TEAM CONCEPT CONFERENCE
2014
FEATURING A SPECIAL ACL DAY FROM
SPORTS HEALTH JOURNAL

MENISCUS EXAMINATION
ACL ON FIELD
CORE STABILITY HAMSTRING FOOT
REHABILITATION RETURN TO PLAY
DECISION MAKING ROTATOR CUFF
PECTORALIS FUNCTIONAL TESTING
ALTERNATIVE THERAPIES SHOULDER
PERFORMANCE ENHANCEMENT ANKLE
SURGERY HIP IMAGING ORTHOPEDIC EPIDEMIOLOGY CARTILAGE
EXAMINATION MENISCUSACL ON FIELD
HAMSTRING CORE STABILITY FOOT

DECEMBER 4-6 2014 | GREEN VALLEY RANCH RESORT | LAS VEGAS

REGISTRATION NOW OPEN AT WWW.SPTS.ORG!
WELCOME TO THE SPORTS PHYSICAL THERAPY SECTION TEAM CONCEPT CONFERENCE!

The 2014 Team Concept Conference is the SPTS’s 37th annual event. Conceived by the founders of SPTS as a way for all members of a sports medicine team to work together for the benefit of the individual patient, attendance at this event has doubled in only the past four years.

This year we’ve gathered the leaders in sports physical therapy from across the nation for an all-new and decidedly elevated TCC! Exciting new speakers and sports-specific topics ensure a great experience for all physical therapists interested in sports.

Attending Team Concept Conference
Registration is now open on the SPTS website, www.spts.org, in the SPTS Store at http://www.spts.org/spts-store

Registration fees:
- SPTS Members: $425
- APTA Members: $500
- IFSPT Members: $500
- Non-APTA Member: $545
- Students: $275

Conference fees include TCC pre-conference, conference handbook, breakfast each day, break refreshments, opening reception, and access to the exhibit halls.

Keynote Speaker:
Richard Steadman, MD

Dr. J. Richard Steadman is a sports medicine orthopaedic surgeon in Vail, Colorado, specializing in knee injuries and disorders. He is the Founder and Managing Partner of The Steadman Clinic, as well as the Founder and Chairman of the Board of the Steadman Philippon Research Institute.

A renowned innovator and mentor in the field of orthopaedic sports medicine, Dr. Steadman is internationally known for the development of several advanced surgical procedures for the knee. He has served many professional athletic teams, and has an in-depth understanding of the athlete from a sports medicine perspective.

Bring a Friend is Back!
Back by popular demand...when you and your friend both register for Team Concept Conference 2012, both you and your friend save $50 off the price of your conference fees!

It’s easy!
- Ask your friend to attend with you...and please get a “yes” before you register!
- Go to the TCC e-commerce page to register. You can either register together or separately, as long as both of you let us know you’re taking advantage of this program.
- Pay your registration fee through the e-commerce site.
- If you are a member, select Bring a Friend - Member. If your friend is a member, he or she selects the same.
- If your friend is not an SPTS member, but is an APTA member, he or she will select Bring a Friend - APTA Member. A reminder here...your friend can save the entire cost of his or her membership fee by joining before registration!
- If your friend is not an APTA member, he or she will select Bring a Friend - Non APTA. The discounts are automatically credited to you if you make these selections.
- You’ll receive a confirmation email. Watch your spam box, just in case. You’ll also receive a separate email requesting the name and email address of your co-registrar.
- Both you and your friend must specify the Bring a Friend program on your initial registration. We’re sorry, but we cannot go back and apply this discount after one of you has already registered. Student fees are already deeply discounted and we cannot offer the additional discount to student registrations.

Questions? Contact the Section office at 877.732.5009

TeamMates at TCC

TeamMates is a networking initiative for Sports Section members. The purpose is to help new and experienced members of the SPTS connect for discussions, introductions, and networking opportunities at the APTA Combined Sections Meeting and SPTS Team Concept Conference.

You may participate as a "rookie" or a "captain." Rookies are new SPTS members, student members, or first time conference attendees. Captains should be experienced SPTS members, willing to meet new or first time members and foster introductions between other SPTS members.

Rookie and captain TeamMates will receive contact information via email prior to attending conferences to "meet" each other in advance. Please consider participating in this novel program to develop the future of sports physical therapy!

TeamMates at TCC will be held Thursday, December 4, from 5:45 pm to 7:30 pm in the exhibit hall, as part of the Welcome Event sponsored by Theraband™.

