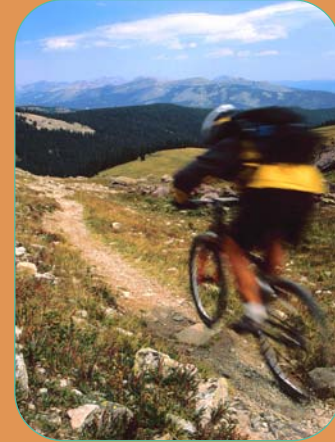


# Office-Based Sports Medicine for the Primary Care Physician

Saturday, May 6, 2006

University of Colorado at Denver and Health Sciences Center  
Fitzsimons Campus  
Research Tower North Auditorium



PRESENTED BY  
CU Sports Medicine  
Departments of Orthopaedics  
University of Colorado School of Medicine

SPONSORED BY  
University of Colorado School of Medicine  
Office of Continuing Medical Education

 SPORTS MEDICINE



## *Course Description*

This program will provide primary care and family medicine physicians, and allied health professionals, with a multidisciplinary approach to the management of acute and chronic activity-related injuries. The target audience will be private practice, community and academic practice Primary Care Physicians – Family Medicine, Internal Medicine, Pediatrics, Residents, Medical Students, and Allied Health Professionals.

## *Learning Objectives*

At the conclusion of this program, the participants should be able to:

1. Describe and recognize common athletic injuries
2. Determine which injuries can be treated conservatively and which injuries require consult to a specialist
3. Distinguish between various diagnostic studies and their efficiency in the clinic setting
4. Refresh techniques for common therapeutic office procedures
5. Prescribe appropriate modalities for recovery (i.e., physical therapy, medications, etc.)

## *Accreditation*

The University of Colorado School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Colorado School of Medicine designates this educational activity for a maximum of 7 AMA PRA Category I Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

American Osteopathic Association credit may be claimed up to 7 Category 2-A hours.

AAPA accepts Category I Credit from AOACCME, Prescribed credit from AAFP, and AMA PRA Category I Credit™ from organizations accredited by ACCME.

## *Registration Fee*

\$100 - Physicians

\$50 - Allied Health Professional

Students and Residents (No fee, but need to register)

Pre-registration is required. The registration fee includes continental breakfast, refreshments, syllabus and CME certificate or certificate of attendance for non physicians.

## *Cancellation*

The full conference fee is refundable, \$45, if your cancellation is received in writing, prior to Wednesday, April 26, 2006. The processing fee is nonrefundable regardless of the reason for cancellation. No refunds will be granted after the deadline or for non attendance. The conference committee reserves the right to cancel this conference in the event of an unforeseen circumstance, or if the minimum acceptable registration is not attained. In the event of a cancellation the Office of CME is obligated to refund the registration fee only.

## *Location*

University of Colorado at Denver  
and Health Sciences Center  
Fitzsimons Campus  
Research Tower North Auditorium

## *Directions*

From I-25 and I-70: Take I-70 east to Peoria. Go south on Peoria to Montview. Turn left (east) on Montview and go to Scranton Street. Turn right (south) on Scranton Street and go to the Breckenridge parking lot. The entrance is on the right, just before Scranton Street ends at 19th Avenue. The Research Tower is directly across the street, to the south of the parking lot.

## *For More Information*

Call the Office of Continuing Medical Education at 800-882-9153 or 303-372-9063 or

e-mail: [cme.meetings@uchsc.edu](mailto:cme.meetings@uchsc.edu).

Conference Manager – Susan Morrison

To view the program, print a registration form, or to register online, please visit: [www.uchsc.edu/cme](http://www.uchsc.edu/cme).

## *Agenda - Saturday, May 6, 2006*

- 7:30 am **Registration and Continental Breakfast**
- 8:00 am **Opening Remarks**  
Michelle Wolcott, MD
- 8:10 am **Health Concerns in Women's Sport Medicine**  
Deborah Saint-Phard, MD
- 8:40 am **Running Injuries**  
Venu Akuthota, MD
- 9:10 am **Radiographic Evaluation of Common Sports Injuries**  
BJ Manaster, MD
- 9:40 am **Question and Answer Session**
- 9:55 am **Diagnosis and Management of Common Knee Injuries**  
Eric McCarty, MD
- 10:25 am **Diagnosis and Management of Common Ankle Injuries**  
Michelle Wolcott, MD
- 10:55 am **PT - Common Rehabilitation Protocols for Knee and Ankle**  
Joy Anderson, PT, AT, C, CSCS
- 11:25 am **Nutrition for the Recreational Athlete**  
Nancy Pudwill, RD
- 11:55 am **Questions and Answers**
- 12:00 pm **Lunch**
- 12:30 pm **Workshop Section 1**
- 1:15 pm **Workshop Section 2**
- 2:00 pm **Workshop Section 3**
- 2:45 pm **Workshop Section 4**
- 3:30 pm **Closing Remarks**  
Michelle Wolcott, MD
- 4:00 pm **Adjourn**

### *Workshops*

Workshops will run for four (4) sessions - participants will be able to select any of the four (4) they would like to attend; please indicate workshop number on registration form.

