

SEVENTH ANNUAL  
**UCSF SPORTS MEDICINE**  
SPORTS INJURY AND  
REHABILITATION CONFERENCE

**THE ACUTELY INJURED  
ATHLETE**

**SATURDAY  
June 14, 2014**

**Mission Bay Conference Center @ UCSF  
Fisher Banquet Room  
1675 Owens Street  
San Francisco, CA 94143-3008**

As certified athletic trainers and physical therapists you are on the front lines of orthopaedic care. Many musculoskeletal problems can be managed conservatively; however, some musculoskeletal problems should be urgently referred for physician evaluation. This conference will focus on these urgent **RED FLAG** athletic injuries in both pediatric and adult athletes.

**Course Objectives**

*At the end of this conference you will be able to...*

- Identify red flag diagnoses in a patient with an acute knee, shoulder, hand, elbow, or hip injury.
- Perform a complete examination of the knee.
- Perform a complete examination of the shoulder.
- Design a return to running plan for an injured runner.

According to the education levels described by the CEC Committee of the NATA, the following continuing education course is considered to be an Advanced Level.

**Registration includes boxed lunch, refreshments, and a flash drive with lecture presentations.**

**Course Program**  
**Saturday, June 14, 2014**

**Lectures:**

7:15-8:00	<b>Check-in / Registration</b>
8:00-8:10	<b>Welcome</b>
8:10-8:40	<b>Traumatic Knee Effusion in the Athlete</b> <i>Christina Allen, MD</i>
8:40-9:00	<b>Don't Run Through That:</b> <b>Runner Red Flags</b> <i>Anthony Luke, MD</i>
9:00-9:10	<b>Q &amp; A: Session One</b>
9:10-9:25	<b>BREAK I</b>
9:25-9:55	<b>Shoulder Red Flags</b> <i>Brian Feeley, MD</i>
9:55-10:25	<b>Elbow and Hand Emergencies in Sports</b> <i>Nico Lee, MD</i>
10:25-10:55	<b>Acute Ortho Referral Red Flags</b> <i>Lowen Cattolico, PT, Gina Biviano, ATC and Benjamin Ma, MD</i>
10:55-11:05	<b>Q &amp; A: Session Two</b>
11:05-11:20	<b>BREAK II</b>
11:20-11:50	<b>What to do with a Limper</b> <i>Nirav Pandya, MD</i>
11:50-12:20	<b>Are you sure that is an Orthopaedic Problem?</b> <i>Carlin Senter, MD</i>
12:20-12:30	<b>Q &amp; A: Session Three</b>
12:30-1:30	<b>LUNCH- Provided for your convenience.</b>

**Workshops**

*No Selection Necessary*  
*Courses repeat for each section*

**Attendees will be split in groups by date of registration.**

**Workshop A:**

1:30-2:40	<b>Hands-On Shoulder Examination</b> <i>UCSF MDs</i>
2:40-3:50	<b>Hands-On Knee Examination</b> <i>UCSF MDs</i>
3:50-5:00	<b>How to Return the Injured Runner to Running</b> <i>Anthony Luke, MD, Lowen Cattolico, PT and Erin Green, PT</i>

**Workshop B:**

1:30-2:40	<b>How to Return the Injured Runner to Running</b> <i>Anthony Luke, MD, Lowen Cattolico, PT and Erin Green, PT</i>
2:40-3:50	<b>Hands-On Shoulder Examination</b> <i>UCSF MDs</i>
3:50-5:00	<b>Hands-On Knee Examination</b> <i>UCSF MDs</i>

**Workshop C:**

1:30-2:40	<b>Hands-On Knee Examination</b> <i>UCSF MDs</i>
2:40-3:50	<b>How to Return the Injured Runner to Running</b> <i>Anthony Luke, MD, Lowen Cattolico, PT and Erin Green, PT</i>
3:50-5:00	<b>Hands-On Shoulder Examination</b> <i>UCSF MDs</i>





## COURSE CHAIRS:

**Carlin Senter, MD**

Assistant Professor, Primary Care Sports Medicine  
UCSF Sports Medicine and Shoulder Service