If you are interested in participating, register by emailing Jennifer Miller, PR Coordinator at jennifer.miller@utoledo.edu. There is no charge, but we do require pre-registration, and space is limited!
The Theraband™ Launch Party and Welcome Event at Team Concept Conference

TheraBand™ is proud to announce a completely new elastic resistance product, and they’ve chosen Team Concept Conference to introduce their new product line!

An educational session will be held at 5:00 pm, Thursday, December 5, in the conference hall, immediately following the ACL panel discussion.

This latex-free consecutive loop resistance product delivers versatility and ease of use that increases exercise compliance to improve outcomes.

Get in the loop – experience the versatility of Easy Grip Loops™! TheraBand CLX with Easy Grip Loops work for open handed exercises, holding objects with resistance, never before possible exercises (upper and lower body simultaneous work), and exercises requiring no use of hands! The FREE integrated CLX App provides a CLX exclusive exercise library with unique support tools to enhance any workout.

Hear firsthand from several members of the TheraBand Performance Team on how they have been reinventing rehab with the new TheraBand CLX — Sue Falsone, Tim Tyler, Mike Voight, Barton Bishop, Phil Page, and more!

• Free Sample of TheraBand CLX
• $2,000 in cash and prizes

Immediately following, TheraBand will sponsor the welcome cocktail event in the exhibit halls. All attendees are welcome to join us for drinks and appetizers, compliments of TheraBand! Look for more information on the SPTS site and in upcoming e-blasts. You won’t want to miss this special event!

Be The Match will hold a donor drive during Team Concept Conference. Please take just a moment to register as donor through a simple cheek swab. You could mean life to someone with a blood disease.

#teammember Competition

Why are you part of the Sports Section? If you are a student or a physical therapist or PTA in your first five years of practice, we want to know…and we will reward you for telling us why!

The SPTS is sponsoring the #teammember competition for students and early career members. The prize? We will pay your registration to the only conference designed especially for the sports physical therapy team member: 2014 Team Concept Conference in Las Vegas! One award will be presented to a student, and one to an early career PT or PTA member.

Find more information at http://www.spts.org/studentearly-career/teammember.

Accommodations

The SPTS has negotiated a block of rooms at the Green Valley Ranch Resort and Casino, site of the conference. Discounted room rates are only $120 per night!

The resort boasts a 30,000 square foot spa and fitness facility, as well as a year-round heated pool. Access to these facilities are complementary to guests, as is free in-room WiFi and daily newspaper. Shuttle service to and from the Strip and to and from the airport are also available free of charge on a first come, first served basis.

Book your room via internet at the link found on the TCC page of the SPTS website, or on the registration page in the SPTS Store.

Registration

The Registration Desk will be open for attendee registration during the hours listed below:

• Wednesday, noon to 5 pm
• Thursday, 6:30 am to 5 pm
• Friday, 6:30 am to Noon

The Registration Desk will also serve as an information and sales center during all conference hours.

For the thousands of people diagnosed every year with life-threatening blood cancers like leukemia and lymphoma, a cure exists. Be The Match® has managed the largest and most diverse marrow registry in the world. They work every day to save lives through transplant. However, they can’t do their work without you. If you are between the ages of 18 and 44, you could be someone’s cure. Doctors choose registry members between 18 & 44 more than 90 percent of the time. They need people like you.
7:00 a.m. - 8:00 a.m.
Registration

8:00 a.m. - 8:30 a.m.
Current mechanisms of ACL injuries and epidemiological information
Edward M. Wojtys, MD

8:30 a.m. - 9:15 a.m.
Comprehensive clinical musculoskeletal system examination of the knee
George Davies, PT, DPT, Med, PT, SCS, LAT, CSCS, FAPTA

9:15 a.m. - 10:00 a.m.
Primer for orthopaedic MRI
Hollis G. Potter, MD

10:00 a.m. - 10:15 a.m.
Break
Coffee and tea will be served in the conference center lobby

10:15 a.m. - 11:00 a.m.
Evaluation of knee ligaments using MRI: native and reconstructed
Hollis G. Potter, MD

11:00 a.m. - 11:30 a.m.
Early considerations of rehabilitation and therapeutic strategies for targeting arthrogenic inhibition in muscle rehabilitation
Riann Palmieri-Smith, PhD, ATC

11:30 a.m. - 12:00 p.m.
Panel Discussion for audience participation with Q & A (all presenters)
Moderator: George Davies, PT, DPT, Med, PT, SCS, LAT, CSCS, FAPTA

12:00 p.m. - 1:00 p.m.
Lunch (On your own)

