27, 2009**

*David G. Jagelman, MD Conference Center
Weston, Florida*



The Cleveland Clinic is recognized by the Board of Certification, Inc., to offer continuing education for athletic trainers.

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In association with



Course Directors

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 Florida Atlantic University
 Associate Team Physician
 Florida Panthers
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 Cleveland Clinic Florida, Weston
 954-659-6164

Isador H. Lieberman, MD, MBA, FRCSC
 Professor of Surgery, Orthopaedic & Spinal Surgeon
 Chairman, Medical Interventional & Surgical Spine Center
 Cleveland Clinic Florida, Weston
 954-659-5660

Cleveland Clinic Faculty

Robert J. Dimeff, MD
 President, American Medical Society for Sports Medicine
 Clinical Professor of Surgery, Cleveland Clinic Lerner
 College of Medicine of CWRU
 Director, Primary Care Sports Medicine
 Director, Sports Health Community Affairs
 Cleveland Clinic Sports Health Center
 Cleveland, Ohio

David W. Friedman, MD, FACS
 Chairman, Department of Plastic Surgery
 Head, Section of Hand Surgery
 Department of Plastic Surgery
 Department of Orthopaedic Surgery

Gregory Gilot, MD
 Staff, Department of Orthopaedic Surgery

Daniel Grobman, DO
 Staff, Department of Spine/Sports Medicine
 Associate Team Physician
 Florida Atlantic University

Brian M. Leo, MD
 Head, Section of Sports Medicine
 Department of Orthopaedic Surgery
 Cleveland Clinic Florida
 Florida Atlantic University Head Orthopaedic Surgeon

Vernet Morency, MPT
 Department of Physical Therapy

John O'Connell, MD
 Staff, Department of Physical Medicine and Rehab/Spine Center

Serge Phillips, MPT
 Department of Physical Therapy

Gary Saff, MD
 Department of Anesthesiology/Pain Management

Mark E. Sesto, MD
 Chair Division of Surgery
 Chair, Dept. of General/Vascular Surgery

Tracy Smith, MSPT
 Director, Department of Physical Therapy

Lana Wilkinson, MD
 Staff, Department of Radiology

Jeffrey K. Wu, MD
 Staff, Department of Orthopaedic Surgery

Invited Faculty

Thomas G. Aubin, Esq.
 Stearns Weaver Miller
 Weissler Alhadeff & Sitterson, PA

John Burnside MS, ATC, LAT
 Head Athletic Trainer
 Florida Atlantic University

Tobi Butensky, Esq.
 Stearns Weaver Miller
 Weissler Alhadeff & Sitterson, PA

Mike Jarvis
 Head Basketball Coach
 Florida Atlantic University

Mark Kovacs, PhD, CSCS
 Senior Manager of Strength & Conditioning/Sport Science
 United States Tennis Association

Katrina McCormick
 Assistant Administrative Director, Media Relations
 Florida Atlantic University

General Information:

For further information about the course, please contact:

Cleveland Clinic Florida
 Continuing Medical Education
 2950 Cleveland Clinic Boulevard
 Weston, Florida 33331 USA

Local: 954-659-5490
 Toll Free: 1-866-293-7866 ext. 55490
 Fax: 954-659-5491
 E-mail: cme@ccf.org

www.ccf.org/florida/cme

Educational Opportunities

As a result of attending this program, the learner will be able to:

- Describe the diagnosis and identify the sequelae of concussions to meet the criteria to return to play
- Utilize new approaches to prevent, diagnose and manage MRSA infections
- Describe techniques to prevent injury and maximize performance
- Discuss new approaches to sports management and administration

Course Description

This course is designed to be a review and update covering a wide variety of sports medicine topics, utilizing a multi-disciplinary approach. Attendees will find this course to be a valuable source of current cutting edge medical knowledge to professionals who treat adolescent athletes. Lectures will provide an academic forum for attendees to discuss current and controversial issues in the field of sports medicine. Attendees will also have an opportunity to enhance their skills and competence with breakout sessions and workshops.

Education Levels

According to the education levels described by the CEC Committee of the NATA, the following continuing medical education course is considered to be Advanced Level.

Accreditation Statement

Cleveland Clinic Florida is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to sponsor continuing medical education for physicians.

Designation of Credits

Cleveland Clinic Florida designates this educational activity for a maximum of **9.25 AMA PRA Category 1 credits™**. Physicians should only claim credit commensurate with the extent of their participation in the activity.

This activity has been reviewed and is acceptable for up to 9.50 Prescribed credits by the American Academy of Family Physicians.

This activity may be submitted for American Osteopathic Association Continuing Medical Education credit in category 2-A.

Approved by the Florida Board of Nursing, NCE provider #2334, for 9.25 contact hours. Each nurse should claim only those hours actually spent in the activity.

The Florida Physical Therapy Association has approved this course for 13.0 continuing education hours.

This program has been approved for a maximum of 9.25 contact hours by the BOC (approved provider # P8122). Certified Athletic Trainers are responsible for claiming only those hours actually spent participating in the continuing education activity.

Faculty Disclosure

In accordance with the Standards of Commercial Support issued by the Accreditation Council for Continuing Medical Education (ACCME), Cleveland Clinic Florida requires resolution of all conflicts of interest to ensure CME activities are free of commercial bias. Disclosures will be identified in the activity syllabus. Presenters will also disclose discussion of off-label uses.