#### **1. Physical Examination of the Knee**

Sourav Poddar, David Rabalais

#### **2. Physical Examination of the Ankle**

Michelle Wolcott, KG Swan

#### **3. Injections of the Knee**

Eric McCarty, Mike Hart

#### **4. Bracing /Orthotics**

Venu Akuthota, Brett Purdom

#### **5. Casting/Splinting**

John Hill, Ron Leudtke

#### **6. ACL/Injury Prevention**

Andrea Lenz, Joy Anderson

## Course Director

### Michelle Wolcott, MD

Assistant Professor  
CU Sports Medicine  
Department of Orthopedics  
University of Colorado  
School of Medicine

## Faculty

### Venu Akuthota, MD

Assistant Professor  
Department of Physical Medicine  
and Rehabilitation  
Residency Training Director  
Medical Director, Spine Service Clinic

### Joy Anderson, PT, AT-C, CSCS

Physical Therapist  
Sport Medicine Physical Therapy  
Department of Physical Medicine  
and Rehabilitation

### W. Michael Hart, MD

Primary Care Sports Medicine Fellow

### John Hill, D.O., FAAFP, FACSM

Director, Primary Care  
Sports Medicine Fellowship

### Andrea Lenz, MS, AT-C

Certified Athletic Trainer  
CU Sports Medicine

### Ronald Luedtke, OT-C

Certified Orthopaedic Tech  
Department of Orthopaedics

### BJ Manaster MD, PhD

Professor and Vice Chairman  
Department of Radiology –  
Diagnostic Radiology  
University of Colorado  
School of Medicine

### Eric McCarty, MD

Associate Professor  
Chief of Sports Medicine &  
Shoulder Surgery  
CU Sports Medicine  
University of Colorado  
School of Medicine

### Sourav Poddar, MD

Associate Director  
Primary Care Sports Medicine Fellowship

### Nancy Pudwill, RD

Nutrition Connection, Inc.  
CU Active Women's Health  
DU Sports Dietitian

### Brett Purdom, MSPT, AT-C, CSCS

Owner, The Foot Mechanic  
(a company that specializes in  
Biomechanical Evaluations and Custom  
Foot Orthotic Solutions)

### R. David Rabalais, MD

Sports Medicine Fellow

### Deborah Saint-Phard, MD

Direction, Active Women's Health  
Assistant Professor  
Department of Physical Medicine  
and Rehabilitation  
Department of Orthopaedics

### Kenneth G. Swan, MD

Sports Medicine Fellow

## Office-Based Sports Medicine for the Primary Care Provider • May 6, 2006 • Aurora, Colorado

PLEASE PRINT LEGIBLY

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ MI \_\_\_\_\_

(Please print name as you would like it to appear on your CME certificate)

Degree: \_\_\_\_\_ (MD, DO, NP, RN, PA, PT, ATC, OTC, Other) Specialty: \_\_\_\_\_

Address \_\_\_\_\_

Zip \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

Office Phone \_\_\_\_\_ Fax \_\_\_\_\_

E-mail (Please print clearly) \_\_\_\_\_

Fee: Physicians \$100

Allied Health Professionals \$50

Student and Residents (no fee, but need to register)

Enclosed is my check made payable to: University School of Medicine

Visa  MasterCard Card number \_\_\_\_\_

Exp. date \_\_\_\_\_ Signature \_\_\_\_\_

### WORKSHOP CHOICES

Use numbers on workshop list for choices

		CHOICE 1	CHOICE 2
12:30 p.m.	Workshop Section 1	_____	_____
1:15 p.m.	Workshop Section 2	_____	_____
2:00 p.m.	Workshop Section 3	_____	_____
2:45 p.m.	Workshop Section 4	_____	_____

Only registration with credit card payments are accepted by fax, phone and online.

If you fax your registraton, please do not send an original by mail.



Please indicate if you have any special assistance needs.

Return to: SMPC-UCDHSC-CME  
4200 East Ninth Avenue, C295  
Denver, CO 80262

Or fax to: 303-372-9065 Phone: 303-372-9050

You may register online [www.uchsc.edu/cme](http://www.uchsc.edu/cme). Click on the "Register Now" button. Payment by Visa or MasterCard is required to register on-line. When you register on-line, you will receive immediate confirmation of your conference registration. (This site uses industry-standard Secure Sockets Layer (SSL) encryption technology to protect your credit card information.)