The Society for Tennis Medicine & Science (STMS)
(in partnership with iTPA)

North American Regional Conference

SONESTA RESORT • HILTON HEAD ISLAND

SESSION HIGHLIGHTS

Sport Science On-Court Workshop February 16th
(Main sessions February 17–18th, 2018)

• STMS-PTR exchange lecture
• Hands on workshops, breakout sessions, and STMS-iTPA exchange lecture
• Stroke Evaluation Workshops
• Rehabilitative and core training breakout sessions

MEDICAL SESSIONS

• Junior/Elite Tennis Player development: Medical perspectives
• Adult Recreational Tennis Player: tennis-specific evaluations and treatment
• Female Athlete

Coaching/SPORT SCIENCE SESSIONS

• Original research
• Stroke analysis practical session
• Performance training (on court) and practical sessions

10 CME and CEU CONTACT HOURS HAVE BEEN APPLIED FOR

FRIDAY, February 16th, 2018 2-5 PM
Additional on Court Coaching/Sport Science Workshop
“STMS-PTR Tennis Medicine and Sport Science On Court Workshop”

Ben Kibler, MD, PTR – Past President STMS
Mark Kovacs, PhD, PTR – Executive Director, iTPA
Neeru Jayanthi, M.D., PTR – Current President, STMS

(STMS REGISTRANTS MAY ATTEND THIS WORKSHOP AT NO ADDITIONAL COST)

Course Directors
Neeru Jayanthi, MD STMS President
Ben Kibler MD STMS Founder and Past-President

Scientific Committee
Mark Kovacs, PhD
Executive Director, ITPA
Paul Caldwell, MD (STMS)
Melissa Baudo PT (STMS)
Richard Gayle, MD (STMS)
Karen Jordan, PT (STMS)
Stephan Esser, MD (STMS)

Speaking Faculty
Neeru Jayanthi MD (STMS)
Ben Kibler, MD (STMS)
Mark Kovacs, PhD (iTPA, STMS)
Carol Otis, MD (WTA)
Doug Eng, PhD
Natalie Myers, PhD
Mary Jane Desouza, PhD
Lindsey Pyc, DPT, ATC (WTA)
Page Love, RD
Aylin Segalolu, PT, ATC
Ted Borgdering, CSCS
Cassidy Foley, DO
Gary Windler, MD (ATP)
Bert Fields, MD
Paul Caldwell, MD
Alan Curtiss, MD
Robert Gallo, MD
Vignesh Sundaram
Robyn Rice, PT, PhD
Lisa Stone
Meg and Mattie Kowalski
Amy Chappell MD

STMS PTR Exchange
Oliver Stephens, PTR, Master Professional

STMS-iTPA Exchange
Mark Kovacs, PhD
Saturday, February 17, 2018

REGISTRATION
7:45am – 8:00am  Welcome/Introduction Neeru Jayanthi, MD; Ben Kibler, MD

TEENNIS ATHLETE DEVELOPMENT: BEST STRATEGIES  Moderator: Neeru Jayanthi MD
8:00am – 8:25am  Load Management In the Competitive Player: Serves or Hours? Ben Kibler, MD
8:25am – 8:50am  STMS-ITPA Exchange Lecture: Using Technology to Keep Your Tennis Athlete Ahead of the Game Mark Kovacs, PhD
8:50am – 9:10am  Mental Skills: Modeling Periodization and LTAD Doug Eng, PhD
9:10am – 9:30am  Junior and Elite Player Development: Specialization vs Multi-sport Play in Young Athletes: What Is the Latest Data? Neeru Jayanthi, MD
9:30am – 9:45am  STMS-PTR Exchange Lecture Attitude is a Choice Oliver Stephens, PTR (featuring Player and Parent: Meg and Mattie Kowalski, and Lisa Stone (Parentingaces.com))
9:45am – 10:00am  PANEL DISCUSSION
10:00am – 10:10am  TRANSITION

BREAKOUT SESSIONS

FEMALE ATHLETE and MEDICAL ISSUES IN THE TENNIS PLAYER  Moderator: Carol Otis, MD
10:10am – 10:40am  Lifestyle Medicine In Tennis Players: Optimizing Your Body’s Potential Amy Chappell, MD
10:40am – 11:00am  In Season Rehabilitation of the Lumbar Spine: Keeping Them Playing Lyndsey Pyc PT, ATC (WTA)
11:00am – 11:20am  Practical Nutrition Approaches to Treat Energy Deficiency In the Tennis Player Page Love, RD
11:20am – 12:10pm  Understanding The Development Of A Young Female Tennis Player: How Should You Look at Things Differently? Cassidy Foley, DO
12:10pm – 2:00pm  LUNCH (on your own)
2:00pm – 3:00pm  On Court Movement Assessments and Corrections Ted Borgerding
3:00pm – 5:00pm  STMS TENNIS OPEN PLAY
7:00pm  FACULTY DINNER RECEPTION

COACHING SPORT SCIENCE
10:10am – 10:20am  Stroke Assessments: Identify Efficiency Versus Injury Risk (Serve) Ben Kibler, MD
10:20am – 10:30am  Stroke Efficiency Rating (SER): Reliability of Stroke Efficiency Assessments Mark Kovacs, PhD
10:30am – 10:40am  Stroke Efficiency Rating (SER): Reliability of Injury Risk Assessments Neeru Jayanthi, MD
10:40am – 11:10am  Differences In Stroke Mechanics Between the Female and Male Tennis Player Natalie Myers, PhD
11:10am – 11:20am  Side to Side Asymmetries In the Core and Hip Are Associated With Back Injuries in Elite and Professional Tennis Players Robyn Rice, PT, PhD

