

THE UNIVERSITY OF CHICAGO

13th Annual Conference

# Current Concepts in Primary Care Sports Medicine

March 3-5, 2016



**Millennium Knickerbocker Hotel**

163 East Walton Place  
Chicago, Illinois

**Conference Director:**

**Holly J. Benjamin, MD, FAAP, FACSM**

Professor of Pediatrics and Orthopedic Surgery  
Director, Primary Care Sports Medicine

This activity has been  
approved for  
*AMA PRA Category 1 Credit™*



THE UNIVERSITY OF  
**CHICAGO**  
MEDICINE &  
BIOLOGICAL  
SCIENCES

Register online at: [cme.uchicago.edu](http://cme.uchicago.edu)

## Conference Description

This conference will provide primary care physicians and allied health professionals with the knowledge and skills necessary to care for patients and/or athletes with both medical and orthopedic sports related problems. The medical components will include current information on exercise-induced asthma, sudden cardiac death in athletes, concussions/c-spine injuries, heat illness, mononucleosis, sideline emergencies and return-to-play issues, steroids/supplements, and proper fluids/sports nutrition recommendations. The orthopedic components will highlight a review of common musculoskeletal injuries ranging from sprains, strains, and pediatric musculoskeletal development issues to evaluation and management strategies for sports related orthopedic injuries to the hip, spine, knee, shoulder, elbow, ankle, and foot including indications for orthopedic surgical referral. The program will place emphasis on providing physicians with basic diagnostic and treatment algorithms that are easily used in primary care offices as well as in the athletic event setting. Course faculty will include local, regional, and national experts in the fields of sports medicine, orthopedics, and rehabilitation medicine. New course content includes additional break-out sessions with greater hands on demonstrations as well as more small group interactions with the course faculty.

Again, we are pleased to offer morning **AM Break-out Sessions**. Attendees may choose one AM session per day. **Day One** sessions: Sports Pulmonary – Special Considerations; Sports Cardiology; Emergency Action Plans, AED Use, Clearance for Cardiac Conditions; and Sideline Management: Urgent Care Issues in Injured Athletes from Training Rooms to Medical Tents. **Day Two** sessions: Concussion Current Guidelines for Evaluation and Treatment; Sports Nutrition: Translating Science into Practice (case-based); or Joint Injections and Minimally Invasive Procedures. **Closing day** sessions: Accelerating Recovery: What Athletes are Doing and the Science Behind it; Pelvic Floor Dysfunction and Care Assessments in Athletes; and Vestibular Rehabilitation for Head Injured Athletes: Are We Making a Difference?

### Learning Objectives

After participating in this conference, participants will be able to:

- Diagnose common problems in sports medicine-medical and orthopedic;
- Initiate appropriate treatment strategies including: medications, braces, and therapy;
- Determine which problems need to be referred and urgency of referral;
- Develop an understanding of radiologic imaging in sports medicine

### Target Audience

The target audience includes Family Medicine, Internal Medicine, Sports Medicine, Pediatrics, Physical Medicine and Rehabilitation, Emergency Medicine, Nurse Practitioners, Physical Therapists, Athletic Trainers and other Health Professionals interested in the diagnosis and management of common sports related injuries and illnesses.

### Optional Afternoon Workshops

Optional Workshops are active learning sessions designed to provide each attendee with advanced physical exam skills.

**Price is \$75 per workshop:** All optional workshops have limited seating available. Each session is 1 hour.

**Day One Workshops:** Basic Spine Examination; Advanced Spine: Application of Hinge Theory in Performing Arts and Gymnastics; Sideline Emergencies: C-Spine Immobilization and Exam Techniques with Equipment and Hip Examination and Gait Analysis.

**Day Two Workshops:** Knee Examination and ACL Prevention Program Overview; Shoulder and Elbow Examination; Injury Prevention and Treatment for the Adolescent Throw: Video Analysis of Sports Biomechanics and Introduction to Casting and Splinting: A Hands on Workshop.

