Successful prevention, evaluation and rehabilitation of sports injuries are crucial elements of any comprehensive athletic program. This one-day sports medicine conference covers topics related to the evaluation and rehabilitation of sports-related injuries to the upper and lower extremities. A special panel discussion will allow attendees to ask questions of our distinguished speakers.

WHO SHOULD ATTEND
Athletic trainers, physical therapists, sports medicine physicians and chiropractors.

PLANNING COMMITTEE
Brandon DeSantis, MS, ATC
Lynn A. Fishlock, MEd
Keith A. Handling, MS, ATC, PT
Melanie Johnson, MS, ATC
Nikki Lounsberry, MS, ATC
Paul Lowry, MEd, ATC
Kelly Stafford, MS, ATC
Daniel J. Watson, MEd, ATC

PROGRAM OBJECTIVES
The purpose of this sports medicine seminar is to assist health care professionals—athletic trainers, physical therapists, sports medicine physicians, chiropractors, etc.—in the evaluation, management/treatment and rehabilitation of sports related injuries. At the end of this seminar, participants will be able to:

• Perform creative taping methods for various athletic injuries to return athletes to competition as soon as it is medically safe
• Describe ultrasound’s role with current and future sports medicine procedures
• Explain the role of telem medicine in current and future sports medicine procedures
• State surgical considerations for adolescents with ACL injuries
• Identify specific rehabilitation considerations for adolescents with ACL injuries and ACL reconstructions

• Explain how orthotic intervention can enhance sports performance
• Demonstrate clinical orthotic solutions for common athletic injuries
• Explain current trends in ankle rehabilitation, specifically the role of plantar massage, on balance training
• Classify athletes with neck pain into subgroups to properly identify the cause and outcome pathway
• Describe matched treatments and interventions for subgroups of athletes with neck pain
• Demonstrate the NFL sideline stinger evaluation and management

Medical Aspects of Sports
Saturday, February 4, 2017
John M. Clayton Hall
University of Delaware
Newark, Delaware

Co-sponsored by the
University of Delaware
Intercollegiate Athletics
Program and the
Department of Kinesiology
and Applied Physiology
### GENERAL INFORMATION

**Time and Location**
The seminar will be held Saturday, February 4, 2017, at the University of Delaware's John M. Clayton Hall, located on Route 98, three miles north of the I-95 interchange. The University of Delaware is approximately 60 minutes’ driving time from Philadelphia or Baltimore, and 90 minutes north of Washington, D.C. Registration and continental breakfast begins at 7 a.m.

**Continuing Education Credit**
To measurable evidence of continuing professional development, each participant will be awarded:
- 0.8 CEUs for the Board of Certification, Inc. (BOC) for certified athletic trainers
- 0.8 CEUs for the State of Delaware Examination Board of Physical Therapy
- 0.8 CEUs for the Pennsylvania State Board of Physical Therapy

If you practice outside of Delaware, Pennsylvania or Maryland, please contact your state examine board to verify whether this seminar is approved for credit.

The University of Delaware is recognized by the Board of Certification, Inc., to offer continuing education for certified athletic trainers.

**Level of Difficulty**
According to the education levels described by the Professional Development Committee (PDC) for athletic trainers, this continuing education course is considered to be Essential/Advanced/Mastery Level.

**Online Conference Materials**
Materials from presenters will be available through the Professional and Continuing Studies website during the seminar. Please bring a fully charged laptop or tablet to view the materials online. Materials will not be available in paper form.

**Registration**
Advance registration is encouraged and must be received by January 27, 2017. All registrations received by this date will be confirmed in writing.

**Mail**
Please return your completed registration form with full payment using check, MasterCard, Visa, Discover, American Express or company purchase order to Sports Medicine Conference, University of Delaware, 501 South College Ave., Newark, DE 19716-7410. Amateurs: Registrar

**Fax**
If paying by MasterCard, Visa, Discover, American Express or company purchase order, you can register by faxing your completed registration form to 302-831-7070.

**Phone**
If paying by MasterCard, Visa, Discover or American Express, you can register by phone. Have your credit card and course information ready, then dial 302-831-7600 and choose option 2.

**Internet**
If you are paying with credit card or online check, please visit www.udcareers.com/sports. Online registration not available for student registration. You can also access the registration form and brochure at www.udcareers.com/sports.

Cost
Through January 27, 2017: $195. After January 27, 2017: $215. Full-time student rate is 50% full-time matriculated students only, with photocopy of current student ID. Fee includes course materials, continental breakfast and lunch. Checks should be made payable to University of Delaware.

**Cancellation and Refund Policy**
A full refund will be given for written cancellation received by January 27, 2017. No refund will be given after this date. In the event that this program is rescheduled or canceled, the University of Delaware is not responsible for any cancellation or change fees assessed by airlines or travel agencies.