1:00 p.m. - 1:30 p.m.
What should we do with the pediatric patient with an ACL injury?
Edward M. Wojtys, MD

1:30 p.m. - 2:00 p.m.
The implication of post-traumatic osteoarthritis after an ACL injury
Riann Palmieri-Smith, PhD, ATC

2:00 p.m. - 2:30 p.m.
What happens when the graft fails, reinjures, and a revision ACL is needed?
Edward M. Wojtys, MD

2:30 p.m. - 2:45 p.m.
Break
Coffee and tea will be served in the conference center lobby

2:45 p.m. - 3:15 p.m.
How imaging affects management of the athlete
Hollis G. Potter, MD

3:15 p.m. - 4:00 p.m.
Functional testing algorithm for discharge and return to play
George Davies, PT, DPT, Med, PT, SCS, LAT, CSCS, FAPTA

4:00 p.m. - 4:30 p.m.
Current graft shortcomings and the future with tissue engineering and the like for patients with ACL injuries
Edward M. Wojtys, MD

4:30 p.m. - 5:00 p.m.
Panel Discussion for audience participation with Q & A (all presenters)
FRIDAY, DECEMBER 5, 2014

7:00 a.m. – 8:00 a.m.
Session I: Instructional Course Labs (pick one)
Note to course participants: due to popularity, some
instructional course labs will be repeated – these labs will
appear in dark red.
All morning breakout sessions are lecture or demonstration
based.

Course 1: Examination for runner’s injuries
Blaise Williams, PT, PhD, Mark Reinking, PT, PhD, SCS, ATC
Bryan Heiderscheidt, PT, PhD

Course 2: Examination and treatment of the hip
Erik Meira, PT, DPT, SCS, CSCS
Stacey Pagorek, PT, DPT, SCS, ATC

Course 3: Return to play criteria for the athlete
Teresa Schuemann, PT, DPT, SCS, ATC, CSCS, Sue Falsone, PT,
SCS, ATC, CSCS, Rob Panariello, PT, ATC, CSCS

8:10 a.m. - 8:15 a.m.
The Marty Huegel TCC Welcome and Announcements
Tim Tyler, PT, MS, ATC President, SPTS

8:15 a.m. – 10:15 a.m.
Session II: Current concepts in treatment of knee and ankle
articular cartilage lesions
Moderator: Tim Tyler, PT, MS, ATC

8:15 a.m. – 8:40 a.m.
Imaging of articular cartilage: where are we today?
Jeffrey Dugas, MD

8:40 a.m. – 9:10 a.m.
Surgical management: clinical decision making and
surgical procedures
Richard Steadm an, MD

9:10 a.m. – 9:35 a.m.
Rehabilitation of articular cartilage injury
Luke O’Brien, PT

9:35 a.m. – 9:55 a.m.
Panel discussion

9:55 a.m. – 10:35 a.m.
Exhibitor break
Please spend your break with our generous exhibitors.

10:35 a.m. – 11:15 a.m.
Current surgical techniques and clinical decision making
for knee meniscus pathology
Jeffrey Dugas, MD

11:15 a.m. – 11:35 a.m.
Post-operative management of meniscus lesions
Dan Lorenz, PT, DPT, LAT, CSCS

11:35 a.m. – 11:55 a.m.
Discussion – return to play criteria for knee injuries
Moderator: George Davies, PT, DPT, Med, PT, SCS, LAT, CSCS,
FAPTA, Richard Steadm an, MD, Jeffrey Dugas, MD, Dan Lorenz,
PT, DPT, LAT, CSCS, Luke O’Brien, PT

11:55 a.m. to 12:25 p.m.
Keynote Speaker: Richard Steadm an, MD

12:25 p.m. – 2:00 p.m.
Lunch
Please spend your break with our generous exhibitors.

2:00 p.m. – 2:25 p.m.
SPTS Traveling Fellowship
Kevin Wilk, PT, DPT, FAPTA

2:25 p.m. – 4:10 p.m.
Session IV: Lower leg injuries
Moderator: Blaise Williams, PT, PhD

2:25 p.m. – 2:55 p.m.
Epidemiology and risk factors
Mark Reinking, PT, PhD, SCS, ATC

2:55 p.m. – 3:25 p.m.
Running mechanics considerations
Bryan Heiderscheidt, PT, PhD

3:25 p.m. – 3:55 p.m.
Equipment, foot orthoses, and training considerations
Blaise Williams, PT, PhD

3:55 p.m. – 4:10 p.m.
Panel discussion

4:10 p.m. – 4:35 p.m.
Exhibitor break
Please spend your break with our generous exhibitors.