### Faculty Disclosure

It is the policy of The University of Chicago to ensure balance, independence, objectivity, and scientific rigor in all its individually sponsored or jointly sponsored educational activities. Individuals who are in a position to control the content of this educational activity are required to disclose all relevant financial relationships with any commercial interest related to the subject matter of the educational activity. Mechanisms to ensure that presentations are free from commercial bias are in place. Faculty will also disclose any off-label and/or investigational use of pharmaceuticals or instruments discussed in their presentation. Full disclosure of this information will be published in the activity materials.

## Accreditation and Credit Designation

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

The University of Chicago Pritzker School of Medicine designates this live activity for a maximum of 20.75 *AMA PRA Category 1 Credits*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



The University of Chicago 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 20.75 hours of Category A continuing education.

Nurses and other healthcare professionals will receive a Certificate of Participation. For information on the applicability and acceptance of Certificates of Participation for educational activities certified for *AMA PRA Category 1 Credit*<sup>™</sup> from organizations accredited by the ACCME, please consult your professional licensing board.

The University of Chicago Medical Center is a licensed continuing education provider with the Illinois Department of Financial and Professional Regulation for Physical Therapy, license # 216-000030 and Occupational Therapy, license #224-000054. All participants will be provided with a certificate of attendance. This course is approved for 20.5 continuing education hours for licensed therapists (PT, PTA, or OT, COTA) in Illinois. The University of Chicago Medical Center has not applied to any other state for therapist CE credit. Participants will need to do this individually through their jurisdiction outside of Illinois.

## Educational Grants/Commercial Support

A complete listing of commercial support received will be provided in the conference materials.

## Location and Accommodations

The conference will be held at **The Millennium Knickerbocker**, located just off Michigan Avenue at 163 East Walton Place, in Chicago's exciting Gold Coast area. The Millennium is easily reached by public transportation and there are numerous public parking facilities in the area. The hotel is across Michigan Avenue from Bloomingdale's and one block away from the John Hancock Center and Water Tower Place.

We have reserved a block of rooms at a special discounted rate for course attendees. Our special rates start at \$119 to \$129 for single or double occupancy.

All rates are subject to state and city taxes. All reservations must be secured via a valid major credit card. Check-in time is 3 pm and check-out time is 12 pm. Reservations must be received by the hotel no later than **February 11, 2016** to guarantee the reduced rate.

- **To book online**, [www.knickerbockerhotel.com](http://www.knickerbockerhotel.com), change the "Corp/Promo" button to "Group Code" and enter the code **1503UICPCP**. Select the requested dates and follow the remaining prompts to complete the reservation.
- **By telephone**: Guests may call the hotel directly at 1-800-621-8140. You must indicate you are attending **The University of Chicago-Primary Care Sports Medicine Conference**.

To help plan your stay in Chicago visit: [www.choosechicago.com](http://www.choosechicago.com)

*The University of Chicago reserves the right to cancel or postpone this conference due to unforeseen circumstances. In the unlikely event this activity must be cancelled or postponed, the registration fee will be refunded; however, The University of Chicago is not responsible for any related costs, charges, or expenses to participants, including fees assessed by airline/travel/lodging agencies.*



## Conference Director

### Holly J. Benjamin, MD, FAAP, FACSM

Professor, Pediatrics and Orthopedic Surgery  
Director, Primary Care Sports Medicine

## The University of Chicago Faculty

### Sherwin S.W. Ho, MD

Associate Professor  
Orthopedic Surgery & Rehabilitation  
Medicine  
University of Chicago Medicine

### Ryan Hudson, MD, RMSK

Assistant Professor  
Orthopedic Surgery & Rehabilitation  
Medicine  
University of Chicago Medicine

### Richard Kang, MD

Assistant Professor  
Orthopedic Surgery & Rehabilitation  
Medicine  
University of Chicago Medicine

### G. Scott Stacy, MD

Associate Professor Section Chief  
Musculoskeletal Radiology  
Department of Radiology  
University of Chicago Medicine

### Sarah L. Stein, MD

Associate Professor  
Pediatrics and Medicine  
Director, Pediatric Dermatology  
University of Chicago Medicine

