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 1.888.My.Inova (694.6682).
Space is limited. No walk-ins accepted.

Directions to Inova Mount Vernon Hospital

From Virginia
Take I-95/Capital Beltway – Outer Loop) toward Baltimore. After passing Exit 176, Telegraph Road, stay to the right, following signs for Local Traffic I-95/I-495. Take Exit 177 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 Parkers Lane. The hospital entrance is on the right.

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

From the South
Take I-95 North to Exit 185. 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 Parkers Lane. The hospital entrance is on the right.

From Maryland
Take I-95/Capital Beltway – Inner Loop) toward Richmond. After passing Exit 4, Route 495, stay to the right, following signs for Local Traffic I-95/I-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 Monticello Ridge Lane. After the first traffic light, this road becomes Sherwood Hall Lane. At the second light, turn left onto Parkers Lane. The hospital entrance is on the right.

Annual Sports Medicine Symposium
Focus 2014: Shoulder and Elbow

Includes
Live Reverse Shoulder Replacement

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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.

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

**Seminar 2014 Faculty**

<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
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<tbody>
<tr>
<td>Dr. Kirit Bhatt</td>
<td>MD Private Practice ABS Plastic Surgery Inova Wound Healing Center</td>
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<tr>
<td>Dr. Sameer Nagda</td>
<td>MD Orthopedic Surgeon Inova Shoulder Replacement Program, Anderson Orthopaedic Clinic, Arlington, VA</td>
</tr>
<tr>
<td>Dr. David Lutton</td>
<td>MD Shoulder and Elbow Surgeon Washington Circle Orthopaedics, Assistant Clinical Professor of Orthopaedic Surgery; George Washington University School of Medicine</td>
</tr>
<tr>
<td>Dr. Ryan G. Miyamoto</td>
<td>MD Orthopedic Surgeon Fair Oaks Orthopaedics</td>
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<tr>
<td>Dr. Daren P. Moat</td>
<td>PT, MBA Regional Director Inova Physical Therapy Center, Dulles South, Mount Vernon, Tysons, Ballston</td>
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<tr>
<td>Dr. David J. Novak</td>
<td>MD Orthopedic Surgeon Commonwealth Orthopaedics; Team Physician Washington Redskins</td>
</tr>
<tr>
<td>Dr. Robert H. Wagner</td>
<td>MD Pain Management Specialist Expert in PRP and Prolotherapy; National Spine &amp; Pain Center</td>
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<tr>
<td>Dr. Jeffrey L. Lovallo</td>
<td>MD Chief, Inova Shoulder Replacement Program; Anderson Orthopaedic Clinic, Arlington, VA</td>
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<td>Dr. Robert H. Wagner</td>
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**Agenda**

<table>
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<tr>
<th>Time</th>
<th>Session</th>
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<tr>
<td>7:30 a.m.</td>
<td>Registration and Continental Breakfast</td>
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<tr>
<td>7:45 a.m.</td>
<td>Welcome Sameer Nagda, MD</td>
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<tr>
<td>8:00 a.m.</td>
<td>What is the Source of the Upper Extremity Pain? Robert H. Wagner, MD</td>
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<tr>
<td>8:30 a.m.</td>
<td>Live Reverse Shoulder Replacement Surgery (Feed from Inova Alexandria Hospital) Jeffrey L. Lovallo, MD</td>
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<td>9:30 a.m.</td>
<td>Questions</td>
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<td>10:00 a.m.</td>
<td>Lunch</td>
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<tr>
<td>10:15 a.m.</td>
<td>Basics of Anatomic Shoulder Replacement Sameer Nagda, MD</td>
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<tr>
<td>11:30 a.m.</td>
<td>Questions</td>
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<tr>
<td>11:45 a.m.</td>
<td>Lunch</td>
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<tr>
<td>12:30 p.m.</td>
<td>Management of Shoulder Instability Ryan G. Miyamoto, MD</td>
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**Learning Objectives:**
- Understand the possible causes of upper extremity pain
- Understand the algorithm in diagnosing upper extremity pain
- Understand the possible pitfalls in management

**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
  - Questions/Break

**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

**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**