Session V: Instructional Labs
4:15 p.m. – 5:15 p.m. Concurrent sessions
All afternoon breakout sessions are lab based
SATURDAY, DECEMBER 6, 2014

7:00 a.m. – 8:00 a.m.
**Welcome and announcements**
Walt Jenkins, PT, DHS, ATC

8:15 a.m. – 10:05 a.m.
**Session VII: Rotator cuff**
Moderator: Kevin Wilk, PT, DPT, FAPTA

8:15 a.m. – 8:45 a.m.
Conservation treatment for rotator cuff lesions
Russ Paine, PT

8:45 a.m. – 9:30 a.m.
Clinical decision making and surgical management of rotator cuff lesions
Brian Cole, MD

9:30 a.m. – 10:00 a.m.
Rehabilitation following rotator cuff surgery
Kevin Wilk, PT, DPT, FAPTA

10:00 a.m. – 10:20 a.m.
Discussion: Return to play criteria following rotator cuff repair
Moderator: Kevin Wilk, PT, DPT, FAPTA
Brian Cole, MD, Kevin Wilk PT, DPT, FAPTA, Russ Paine, PT

10:20 a.m. – 10:55 a.m.
Exhibitor break

Please spend your break with our generous exhibitors.

10:55 a.m. – 12:10 p.m.
**Session VIII: Shoulder articular cartilage and labral repair**
Moderator: Rob Manske, PT, DPT, Med, SCS, ATC, CSCS

10:55 a.m. – 11:30 a.m.
Surgical management of glenohumeral articular cartilage and labral injury
Brian Cole, MD

11:30 a.m. – 11:55 a.m.
Rehabilitation and return to play criteria for glenohumeral articular lesions
Mike Rosenthal, PT, DSc, SCS, ECS, ATC, CSCS

11:55 a.m. – 12:10 p.m.
Panel discussion

12:35 p.m. – 1:55 p.m.
**Lunch**
Please spend your break with our generous exhibitors.

1:25 p.m. – 1:45 p.m.
Suprascapular nerve lesions
Kevin Plancher, MD

1:45 p.m. – 2:15 p.m.
Why ACL allografts can be good
Kevin Plancher, MD

2:15 p.m. – 3:40 p.m.
**Session IX: Muscle injuries in sport**
Moderator: Mark Reinking, PT, PhD, SCS, ATC
2:15 p.m. – 2:35 p.m.
Clinical decision making and surgical management of pectoralis major injuries
Stephen Nicholas, MD

2:35 p.m. – 2:45 p.m.
Post-op rehabilitation of pectoralis major injuries
Stephanie Squitieri, PT, DPT

2:45 p.m. – 2:55 p.m.
Clinical decision making and surgical management of hamstring injuries
Stephen Nicholas, MD

3:05 p.m. – 3:15 p.m.
Rehabilitation of hamstring injuries
Tim Tyler, PT, MS, ATC

3:15 p.m. – 3:30 p.m.
Panel discussion

3:30 p.m. – 4:00 p.m.
Exhibitor break
Please spend your break with our generous exhibitors.

4:00 p.m. – 5:00 p.m.
Session X: Instructional Course Labs (pick one)
All PM breakout sessions are lab based.

Course 1: Examination for runner’s injuries
Bryan Heiderscheidt, PT, PhD; Mark Reinking, PT, PhD, SCS, ATC; Blaise Williams, PT, PhD

Course 2: Performance enhancement for the athlete
Dan Lorenz, PT, DPT, LAT, CSCS
Sue Falsone, PT, SCS, ATC, CSCS

Course 3: Core stability training in scholastic athletes
Rob Panariello, PT, ATC, CSCS
Dirk Kokmeyer, PT, DPT, SCS, COMT

Course 4: Alternative therapy techniques in sport
Mike Rosenthal, PT, DSc, SCS, ECS, ATC, CSCS
Janette Powell, PT, MHSc, OCS, SCS

Certification of CEUs will be emailed to participants after the completion of the conference. Be sure we have your correct email address!
TEAM CONCEPT CONFERENCE 2014

FEATURING ACL DAY SPONSORED BY

DECEMBER 4-6
GREEN VALLEY RANCH RESORT
HENDERSON, NEVADA

REGISTER NOW!

9002 N. Meridian Street, Suite 112A
Indianapolis, IN 46260

WELCOME EVENT SPONSORED BY

Sports Health

THERA BAND CLX