James A. Nicholas
Sports Medicine Symposium

Injuries in Football: Current Treatment Trends

Friday
November 15, 2013
8:00 am - 4:30 pm
Einhorn Auditorium
Lenox Hill Hospital
131 East 76th Street
New York, NY 10021

Course Director
Stephen J. Nicholas, MD
Director
Nicholas Institute of Sports Medicine and Athletic Trauma (NISMAT) at Lenox Hill Hospital

North Shore-LIJ Faculty
Benjamin B. Bedford, MD
Steven J. Lee, MD
Malachy P. McHugh, PhD
Nicholas A. Sgaglione, MD
Timothy F. Tyler, PT, ATC

Guest Faculty
Philip P. Rosenthal, MBA
Brandon Schmitt, DPT, ATC
Patrick A. Smith, MD
Russell F. Warren, MD

This symposium is made possible by a gift from the Family of Leon Hess.
James A. Nicholas Sports Medicine Symposium
Injuries in Football: Current Treatment Trends
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Two Ways to Register:
ON-LINE: http://cmetracker.net/NSLIJ/Login?FormName=RegLoginLive&Eventid=12104

You can register online using a credit card or check as payment for conference fees and to receive immediate confirmation.

MAIL: Lenox Hill Hospital
      NISMAT, 2 Uris - Attn: Janet Christenson
      100 East 77th Street, New York, NY 10075

Registration Information (Please Print Clearly)
Name: ______________________________________  Credentials: ___________________________ (MD, DO, PA, PT, PTA, ATC, etc.)
Address: ____________________________________________________________________________
City: ________________________________________  State: ______  Zip: _________________________
Phone (Days): ______________________________  Cell: ________________________________
Email: ___________________________________________________________________________
Affiliation: ________________________________  Specialty: ______________________________

Please Indicate:  □ MD  □ DO  □ PA  □ PT  □ PTA  □ ATC  Other _____________________________

Fees: $200 for physicians; $100 for North Shore-LIJ Health System employees; $150 for all others.
Registration fee includes course materials, breakfast, lunch, break and CME/CEU certificate of attendance.

☐ Enclosed is my check for $ _________.00  ☐ Check#__________ Make payable to NISMAT

If payment has not been received, your registration will not be processed.

A confirmation letter will be sent.

If you have any questions regarding registration for this course please call Janet Chistenson, NISMAT Administrator at (212) 434-2700 for assistance.

Cancellation Policy: All cancellations must be confirmed in writing to NISMAT by Friday, November 8, 2013.
Forward written cancellations to jchristenson@nshs.edu write in the Subject Line “NISMAT Conference Cancellation”.
An administrative fee of $15 will be retained for all cancellations. No refunds will be given after this date or for “no-shows”.
# 2nd Annual James A. Nicholas Sports Medicine Symposium

## Injuries in Football: Current Treatment Trends

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<td>Introductory Remarks</td>
<td>Stephen J. Nicholas, MD</td>
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<td>8:10 am</td>
<td>The contributions of James A. Nicholas, MD to sports medicine in the NFL</td>
<td>Philip P. Rosenthal, MS, MBA</td>
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<td>8:30 am</td>
<td>Injuries in the NFL: A Historical Perspective</td>
<td>Russell F. Warren, MD</td>
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<td>9:15 am</td>
<td>Cartilage repair in football players</td>
<td>Nicholas A. Sgaglione, MD</td>
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<td>10:00 am</td>
<td>ACL reconstruction: Do we need the double-bundle technique?</td>
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<td>11:00 am</td>
<td>Sideline management of concussion: The trainers perspective</td>
<td>Brandon Schmitt, DPT, ATC</td>
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<td>Management of hamstring strains: preventing recurrences</td>
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<td>1:00 pm</td>
<td>The use of platelet-rich plasma in the treatment of sports injuries</td>
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<td>Treating shoulder instability in football players</td>
<td>Stephen J. Nicholas, MD</td>
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<td>2:00 pm</td>
<td>The use of NSAIDs in the management of football players</td>
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<td>3:00 pm</td>
<td>Management of hand and wrist injuries in football players</td>
<td>Steven J. Lee, MD</td>
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<td>3:45 pm</td>
<td>Injury prevention in football players</td>
<td>Malachy P. McHugh, PhD</td>
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<td>Closing Remarks</td>
<td>Stephen J. Nicholas, MD</td>
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Statement of Need: This conference will address current approaches to the evaluation, diagnosis and treatment of football-related injuries. Common and difficult football-related injuries will be discussed, with emphasis on current treatment trends and the best evidence-based approaches. Current treatment controversies, risk factors for injury and preventive strategies will be addressed.