**Jason Miyamoto, MS ATC**

Manager of Athletic Training Services  
UCSF Sports Medicine and Shoulder Service

## COURSE FACULTY:

**Christina Allen, MD**

Professor of Orthopaedic Surgery  
UCSF Sports Medicine and Shoulder Service

**Gina Biviano, MA, ATC**

Athletic Trainer  
UCSF Sports Medicine and Shoulder Service

**Lowen Cattolico, PT, OCS**

UCSF PT Faculty Practice, Orthopaedic Specialist

**Nicholas Colyvas, MD**

Assistant Clinical Professor of Orthopaedic Surgery  
UCSF Sports Medicine and Shoulder Service

**Brian Feeley, MD**

Assistant Professor of Orthopaedic Surgery  
UCSF Sports Medicine and Shoulder Service

**Erin Green, PT, DPT**

UCSF PT Faculty Practice

**Nico Lee, MD**

Assistant Professor of Orthopaedic Surgery  
UCSF and SFGH Hand and Upper Extremity Surgery

**Anthony Luke, MD, MPH**

Associate Professor, Director, Primary Care Sports Med  
UCSF Sports Medicine and Shoulder Service

**C. Benjamin Ma, MD**

Associate Professor of Orthopaedic Surgery  
Chief, UCSF Sports Medicine and Shoulder Service

**Nirav Pandya, MD**

Director of Sports Medicine  
Children's Hospital & Research Center Oakland  
Assistant Professor of Orthopaedic Surgery  
UCSF Sports Medicine and Shoulder Service

**Alan Zhang, MD**

Orthopaedic Surgery /Sports Medicine Fellow  
UCSF Sports Medicine and Shoulder Service

## PROGRAM INFORMATION:

**Registration:** UCSF Office of CME

**Online** [www.cme.ucsf.edu](http://www.cme.ucsf.edu)

*Will close 36 hours before conference*

**Mail** Complete and mail course registration form (on the right)

*Must be received by CME office by Tues, June 10<sup>th</sup>*

**Fax** Complete and fax course registration form (on the right)

*Must be received by CME office by Tues, June 10<sup>th</sup>*

### Course Options:

**\$125** Early Bird Registration, (Until 4/30/14)

**\$175** Conference Registration

**\$199** On-Site Registration

### Cancellation Policy:

Cancellations received in writing before the first day of the course will be refunded, less a \$35 administrative fee. No refunds will be made on cancellations received after that date.

### Continuing Education:

UCSF Sports Medicine is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. Provider #P3359.

**This course qualifies for 7 CEUs.**

UCSF Sports Medicine is in the process of attaining PT CEUs through Synergy Physical Therapy Rehabilitation Network. Approval #: Pending

**This course qualifies for 0.7 CEUs.**

### Parking:

**UCSF Conference Center Parking Garage  
1675 Owens Street**

There is a standard fee to park.

### Extras:

Attendees may bring wireless devices as Wi-Fi will be available for the conference.

Schedule, topics, and presenters are subject to change without notice.



## **Conference Registration**

**7<sup>th</sup> Annual**

**Sports Injury and Rehabilitation Conference**

Course Number: MMH 14011

Saturday, June 14<sup>th</sup>, 2014 | Mission Bay Conference Center

**Mail to:** UCSF Office of CME  
P.O. Box 45368  
San Francisco CA, 94145-0368  
**Phone:** (415) 476-5808  
**Fax:** (415) 502-1795  
**Web:** [www.cme.ucsf.edu](http://www.cme.ucsf.edu)

**Name:** \_\_\_\_\_

**Credentials:** \_\_\_\_\_

**Employer:** \_\_\_\_\_

**Specialty:** \_\_\_\_\_

**Employer Address:** \_\_\_\_\_

**City, State, Zip:** \_\_\_\_\_

**Email:** \_\_\_\_\_

Would you like to be on our priority mailing list? ☐ Y ☐ N

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**Name on Card:** \_\_\_\_\_

**Signature:** \_\_\_\_\_ **Exp Date:** \_\_\_\_\_