

## Faculty

**Angie Beisner, AT**  
Athletic Trainer  
The Ohio State University

**Darrin 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 Gorsline, 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

**Jayne 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 USAT 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

**W.R. Bill Davis, MS, AT**  
Director  
OhioHealth Sports Medicine

**Lexie Sines**  
CME Program Manager  
OhioHealth Learning

**Ryan Weible MEd, AT, PES, CES**  
Athletic Trainer  
OhioHealth Sports Medicine

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Columbus Medical  
Association



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OhioHealth Sports Medicine, in conjunction with  
OhioHealth Continuing Medical Education and the  
Columbus Medical Association presents:

THE 14TH ANNUAL

# Capital City Sports Medicine Symposium

April 20-21, 2018

Nationwide Hotel and Conference Center

REGISTER  
ONLINE

[www.capcity2018.eventbrite.com](http://www.capcity2018.eventbrite.com)



# 14th Annual Capital City Sports Medicine Symposium

14th Annual Capital City  
Sports 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, orthopedic 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 osteopathic 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 insure 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 AMA 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 Cap 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: (must pre-register)	Free of Charge

To register: [www.capcity2018.eventbrite.com](http://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 a 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 attend.

Registration deadline is April 6, 2018 or when the maximum attendance capacity has been reached. For more information on registering, please call (614) 566.4437.

## Cancellation and Refund Policy

OhioHealth reserves the right to cancel or delay this course due to any 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 notice of cancellation is received no later than April 6, 2018. No refunds will be granted after April 6, 2018.

**Incident weather:** If a participant is unable to attend due to incident weather (Level 3), 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.	<b>Registration/Breakfast/Exhibitors</b>
7:45 to 8 a.m.	<b>Welcome &amp; Introductions</b> <i>Randall Wroble, MD</i>
8 to 8:30 a.m.	<b>Unique Injuries in Lacrosse</b> <i>Angie Beisner, AT</i>
8:30 to 9 a.m.	<b>Evolving Concepts in Sport Concussion</b> <i>Steven Simensky, MD</i>
9 to 9:30 a.m.	<b>Hand and Wrist Injuries in the Young Athlete: A Case-Based Approach</b> <i>Thomas Pommering, DO</i>
9:30 to 10 a.m.	<b>Evaluation and Management of Glenohumeral Internal Rotation Deficit in Overhead Throwers</b> <i>Scott Stephens, MD</i>
10 to 10:30 a.m.	<b>Extra-Articular Hip Injuries in Athletes</b> <i>Kelton Vasileff, MD</i>

10:30 to 10:45 a.m. **Break**

## Breakout Sessions (Choose Two)

### Session 1

10:45 to 11:15 a.m.	<b>The Importance of a Proper Bike Fit</b> <i>Peter Post &amp; Coach Wes</i>
	<b>Cupping: Useful or Fad?</b> <i>Ryan Goodman, PT</i>
	<b>An Osteopathic Ground Game: OMT for Lower Extremity</b> <i>Shawn Kerger, DO</i>

### Session 2

11:15 to 11:45 a.m.	<b>The Importance of a Proper Bike Fit</b> <i>Peter Post &amp; Coach Wes</i>
	<b>Cupping: Useful or Fad?</b> <i>Ryan Goodman, PT</i>
	<b>An Osteopathic Ground Game: OMT for Lower Extremity</b> <i>Shawn Kerger, DO</i>
Noon to 1 p.m.	<b>Lunch</b>
1:15 to 1:45 p.m.	<b>Regenerative Therapies in Sports Medicine: Where Are We Now?</b> <i>Joseph Ruane, DO</i>
1:45 to 2:15 p.m.	<b>Vision Therapy in the Care of Concussed Athletes</b> <i>Steven Curtis, OD</i>
2:15 to 2:30 p.m.	<b>Break</b>
2:30 to 3 p.m.	<b>An Overview of Lindsay's Law and Sudden Cardiac Arrest in Young Athletes</b> <i>Jayme Rock-Willoughby, DO</i>
3 to 3:30 p.m.	<b>Patellofemoral Instability in the Athlete</b> <i>Bryce Fincham, DO</i>
3:30 to 4 p.m.	<b>Advances in the Treatment of Achilles Ruptures</b> <i>Robert Gorsline, MD</i>
4 to 4:30 p.m.	<b>Your Shoes Matter: Choosing the Correct Footwear</b> <i>Dave Calvert</i>

### Adjourn

## Program – Saturday, April 21

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

### Adjourn