

Annual Sports Medicine Symposium
Focus 2014: Shoulder and Elbow

When: Friday, June 20, 2014
7:30 a.m. – 5 p.m.

Where: Engh Conference Center
Inova Mount Vernon Hospital

Cost: All participants - \$60

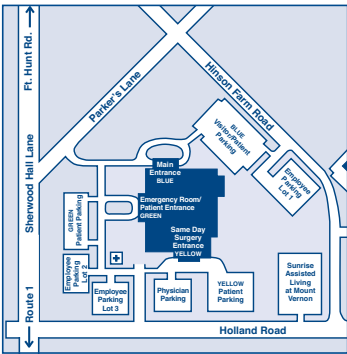
Cost includes parking, continental breakfast, lunch, refreshment breaks and handouts.

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

Location

Engh Conference Center
Inova Mount Vernon Hospital
2501 Parkers Lane
Alexandria, VA 22306
703.664.7109

Please park in the Blue Visitor/Patient
Parking Lot.



Directions to Inova Mount Vernon Hospital

From Virginia

Take 95/495 (Capital Beltway – Outer Loop) toward Baltimore. After passing Exit 176, Telegraph Road, stay to the right, following signs for Local Traffic 95/495. Take Exit 177A South – Route 1, Fort Belvoir. Travel south on Route 1 for approximately four miles, and turn left at Sherwood Hall Lane. At the second light, turn right onto Parker's Lane. The hospital entrance is on the right.

From the George Washington Memorial Parkway

From Old Town Alexandria, after crossing 95/495, drive approximately three miles south on the George Washington Parkway. Exit right onto Morningside Lane. After the first traffic light, this road becomes Sherwood Hall Lane. At the second light, turn left onto Parker's Lane. The hospital entrance is on the right.

From the Lorton Area

Take Lorton Road to Route 1, Richmond Highway. Turn left and travel north on Route 1 for approximately 7.5 miles. After passing the Multiplex Cinema on your left, take the next right onto Sherwood Hall Lane. At the second light, turn right onto Parker's Lane. The hospital entrance is on the right.

From the South

Take 95 North to Exit 161. Follow Route 1 North for 10 miles. After passing the Multiplex Cinema on your left, take the next right onto Sherwood Hall Lane. At the second light, turn right onto Parker's Lane. The hospital entrance is on the right.

From Maryland

Take 95/495 (Capital Beltway – Inner Loop) toward Richmond. After passing Exit 4, Route 414, stay to the right, following signs for Local Traffic 95/495. After crossing the Woodrow Wilson Bridge, take the first exit (Exit 177C) to the George Washington Parkway. Drive approximately three miles south and exit right onto Morningside Lane. After the first traffic light, this road becomes Sherwood Hall Lane. At the second light, turn left onto Parker's Lane. The hospital entrance is on the right.



Inova Mount Vernon Hospital
2501 Parkers Lane
Alexandria, VA 22306

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Focus 2014 - Shoulder and Elbow

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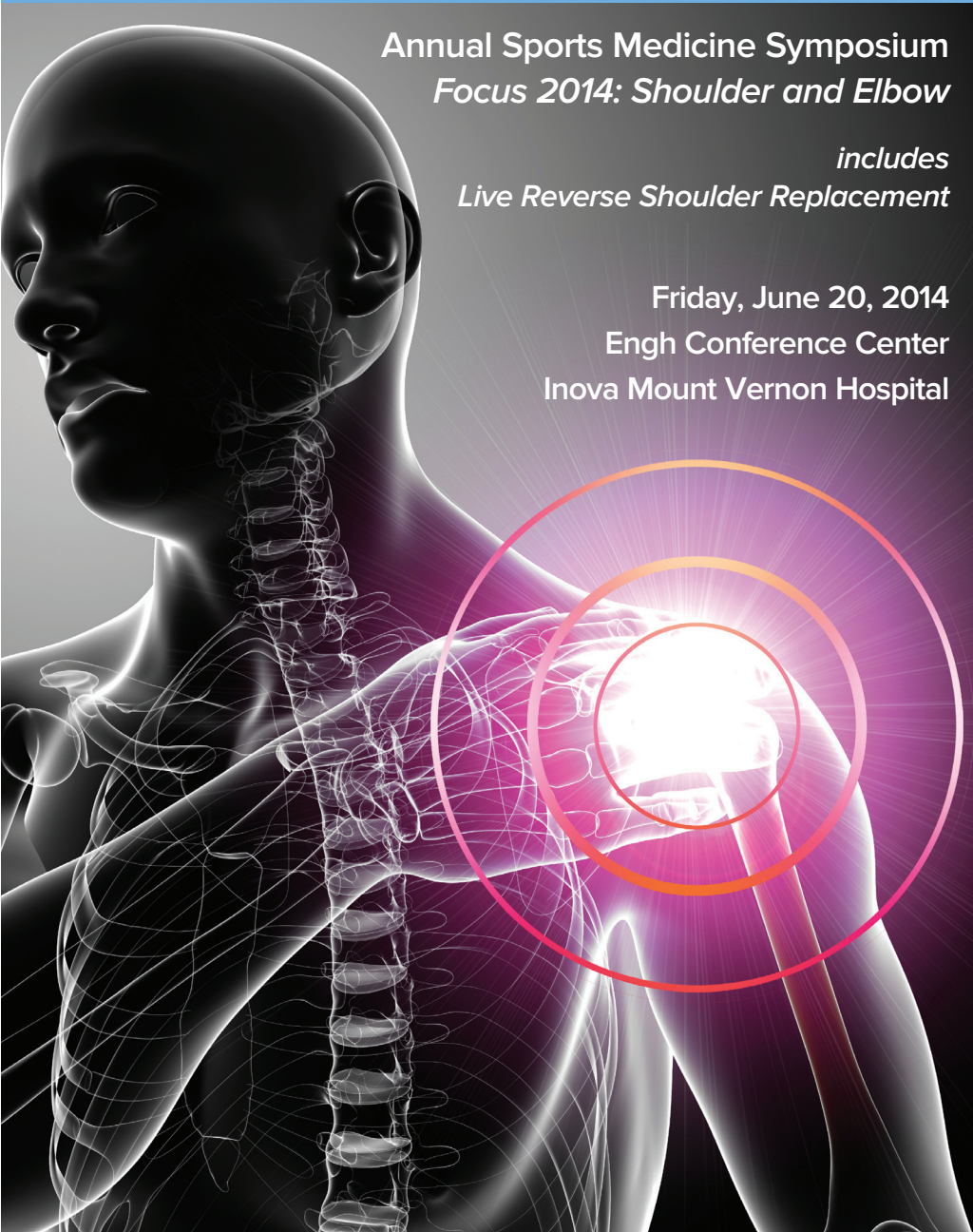
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Inova Sports Medicine Program and
Inova Mount Vernon Hospital present