Sunday, February 18, 2018

REGISTRATION
ADULT RECREATIONAL TENNIS ATHLETE  Moderator: Paul Caldwell, MD
8:00am – 8:25am  When Conservative Treatment Fails, Can Surgery Return an Aging Tennis Player Back to the Court? Robert Gallo, MD
8:25am – 8:50am  Strategies For Extending the Life of the Aging Tennis Player Bert Fields, MD
8:50am – 9:15am  Tennis Health After Competitive Tennis Paul Caldwell, MD
9:15am – 9:40am  Shoulder Pain in the Adult Tennis Player Alan Curtis, MD
9:40am – 10:00am  PANEL DISCUSSION
10:00am – 10:10am  TRANSITION

BREAKOUT SESSIONS

CASE-BASED APPROACHES AND ORIGINAL RESEARCH  Moderator: Natalie Myers, PhD
10:10am – 10:20am  Stroke Efficiency Rating in Junior/Elite Players With Six Month Follow Up Research Vignesh Sundaram, PI Jayanthi
10:20am – 10:30am  Stroke Volume During Practice and Match Play in Junior Tennis Players Research Natalie Myers PhD, PI Kibler
10:30am – 10:40am  Increasing Energy Intake as Treatment for the Female Athlete Triad: Preliminary Results of REFUEL, a Randomized Controlled Trial Research: Mary Jane DeSouza, PhD (PI)
10:40am – 11:10am  Differentiating the Lumbar Spine In the Adult and Junior Tennis Player Erin Saltzman, DC
11:10am – 11:40am  Knee Pain In the Tennis Player (Junior Versus Adult) Bert Fields, MD
11:40am – 12:10pm  Assessment and Treatment of Lateral Elbow Pain with Graston Technique Randy Gootzeit, OT CHT

PRACTICAL APPLICATIONS IN TENNIS MEDICINE  Moderator: Aylin Seyalioglu, PT, ATC
10:10am – 10:20am  Considerations In Tennis Medicine Event Coverage: An ATP Perspective Gary Windler, MD (10:10 –10:30)
10:20am – 10:30am  Setting Up a Tennis Medicine Program In Your Area Neeru Jayanthi MD (10:30 – 11:00)
10:30am – 11:40am  Pre and Post Match Treatments In The Elite Tennis Player: Making Them Feel Right! Lyndsey Pyc PT, ATC (WTA) and Aylin Seyalioglu PT, ATC (11:00 – 11:40)
11:40am – 12:10am  Specialized Training Assessments In Junior/Elite Players On and Off the Court Aylin Seyalioglu, PT, ATC; Ted Borgerding (11:40 – 12:10)
TARGET AUDIENCE
Physicians, physical therapists, athletic trainers and researchers who are interested in understanding the current treatment of various medical and orthopaedic problems that affect tennis players of all levels. Current updates about approaches being taken by professional tennis and many experts in all levels of tennis as well as approaches to tennis specific scientific testing will be covered. The congress will provide didactic lectures and interactive discussions.

COURSE OBJECTIVES
This conference will provide participants the ability to acquire additional techniques of evaluation, management, treatment, and training for tennis players:

Develop evaluation skills for musculoskeletal issues specific to tennis.
Upon completion of this activity, participant will be able to:
• Develop methods to screen for the injured tennis player and comprehensive care of the tennis athlete
• Differentiate basic from the additional techniques of evaluation, management, and appropriate need for advanced techniques and procedures in tennis and other athletes
• Recommend appropriate strategies to help conditions that affect a tennis player’s ability to compete, such as heat and hydration

Develop additional techniques of evaluation, management, and rehabilitation of musculoskeletal injuries.
Upon completion of this activity, participant will be able to:
• List new concepts of rehabilitation of tennis players with injuries into their practice
• List new concepts of performance training of tennis players for injury prevention

Develop updated evidence-based approaches to tennis specific medical and musculoskeletal conditions.
Upon completion of this activity, participant will be able to:
• Differentiate the epidemiology of injuries in various levels of tennis players in their decision-making regarding injury prevention and what is the appropriate treatment of tendinopathy in tennis players
• Develop earlier recognition of tennis specific injuries to prevent long-term morbidities
• Recommend when to utilize tennis-specific screening evaluation, training, and return to play after injury

Non-Discriminatory Statement
STMS does not discriminate on the basis of race, color, national origin, religion, sex, disability, military status, sexual orientation or age. STMS is committed to accessibility and no-discrimination in all aspects of its continuing education activities. Participants who have special needs are encouraged to contact the STMS program organizers so that all reasonable efforts to accommodate these needs can be made.

REGISTER ONLINE AT WWW.TENNISMEDICINE.ORG
Pre-registration is required for the course. As space is limited, your response is requested no later than February 15, 2018 to secure your reservation and availability of course material for this conference.

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For conference registration questions, please contact:
Stefani Higgins
Phone: 708-216-1071
Email: info@tennismedicine.org

All refund and cancellation requests must be made in writing, must be received by February 16, 2018 and are subject to a 25 percent service charge.

No refunds will be provided for written cancellations received after February 16, 2018

Grievance Policy & Procedure: Formal complaints are encouraged to be submitted in writing. The complaint will be reviewed by the STMS program director and staff. A written response will be given within 15 business days.