

## Inova Sports Medicine Symposium 2017

*Focus on Lower Extremity*



**When:** Friday, June 16, 2017  
7:00 a.m. – 5 p.m.

**Where:** Inova Center for Personalized Health

**Cost:** All participants - \*\$125

*\*Register before June 1 for a \$25 discount. Early bird discount code is 6117.*

Cost includes parking, continental breakfast, lunch, refreshment breaks and handouts.

*Registration: [inova.org/sportsconference](http://inova.org/sportsconference) or call 1.855.My.Inova (694.6682).  
Space is limited. No walk-ins accepted.*

### Location:

Inova Center for Personalized Health  
3225 Gallows Road (formerly Exxon Mobil Campus)  
Fairfax, VA 22031

### Directions to Inova Center for Personalized Health:

- From the Capital Beltway, take Exit 51 (Gallows Road) toward the Inova Fairfax Medical Campus (IFMC). a stand-alone building on the left side. The ICPH Conference Center is located on the left, in the stand-alone building.
- The Inova Center for Personalized Health is located directly across the street from IFMC gray entrance. Free parking is available adjacent to either side of the building.
- When you enter the wooded entryway, drive about a ¼ mile and you will see a cluster of buildings on the right side and Please enter through the revolving doors in front, and proceed up the escalator or elevator to the Conference Center.



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Inova Mount Vernon Hospital  
2501 Parkers Lane  
Alexandria, VA 22306

**Inova Sports Medicine Symposium 2017**  
**Focus on Lower Extremity**  
**Friday, June 16, 2017**

G355817/5-17

Inova Sports Medicine Program and  
Inova Mount Vernon Hospital present

## Inova Sports Medicine Symposium 2017

*Focus on the Lower Extremity*

# 2017



*Includes  
Live Knee Surgery*

**Friday, June 16, 2017**  
**7:00 a.m. – 5:00 p.m.**

**Inova Center for  
Personalized Health**  
**3225 Gallows Road**  
**Fairfax, VA 22031**

(across from Inova Fairfax Medical Campus)



## Who Should Attend?

Licensed athletic trainers, physical therapists and other healthcare providers with an interest in sports medicine care. See agenda for learning objectives.



**National Athletic Trainers' Association (NATA) accreditation**

**Participants are eligible to receive 7 NATA Board of Certification CEUs**

**Inova Health System provider #P3357**

## Symposium 2017 Faculty



**Program Director  
Sameer Nagda, MD**  
*Orthopedic Surgeon, Anderson Orthopaedic Clinic; Team Physician, United States Women's National Soccer Team; Team Physician, Potomac Nationals Baseball Team; Assistant Clinical Professor of Orthopaedic Surgery, Georgetown University School of Medicine*



**Sandra Allison, MD**  
*Radiologist, Washington Radiology Associates, LLC; Associate Professor of Radiology, Georgetown University School of Medicine*



**Chris Annunziata, MD**  
*Orthopedic Surgeon, OrthoVirginia; Orthopedic Team Physician, Washington Redskins; Clinical Assistant Professor, Georgetown University Department of Orthopaedic Surgery*



**Seth Blee, PT, DPT, CFMT**  
*Inova Physical Therapy Center Regional Clinical Director, Team Physical Therapist, Washington Nationals*



**George C. Branche, III, MD**  
*Orthopedic Surgeon, Anderson Orthopaedic Clinic; Assistant Clinical Professor, Georgetown University School of Medicine; Consultant, ATP Tennis Tour*



**Wiemi Douoguih, MD**  
*Director of Sports Medicine, Department of Orthopedic Surgery, MedStar Washington Hospital Center; Medical Director, Washington Wizards; Medical Director, Washington Capitals*



**Angela T. Gordon PT, DSc, MPT, COMT**  
*Physical Therapist and Co-Founder, Advanced Kinetics Physical Therapy and Sports Performance*



**Tim Johnson, MD**  
*Assistant Professor, Johns Hopkins School of Medicine*



**Ryan Miyamoto, MD**  
*Orthopaedic Surgeon, Fair Oaks Orthopaedic Associates*



**Robert Najarian, MD**  
*Team Physician, Washington Nationals; Inova Medical Group Orthopaedics & Sports Medicine; Assistant Professor of Orthopaedic Surgery, Clinical Educator; Georgetown University School of Medicine; Virginia Commonwealth University School of Medicine*



**Stephen Saddler, MD**  
*Orthopaedic Surgeon, Anderson Orthopaedic Clinic; Team Physician, Potomac Nationals Baseball Team*