Annual Sports Medicine Symposium
Focus 2014: Shoulder and Elbow

includes
Live Reverse Shoulder Replacement

Friday, June 20, 2014
Engh Conference Center
Inova Mount Vernon Hospital



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

Seminar 2014 Faculty



Program Director
Sameer Nagda, MD
Orthopedic Surgeon
Anderson Orthopaedic Clinic;
Assistant Clinical Professor of Orthopaedic Surgery, Georgetown University School of Medicine; Team Physician
Potomac Nationals Baseball Team



David Lutton, MD
Shoulder and Elbow Surgeon
Washington Circle Orthopaedic Associates, Assistant Clinical Professor of Orthopaedic Surgery;
George Washington University School of Medicine



Kirit Bhatt, MD
Private Practice
ABS Plastic Surgery
Inova Wound Healing Center



Ryan G. Miyamoto, MD
Orthopaedic Surgeon
Fair Oaks Orthopaedics



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



Daren P. Moat PT, MBA
Regional Director
Inova Physical Therapy Center,
Dulles South, Mount Vernon,
Tysons, Ballston



Jeffrey L. Lovallo, MD
Chief, Inova Shoulder Replacement Program; Anderson Orthopaedic Clinic,
Arlington, VA



Robert H. Wagner, MD
Pain Management Specialist
Expert in PRP and Prolotherapy,
National Spine & Pain Center

Agenda

7:30 a.m. Registration and Continental Breakfast

7:45 a.m. Welcome
Sameer Nagda, MD

8:00 a.m. What is the Source of the Upper Extremity Pain?
Robert H. Wagner, MD

- Learning Objectives:
- Understand the possible causes of upper extremity pain
 - Understand the algorithm in diagnosing upper extremity pain
 - Understand the possible pitfalls in management

8:30 a.m. Live Reverse Shoulder Replacement Surgery (Feed from Inova Alexandria Hospital)
Jeffrey L. Lovallo, MD

9:30 a.m. Questions

10:00 a.m. Break

10:15 a.m. Basics of Anatomic Shoulder Replacement
Sameer Nagda, MD

- Learning objectives:
- Understand the indications for shoulder replacement
 - Understand the principle aspects of shoulder replacement
 - Understand the critical aspects of rehab after shoulder replacement

10:45 a.m. Current Trends in Rotator Cuff Repair
David J. Novak, MD

- Learning Objectives:
- Understand the current techniques in rotator cuff repair
 - Understand the current thoughts in rehab after cuff repair
 - Understand the future direction of rotator cuff healing

11:30 a.m. Questions

11:45 a.m. Lunch

12:30 p.m. Management of Shoulder Instability
Ryan G. Miyamoto, MD

- Learning Objectives:
- Understand the mechanism of shoulder instability
 - Understand the surgical and non-surgical options for shoulder instability
 - Understand the principles of rehab after instability surgery

1:15 p.m. SLAP Tears and Biceps Tendon Injuries
George C. Branche, III, MD

- Learning Objectives
- Clinical presentation and differential diagnosis
 - Surgical vs. non-surgical options
 - Rehab focus points

2:00 p.m. Prevention of Shoulder and Elbow Injuries in Adolescent Athletes
Daren P. Moat PT, MBA

- Learning Objectives:
- Identify the phases of the throwing motion and potential opportunities for injury
 - Learn the guidelines for injury prevention in the throwing athlete
 - Understand non-operative rehab program for the throwing athlete

2:45 p.m. Questions/Break

3:00 p.m. Elbow Arthritis: Arthroscopic and Replacement Options
David Lutton, MD

- Learning Objectives:
- Understand the arthroscopic and open options for elbow arthritis
 - Understand the basic principles of elbow replacement
 - Understand the rehabilitation after elbow surgery for arthritis

3:45 p.m. Ulnar Collateral Ligament Reconstruction of the Elbow, the “Tommy John Procedure”
Sameer Nagda, MD

- Learning Objectives:
- Understand how to diagnose the injury
 - Understand the surgical and non-surgical treatment options
 - Understand the principles of rehab after surgery

4:20 p.m. Diagnosis and Management of Neuropathies about the Elbow
Kirit A. Bhatt, MD

- Learning Objectives:
- Understand the clinical presentation of nerve issues around the elbow
 - Understand the treatment options for neuropathies
 - Understand the long-term problems associated with neuropathies

4:55 p.m. Evaluation, Closing remarks, Adjournment