

First Annual

# James A. Nicholas Sports Medicine Symposium

## THE THROWING ATHLETE

November 9th, 2012 | 8:00 am - 4:00 pm

Einhorn Auditorium, Lenox Hill Hospital

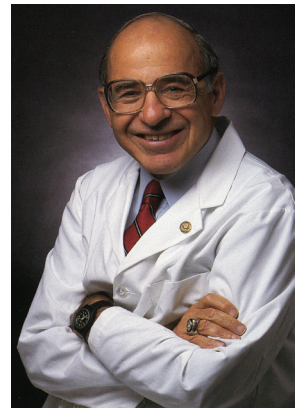
131 East 76th Street

New York, NY 10075



You are invited to attend the **1st Annual James A. Nicholas Sports Medicine Symposium**, hosted by the Nicholas Institute of Sports Medicine and Athletic Trauma (NISMAT). This symposium will focus on the throwing athlete, their care and rehabilitation.

- Registration fees:  
\$200 for physicians  
\$150 for other health professionals  
\$100 for North Shore-LIJ Employees
- To pay by credit card, please call Janet Christenson at (212) 434-2700.
- Make check payable to NISMAT, and send payment along with name, credentials, address, phone number, email, affiliation and specialty to:  
Lenox Hill Hospital  
NISMAT, 2 Uris - Attn: Janet Christenson  
100 East 77th Street, New York, NY 10075



James A. Nicholas, MD

### PROGRAM AGENDA

- 8:00 AM Introductory Remarks
- 8:10 AM The contributions of James A. Nicholas, MD to sports medicine: The NISMAT Philosophy
- 8:30 AM Keynote Lecture: "Instability in the throwing athlete" (45 min. lecture, 10 min. Q&A)
- 9:25 AM "Rehabilitation for shoulder instability in the throwing athlete" (30 min lecture, 5 min Q&A)
- 10:00 AM "Special considerations for injuries in the skeletally immature throwing athlete" (35 min lecture, 10 min Q&A)
- 10:45 AM COFFEE BREAK**
- 11:00 AM "Rotator cuff pathology in throwing athletes" (25 min lecture, 5 min Q&A)
- 11:30 AM "Rehabilitation after rotator cuff injury in throwing athletes" (25 min lecture, 5 min Q&A)
- 12:00 PM LUNCH BREAK**
- 1:00 PM Welcome to Lenox Hill Hospital Orthopaedics
- 1:15 PM "UCL by the Master: Diagnosis, evaluation and treatment of UCL injuries in throwing athletes" (35 min lecture, 10 min Q&A)
- 2:00 PM "The role of the scapula in rehabilitation of the throwing athlete" (30 min lecture, 5 min Q&A)
- 2:35 PM "Upper extremity injuries in professional baseball pitchers" (35 min lecture, 10 min Q&A)
- 3:20 PM "Evaluation, diagnosis and treatment of AC joint injuries in the throwing athlete" (30 min lecture, 5 min Q&A)
- 3:55 PM Closing Remarks
- 4:00 PM SYMPOSIUM ADJOURNS**

Stephen J. Nicholas, MD  
Malachy P. McHugh, PhD  
James R. Andrews, MD  
Michael J. Mullaney, DPT  
George A. Paletta, Jr., MD

Benjamin B. Bedford, MD  
Takumi Fukunaga, PT, ATC, CSCS

Elliott B. Hershman, MD  
James R. Andrews, MD

Timothy F. Tyler, PT, ATC  
Kenneth Akizuki, MD  
Steven J. Lee, MD

Stephen J. Nicholas, MD

## SYMPOSIUM FACULTY

### James R. Andrews, MD

Dr. James Andrews is founder and Medical Director of the American Sports Medicine Institute (ASMI), a non-profit institute dedicated to injury prevention, education and research in orthopaedics and sports medicine. Dr. Andrews is the past President of the American Orthopaedic Society for Sports Medicine and has served on the Board of Directors of the Arthroscopy Association of North America as well as the International Knee Society. He is Clinical Professor of Orthopaedic Surgery at the University Alabama Birmingham Medical School, the University of Virginia School of Medicine, the University of Kentucky Medical Center, University of South Carolina Medical School and Adjunct Professor in the Department of Orthopaedic Surgery at the University of South Alabama.

