

Summa Center for Sports Health Symposium Objectives
February 22-23, 2013

At the conclusion of this symposium, participants should be able to:

FRIDAY

1. Learn to recognize the legal ramifications associated with return to play decisions for athletes and assimilate and apply industry standards thereto.
2. To learn that sports medicine standards can be used to legally evaluate service delivery.
3. To learn how to reduce risks to facilities and professionals.
4. To better understand what a cerebral aneurysm is.
5. To understand the sports participation risk level in an athlete diagnosed with an aneurysm.
6. To learn the effects of hip derangement including hip impingement.
7. Develop knowledge in arthroscopic surgical techniques and rehabilitation related to hip impingement.
8. Know the categories (types) of clinical prediction rules (CPR).
9. Understand the requirements for research design in derivation and validation studies for CPRs.
10. Value the relative strength of evidence in support of the different CPR categories.
11. Interpret the relative contribution of CPRs to the clinical reasoning model.
12. Begin to develop an integrated model of CPR use in the clinic on a daily basis
13. Understand the biomechanical features of the hamstring complex.
14. Determine a concise approach to hamstring injury prevention programs.
15. To understand basic guidelines and principles for rehabilitation following proximal hamstring repair.
16. To learn closed chain and eccentric hamstring strengthening options.
17. To understand the basic principles of Osteopathy and how they are applied in the field of sports medicine.
18. Learn a couple easy Osteopathic manipulation techniques to apply to your patient population.
19. To become familiar with examples of both normal musculoskeletal ultrasound (MSKUS) anatomy and pathological MSKUS anatomy that are relevant to sideline and athletic training room medicine.
20. To understand how MSKUS can serve as a valuable tool for directing needle placement for both diagnostic and therapeutic procedures that otherwise might prove difficult without anatomic guidance.

SATURDAY

1. To gain greater insight into the ways unconscious bias impacts patient relations.
2. To be exposed to tools they can utilize to better identify and decrease their unconscious biases in patient
3. Interactions.
4. To gain greater insight into ways our unconscious bias may affect our care of disabled athletes.
5. To gain an understanding of some of the challenges that disabled athletes face related to healthcare both on/off the field.
6. Identify alternative diagnosis of the lower extremity pain in athletes.
7. Learn the diagnostic work-up and tests that are appropriate in evaluating an athlete with leg pain.
8. Understand common presentation and workup for exertional compartment syndrome.
9. Gain an appreciation for the surgical technique for compartment release and post-operative care.
10. To develop a progressive return to participation program.
11. To gain an understanding of appropriate treatment modalities utilized in the treatment of compartment syndrome post-op care.
12. Identify foods that aid in injury recovery.
13. To determine when certain foods should be implemented during the treatment of an injury.
14. Able to determine 3 drugs that are abused in sports.
15. Understand the reasons why drugs and supplements are abused in sports.