
October 5-6, 2006
Burlington, VT

Visiting Faculty

Annunziato Amendola, MD
Professor, Orthopaedic Surgery and Rehabilitation
Director of Sports Medicine Center
University of Iowa Hospitals & Clinics
Iowa City, IA

Roald Bahr, MD, PhD
Professor and Chair
Department of Sports Medicine & Oslo Sports Trauma Research Center
Consultant Physician, Norwegian Olympic Training Center
Oslo, Norway

Thomas J. Gill, MD
Assistant Professor of Orthopaedic Surgery
Harvard Medical School
Boston, MA

Mary Lloyd Ireland, MD
Director/President, Kentucky Sports Medicine Clinic
Lexington, KY

Thomas N. Lindenfeld, MD
Associate Director, Cincinnati SportsMedicine and Orthopaedic Center
Associate Director, Cincinnati SportsResearch and Education Foundation
Volunteer Instructor, Department of Orthopaedic Surgery
University of Cincinnati
Cincinnati, OH

Marc J. Phillipon, MD
Adjunct Clinical Assistant Professor of Orthopaedic Surgery
University of Pennsylvania Medical Center
Philadelphia, PA

Per Renström, MD, PhD
Professor, Department of Biomedical Sciences
Section of Orthopedics
Karolinska Institute
Stockholm, Sweden

John C. Richmond, MD
Professor of Orthopaedic Surgery
Tulsa University School of Medicine
Chaiman, Orthopaedic Surgery
New England Baptist Hospital
Boston, MA

Sandra J. Shultz, PhD, ATC, CSCS
Associate Professor and Director of Graduate Studies
University of North Carolina - Greensboro
Greensboro, NC

Edward M. Wojtys, MD
Professor, Department of Orthopaedic Surgery
Medical Director, MedSport
University of Michigan
Ann Arbor, MI

This will be your only mailing.

Course Description

The course is intended for physicians, orthopaedic surgeons, therapists, athletic trainers, and health professionals with an interest in Sports Medicine. The faculty will discuss current concepts in the prevention, diagnosis, treatment and rehabilitation of sports injuries. The program includes lectures, hands-on examination of knee, foot, ankle, and upper extremity and discussion following each session.

Refunds, less a $50 administrative fee, available if cancellation is made prior to September 15, 2006. No refunds are possible after that date.

Accreditation

The University of Vermont College of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The University of Vermont designates this educational activity for a maximum of 15.5 AMA PRA Category 1 CreditTM. Physicians should only claim credit commensurate with the extent of their participation in the activity.

National Multiple Trauma Systems Council (NATASCO) provider approved. Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

Accommodations

A block of rooms has been reserved at the Sheraton Hotel & Conference Center, a AAA, 3 Diamond hotel with indoor pool, fully equipped health spa and superb continental cuisine. Please make your reservations directly with the hotel, 1-802-865-6600 (1-800-677-6576), prior to September 4, and indicate your participation in the course to receive special conference rates ($92 single/$102 double occupancy). Rooms cannot be guaranteed after September 4.

The University of Vermont Faculty

Joseph A. Abate, MD
Associate Professor, Orthopaedics and Rehabilitation
Residency Program Director

David D. Aronsson, MD
Professor, Orthopaedics and Pediatrics

Craig S. Bartlett, MD
Assistant Professor, Orthopaedics and Rehabilitation

Michael Y. Benoit, MD
Assistant Professor, Orthopaedics and Rehabilitation

Bruce D. Beynon, PhD
Associate Professor, Orthopaedics and Rehabilitation

Rayden C. Cody, MD
Assistant Professor, Orthopaedics and Rehabilitation

Edwin M. Cowey, PA-C
Orthopaedic Sports Medicine

Carl F. Ettlinger, MS
Adjunct Assistant Professor, Orthopaedics and Rehabilitation