### Christopher Sullivan, MD

Associate Professor  
Orthopedic Surgery & Rehabilitation  
Medicine & Pediatrics  
University of Chicago Medicine

## Guest Faculty

### Steven R. Boas, MD, FAAP, FACSM

Director, The Cystic Fibrosis Center  
of Chicago  
President & CEO, The Cystic Fibrosis  
Institute  
Chicago, IL

### George T. Chiampas, DO

Assistant Professor, Emergency & Sports  
Medicine  
Medical Director, Bank of America Chicago  
Marathon & Shamrock Shuffle  
Team Physician, US Soccer &  
Chicago Blackhawks  
Northwestern University  
Chicago, IL

### Joseph A. Congeni, MD, FAAP

Medical Director of Sports Medicine Center  
Akron Children's Hospital  
Associate Professor of Pediatrics  
Northeastern Ohio University  
College of Medicine  
Clinical Associate Professor, Pediatrics &  
Sports Medicine  
Ohio University College of Osteopathic  
Medicine  
Akron, OH

### Sheila Dugan, MD

Associate Professor  
PM&R Preventive Medicine  
Rush University Medical Center  
Chicago, IL

### David J. Jewison, MD

Sports Medicine Fellow  
Advocate Illinois Medical Center  
Berwyn and Chicago, IL

### Robert Johnson, MD

Professor, Family Medicine & Community  
Health  
Team Physician, University of Minnesota  
Minneapolis, MN

### Cynthia R. LaBella, MD, FAAP

Medical Director, Institute for Sports  
Medicine  
Ann & Robert H. Lurie Children's Hospital  
of Chicago  
Associate Professor in Pediatrics-Academic  
General Pediatrics and Primary Care  
Pediatrics, Feinberg School of Medicine  
Northwestern University  
Chicago, IL

### Christine E. Lawless, MD, MBA, FACC, FACSM, ABCL

President, Sports Cardiology Consultants,  
LLC  
Consulting Cardiologist, Major League  
Soccer  
Team Physician, US Figure Skating  
World Team  
Chicago, IL & Columbus, OH

### Jeffery Mjaanes, MD, FAAP, FACSM

Assistant Professor  
Department of Pediatrics and Orthopedic  
Surgery  
Midwest Orthopedics at Rush  
Winfield, IL

### Monique Ryan, MS, RDN, CSSD, LDN, HFS, CLT

Certified Specialist in Sports Dietetics  
ASCM Certified Health Fitness Specialist  
CDR Certificate of Training in Childhood &  
Adolescent Weight Management  
LEAP Therapist  
Evanston, IL

### Michael Schroeder

Regional Athletic Training Coordinator  
Athletico  
Chicago, IL

## Workshop Instructors

### Sean Engel, MD

Primary Care Sports Medicine Fellow  
University of Chicago - Northshore

### Brian Tho Hang, MD

Instructor in Pediatrics-Emergency  
Medicine  
Ann & Robert H. Lurie Children's Hospital  
of Chicago  
Chicago, IL

### Steven Jackson, PT, MPT, OCS

Physical Therapist  
University of Chicago Medicine  
Chicago, IL

### Matthew Lesniak, DPT

Physical Therapist, Facility Manager  
Co-Director Overhead Throwing Program  
Accelerated Rehab with combined Athletic  
Physical Therapist Bridgeport West  
Chicago, IL

### Saban Patel, MD

Orthopedic Surgery  
Sports Medicine Fellows  
University of Chicago Medicine  
Chicago, IL

### Gina M. Pongetti-Angeletti, MPT, MA, BA, CSCS, ART-Cert.

Program Director/Co-Owner-Achieve  
Orthopedic  
Rehabilitation Institute-Sports Medicine;  
Burr Ridge and Naperville  
Performing Arts Medicine Development  
and Outreach  
Endurance Sports Medicine and Injury  
Prevention  
Owner/President MedGym.net  
Performing Arts  
Education Health Care Organization  
Burr Ridge and Naperville, IL

### David Sapier, MD

Orthopedic Surgery  
Sports Medicine Fellow  
University of Chicago Medicine

### Mary Wisniewski, MS, ATC/L

Associate Professor, Physical Education and  
Athletics  
University of Chicago Medicine  
Chicago, IL

