Course Description

This exciting program brings together an outstanding faculty of clinicians & educators to discuss evaluation & management strategies for some of the most challenging conditions in sports medicine today. Designed for Athletic Trainers, Physical Therapists & Physical Therapist Assistants, the curriculum evaluates current best practice in areas including concussion, return to play progression, shoulder & lower limb pathologies. By utilizing a combination of physician & clinician led lectures & interactive lab sessions, this program promises to provide an entertaining & challenging learning opportunity.

-Define & apply current best demonstrated evaluation strategies for the athlete after a concussive event, both during competition & in the in clinic environment.
-Define & apply current best evidence to the progressive management & return to sports criteria for athletes after a concussive episode.
-Define & apply current evidence for concussion prevention strategies in the athlete.
-Discuss current evidence for shoulder evaluative tests in the athlete.
-Define & apply current best evidence in the management of shoulder pathologies in the athlete, including labral pathology, instability, impingement & the role of GIRD.
-Define current best practice in surgical management of shoulder labral pathology & its post-operative management.
-Compare & contrast surgical versus non-surgical management of high ankle sprains.
-Define & discuss management strategies for stress fractures in the female triad.
-Discuss current evidence for the efficacy & role of platelet rich plasma injection in the management of soft tissue injury.
-Discuss evidence informed management strategies for athletes with spinal pathology, including spondylolysisis, disc disease & traction neuritis.

Course Faculty

Joseph Abboud, MD
Rothman Institute

Joseph Clark, PhD
University of Cincinnati Dept. of Neurology

Ned Crane, DPT, DAC
NovaCare Rehabilitation

Matthew Donlin, PT
NovaCare Rehabilitation

Marsha Eifert-Mangine EdD, PT, ATC
NovaCare Rehabilitation

Daniel Farber, M.D.
Perelman School of Medicine at the University of Pennsylvania

Steven Feldman, PT, DPT, ATC
NovaCare Rehabilitation

Rothman Institute

Bob Mangine, Med, PT, ATC
NovaCare Rehabilitation

Joseph Rauch, PT, ATC
NovaCare Rehabilitation

Scott Sheridan, MS, PT, ATC, CSCS
Philadelphia Phillies

Roxanne J. Smith DPT, OCS, ATC, CCI, DAC
NovaCare Rehabilitation

NovaCare is the preferred provider of physical therapy to the:
Philadelphia Sports Medicine Conference  
July 11-13, 2014  
NovaCare Complex  
One NovaCare Way • Philadelphia, PA 19145

## SATURDAY, JULY 12

- **8:00 AM**  Recurrent Anterior Shoulder Instability: Role of the Latarjet - Abboud
- **8:45 AM**  GIRD - What's the Relationship to Shoulder Pathology? - Rauch
- **9:15 AM**  The Difference Between Quarterback's and Pitcher's Rehabilitation - Mangine
- **9:45 AM**  Role of the Labrum in the Throwing Shoulder - Donlin
- **10:15 AM**  Break
- **10:30 AM**  Examination Techniques for the Shoulder: Selection and Sensitivity - Mangine
- **11:00 AM**  Concepts in Conservative Management of the Throwing Shoulder - Rauch
- **11:20 AM**  Post-Surgical Management after Stabilization and Labral Repair - Mangine
- **11:50 AM**  Return to Throwing Progression and RTP Evaluation - Sheridan
- **12:15 PM**  Lunch
- **2:00 PM**  Return to Play Progression - Mangine
- **2:45 PM**  The Female Triad and Stress Fractures - Smith
- **3:30 PM**  Break
- **4:15 PM**  Functional Training Lab
- **6:00 PM**  Adjourn

## SUNDAY, JULY 13

- **8:00 AM**  Treatment with Platelet Rich Plasma (PRP): usefulness of placebo? - Mangine
- **8:45 AM**  The Use of Diagnostic Ultrasound in Sports - Eifert-Mangine
- **9:30 AM**  Cervical Spine ‘Stingers’ - Can they be Managed? - Rauch
- **10:15 AM**  Break
- **10:30 AM**  Managing Spondylolisthesis in the Competitive Athlete - Donlin
- **11:15 AM**  Alternative Weight Training for the Athlete with Intervertebral Disc Disease - Donlin
- **12:30 PM**  Adjourn

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### Tuition:

Tuition: $395

Select Medical Corporation is an approved provider of education with the National Athletic Trainers Board of Certification. 21.5 contact hours have been applied for with the following State Boards of Physical Therapy – Pennsylvania, Maryland, New Jersey, and Virginia. The course has also been submitted to the NSCA for CSCS and Certified Personal Trainers.

### Course Registration

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### Method of Payment

- Check □
- VISA □
- MasterCard □

Credit Card #: __________  
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### Cancellation Policy

Written notification of cancellation 10 days prior to course date – Refund will be honored (less $50 processing fee). Cancellation notification within 10 days prior to the course will result in full forfeiture of tuition amount. Select Medical reserves the right to cancel this program. In the event of course cancellation, a full refund will be given.