**Oliver Schipper, MD**  
*Orthopaedic Surgeon, OrthoCarolina Foot and Ankle Institute; Orthopaedic Surgeon, Anderson Orthopaedic Clinic (late summer 2017)*



**Robert H. Wagner, MD**  
*Pain Management Specialist, Expert in Platelet Rich Plasma and Prolotherapy Injection, National Spine and Pain Center*



**Robin West, MD**  
*Chairman, Inova Sports Medicine; Lead Team Physician, Washington Nationals; Head Team Physician, Washington Redskins; Associate Professor, Georgetown University Medical Center; Associate Professor, Virginia Commonwealth University School of Medicine*

## Agenda

**7:00 a.m. Registration and Continental Breakfast**

**7:45 a.m. Welcome and Opening Remarks**  
*Sameer Nagda, MD, Program Director*

**8:00 a.m. ACL Hour – How Do You Treat an ACL Tear in a 17 year-old Athlete?**  
*Chris Annunziata, MD – BTB Autograft is the Way to Go (8:00 – 8:15 a.m.)*  
*Robert Najarian, MD – Hamstring Autograft is the Best Choice (8:15 – 8:30 a.m.)*  
*Wiemi Douoguih, MD – Repair the ACL if You Can (8:30 – 8:45 a.m.)*

**9:00 a.m. Live Arthroscopic Knee Surgery**  
*Robin West, MD*

**10:00 a.m. Question and Answer Session**

**10:15 a.m. Break**

**10:30 a.m. Rehab after ACL Reconstruction: Where are we now?**  
*Angela Gordon, MD, PT, DSc, COMPT*  
Learning Objectives:

- Compare current ACL rehabilitation protocol trends: current evidence, graft type and speed of progression
- Identify the current areas of weakness in ACL rehabilitation programs: lack of biomechanical evaluation, functional training, whole body treatments, individualizing sport specific treatments
- Compare ACL function testing programs, identify weakness in programs and why ACL rehab is failing the patient

**11:10 a.m. Role of Osteotomy in Lower Extremity Issues: Why would you cut into my bone?**  
*Tim Johnson, MD*

Learning Objectives:

- Understand the anatomy of cartilage
- Understand the pathology of malalignment
- Understand the indications for realignment surgery

**11:45 a.m. Ankle Arthroplasty: Yes we actually do those!**  
*Oliver Shipper, MD*

Learning Objectives:

- Understand that ankle replacements are safe and effective
- Learn who is – and is not – a candidate for ankle replacement
- Recognize that ankle replacements allow for quicker weight bearing and rehabilitation when compared to ankle fusion

**12:15 p.m. Lunch**

**1:00 p.m. My Patellar Tendon and Achilles are Angry: Can I avoid surgery?**  
*Robert H. Wagner, MD*

Learning Objectives:

- Discuss the process of tendon degradation and dysfunction
- Discuss the role of PRP and other alternative treatments for chronic tendonitis/tendinosis
- Discuss the future role for regenerative therapy

**1:40 p.m. Hip Arthroscopy: Look at what we are doing now!**  
*Ryan Miyamoto, MD*  
Learning Objectives:

- Recognize relevant anatomy and exam findings of patients with common non-arthritic hip disorders
- Discuss treatment options (surgical and nonsurgical) for these pathologies and postoperative rehabilitation
- Discuss postoperative outcomes of FAI surgery

**2:15 p.m. Current Thoughts on Core Stabilization**  
*Seth Blee, PT, DPT, CFMT*  
Learning Objectives:

- Understand the various theories of core stabilization and the current research
- Understand the automatic core and the role that 'ACE' plays in core training
- Identify key components of training the core - specificity and control

**2:45 p.m. Break**

**3:00 p.m. Cartilage Hour - Chondral Lesion of the Femoral Condyle: What do you do?**  
*George Branche, MD – Microfracture is my first option (3:00 – 3:15 p.m.)*  
*Stephen Saddler, MD – Do a Carticel (3:15 – 3:30 p.m.)*  
*Sameer Nagda, MD – Consider an Allograft (3:30 – 3:45 p.m.)*

**4:00 p.m. The Role of Ultrasound in Lower Extremity Orthopaedics (with a live demo)**  
*Sandra Allison, MD*  
Learning Objectives:

- Name structures in the lower extremity that can be imaged with ultrasound
- List common pathology or injuries in the lower extremities that can be assessed with ultrasound
- Describe applications for dynamic ultrasound imaging in the lower extremity

**4:45 p.m. Final Questions and Closing Remarks**  
*Sameer Nagda, MD*

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