**Extreme Weather**
In the event of extreme weather conditions, visit pcs.udel.edu/sports for course session cancellations, or call 302-831-3474. The University of Delaware will, if possible, reschedule any session(s) affected by extreme weather.

**Disability Accommodations**
To request disability accommodations, contact the Division of Professional and Continuing Studies at least 10 days in advance of the program of interest by 302-831-8843 (voice) or 302-831-2789 (fax).

**For More Information**
General Lisa Malbone, University of Delaware, 501 South College Ave., Newark, DE 19716-7410, 302-831-3474, email: lmalbone@udel.edu

Program: Daniel J. Watson, University of Delaware, 302-831-7228, email: dwatson@udel.edu

### SCHEDULE

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7 – 7:30 a.m.</td>
<td>Registration and Continental Breakfast</td>
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<tr>
<td>7 – 7:45 a.m.</td>
<td>Creative Solutions in Taping Methods to Prevent Injury</td>
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<tr>
<td>Steven Brown, ATC, University of Delaware Chantel Hunter, ATC, University of Delaware</td>
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<tr>
<td>7:45 – 8 a.m.</td>
<td>Opening Remarks</td>
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<tr>
<td>Kate A. Handree, MT, AT, PT, University of Delaware Daniel J. Watson, MED, ATC, University of Delaware Christine Rawak, Director, Intercollegiate Athletics and Recreation Services, University of Delaware</td>
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<tr>
<td>8 – 8:45 a.m.</td>
<td>Ultrasound and the Future of Sports Medicine</td>
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<td>Bradley C. Bley, DO, FAAPA, MSKS, CSCS, University of Delaware Keith A. Handling, MS, ATC, PT, University of Delaware</td>
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<tr>
<td>8:45 – 9:30 a.m.</td>
<td>Surgical Considerations for ACL Injuries in Pediatric and Adolescent Populations</td>
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<td>J. Todd Lawrence, MD, PhD, Children’s Hospital of Philadelphia</td>
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<tr>
<td>9:30 – 10:15 a.m.</td>
<td>Breakfast</td>
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<td>10:15 – 10:30 a.m.</td>
<td>Lunch</td>
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<tr>
<td>10:30 – 11:15 a.m.</td>
<td>Telemedicine: The Future is Now</td>
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<td>Alfred Atanda Jr., MD, Nemours Children’s Health System</td>
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<tr>
<td>11:15 a.m. – 12:15 p.m.</td>
<td>Panel Discussion: Current Issues/Topics in Sports Medicine</td>
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<tr>
<td>Daniel J. Watson, MED, ATC, Moderator Bradley C. Bley, DO, FAAPA, MSKS, CSCS J. Todd Lawrence, MD, PhD, PND John Horna, CPD, ChEd Alfred Atanda Jr., MD</td>
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<tr>
<td>12:15 – 1 p.m.</td>
<td>Lunch</td>
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<tr>
<td>1 – 1:45 p.m.</td>
<td>Rehab Considerations for ACL Injuries in Pediatric and Adolescent Populations</td>
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<td>Meredith Link, PT, DPT, ATC, Children’s Hospital of Philadelphia</td>
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<td>1:45 – 2:30 p.m.</td>
<td>Neck Pain is Not Created Equal: Subgrouping Your Athletes to Get the Best Outcome</td>
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<td>Tara Maal, PT, DPT, OCS, SCS, University of Delaware</td>
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<td>2:30 – 2:45 p.m.</td>
<td>Break</td>
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<tr>
<td>2:45 – 3:05 p.m.</td>
<td>Mini-Clinics</td>
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**STATION 1—Current Trends in Ankle Rehabilitation: Plantar Massage and Balance Training**
Bethany Whishal, MS, ATC, University of Delaware

**STATION 2—NFL Sideline Stinger Management**
Steve Feldman, PT, DPT, Philadelphia Eagles

**STATION 3—Matched Treatments for Subgroups of Athletes with Neck Pain**
Key Interventions
Geig Seymour, PT, DPT, OCS, University of Delaware

**STATION 4—Custom Orthotic Solutions for Athletic Injuries**
Jennifer Wong Neil, MSPO, CPD, Independence Prosthetics and Orthotics

| 3:05 – 3:25 p.m. | Repeat Mini-Clinic (Groups Rotate) |
| 3:25 – 3:45 p.m. | Repeat Mini-Clinic (Groups Rotate) |
| 3:45 – 4:05 p.m. | Repeat Mini-Clinic (Groups Rotate) |
| 4:05 – 4:15 p.m. | Question and Answer Session Evaluation and Adjournment |