Late Registration and Cancellation

Pre-registrations are accepted by fax until 4:00pm on June 19, 2009. Please register on-site after this date.

Cancellations up to seven business days before the meeting will be issued a refund less a \$25 administrative fee. No refunds will be issued thereafter.

Lodging

A number of reasonably priced full-service and limited service hotels/motels with free shuttle service are available within close proximity to Cleveland Clinic Florida. Please contact: 954-659-5490 or email: cme@ccf.org or information.

Maximizing the Potential of the Adolescent Athlete

Friday, June 26 - Evening Program

2:30pm Registration

GENERAL MEDICAL TOPICS, JOINT SESSION
 Moderator: *I. Lieberman, MD*

3:00pm Introduction and Welcome

3:10pm **Concussion in Sports, The Immature Brain**
 An Update *R. Dimeff, MD*

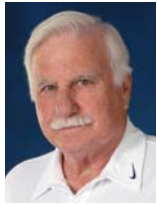
3:50pm **Exertional Heat Illness**
D. Westerdahl, MD

4:20pm **Skin Infections, Prevention and Treatment of MRSA in Athletes**
D. Grobman, DO

4:50pm **Medicolegal Issues in Sports Medicine**
T. Aubin, Esq. and T. Butensky, Esq.

5:25pm **Panel Discussion and Q&A**

6:00pm **WELCOME RECEPTION**



7:15pm **Evening "Special Speaker"**
Coach Howard Schnellenberger
FAU Football Coach

8:00pm **Adjourn**

Physicians, Physical Therapists, Nurses, Allied Health and Athletic Trainers

Saturday, June 27

7:30am Registration/Breakfast – Visit Exhibits

RETURN TO PLAY: Getting Athletes Back in the Game Quickly and Safely
 Moderator: *B. Leo, MD*

8:15am **Welcome and Announcements**

8:25am **Common Hand Injuries**
D. Friedman, MD

9:00am **Sports Hernias: How to Diagnose and Treat**
M. Sesto, MD

9:30am **Foot and Ankle Injuries**
J. Wu, MD

10:00am **Panel Discussion and Q&A**

10:15am **Coffee Break – Visit Exhibits**

10:30am **Knee Injuries: ACL Injury Prevention and Treatment**
B. Leo, MD

10:55am **Shoulder Injuries: How to Manage Shoulder Instability**
G. Gilot, MD

11:20am **Cervical Spine Injuries: How They Occur**
I. Lieberman, MD

11:45am **Panel Discussion and Q&A**

12:00pm **Lunch – Visit Exhibits**

1:00pm **Welcome & Announcements**
 Moderator: *D. Grobman, DO*

1:05pm **Low Back Pain: What you need to know about Scoliosis, Spondylosis, Spondylolisthesis**
J. O'Connell, MD

1:30pm **The Interventional Management of Back and Radicular Leg Pain**
G. Saff, MD

1:55pm **Radiographic Imaging in Adolescent Athlete: The Role of Xray, MRI, Other Studies**
L. Wilkinson, MD

2:20pm **Panel Discussion and Q&A**

2:30pm **Coffee Break – Visit Exhibits**

WORKSHOP SESSIONS (please choose 1 in each session)

2:45pm **Workshops Session I**
 A) Patellofemoral Dysfunction & Rehabilitation Techniques
V. Morency, MPT

B) Rehabilitation Principles for Foot and Ankle Injuries
S. Phillips, MPT

C) Spinal Stability & Core Training In Athletes
T. Smith, MSPT

3:30pm **Workshops Session II**
 A) Patellofemoral Dysfunction & Rehabilitation Techniques
V. Morency, MPT

B) Rehabilitation Principles for Foot and Ankle Injuries
S. Phillips, MPT

C) Spinal Stability & Core Training In Athletes
T. Smith, MSPT

4:15pm **Panel Discussion and Q&A**

4:30pm **Adjourn**

Coaches

Saturday, June 27

7:30am Registration/Breakfast – Visit Exhibits

HELPING ADOLESCENT ATHLETES REACH THEIR FULL POTENTIAL
 Moderator: *Isador Lieberman, MD*

8:15am **Welcome and Announcements**

8:25am **Strength Training**
R. Dimeff, MD

8:50am **Nutrition and Exercise Recovery**
M. Kovacs

9:15am **Supplements**
 What's Safe, What's not:
D. Westerdahl, MD

9:40am **Athletes and Drug Testing**
J. Burnside.

10:00am **Panel Discussion and Q&A**

10:15am **Coffee Break – Visit Exhibits**

SPORTS MANAGEMENT AND ADMINISTRATION
 Moderator: *D. Westerdahl, MD*

10:30am **Motivating Today's Athlete**
M. Kovacs

10:55am **Keys to Building a Successful Coaching Staff**
M. Jarvis

11:20am **Media Relations: Pearls and Pitfalls**
K. McCormick

11:45am **Panel discussion and Q&A**

12:00pm **Lunch – Visit Exhibits**

1:00pm **Heartsaver CPR & AED course 3.0 hrs. (Optional)**
 The HeartSaver CPR and AED course is a three-hour program designed to teach the layperson the basics of cardiopulmonary resuscitation (CPR). This hands-on program will cover adult, child and infant CPR and choking and the use of an Automated External Defibrillator. There is no written exam involved.

4:00pm **Adjourn**

Program Subject to Change