Learning Objectives: All North Shore-LIJ Health System continuing education activities are designed to improve patient care, safety and outcomes. At the conclusion of this conference, participants should be able to:

- EVALUATE treatment options for the football player with articular cartilage damage in the knee.
- EXPLAIN treatment options for the football player with an ACL injury.
- UNDERSTAND the process, and have access to the resources, for diagnosis, treatment and management of football players with concussion.
- UNDERSTAND hamstring strain treatment strategies to minimize injury recurrence.
- EXPLAIN the specific indications and considerations for the use of platelet-rich plasma injections in football-related injuries.
- IDENTIFY treatment options for the football player with shoulder instability.
- DISCUSS the indications and contraindications for prescribing NSAIDs in the overall medical management of football players.
- EXPLAIN treatment options for the football player with wrist and finger injuries.
- DESCRIBE the scientific process for successfully reducing injury risk in football and strategies for overcoming practical obstacles.

Target Audience: Orthopaedic surgeons, physical therapists, athletic trainers and sports medicine physician.

CME Accreditation/Credit Designation
North Shore-LIJ Health System is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. Credit Designation: North Shore-LIJ Health System designates this educational activity for a maximum of 7.0 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Continuing Educational Credits

Physical Therapy: Long Island Jewish Medical Center, member of the North Shore-LIJ Health System, 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 8.8 contact hours.

Athletic Trainers: North Shore-LIJ Health System 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 7.0 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: 7.

Certificate of Attendance: Certificate of attendance will be awarded to qualifying participants at the end of the lecture. Please check with your licensing authority to determine your continuing education requirement.

Faculty 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.

Registration Fees: $200 for physicians; $100 for North Shore-LIJ Health System employees; $150 for all others. Registration fee includes course materials, breakfast, lunch, break and CME/CEU certificate of attendance.

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Accreditation
Benjamin B. Bedford, MD, is a fellowship trained orthopaedic surgeon specializing in sports medicine and currently practicing at Lenox Hill Hospital and NY Orthopedics. Dr. Bedford has presented research and instructional lectures at numerous orthopaedic conferences. Additionally he has authored research articles in topics related to orthopaedics and sports medicine. He currently performs clinical research at the Nicholas Institute for Sports Medicine and Athletic Trauma (NISMAT). Dr. Bedford completed a sports medicine fellowship at the American Sports Medicine Institute in Birmingham, Alabama under the direction of James R. Andrews, MD.

Steven J. Lee, MD, is a board certified orthopaedic 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, 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.

Stephen J. Nicholas, MD, is the director of the Nicholas Institute of Sports Medicine and Athletic Trauma (NISMAT) at Lenox Hill Hospital. Dr. Nicholas has served as the orthopaedic 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 10 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.

Philip P. Rosenthal, MBA, was appointed chief operating officer (COO) of Jewish Guild Healthcare (formerly The Jewish Guild for the Blind) in January 2012. Previously, Mr. Rosenthal spent 32 years with Lenox Hill Hospital. While at Lenox Hill, he held positions as the executive director of the Nicholas Institute of Sports Medicine and Athletic Trauma, vice president of operations, executive director of Manhattan Eye, Ear & Throat Hospital, Executive Vice President, Chief Administrative Officer, and most recently, the executive director of the hospital. He is the author or co-author of several peer-reviewed publications, including a chapter in a book on sports medicine. Mr. Rosenthal earned his BA from Hunter College of the City University of New York, graduating Magna Cum Laude, and was elected to the Hunter College Hall of Fame in 1997. He earned an MS from The Pennsylvania State University and an MBA from Columbia University’s Graduate School of Business Administration, which presented him with its Distinguished Service Award.