Dr. Andrews serves as Medical Director for Intercollegiate Sports at Auburn University; Senior Orthopaedic Consultant at the University of Alabama and serves on the Medical and Safety Advisory Committee of USA Baseball and on the Board of Little League Baseball, Inc. Dr. Andrews is Senior Consultant for the Washington Redskins Professional Football team, Medical Director for the Tampa Bay Rays Professional Baseball Team, and the Medical Director of the Ladies Professional Golf Association.

### Kenneth Akizuki, MD

Dr. Akizuki is the primary orthopedic team physician for the San Francisco Giants and team physician for the University of San Francisco, San Francisco State, and a number of other colleges. Dr. Akizuki is board certified by the American Board of Orthopedic Surgery and fellowship trained in sports medicine. He is also a current member of the NCAA Health and Safety Committee and was awarded recognition by the National Athletic Trainers Association at their annual Far West meeting in 2004. He is a regular lecturer at the University of California, San Jose State University, and has presented at Major League Baseball Winter Meetings, and the American Academy of Orthopedic Surgeons annual meeting.

### Benjamin B. Bedford, MD

Dr. Bedford is a fellowship trained Orthopedic Surgeon specializing in the sports medicine. Dr Bedford has presented research and instructional lectures at numerous orthopedic conferences. Additionally he has authored research articles in topics related to orthopedics and sports medicine. He currently performs clinical research at the Nicholas Institute for Sports Medicine and Athletic Trauma (NISMAT) and maintains a special interest in the treatment of throwing athletes, including ligament injuries and cartilage defects. Dr Bedford completed a sports medicine fellowship at the American Sports Medicine Institute in Birmingham, Alabama under the direction of James R. Andrews MD

### Takumi Fukunaga, DPT, ATC, CSCS

Tak is a senior physical therapist and research assistant at the Nicholas Institute of Sports Medicine and Athletic Trauma (NISMAT). Tak is the Center Coordinator of Clinical Education for physical therapy interns and a Master Clinician for the Department of Physical Therapy at New York University. He is a member of the APTA, Orthopedic and Sports Physical Therapy sections, and the running special interest group. At NISMAT, Tak leads the runners' program and founded the runners' injury clinic, open to the public on a monthly basis. Tak is an athletic trainer for intercollegiate athletics at New York University, and currently is the athletic trainer for the NYU men's ice hockey team.

### Elliott B. Hershman, MD

Dr. Hershman is the Chairman of the Department of Orthopaedic Surgery at Lenox Hill Hospital. For over twenty years he has been a team orthopaedist for the New York Jets and from 1996-2010 was team orthopaedist for the New York Islanders. Additionally, since 1985 he has provided orthopaedic care for athletes at Hunter College. When the World Cup was played in New York City in 1994, Dr. Hershman was selected as the Sports Medicine Officer for all of the international teams that played at the Meadowlands New York venue (World Cup). He is the author of numerous textbooks and publications in peer review journals.

### Steven J. Lee, MD

Steven J. Lee MD is a board certified, orthopedic surgeon and a Fellow of the American Academy of Orthopaedic Surgeons. Dr. Lee completed a Hand and Upper Extremity Fellowship at NYU/Hospital for Joint Diseases and a Sports Medicine Fellowship at Lenox Hill Hospital. Dr Lee is the Director of Surgery of the Upper Extremity at Lenox Hill Hospital. During this training, he participated in the care of the NY Jets, Islanders and Rangers, and has been team physician for the New Jersey Red Dogs/ Gladiators, and Hofstra University. He is also a consultant for the PGA tour. Dr. Lee is widely published in peer-reviewed journals and has presented at numerous national meetings.

### Malachy P. McHugh, PhD

Dr. McHugh is the Director of Research at the Nicholas Institute of Sports Medicine and Athletic Trauma (NISMAT) at Lenox Hill Hospital where he leads a multidisciplinary research team. Dr McHugh is a fellow of the American College of Sports Medicine, an associate Member of the American Orthopaedic Society for Sports Medicine, and a member of the Orthopaedic Research Society. He is an adjunct professor in the Department of Physical Therapy at New York University and a consultant with the New York Rangers. Dr McHugh is on the Editorial Board for the Scandinavian Journal of Medicine and Science in Sports and has more than 100 publications in peer-reviewed journals.

