Sports Medicine Symposium

January 24, 2009

Conference & Learning Center/
Iowa Methodist Medical Center

ENDORSED BY:

Des Moines Orthopaedic Surgeons, P.C.

Iowa Health
Des Moines
Methodist • Lutheran • Blank

The Iowa Sports Connection
DES MOINES ORTHOPAEDIC SURGEONS AND IOWA HEALTH – DES MOINES INVITE YOU TO ATTEND THE 2009 SPORTS MEDICINE SYMPOSIUM.

Overuse Injuries

8:30-8:35 a.m. Welcome
8:35-9:50 a.m. Overuse Injuries of the Upper Extremity
Elbow, Wrist and Hand Injuries: 
Jeff Rodgers, MD – DMOS
Shoulder and Arm Injuries: 
Nick Honkamp, MD – DMOS
9:50-10:35 a.m. Lower Extremity Stress Injury to Bone
Stacey Meardon, PT, ATC, CSCS – Iowa State University/Des Moines University
10:35-10:50 a.m. BREAK
10:50-12:05 p.m. Overuse Injuries of the Lower Extremity
Knee injuries: Jeff Davick, MD – DMOS
Foot and Ankle Injuries: 
Lee Evans, PDM – DMOS
12:05-12:25 p.m. BREAK – Lunch will be provided
12:25-12:55 p.m. Panel Discussion
Common Sports Injuries: Your General Questions (come prepared with your questions)
12:55-1:55 p.m. Optimal Fueling for the Athlete:
A Guideline for Coaches
Jennifer DeWall, Rd, LD, CSSD – Nutrition in Motion
1:55-2:10 p.m. BREAK
2:10-3:30 p.m. Break out Sessions (see details below)
Select two of the breakout sessions to attend.
Each topic will be presented two times.
First session will be conducted from 2:10-2:45 p.m. and the second session will follow at 2:50-3:25 p.m.

☐ Athletic Taping – Taping techniques will be demonstrated and discussed in small groups specific to your sport/injury need.
☐ After an Injury Occurs – Return to Play Guidelines
Purpose and Intended Audience

The 2009 event will address sports medicine issues relative to common sports injuries and discuss the increase in overuse injuries today’s youth are experiencing. Middle school, high school, college, club and volunteer community coaches (of athletes 11 years of age and older) athletic directors, athletic trainers, school nurses and sideline EMS are invited to attend.

Objectives

• Recognize appropriate prevention, treatment and rehabilitation of common overuse sports injuries to the upper and lower extremity.
• Learn about the overuse injuries and identify how to prevent and manage.
• Learn the newest taping methods and improve your taping skills.
• Describe overuse injuries and identify return to play guidelines.
• Discuss the nutrition needs for today’s athlete and identify easy to use resources to use to educate your team/players.
• Identify key factors associated to stress injury to the bone and understand proper injury management of stress injuries.
Fee

$20 per person. Register before January 2, 2009 (must be post-marked January 2 or before) and a friend can sign-up for half price. If registering two individuals please complete a registration form for both participants and submit forms and payment together. Registrations received after January 2 – fee $20 per person. Registration at the door will be $30.00.

Registration

Pre-registration is required. Return registrations and payment no later than January 19, 2009 to:

Amy Noble
Des Moines Orthopaedic Surgeons
6001 Westown Parkway
West Des Moines, IA 50266
Fax 515-224-5140
Phone 515-327-5160
amyn@dmos.com

Cancellation Policy

Cancellations must be received before January 19, 2009 to receive a full refund. Refunds will not be issued after January 19, 2009. Any questions please contact Amy Noble.
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Name ________________________________________
School/Club __________________________________
Address ______________________________________
City ________________________________________
State ________________ ZIP __________________
Daytime Phone Number ________________________

Profession:
☐ Coach ☐ EMS
☐ Nurse ☐ Athletic Trainer
☐ Other ____________________________

Sports that you coach (please mark all that apply):
☐ Basketball ☐ Softball/Baseball
☐ Cheer/Drill Team ☐ Swimming
☐ Football ☐ Track/Cross Country
☐ Golf ☐ Volleyball
☐ Gymnastics ☐ Wrestling
☐ Soccer ☐ Other ________________

Iowa Coaching Authorization: The Board of Education Examiners is reviewing course content for use as one of the five coaching activities for the renewal of the Iowa Coaching Authorization.

Athletic Trainers: Iowa Health - Des Moines is recognized by the Board of Certification, Inc. to offer continuing education to Certified Athletic Trainers. This course is approved for 6 credit hours. According to the education levels described by the CEC Committee of the NATA, the following continuing education course is considered to be Essential Level.

Nursing CEU’s: .70 CEU’s/7.0 contact hours by Iowa Board of Nursing Provider #22, Des Moines Area Community College. Nurses: No partial CEU’s will be awarded. Must attend entire program to receive CEU’s.

EMS: CEU approval pending.