### Liz Yerly, MPT, ATC, LMT, CSCS, c-ART

Athletico Physical Therapy  
Owner, Chicago Recovery Room  
South Loop - Michigan Ave  
Chicago, IL

## Family Medicine Program Advisor

### Carrie A. Jaworski, MD, FACSM

Director, Division of Primary Care Medicine  
Director, Primary Care Sports Medicine  
Fellowship  
NorthShore University HealthSystem  
Clinical Assistant Professor  
University of Chicago Pritzker School of  
Medicine

## Physical Therapy Program Advisor

### Michael Maninang, PT, DPT, MHS, MBA, MOMT, OCS, Cert. SMT/DN, FAAOPT

Physical Therapist, Therapy Services  
University of Chicago Medicine  
Chicago, IL

## Thursday, March 3

|          |   |
|----------|---|
| 7:00 am  | <b>Registration &amp; Continental Breakfast</b>   |
| 7:45     | <b>Introduction</b> , <i>Holly Benjamin, MD</i>   |
| 8:00     | <b>Pre-Participation Physical Exam (PPE)</b> , <i>Joseph Congeni, MD</i>  |
| 8:30     | <b>Heat Illness</b> , <i>George Chiampas, DO</i>  |
| 9:00     | <b>Sports Cardiology I: EKG Screening &amp; the PPE</b> , <i>Christine Lawless, MD</i>  |
| 9:30     | <b>Exertional Dyspnea</b> , <i>Steven Boas, MD</i>  |
| 10:00    | <b>Refreshment Break</b>  |
| 10:15    | <b>Clearance Controversies: When Can Symptomatic Athletes with a Medical Condition Participate? Case-Based</b><br><i>Joseph Congeni, MD, George Chiampas, DO, Christine Lawless, MD, Steven Boas, MD</i>  |
| 10:45    | <b>Q&amp;A</b> , <i>Joseph Congeni, MD, Steven Boas, MD, George Chiampas, MD, Christine Lawless, MD</i>   |
| 11:00    | <b>Break-out Sessions: Choose ONE</b><br><b>1. Sports Pulmonary – Special Considerations</b> , <i>Steven Boas, MD</i><br><b>2. Sports Cardiology: Emergency Action Plans/AED Use, Clearance for Cardiac Conditions</b> , <i>Christine Lawless, MD</i><br><b>3. Sideline Management: Urgent Care Issues in Injured Athletes from Training Rooms to Medical Tents</b> , <i>George Chiampas, DO</i>  |
| 12:00 pm | <b>Lunch</b>  |
| 1:00     | <b>Spondylolysis and LBP: Who, What, When, Where, and Why</b> , <i>Joseph A Congeni, MD</i>   |
| 1:30     | <b>C-Spine Injuries: From Cheerleading to Football</b> , <i>Jeffrey Mjaanes, MD</i>   |
| 2:00     | <b>Pediatric Orthopedics: Diagnoses You Don't Want to Miss</b> , <i>Christopher Sullivan, MD</i>  |
| 2:30     | <b>Hip Pain in Athletes: A Practical Approach</b> , <i>Richard Kang, MD</i>   |
| 3:00     | <b>Refreshment Break</b>  |
| 3:15     | <b>Q&amp;A</b> , <i>Jeffery Mjaanes, MD, Joseph A. Congeni, MD, Christopher Sullivan, MD, Richard Kang, MD</i>  |
| 3:30     | <b>Optional Workshops (\$75 additional fee)</b><br><b>Session A</b><br><b>1. Basic Spine Examination</b> , <i>Christopher Sullivan, MD &amp; Michael Maninang, PT</i><br><b>2. Advanced Spine: Application of Hinge Theory in Performing Arts &amp; Gymnastics</b><br><i>Gina Pongetti-Angeletti, PT</i><br><b>3. Sideline Emergencies: C-Spine Immobilization and Exam Techniques and Equipment</b><br><i>Jeffrey Mjaanes, MD, Michael Schroeder &amp; Mary Wisniewski, MS, LAT, ATC</i><br><b>4. Hip Examination and Gait Analysis</b> , <i>Richard Kang, MD &amp; Steven Jackson, PT, MPT, OCS</i> |
| 4:30     | <b>Optional Workshops (\$75 additional fee)</b><br><b>Session B</b><br><b>1. Basic Spine Examination</b> , <i>Christopher Sullivan, MD, Michael Maninang, PT</i><br><b>2. Advanced Spine: Application of Hinge Theory in Performing Arts &amp; Gymnastics</b><br><i>Gina Pongetti-Angeletti, PT</i><br><b>3. Sideline Emergencies: C-Spine Immobilization and Exam Techniques and Equipment</b><br><i>Jeffrey Mjaanes, MD, Michael Schroeder &amp; Mary Wisniewski, MS, LAT, ATC</i><br><b>4. Hip Examination and Gait Analysis</b> , <i>Richard Kang, MD &amp; Steven Jackson, PT, MPT, OCS</i>      |
| 5:30 pm  | <b>Adjourn</b>  |

