Faculty

Angie Beisner, AT
Athletic Trainer
The Ohio State University

Darin Bright, MD
Family Medicine/Sports Medicine Physician
MAX Sports Medicine

David Buchan, DPM
Podiatric Surgeon
Orthopedic Foot & Ankle Center

Dave Calvert
Fleet Feet Sports

Steven Curtis, O.D.
Riverview Eye Associates

Jason Dapore, DO
Non-Surgical Orthopedics/Sports Medicine
McConnell Spine, Sport & Joint Physicians

Bryce Fincham, DO
Orthopedic Surgeon
OhioHealth Orthopedic Surgeons

Ryan Goodman, PT
Physical Therapist
OhioHealth

Robert Goerline, MD
Orthopedic Surgeon
Orthopedic ONE

Amy Harrison, AT
Athletic Trainer
OhioHealth

Shawn Kerger, DO
Sports Medicine Physician
Ohio University College of Osteopathic Medicine

Donald Moxley, M.A.
Exercise Physiologist
The Ohio State University

Thomas Pommering, DO
Sports Medicine Physician
Nationwide Children’s Hospital

Peter Post
Rehab Supervisor
OhioHealth

Jayme Rock-Willoughby, DO
Non-invasive Cardiologist
OhioHealth Heart and Vascular Physicians

Joseph Ruane, DO
Family Medicine/Sports Medicine Physician
McConnell Spine, Sport & Joint Physicians

Steven Simensky, MD, PhD
Neurologist
OhioHealth Neurological Physicians

Scott Stephens, MD
Orthopedic Surgeon
OrthoNeuro

Kelton Vasileff, MD
Orthopedic Surgeon
The Ohio State University

James Wilgus, PT, DPT
Physical Therapist
OhioHealth

Coach Wes
Certified USA Triathlon Coach

Co-Course Directors

Jason Dapore, DO
Non-Surgical Orthopedics/Sports Medicine
McConnell Spine, Sport & Joint Physicians

Randall R. Wroble, MD
Orthopedic Surgeon
Orthopedic ONE

Planning Committee

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Director
OhioHealth Sports Medicine

Lexie Sines
CME Program Manager
OhioHealth Learning

Ryan Wible, MEd, AT, PES, CES
Athletic Trainer
OhioHealth Sports Medicine

THE 14TH ANNUAL
Capital City Sports Medicine Symposium

April 20-21, 2018
Nationwide Hotel and Conference Center

www.capcity2018.eventbrite.com
14th Annual Capital City Sports Medicine Symposium

Course Description and Objectives
This course is designed to provide the latest information regarding prevention, recognition and treatment of athletic injuries. This course will focus on practical and clinically relevant information for participants to use in their daily practice.

This course is intended for primary care physicians, team physicians, sports medicine physicians, orthopaedic surgeons, physical therapists, athletic trainers, nurses and other interested healthcare professionals.

After participating in this activity, the physician should be more confident in their ability to:
1. Describe the latest evaluations, diagnostic tools and treatments for the athlete with a sports concussion.
2. Identify the appropriate injury that would benefit from advanced mobility exercises or orthopaedic manipulative treatments.
3. Discuss surgical considerations in the care of lower extremity injuries in the athlete.
4. Describe the latest medical and orthopedic treatments for your patient with a sports injury.

Disclosure
As an accredited continuing medical education (CME) provider, OhioHealth must ensure balance, independence, objectivity, and scientific rigor in all educational activities we sponsor. Faculty and planners participating in sponsored activities must disclose any significant financial interests or other relationships. Any potential conflicts of interest will be resolved and revealed in the course syllabus.

Accreditation
OhioHealth is accredited by the Ohio State Medical Association to provide continuing medical education for physicians. OhioHealth designates this live activity for a maximum of 9.5 ACPA PRA Category 1 credit(s). Physicians should only claim credit commensurate with the extent of their participation in this activity.

Athletic Training BOC: OhioHealth Sports Medicine is approved by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. The Capital City Sports Medicine Symposium is reviewed for 9.5 hours of Evidence Based Practice (EBP) Continuing education units.

Nursing: The Ohio Board of Nursing recognizes events approved by a nationally recognized accreditation system of continuing education approval. Physical Therapy: This program is being reviewed for 9.5 hours of continuing education units by the Ohio Chapter of American Physical Therapy Association. Determination of credit is pending approval.