Robert J. Johnson, MD
Professor, Orthopaedics and Rehabilitation

Claude E. Nichols, III, MD
Professor and Chair, Orthopaedics and Rehabilitation

Michael E. Sargent, MD
Clinical Assistant Professor, Family Practice

Adam B. Shafritz, MD
Assistant Professor, Orthopaedics and Rehabilitation

James R. Slauderbeck, MD
Associate Professor, Orthopaedics and Rehabilitation

Annunziato Amendola, MD
Professor, Orthopaedic Surgery and Rehabilitation

Roald Bahr, MD, PhD
Professor and Chair

Thomas J. Gill, MD
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Professor of Orthopaedic Surgery

Sandra J. Shultz, PhD, ATC, CSCS
Associate Professor and Director of Graduate Studies

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**Conference Schedule**

**THURSDAY, OCTOBER 5**

**7:00 - 7:15am Registration Continental Breakfast**

6:50 - 8:00am Welcome Claudia E. Nichols, MD, MD, Robert J. Johnson, MD

**CONCURRENT SESSIONS**

**SESSION 1A**
**Knee Topics**
Moderator: James R. Slauterbeck, MD
11:00 - 11:15 Prevention of ACL Injuries Sandra J. Shultz, PhD, ATC, CSCS
11:20 - 11:30 Effects of Spraying and Neuropathy on Prevalence of ACL Injury on Dox James R. Slauterbeck, MD
11:35 - 11:50 Gender Differences in Lower Extremity Postural Alignment and Implications for Injury Sandra J. Shultz, PhD, ATC, CSCS
11:55 - 12:05 Variations of the Femoral Canal Do Not Influence Loading Patterns of the Knee or Hip James R. Slauterbeck, MD
**12:10 - 12:45pm Knee Injury Prevention**
Moderator: Robert J. Johnson, MD
10:30 - 11:00 Scientific Principles of Injury Prevention Robert B. Halmi, MD, PhD
11:05 - 11:20 Protection Programs for the Lower Extremity Mary Lloyd, MD
11:25 - 11:40 Enhancing Hamstring Co-Activity Through Functional Training Sandra J. Shultz, PhD, ATC, CSCS
11:45 - 12:00 Neurovascular Training in the Incidence of Knee Injury in Female Athletes Thomas N. Lindenfeld, MD
12:05 - 12:20 Role of Pronecipitation in Injury and Rehabilitation Sandra J. Shultz, PhD, ATC, CSCS
12:25 - 12:40 Discussion
12:40 - 1:10 Lunch & Exhibits

**SESSION 1B**
**Shoulder I**
Moderator: Michael E. Sargent, MD
1:30 - 1:45 Prevention of Shoulder Injuries Claudia E. Nichols, MD
1:50 - 2:05 Biomechanics of Shoulder Injury Thomas N. Lindenfeld, MD
2:10 - 2:25 Arthroscopic Stabilization of the Shoulder: Anterior Joseph A. Abbe, MD
2:30 - 2:45 Articular Stabilization of the Shoulder: Posterior Michael E. Sargent, MD
2:50 - 3:05 3D Upper Extremity Postural Alignment Bruce D. Beynnon, PhD
3:10 - 3:25 3D Upper Extremity Postural Alignment Management James R. Slauterbeck, MD
3:30 - 3:45 Break & Exhibits

**SESSION 1C**
**Cervical Spine Topics**
Moderator: Patrick J. Commerford, MD
1:30 - 1:40 The Importance of the Cervical Spine in Sports Medicine Problems Edward M. Wojtys, MD
1:45 - 1:55 Sports Related Trauma to the Cervical Spine Marc J. Philippon, MD
2:00 - 2:10 Degenerative Changes in the Cervical Spine Richard A. Hawkins, MD
2:15 - 2:25 Posture and Herniated Discs Edward M. Wojtys, MD
2:30 - 2:40 Cervical Spine Arthroscopy Mary Lloyd Ireland, MD
2:45 - 2:55 Break