## Friday, March 4

|          |  |
|----------|--|
| 8:00 am  | <b>The Injured Runner</b> , <i>Robert Johnson, MD</i>  |
| 8:30     | <b>Tendinopathy</b> , <i>Ryan Hudson, MD</i>   |
| 9:00     | <b>Ask the Expert: Top 10 Pearls I Have Learned in 26 Years of Sports Medicine</b> , <i>Robert Johnson, MD</i>   |
| 9:30     | <b>Concussion Update for Primary Care</b> , <i>Carrie Jaworski, MD</i>   |
| 10:00    | <b>Refreshment Break</b>   |
| 10:15    | <b>Point/Counter Point: Clearance Issues with Return to Play: A Case Based Discussion</b> , <i>Robert Johnson, MD, Ryan Hudson, MD, Carrie Jaworski, MD</i>  |
| 10:45    | <b>Q&amp;A</b> , <i>Robert Johnson, MD, Ryan Hudson, MD, Carrie Jaworski, MD</i>   |
| 11:00    | <b>Break-out Sessions: Choose ONE</b><br><b>1. Concussion Current Guidelines for Evaluation and Treatment</b> , <i>Carrie Jaworski, MD &amp; Elizabeth Pieroth, PsychD</i><br><b>2. Sports Nutrition: Translating Science into Practice (Case-Based)</b> , <i>Monique Ryan, MD</i><br><b>3. Joint Injections and Minimally Invasive Procedures</b> , <i>Ryan Hudson, MD</i>  |
| 12:00 pm | <b>Lunch</b>   |
| 1:00     | <b>Common Knee Injuries</b> , <i>Cynthia LaBella, MD</i>   |
| 1:30     | <b>Shoulder Injuries in Overhead Sports</b> , <i>Sherwin S.W. Ho, MD</i>   |
| 2:00     | <b>Elbow Injuries in Throwing Athletes</b> , <i>Sherwin S.W. Ho, MD</i>  |
| 2:30     | <b>Ankle Sprains and Their Mimics</b> , <i>Holly J. Benjamin, MD</i>   |
| 3:00     | <b>Refreshment Break</b>   |
| 3:15     | <b>Q&amp;A</b> , <i>Cynthia LaBella, MD, Sherwin S.W. Ho, MD, Holly J. Benjamin, MD</i>  |
| 3:30     | <b>Optional Workshops (\$75 additional fee)</b><br><b>1. Knee Examination and ACL Prevention Program</b> , <i>Cynthia LaBella, MD</i><br><b>2. Shoulder and Elbow Examination</b> , <i>Sherwin S.W. Ho, MD</i><br><b>3. Injury Prevention and Treatment for the Adolescent Thrower: Video Analysis of Sports Biomechanics</b> , <i>Matthew Lesniak, PT</i><br><b>4. Introduction to Casting and Splinting: A Hands on Workshop</b> , <i>Brian Tho Hang, MD, David Jewison, MD, Mary Wisniewski, PT</i> |
| 4:30     | <b>Optional Workshops (\$75 additional fee)</b><br><b>1. Knee Examination and ACL Prevention Program</b> , <i>Cynthia LaBella, MD</i><br><b>2. Shoulder and Elbow Examination</b> , <i>Sherwin S.W. Ho, MD</i><br><b>3. Injury prevention and Treatment for the Adolescent Thrower: Video Analysis of Sports Biomechanics</b> , <i>Matthew Lesniak, MD</i><br><b>4. Introduction to Casting and Splinting: A Hands on Workshop</b> , <i>Brian Tho Hang, MD, David Jewison, MD, Mary Wisniewski, PT</i> |
| 5:30 pm  | <b>Adjourn</b>   |

