

North Carolina



Medical Society

Leadership in Medicine

PRESENTS THE

40TH Annual SPORTS MEDICINE SYMPOSIUM



**July 23-25, 2010
Holiday Inn Resort
Wrightsville Beach, NC**

Presented by the NCMS Sports Medicine Committee

Sponsored by the North Carolina Medical Society



40TH Annual SPORTS MEDICINE Symposium Overview

JOIN US

...as we celebrate **40 years** of our commitment to improving care of patients involved in physical activity and athletics at all levels. The Annual Sports Medicine Symposium is presented by the Sports Medicine Committee of the North Carolina Medical Society. This year's Symposium is scheduled for July 23-25, 2010 at the Holiday Inn Resort at Wrightsville Beach, North Carolina.

ACTIVITY DESCRIPTION

The Sports Medicine Symposium is intended to provide a review and update on various athletic problems encountered by physicians, our primary target audience, as well as by athletic trainers, therapists and others who are involved in the prevention, diagnosis, non-operative treatment and management of injuries and other concerns related to physical activity and sports. This year's Symposium features timely presentations on such critical issues as concussion management, pre-participation examinations, AED usage, and life-threatening conditions faced by athletes.

OBJECTIVES

At the conclusion of this educational activity, participants should be able to:

- Implement an Emergency Action Plan with institutions involved with organized sports.
- Correctly assess and treat acute athletic injuries and conditions as a first responder.
- Correctly assess and determine the progression of an athlete's rehabilitation and ability to safely return to sports.
- Correctly diagnose and perform appropriate treatment of athletic injuries and conditions on a day-to-day basis.

ACCREDITATION

This activity has been planned and implemented in accordance with the Essentials and Standards of the Accreditation Council for Continuing Medical Education through sponsorship of the North Carolina Medical Society. The NCMS is accredited by the ACCME to provide continuing medical education for physicians.

CME CREDIT/CEU

The North Carolina Medical Society designates this educational activity for a maximum of **8.0 AMA PRA Category 1 Credit(s)**[™]. Physicians should claim credit commensurate with the extent of their participation in the activity.

The North Carolina Medical Society designates this educational activity for a maximum of 8 CEUs (8 contact hours).

AAFP CREDIT

This activity has been reviewed and is acceptable for up to 8 Prescribed credits by the American Academy of Family Physicians.

BOC APPROVED PROVIDER STATEMENT

The North Carolina Medical Society is recognized by the Board of Certification, Inc. to offer continuing education (CE) for Certified Athletic Trainers (ATs). This program has been approved for a maximum of 8.0 hours of Category A CE. ATs are responsible for claiming only those hours actually spent participating in the CE activity.

40TH Annual SPORTS MEDICINE SYMPOSIUM

Overview



ACCOMMODATIONS

The Holiday Inn Resort is a family-friendly, oceanfront resort featuring indoor and outdoor pools, whirlpools, beach rentals, playground area, volleyball court, a video game room, and fitness center. The resort offers supervised activities for children; call for details. To secure your hotel accommodations, please call the Holiday Inn Resort at (877) 330-5050 and refer to Group Code S31. The rates are Oceanfront, \$254 plus 13% tax, or Standard (marsh view), \$234 plus 13% tax, single or double occupancy. Each additional person is \$10 per night. These rates are valid for three days before and after the meeting dates. Reservations must be guaranteed by deposit with a check of one night's room rate or by accepted credit card (MasterCard, VISA, American Express or Discover). The deposit is refundable if the reservation is cancelled at least 72 hours prior to arrival. The Holiday Inn Resort has set aside a block of rooms for the Symposium until **June 21**, so you are urged to make your reservation promptly.

DISCLOSURE

The North Carolina Medical Society adheres to ACCME Essential Areas and policies regarding industry support of continuing medical education. Commercial support for the program and faculty relationships within the industry will be disclosed at the activity. Speakers will also disclose when off-label or experimental use of drugs or devices is incorporated in their presentations.

AMERICANS WITH DISABILITIES ACT

The North Carolina Medical Society is fully committed to the principle of equal educational opportunities for all individuals and does not discriminate on the basis of any characteristics protected by federal or state law. If you require any of the auxiliary aids or services identified in the Americans with Disabilities Act in order to participate in this conference, please call Nancy Lowe at the NCMS at (919) 833-3836 no later than ten business days before the date of the activity.