**SESSION 1D**
**Sports Medicine Topics**
Moderator: Mark J. Phillips, MD
1:30 - 1:40 Spectral Nerve Injuries in Sports Medicine Problems Edward M. Wojtys, MD
1:45 - 1:55 Sports Related Trauma to the Cervical Spine Marc J. Philippon, MD
2:00 - 2:10 Degenerative Changes in the Cervical Spine Richard A. Hawkins, MD
2:15 - 2:25 Posture and Herniated Discs Edward M. Wojtys, MD
2:30 - 2:40 Cervical Spine Arthroscopy Mary Lloyd Ireland, MD
2:45 - 2:55 Break

**SESSION 1E**
**Hand Topics**
Moderator: Robert J. Johnson, MD
1:30 - 1:40 Arthroscopic Surgery of the Wrist and Hand Matthew W. Malanga, MD
1:45 - 1:55 Tendon Injuries and Associated Reactions Thomas N. Lindenfeld, MD
2:00 - 2:10 Tenodesis and Tendon Repair Thomas N. Lindenfeld, MD
2:30 - 2:40 Wrist Injuries in the Pediatric Population Edward M. Wojtys, MD
2:45 - 2:55 Break & Exhibits

**SESSION 1F**
**Foot and Ankle**
Moderator: John C. Richmond, MD
10:00 - 10:15 Foot and Ankle: A Problem Solving Approach John C. Richmond, MD
10:20 - 10:30 Arthroscopic Tendon Release John C. Richmond, MD
10:35 - 10:45 Compartment Syndrome and the Management of the Overuse Tired Runners Ed O’Brien, MD
10:50 - 11:00 Tendo-Achilles Tendinopathy John C. Richmond, MD
11:05 - 11:15 Chronic Achilles Tendonitis John C. Richmond, MD
11:20 - 11:30 Achilles Tendon Injuries John C. Richmond, MD
11:35 - 11:45 Outcomes Following Hip Arthroscopy in Athletes John C. Richmond, MD
11:50 - 12:00 Discussion
12:10 - 12:30 Lunch & Exhibits

**SESSION 2A**
**Hip Arthroscopy with Phillipson**
Moderator: Joseph A. Abbe, MD
11:30 - 11:45 Femoral Articular Impingement Mark J. Phillips, MD
11:50 - 12:05 Labral Repair Mark J. Phillips, MD
12:10 - 12:25 Discussion
12:30 - 13:00 Break & Exhibits

**SESSION 2B**
**Sports Medicine Topics**
Moderator: Robert J. Johnson, MD
4:00 - 4:15 Neuropriapism (Spiral Cont. Bruns, Brachial Plexus) Raynold C. Cody, MD
4:20 - 4:30 Runners’ Injuries Michael E. Sargent, MD
4:35 - 4:45 Pre-Participation Physical James R. Slauterbeck, MD
4:45 - 5:00 Discussion

**SESSION 3A**
**Neuromuscular Training on the Lower Extremity**
Moderator: Thomas N. Lindenfeld, MD
11:00 - 11:15 Prevention of ACL Injuries Sandra J. Shultz, PhD, ATC, CSCS
11:20 - 11:30 Effects of Spraying and Neuropathy on Prevalence of ACL Injury on Dox James R. Slauterbeck, MD
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Transportation

The Burlington International Airport is served by several major airlines. Auto rentals are available at the airport, but should be reserved in advance. Hotel van service is available upon request. Burlington is an easy 4-hour drive from Boston, just 1½ hours from Montreal, and 7 hours from New York City. The Sheraton/Burlington exit is 14-W on Interstate 89.

Fall in Vermont is one of life’s most breathtaking experiences. The lush Green Mountains are alive with an array of brilliant colors. Vermont’s autumn is truly magical. Be sure to make your reservations early for this very busy season!