

OhioHealth Sports Medicine and OhioHealth Continuing Medical Education presents:  
The 18th Annual  
**Capital City Sports Medicine Symposium**



## AGENDA

**Friday, April 14, 2023** *(In-person only)*

**8 – 8:30 AM**

**Objectives:**

### **ACL Reinjury and Revisions**

- + Identify risk factors for and causes of ACL reinjuries.
- + Summarize revision ACL techniques to optimize results and outcomes.

**Rod Comisar Jr., MD**

**8:30 – 9 AM**

**Objectives:**

### **Neuralplastic Adaptation After ACL Injury**

- + Describe the negative influence of ACL injury on the CNS System.
- + Describe Rehabilitation Techniques to improve neural response.
- + Describe Brain activity response to rehabilitation.

**Bob Mangine, MEd, PT, ATC**

**9 – 9:30 AM**

**Objectives:**

### **Hip Dysplasia**

- + Discuss diagnosis of dysplasia.
- + Provide treatment of dysplasia.

**Thomas Ellis, MD**

**9:30 – 10 AM**

**Objectives:**

### **Hip Surgery: Return to Sport**

- + Evaluate readiness to return to sport in athletes after hip preservation surgery.
- + Provide an appropriate return to sport examination for athletic individuals following hip surgery.
- + Recommend sport activity levels following total hip arthroplasty.

**Dave Kohlrieser, DPT, PT, OCS, SCS**

**10 – 10:15 AM**

### **Break**

**10:15 – 10:45 AM**

**Objectives:**

### **Pulse Check: Managing the Cardiac Athlete**

- + Identify common cardiac irregularities while recognizing standard participation protocols.
- + Develop a systematic approach to the acute cardiac athlete and implement this plan into routine sport coverage practice.

**Gregory J Starsiak Jr., DO**

**10:45 – 11:15 AM**

**Objectives:**

### **Early Running Advice**

- + Identify methods to prevent injuries in novice runners.
- + Recognize common injuries in novice runners.
- + Develop treatment plans for common running injuries.

**Gary Duncan, MD**

**11:15 – 11:45 AM**

**Objectives:**

### **Bone Spurs - What Are They Anyway?**

- + Describe the difference between osteophyte, traction spur and calcific tendinopathy.
- + List two treatment options for calcific tendinopathy.

**Joseph Ruane, DO**

**12 – 1 PM**

**1 – 1:45 PM**

**Objectives:**

### **Lunch**

### **Training Trunk Stability in the Modern Athlete**

- + Describe both physiological and pathological stabilization strategies.
- + Assess trunk stability in the clinical setting.
- + Apply stabilization principles to an athlete's rehabilitation protocol.

**Bradley Muse, DC**

**1:45 – 2:15 PM**

**Objectives:**

### **Return to Play After COVID 19 Infection: Where Are We Now?**

- + Discuss the evolution of literature on the effects of Covid 19 on the young athlete's heart.
- + Apply the current recommendations towards the screening and clearance young athletes to safe return to play after Covid 19 infection.

**Thomas Pommering, DO, FAAFP, FAMSSM**

**2:15 – 2:45 PM**

**Objectives:**

### **Rehab Considerations for Gymnastics**

- + Discuss epidemiology and sport demands of gymnastics.
- + Discuss factors associated with injury risk and concept of regional interdependence.
- + Discuss key physical characteristics required for the sport and how they're assessed.
- + Provide examples and rationale for rehab interventions.

**Michael Genco, DPT, PT**

**2:45 – 3 PM**

**3 – 3:30 PM**

**Objectives:**

### **Break**

### **Bone Graft in Shoulder Instability**

- + Recognize when bone graft is valuable when treating shoulder instability.
- + Utilize basic techniques behind work up, surgery, and post op rehab.

**Benjamin Szerlip, DO**

**3:30 – 4 PM**

**Objectives:**

### **Return to Sport: Post Surgical Shoulder**

- + Provide patient counseling on expectations after shoulder surgery.
- + Complete appropriate RTS testing for discussed procedures.

**Adam Lah, DPT, PT, OCS**

**4 – 4:30 PM**

**Objectives:**

### **Activity Level Following Lower Extremity Arthroplasty**

- + Recognize the impact of higher activity after hip and knee arthroplasty on midterm survival.
- + Discuss what activities patients can return to after lower extremity arthroplasty.

**David Crawford, MD**

**4:30 – 5 PM**

**Objectives:**

### **Shoulder Arthroplasty Return to Activity**

- + Describe expected post-operative course from shoulder arthroplasty.
- + Describe the expected return to activity.

**Michael Nickoli, MD**

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## AGENDA

**Saturday, April 15, 2023** *(Video broadcast only)*

**8 – 8:45 AM**

**Emergency Preparedness in Today's Athletic World**

**Angie Besiner, MA, AT**

**Objectives:**

- + Discuss the importance of providing a safe environment for high school coaches and student-athletes focused on health, safety, and wellness.
- + Recognize the need for mental health awareness and training to ensure mental health policies, procedures, and emergency action plans are in place.
- + Discuss basic information that should be included in a mental health emergency action plan.
- + Discuss the strategies to implement mental health training, education, resources, and programming within the secondary school setting.

**8:45 – 9:30 AM**

**Using Video Analysis to Enhance Rehabilitation of Throwing Athletes**

**Herm Hundley Jr., MS, AT, CSCS**

**Objectives:**

- + Discuss and compare the unique biomechanics of baseball and softball pitching.
- + Review of biomechanical video analysis to determine errors or flaws that could lead to injury or decreased performance.
- + Discuss appropriate strategies for implementing corrective exercises and throwing drills based on proper throwing/pitching mechanics.

**9:30 – 10:15 AM**

**Saliva Test for Concussion, Is it the Holy Grail?**

**Obinna Moneme, MD**

**Objectives:**

- + Discuss the rationale for improving diagnostic capabilities for concussion.
- + Review of new technologies/applications aiding in diagnosis of concussion.
- + Discuss the implications of microRNA technology in the diagnosis of concussion.

**10:15 – 10:30 AM**

**Break**

**10:30 – 11 AM**

**An Introduction to Pickleball/Injuries**

**Jason Dapore, DO**

**Objectives:**

- + Introduce Pickleball as a fast growing sport and provide background/context to its rapid adoption.
- + Discuss common and uncommon injuries reported and seen in practice.
- + Provide patient education on ways to mitigate injury risk.

**11 – 11:30 AM**

**Hamstring Injuries: Rehabilitation Considerations**

**Greyson Roberts, DPT**

**Objectives:**

- + Discuss common presentation, prognosis and diagnosis for hamstring tendinopathy.
- + Describe evidence-based objective measures to assess hamstring tendinopathy and readiness to return to sport.
- + Recognize evidence-based exercise progression for hamstring tendinopathy.

**11:30 AM – 12:15 PM**

**Barriers & Benefits To Sports Nutrition Counseling: Why, When, and How to Add a Dietitian to Your Sports Medicine Team**

**Jessica L Napolitano, MS, Registered Dietitian**

**Objectives:**

- + Recognize the roles, responsibilities, and limitations of a registered dietitian in the sports medicine setting.
- + Describe common signs of poor nutrition and hydration.
- + Recognize when to refer an athlete to a registered dietitian.