## Saturday, March 5

|          |  |
|----------|--|
| 8:00 am  | <b>Radiology in Sports Medicine I</b> , <i>G. Scott Stacy, MD</i>  |
| 8:30     | <b>Radiology in Sports Medicine II</b> , <i>G. Scott Stacy, MD</i>   |
| 9:00     | <b>Q&amp;A</b> , <i>G. Scott Stacy, MD</i>   |
| 9:15     | <b>Break-out Sessions: Choose ONE</b><br><b>1. Accelerating Recovery: What Athletes are Doing and the Science Behind It</b><br><i>Liz Yerly, MPT, ATC, CSCS, c-ART, Matthew Lesniak, DPT</i><br><b>2. Pelvic Floor Dysfunction &amp; Care Assessment in Athletes</b> , <i>Sheila Dugan, MD</i> |
| 10:15    | <b>Refreshment Break</b>   |
| 10:30    | <b>Sports Dermatology</b> , <i>Sarah Stein, MD</i>   |
| 11:15    | <b>Steroids, Supplements and Sports</b> , <i>David Jewison, MD</i>   |
| 11:45    | <b>Q&amp;A</b> , <i>Sheila Dugan, MD, Sarah Stein, MD, Matthew Lesniak, DPT</i>  |
| 12:00 pm | <b>Sports Shorts, Sport Specific Cases and Return to Play (Baseball, Basketball, Football, Gymnastics, Hockey, Lacrosse, Running, Soccer, Volleyball)</b> , <i>Holly J. Benjamin, MD, Sean Engle, MD</i>   |
| 1:00 pm  | <b>Adjourn</b>   |

# Registration Form

## How To Register

 **ONLINE** [cme.uchicago.edu](http://cme.uchicago.edu) (**credit card payment only**)

To pay by check, you must mail this registration form with payment to:

 **MAIL** University of Chicago  
Department of Pediatrics  
c/o Sports Medicine 2016  
5841 S. Maryland Ave. MC 6082  
Chicago, IL 60637

Name \_\_\_\_\_ Degree \_\_\_\_\_

Specialty \_\_\_\_\_

Organization \_\_\_\_\_

Preferred Mailing Address \_\_\_\_\_

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

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

Email \_\_\_\_\_

Check enclosed (US funds only), payable to The University of Chicago (Tax ID#36-2177139)

You must check this box if you do not want your mailing address shared with conference participants and/or exhibitors (if applicable).

Please tell us how you found out about this activity, check all that apply:

Colleague     Save the Date     Brochure     Internet     Email  
 Journal Ad     Previous Attendance     Other \_\_\_\_\_

## Cancellation Policy

If you cancel your participation in this conference, your registration fee, less a \$100 administrative fee, will be refunded when written notification is received by February 10, 2016.

**No refunds will be made after February 10, 2016.**

## Accessibility

The University of Chicago is committed to providing equal access appropriate to need and circumstance and complies fully with the legal requirements of the Americans with Disabilities Act. If you are in need of special accommodation, please contact our office at 773-702-1056 or via email at [cme@uchicago.edu](mailto:cme@uchicago.edu).

For additional information about this activity, please contact the Center for Continuing Medical Education at 773-702-1056.