Registration Information
- Physician Early Bird Rate: $225
- After March 23, 2018: $275
- Non-Physician/Allied Healthcare Professionals & Retirees: $160
- After March 23, 2018: $210
- OhioHealth Resident and Medical Students: Free of Charge

To register: www.capcity2018.eventbrite.com

OhioHealth residents, medical students and fellows, as well as residents, medical students and fellows from affiliated institutions assigned to an OhioHealth hospital for rotation at the time of the event will have registration fees waived. Residents, medical students and fellows will be expected to pre-register and will be expected to cancel in advance if they are unable to attend.

Registration deadline is April 6, 2018 or when the maximum attendance capacity has been reached. For more information on registration, please call (614) 566-4437.

Cancellation and Refund Policy
OhioHealth reserves the right to cancel or delay this course due to unforeseen circumstances. In the event this meeting would have to be canceled, OhioHealth will refund your registration fee. We are not responsible for any travel, hotel or other costs incurred. If a participant cancels, refund of conference fee minus a 25% administrative charge will be made if written notification of cancellation is received no later than April 6, 2018. No refunds will be granted after April 6, 2018.

Inclement weather: If a participant is unable to attend due to inclement weather, a refund of the registration fee minus a 25% administrative charge will be issued.

Commercial Support
Companies supporting this activity will be recognized in the course syllabus.

Location
Nationwide Hotel and Conference Center
100 Green Meadows Drive South
Lewis Center, Ohio 43035
Phone: (866) 233.9393  Fax: (614) 880.4167

Program – Friday, April 20
7 to 7:45 a.m.  Registration/Breakfast/Exhibitors
7:45 to 8 a.m.  Welcome & Introductions
Randall Wroble, MD
8 to 8:30 a.m.  Unique Injuries in Lacrosse
Angie Beiser, AT
8:30 to 9 a.m.  Evolving Concepts in Sport Concussion
Steven Simerson, MD
9 to 9:30 a.m.  Hand and Wrist Injuries in the Young Athlete: A Case-Based Approach
Thomas Pommering, DO
9:30 to 10 a.m.  Evaluation and Management of Glenohumeral Internal Rotation Deficit in Overhead Throwers
Scott Stephens, MD
10 to 10:30 a.m.  Extra-Articular Hip Injuries in Athletes
Kelton Vasileff, MD
10:30 to 10:45 a.m. Break
Breakout Sessions (Choose Two)

Session 1
10:45 to 11:15 a.m.  The Importance of a Proper Bike Fit
Peter Post & Coach Wes
Cupping: Useful or Fad?
Ryan Goodman, PT
An Osteopathic Ground Game: OMFT for Lower Extremity
Shawn Kerger, DO

Session 2
11:15 to 11:45 a.m.  The Importance of a Proper Bike Fit
Peter Post & Coach Wes
Cupping: Useful or Fad?
Ryan Goodman, PT
An Osteopathic Ground Game: OMFT for Lower Extremity
Shawn Kerger, DO

Lunch
11:15 to 1:45 p.m.  Regenerative Therapies in Sports Medicine: Where Are We Now?
Joseph Ruane, DO
1:45 to 2:15 p.m.  Vision Therapy in the Care of Concussed Athletes
Steven Curtis, DO
2:15 to 2:30 p.m. Break
3 to 3:30 p.m.  An Overview of Lindsay’s Law and Sudden Cardiac Arrest in Young Athletes
Jayme Rock-Willoughby, DO
3 to 4 p.m.  Patellofemoral Instability in the Athlete
Bryce Forchum, DO
4 to 4:30 p.m.  Advances in the Treatment of Achilles Ruptures
Robert Gorline, MD

Adjourn
Program – Saturday, April 21
7:30 to 7:45 a.m.  Registration/Breakfast/Exhibitors
7:45 to 8 a.m.  Welcome & Introductions
Randall Wroble, MD
8 to 8:30 a.m.  Biomechanics on Running
Amy Harrison, AT
8:30 to 9 a.m.  Stress Fractures in Runners - Diagnosis and Management
Darren Bright, MD
9 to 9:30 a.m.  Current Concepts for the Diagnosis and Treatment of Plantar Fasciitis and Hallux Limitus
David Buchan, DPM
9:30 to 10 a.m.  Why Your Program Doesn’t Fit Your Team
Donald Massey, M.A.
10 to 10:15 a.m. Break
10 to 10:45 a.m.  Plantar Fasciitis
Jim Wilgus, PT, DPT
10:45 to 11:15 a.m.  Sports Medicine Today
Jason Dapore, DO

Adjourn