ATTIRE

Dress for the meeting and Friday reception is business casual.

REGISTRATION

The early-bird registration fee for the Sports Medicine Symposium is **\$175 for NCMS member physicians, \$250 for non-member physicians, \$50 for residents, FREE for medical students, and \$100 for athletic trainers and other allied health professionals**. Friday evening's Welcome Reception and Saturday and Sunday mornings' breakfasts and breaks are included in the registration fee. Please complete the attached Meeting Registration Form and return it to the NC Medical Society with your check or credit card information as indicated. **Early-bird rates end June 15.**

REGISTRATION CANCELLATION

Please note that refunds of registration fees will not be made after **Friday, July 9**. Refunds, less \$25, will be made for cancellations received prior to that date.

QUESTIONS

If you have questions, call Nancy Lowe at the NC Medical Society, (919) 833-3836 or (800) 722-1350, or via e-mail at nlowe@ncmedsoc.org.



40TH ANNUAL SPORTS MEDICINE SYMPOSIUM Schedule/Program

FRIDAY, JULY 23, 2010

- 3:00pm-5:00pm NC Medical Society Sports Medicine Committee Meeting
- 4:00pm-6:00pm Registration
- 6:00pm-7:00pm Welcome Reception (Advance registration required.)
Families are welcome!

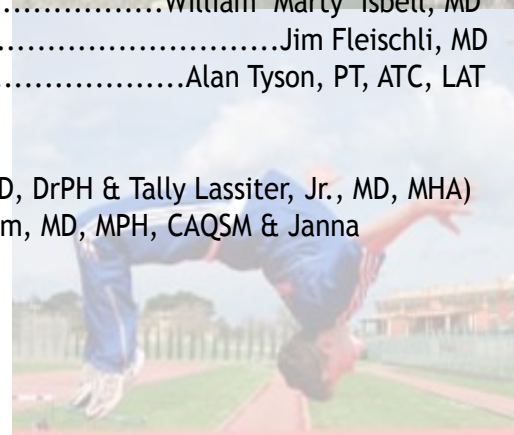
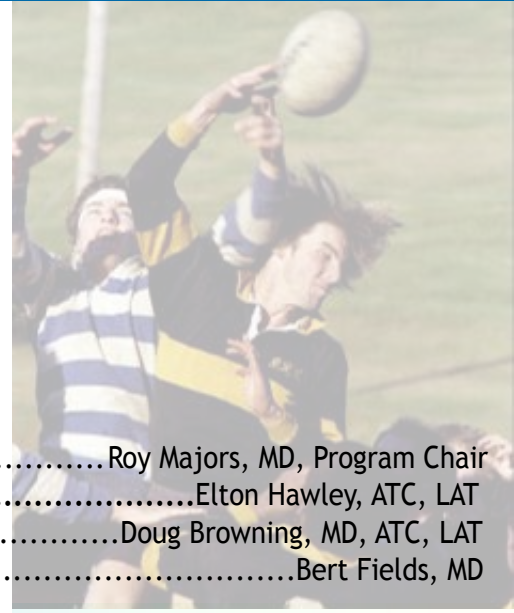
SATURDAY, JULY 24, 2010

- 7:00am-12:30pm Registration
- 7:00am-8:00am Continental Breakfast / Visit Exhibits
- 8:00am-12:30pm Symposium
 - 8:00am Welcome & Announcements Roy Majors, MD, Program Chair
 - 8:05am **Emergency Action Plan (Physician/Trainer/School)**.....Elton Hawley, ATC, LAT
 - 8:35am **Hydration/Dehydration, Sickle Cell, and Sudden Death**.....Doug Browning, MD, ATC, LAT
 - 9:05am **Needs, Indications and Usage of AEDs**.....Bert Fields, MD
- 9:35am Break / Visit Exhibits
- 10:00am **Concussions: Where Are We Now?**.....Josh Bloom, MD, MPH, CAQSM
- 10:30am **Mono, H1N1, and the Flu: Who Can Play and When**.....Heath Thornton, MD
- 11:00am **Lightning: The Hidden Dangers**.....Kevin Allran, ATC, LAT
- 11:30am **Panel: Pardon the Sports Medicine Interruption**Kevin Burroughs, MD, ABFP, CAQSM
- 12:30pm Adjourn