### Michael J. Mullaney, DPT, SCS

Michael is a clinical research consultant at the Nicholas Institute of Sports Medicine and Athletic Trauma (NISMAT) at Lenox Hill Hospital. He has a Board Certification as a Sports Certified Specialist and established Mullaney & Associates Physical Therapy, LLC in Matawan, NJ in 2007. Michael is extensively published in peer-reviewed sports medicine journals, has presented at multiple sports medicine conferences, and co-authored several book chapters. Michael is a past Chairman for the Shoulder Special Interest Group of the Sports Physical Therapy Section of the APTA.

### Stephen J. Nicholas, MD

Dr. Nicholas is the Director of the Nicholas Institute of Sports Medicine and Athletic Trauma (NISMAT) at Lenox Hill Hospital. Dr. Nicholas has served as the orthopedic team physician for the New York Jets Football Club, the New York Islanders Hockey Team, Hofstra University, the New Jersey Gladiators, and the New Jersey Rockin' Rollers. He also served as a member of the mayor's New York City Sports Commission. Dr. Nicholas has been recognized as "One of New York's Best Doctors" by New York Magazine for the last ten years. He is a member of the American Orthopaedic Association and the American Orthopaedic Society for Sports Medicine and is extensively published in the sports medicine literature.

### George A. Paletta, Jr., MD

Dr. Paletta is a board certified, nationally recognized leader in orthopaedic sports medicine and serves as the medical director/head team physician for the St. Louis Cardinals baseball team. He is affiliated with The Orthopedic Center of St. Louis, where he and two partners run the Center for the Athlete's Shoulder and Elbow (CASE). Dr. Paletta has served as the associate team physician for the New York Mets and team physician/medical director for the St. Louis Rams. He is author or co-author in more than 50 peer-reviewed journal articles and has given more than 100 national and international lectures on sports medicine topics. Dr. Paletta was also chief of sports medicine at Washington University in St. Louis from 1998-2005.

### Timothy F. Tyler, PT, ATC

Tim is a clinical research consultant at the Nicholas Institute of Sports Medicine and Athletic Trauma (NISMAT) at Lenox Hill Hospital. In 2001 he established PRO Sports Physical Therapy of Westchester, a private practice in Scarsdale, NY. Tim is also head athletic trainer at Scarsdale High School in Westchester. He is a member of the APTA, AOSSM, NATA and serves on the Editorial Board of The Journal of Sport Rehabilitation and The International Journal of Sports Physical Therapy. He has published over 30 articles in peer-reviewed journals and numerous book chapters. In 2010 he was president of the Sport Physical Therapy Section of the American Physical Therapy Association and the American Society of Shoulder and Elbow Therapists.

## CME ACCREDITATION

North Shore – LIJ Health System is accredited by the Accreditation Council for Continuing Medical Education to provide Continuing Medical Education for physicians.

## CREDIT DESIGNATION

The North Shore – LIJ Health System designates this live educational activity for a maximum of 6.75 AMA PRA Category I credits (TM). Physicians should only claim credit commensurate with the extent of their participation in the activity.

## DISCLOSURE POLICY

North Shore-LIJ Health System adheres to the ACCME's New Standards for Commercial Support. Any individuals in a position to control the content of a CME activity, including faculty, planners and managers, are required to disclose all financial relationships with commercial interests. All identified potential conflicts of interest are thoroughly vetted by North Shore-LIJ for fair balance and scientific objectivity and to ensure appropriateness of patient care recommendations.

**Physical Therapists:** The Long Island Jewish Medical Center is recognized by the New York State Education Department's State Board for Physical Therapy as an approved provider of physical therapy and physical therapist assistant continuing education. Participants will receive a certificate at the completion of the conference for 8.1 contact hours.

**Athletic Trainers:** North Shore-LIJ Rehabilitation Network is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program has been approved for a maximum of 6.75 hours of Category A continuing education. Certified Athletic Trainers are responsible for claiming only those hours actually spent participating in continuing education activity. BOC Approved Provider Number: P8350. Number of hours actually participated: 6.75.