Our goal in this course is to equip you with the knowledge and skills needed to understand the most cutting-edge, evidence-based sports medicine evaluation and treatment. We at UCSF Sports Medicine look forward to sharing the latest in sports medicine care and research with you. This course is geared towards athletic trainers, physical therapists, and physicians who desire an intermediate-advanced update in sports medicine.
Saturday, June 8, 2019

LECTURES

7:15-8:00 am  Check-in / Registration

8:00-8:10  Welcome  Carlin Senter, MD

8:10-8:40  The Athlete with the Unstable Knee: Ligament Tears, Dislocations and Osteochondral Defects  Brian Feeley, MD

8:40-9:10  The Athlete with the Unstable Shoulder: Hypermobility versus Traumatic Instability  Drew Lansdown, MD

9:10-9:20  Q & A: Session One

9:20-9:30  BREAK

9:30-9:50  Meniscus Tear Treatment: PT or Surgery?  Nicholas Colyvas, MD

9:50-10:20  What to Tell your Patients about Blood Flow Restriction, HIIT and K tape? How PTs Are Using These in the Real World.  Christopher DaPrato, PT

10:20-11:00  KEYNOTE: Diversity, Equity and Inclusion in Sports Medicine  Lisa Lattanza, MD

11:00-11:10  Q & A: Session Two

11:10-11:20  BREAK

11:20-11:50  Developing A Mental Health Emergency Action Plan for our Athletes  Cindy Chang, MD

11:50-12:20  The Runner with Leg Pain: What’s Wrong with My Gait?  Anthony Luke, MD

12:20-12:30  Q & A: Session Three

12:30-1:30  LUNCH - Provided for your Convenience

1:30-2:00  Dance Medicine: When Hypermobility Causes Instability and Injury  Kristin Wingfield, MD

2:00-2:20  Is Rest Best? The Tide is Changing in Concussion Management  Carlin Senter, MD

2:20-2:30  Q & A: Session Three

2:30-2:45 pm  BREAK – transition to workshops

WORKSHOPS

Please select one workshop from both groups A and B. Limited space available for each workshop. Register early to reserve your top choices.

WORKSHOP A

2:45-3:45 pm  1) Hands-on Knee and Shoulder Examination  Christina Allen, MD

Edward Cheung, MD
Jonathan Hodax, MD

2) Round Table Discussion: Sports Medicine and the Youth Athlete  Derek Hirai, ATC
Nirav Pandya, MD
Jaime Bosl, PT, DPT

3) Hip Impingement and Labral Tears: Rehabilitation Keys  Alan Zhang, MD
Harvey Brockman, PT
Dean Yamanuha, PT

3:45-4:00  BREAK

WORKSHOP B

4:00-5:00 pm  1) Hands-on Knee and Shoulder Examination  Elly LaRoque, MD
Edward Cheung, MD
Jonathan Hodax, MD

2) Round Table Discussion: Sports Medicine and the Youth Athlete  Derek Hirai, ATC
Nirav Pandya, MD
Jaime Bosl, PT, DPT

3) Hip Impingement and Labral Tears: Rehabilitation Keys  Alan Zhang, MD
Harvey Brockman, PT
Dean Yamanuha, PT

5:00 pm  Adjourn
COURSE OBJECTIVES
At the end of this conference you will be able to:

• Explain indications for surgery for the unstable knee and shoulder.
• Identify conservative and surgical treatment options for common hip problems and how best to rehabilitate these injuries.
• Perform a complete physical examination of the knee and shoulder.
• Evaluate a runner and a dancer for an overuse injury.
• Explain how much rest is best after a concussion.
• Develop a mental health emergency plan for athletes.

According to the education levels described by the CEC Committee of the NATA, this continuing education course is considered to be a Moderate Level.

PROGRAM INFORMATION
Registration: UCSF Office of CME
Online cme.ucsf.edu
Will close 36 hours before conference

Phone If you do not wish to register on-line you may call the CME registration office at (415) 476-5808 during regular business hours, Monday-Friday.

Course Options:
$150 Early Bird Registration (until 3/31/2019)
$175 Conference Registration (after 3/31/2019)
$200 On-Site Registration

Registration includes boxed lunch, refreshments, and access to course content online.

ACCREDITATION
The University of California, San Francisco (UCSF) School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

CONTINUING EDUCATION
Physicians: UCSF designates this live activity for a maximum of 7.00 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Athletic Trainers: UCSF Sports Medicine is approved by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers (BOC AP#: P3359). This program is eligible for a maximum of 7 EBP Category hours/CEUs (EBP CEUs Pending).

Physical Therapists: UCSF Sports Medicine is in the process of attaining continuing education units for PT's.

Approval #: Pending
This course qualifies for 0.7 CEUs
Refund Policy:
Cancellations received in writing before the first day of the course will be refunded, less a $45 administrative fee. No refunds will be made on cancellations received after that date.

Please check our website for up-to-date information on the course: cme.ucsf.edu

Parking:
- UCSF Conference Center Parking Garage
- Byers Hall (See map)

For more information or to register online visit our website at cme.ucsf.edu by calling the Office of CME at (415) 476-4253 or emailing info@ocme.ucsf.edu.