Free afternoon and evening

SUNDAY, JULY 25, 2010

- 7:00am Beach Run (Advance registration required. Runners should meet in the hotel lobby at 6:45am.)
- 7:00am-10:00am Registration
- 7:00am-8:00am Continental Breakfast / Visit Exhibits
- 8:00am-12:30pm Symposium
 - 8:00am **Healing with Blood: Applications of Platelet-Rich Plasma in the Athlete**...Kevin Burroughs, MD, ABFP, CAQSM
 - 8:30am **The Use and Abuse of Cortisone Injections in Athletic Injuries**.....Walton Curl, MD
 - 9:00am **Rehabilitating Common Aches, Pains and Strains for Return to Sports and Life Activities**.....Joyce Kight, PT & Joy Pfuhl, PT
- 9:30am Break / Visit Exhibits
- 10:00am **Non-Traumatic Shoulder Pain in the Athlete**.....William "Marty" Isbell, MD
- 10:30am **Traumatic Shoulder Injuries in the Athlete**.....Jim Fleischli, MD
- 11:00am **Throwing Mechanism and Rehab of the Upper Extremities**.....Alan Tyson, PT, ATC, LAT
- 11:30am **Workshops (30 minute rotations) - Choice of two:**
 - AED Demonstration (Bert Fields, MD)
 - The Pre-participation Exam: Theory and Practice (Doug Hammer, MD, DrPH & Tally Lassiter, Jr., MD, MHA)
 - Concussion: Acute Assessment and Sideline Management (Josh Bloom, MD, MPH, CAQSM & Janna Fonseca, MEd, LAT, ATC)
- 12:30pm Activity Adjourns



MEETING REGISTRATION FORM
40TH ANNUAL SPORTS MEDICINE SYMPOSIUM

1. PERSONAL INFORMATION (PLEASE PRINT)

NAME: _____ DEGREE(S): _____

SPECIALTY: _____

PRACTICE NAME: _____

ADDRESS: _____

CITY/STATE/ZIP: _____

PHONE: () _____ FAX: () _____

LAST 4 DIGITS OF SS# (REQUIRED): _____

E-MAIL: _____

PREFERRED FIRST NAME FOR BADGE: _____

EMERGENCY CONTACT NAME AND PHONE: _____

ACCESSIBILITY NEEDS: _____ DIETARY RESTRICTIONS: _____

2. REGISTRATION FEES (To qualify for member rate, 2010 dues must be current.)

	PRIOR TO 6/15	AFTER 6/15
<input type="checkbox"/> NCMS Member Physician.....	\$175.....	\$200
<input type="checkbox"/> Non-Member Physician.....	\$250.....	\$275
<input type="checkbox"/> Resident Physician.....	\$50.....	\$50
<input type="checkbox"/> Medical Student	FREE.....	FREE
<input type="checkbox"/> Allied Health Professional.....	\$100.....	\$125
<input type="checkbox"/> Athletic Trainer	\$100.....	\$125

3. SOCIAL/RECREATION ACTIVITIES (Preregistration required.)

Indicate # attending:

Friday Evening Reception _____ adult(s) / _____ child(ren)

Sunday Morning Beach Run _____

4. TOTAL FEES (Total of section 2) (No refunds after July 9.)

Enclosed is check # _____ for \$ _____ payable to NCMS.

Charge \$ _____ to my _____ VISA or _____ MasterCard

ACCT #: _____ 3-DIGIT CODE: _____

EXPIRATION DATE: _____

SIGNATURE: _____

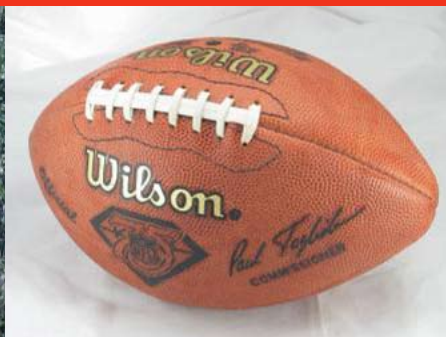
Please return form with payment to North Carolina Medical Society, P.O. Box 27167, Raleigh, NC 27611
FAX 919-833-2023

Questions? Call 919-833-3836



Return Service Requested
P.O. Box 27167
Raleigh, NC 27611

North Carolina  Medical Society
Leadership in Medicine



*NORTH CAROLINA MEDICAL SOCIETY'S
40TH Annual
SPORTS MEDICINE SYMPOSIUM*