# Payment Worksheet

|  | <b>Before<br/>Feb 1</b> | <b>After<br/>Feb 1</b> |
|--|-------------------------|------------------------|
| Physicians   | \$525                   | \$575                  |
| Nurse and other Allied<br>Health Professionals       | \$400                   | \$500                  |
| Residents & Fellows<br>(with letter of verification) | \$350                   | \$400                  |

## **Concurrent AM Break-out Sessions**

(Included with Full Registration):

**Please Choose ONE per Day**

### **THURSDAY 11:00 AM**

|  |                          |
|--|--------------------------|
| 1. Sports Pulmonary – Special Considerations | <input type="checkbox"/> |
| 2. Sports Cardiology                         | <input type="checkbox"/> |
| 3. Sideline Management                       | <input type="checkbox"/> |

### **FRIDAY 11:00 AM**

|   |                          |
|---|--------------------------|
| 1. Concussion Current Guidelines for Evaluation and Treatment | <input type="checkbox"/> |
| 2. Sports Nutrition   | <input type="checkbox"/> |
| 3. Joint injections and Minimally Invasive Procedures         | <input type="checkbox"/> |

### **SATURDAY 9:15 AM**

|   |                          |
|---|--------------------------|
| 1. Accelerating Recovery                                    | <input type="checkbox"/> |
| 2. Pelvic Floor Dysfunction and Care Assessment in Athletes | <input type="checkbox"/> |

*Continued on back.*



# Payment Worksheet (Continued)

## PM Optional Afternoon Workshops \$75 per Session\*: Please Choose ONE or TWO per Sessions

### THURSDAY SESSION A: 3:30 - 4:30 PM

|  |                               |    |
|--|-------------------------------|----|
| 1. Basic Spine Examination   | <input type="checkbox"/> \$75 | \$ |
| 2. Advanced Spine: Application of Hinge Theory in Performing Arts and Gymnastics   | <input type="checkbox"/> \$75 | \$ |
| 3. Sideline Emergencies: C-Spine Immobilization and Exam Techniques with Equipment | <input type="checkbox"/> \$75 | \$ |
| 4. Hip Examination and Gait Analysis   | <input type="checkbox"/> \$75 | \$ |

### SESSION B : 4:30 - 5:30 PM

|  |                               |    |
|--|-------------------------------|----|
| 1. Basic Spine Examination   | <input type="checkbox"/> \$75 | \$ |
| 2. Advanced Spine: Application of Hinge Theory in Performing Arts and Gymnastics   | <input type="checkbox"/> \$75 | \$ |
| 3. Sideline Emergencies: C-Spine Immobilization and Exam Techniques with Equipment | <input type="checkbox"/> \$75 | \$ |
| 4. Hip Examination and Gait Analysis   | <input type="checkbox"/> \$75 | \$ |

### FRIDAY SESSION A: 3:30 - 4:30 PM

|   |                               |    |
|---|-------------------------------|----|
| 1. Knee Examination and ACL Prevention Program                | <input type="checkbox"/> \$75 | \$ |
| 2. Shoulder and Elbow Examination                             | <input type="checkbox"/> \$75 | \$ |
| 3. Injury Prevention and Treatment for the Adolescent Thrower | <input type="checkbox"/> \$75 | \$ |
| 4. Introduction to Casting and Splinting: A Hands-on Workshop | <input type="checkbox"/> \$75 | \$ |

### SESSION B: 4:30 -5:30 PM

|   |                               |    |
|---|-------------------------------|----|
| 1. Knee Examination and ACL Prevention Program                | <input type="checkbox"/> \$75 | \$ |
| 2. Shoulder and Elbow Examination                             | <input type="checkbox"/> \$75 | \$ |
| 3. Injury Prevention and Treatment for the Adolescent Thrower | <input type="checkbox"/> \$75 | \$ |
| 4. Introduction to Casting and Splinting: A Hands-on Workshop | <input type="checkbox"/> \$75 | \$ |

SUB-TOTAL: \$

**TOTAL DUE: \$**

*\*We reserve the right to combine or cancel optional workshops at any time due to enrollment. In the unlikely event that a workshop is cancelled, a refund will be issued for the additional fee only.*

The University of Chicago  
Center for Continuing Medical Education  
5841 S. Maryland Ave., Chicago, IL 60637

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PLEASE POST