Brandon Schmitt, DPT, ATC, graduated from Slippery Rock University with both DPT and ATC degrees. He is currently working as a physical therapist at PRO Sports Physical Therapy of Westchester, Scarsdale NY. Mr. Schmitt is also the athletic trainer at Scarsdale High School. Mr. Schmitt is a clinical researcher with interests in concussion, tendinopathies and muscle strains. He has published and presented internationally. Mr. Schmitt is currently serving as the vice chair of the Knee Special Interest Group for the national Sports Physical Therapy Section.

Nicholas A. Sgaglione, MD, is chair of the Department of Orthopaedic Surgery at North Shore-LIJ Health System and professor and chair at the Hofstra North Shore-LIJ School of Medicine. Dr. Sgaglione is the immediate past president of the Arthroscopy Association of North America and serves on the Board of Directors and Executive Committee. He also is a member of the American Orthopaedic Association. Dr. Sgaglione serves on the editorial board of several medical journals and is the author of more than 57 published articles and book chapters on knee, shoulder, ankle and articular cartilage surgery and arthroscopy. He has co-authored and edited two textbooks on arthroscopy and orthopedic surgery, and has lectured internationally on sports medicine and care of athletic injuries. Dr. Sgaglione specializes in sports medicine, particularly knee, shoulder and elbow problems and arthroscopic and reconstructive surgery, including knee and shoulder replacement surgery and cartilage transplantation.
Patrick A. Smith, MD, is board certified by the American Board of Orthopaedic Surgery and also as a subspecialty, board certified in Sports Medicine. He is a member of the numerous organizations such as the American Academy of Orthopaedic Surgery, American Orthopaedic Society for Sports Medicine and Arthroscopy Association of North America. He has served as the head team physician for the University of Missouri athletic department since 1991. He recently received the “Sports Medicine Hall of Fame Award” by the Missouri Athletic Trainer’s Association. Dr. Smith is a clinical assistant professor of surgery at the University of Missouri-Columbia, and most recently (2010) was appointed director of the Division of Sports Medicine at the University of Missouri.

Timothy F. Tyler, PT, ATC, 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. Mr. Tyler is also head athletic trainer at Scarsdale High School in Westchester. He is a member of the American Physical Therapy Association, American Orthopaedic Society for Sports Medicine, National Athletic Trainers’ Association and serves on the Editorial Board of The Journal of Sport Rehabilitation and The International Journal of Sports Physical Therapy. He has published more than 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.

Russell F. Warren, MD, is the surgeon-in-chief emeritus of the Hospital for Special Surgery in Manhattan and professor of orthopaedics at the Weill Medical College of Cornell University. He is currently the team physician for the New York Giants. He is the past president of the American Orthopaedic Society for Sports Medicine (AOSSM) and the American Shoulder and Elbow Society (ASES). The Hospital for Special Surgery established the Russell F. Warren Research Chair in soft tissue research in 2005. He has published more than 300 papers on a variety of orthopaedic topics related to disease and injury of the shoulder and knee. Dr. Warren has received AOSSM’s O’Donoghue Award for Sports Medicine Research three times since 1982 along with the Humana Award for Clinical Research in 1992 and Mr. Sports Medicine in 2003. He has also received the prestigious ASES Charles S. Neer Award in 1989, 1995, 2002, 2003 and the Jerry “Hawk” Rhea Award for Outstanding NFL Team Physician in 2004. He also served as AOSSM board president in 1995 and was president of ASES in 1994.

Planning Committee

Benjamin B. Bedford, MD, Consultant
Nicholas Institute of Sports Medicine and Athletic Trauma (NISMAT)

Janet Christenson, BS/HA, Administrator
Nicholas Institute of Sports Medicine and Athletic Trauma (NISMAT)

Steven Lee, MD, Associate Director
Nicholas Institute of Sports Medicine and Athletic Trauma (NISMAT)

Malachy McHugh, PhD, Director of Research
Nicholas Institute of Sports Medicine and Athletic Trauma (NISMAT)

Stephen J. Nicholas, MD, Director
Nicholas Institute of Sports Medicine and Athletic Trauma (NISMAT)

Timothy F. Tyler, PT, ATC, Consultant
Nicholas Institute of Sports Medicine and Athletic Trauma (NISMAT)

Conference Coordinated by:
North Shore-LIJ Rehabilitation Network
Patric McQuade, MS, PT, Director
Ronald Nonaillada, MPA, OTR/L
Program Manager, Conference Coordinator

Acknowledgements:
All educational financial support will be acknowledged on the day of the program.