

OSU SPORTS MEDICINE
Fourth Annual Hip Symposium

The Complicated Hip: A Multidisciplinary Approach to the Management of Hip Pathology in Active Patients

April 26, 2014

Martha Morehouse Medical Plaza Auditorium
2050 Kenny Rd, Columbus, OH 43221



THE OHIO STATE UNIVERSITY

WEXNER MEDICAL CENTER

Program Overview

This course will present information on pathomechanics contributing to common hip injuries in physically active people, as well as treatment strategies to improve care of the patient with hip pain.

Morning lecture includes a multi-disciplinary approach to mastering differential diagnosis and treatment strategies athletes with hip pain. Pathology will be clearly described for a multitude of conditions and surgical techniques and the course will provide the knowledge necessary to return injured athletes to high-level sports participation.

Two afternoon sessions are available: an ultrasound guided injection laboratory (for physicians) and a rehabilitation breakout session (for physicians and sports medicine professionals).

The rehabilitation laboratory breakout sessions include manual therapy, aquatic therapy, biomechanical analysis, corrective exercise and neuromuscular training. These sessions give participants the opportunity to practice hands-on treatment and rehabilitation techniques as well as screening tools used to optimize the athlete's return to activity.

The ultrasound guided injection laboratory teaches physicians to perform hip joint injections. Proctors will instruct participants to use an ultrasound machine on live models. Participants will perform injections on cadavers, including hip joint, piriformis, gluteal, adductor and sacroiliac injections.

The Ohio State University Center for Continuing Medical Education is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The Ohio State University Center for Continuing Medical Education designates this live activity for a maximum of 8.5 *AMA PRA Category 1 Credit(s)*[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

This program has been submitted to the Ohio Physical Therapy Association for approval of continuing education units for physical therapists and physical therapy assistants.

OSU Sports Medicine is an Approved Provider of continuing education for athletic trainers. This program has been approved for a maximum of 8.5 continuing education units by the Board of Certification for certified athletic trainers.

General Event Information

Registration Fees

Physicians		
Full day	8.5 credits	\$300
Morning lectures and ultrasound-guided injection lab		
Morning lectures	4.5 credits	\$100
Ultrasound-guided injection lab	4.0 credits	\$200
Sports medicine professionals - athletic trainers, physical or occupational therapists, EMS, nurses		
Full day	8.5 credits	\$125
Morning lectures and hands-on rehabilitation lab		
Morning lectures only	4.5 credits	\$ 75
Hands-on rehabilitation lab only	4.0 credits	\$ 75
Students (no CEU's will be awarded)		\$ 50
Limited to 20 students		
Online participants - morning lectures only	4.5 credits	\$100

NOTE: Ultrasound lab is limited to 20 participants

General Event Information

Fee includes lectures, hands-on laboratory sessions, educational materials, refreshment breaks and lunch.

The morning lectures and rehabilitation labs will be held at the following locations:

OSU Sports Medicine
Martha Morehouse Medical Plaza
2050 Kenny Road
Columbus OH 43221

The ultrasound laboratory will be held at

Prior Health Sciences Library
376 W 10th Ave
Columbus, OH 43210

Hamilton Hall, Building 038
1645 Neil Avenue
Columbus OH 43210

Free parking is available in the surface lot behind the Martha Morehouse Pavillion. Driving directions are available on the registration website. Parking passes will be provided for ultrasound lab participants.

Please dress appropriately for the evaluation and manual therapy lab sessions.

To register for this program: go.osu.edu/hip



Course Cancellation Policy: Requests for cancellation must be made on or before 5 p.m. EST, Friday, April 11, 2014. Requests made by this date and time will receive a full refund, minus a processing fee of \$25, after the conclusion of the meeting. No refunds will be made for cancellation requests after this date. The Ohio State University Wexner Medical Center reserves the right to cancel this program at any time and will assume no financial obligation to the registrants in the event of cancellation. If the course is cancelled, registration fees will be refunded in full.

Agenda

Saturday April 26, 2014

7:00 am - 5:00 pm

6:30 am	Registration	
6:55	Welcome	
7:00	Evaluation and Treatment of FAI	Thomas Ellis MD
7:15	Hip Dysplasia and PAO	James Goulet MD
7:30	Lateral Hip Pain	John Ryan MD
7:45	Discussion	
8:00	Proximal Hamstring Injuries	Christopher Kaeding MD
8:15	Sports Hernia	David Renton MD
8:30	Osteitis Pubis	Thomas Best MD, PhD
8:45	Discussion	
9:00	Break	
9:30	Posterior Hip Pain	John Ryan MD
9:45	Pelvic Floor Dysfunction	Alyssa George PT, OCS
10:00	Basic Algorithm for Hip Pain Diagnosis	James Goulet MD
10:15	Discussion	
10:30	Ultrasound-Guided Injections	Kendra McCamey MD
10:45	Outcomes Research Update	Katie Cenkus
11:00	Psychological Impacts of Hip Injuries	Jennifer Carter PhD
11:15	Interpreting Radiologic Findings in the Hip	Alan Rogers MD
11:30	Panel Discussion	
12:00 pm	Lunch	
1:00	Ultrasound Guided Injection Technique Cadaver Lab Prior Health Sciences Library and Hamilton Hall	Kendra McCamey MD Clinton Hartz MD
		or
1:00	Hands-on Rehabilitation Labs OSU Sports Medicine Participants will rotate through all four labs	
	Manual Therapy Techniques	David Kohlrieser PT, OCS, SCS
	Corrective Exercise & Return to Sport	John DeWitt PT, AT, SCS
	Aquatic Therapy	Kathy Krummen PT, SCS
	Biomechanical Analysis	Stephanie Di Stasi PhD, PT, OCS Lindsay Becker PT, SCS
5:00	Adjourn	

Faculty



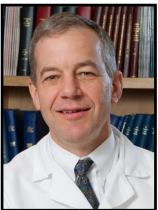
Thomas Ellis MD - Course Director

Dr. Ellis is an orthopedic surgeon at OSU Sports Medicine, Chief of Hip Preservation and Associate Professor of Orthopedics for the OSU College of Medicine. He specializes in the treatment of hip problems in athletes and physically active people, including hip arthroscopy, hip arthroplasty and non-surgical treatment of FAI and labrum pathology.



John Ryan MD - Associate Course Director

Dr. Ryan is an orthopedic surgeon in the division of Hip Preservation at OSU. His expertise includes the diagnosis of complex hip pathology and complete surgical care of in hip pain in athletes and physically active people.



James Goulet MD - Guest Faculty

Dr. Goulet is an Orthopaedic Surgeon and Professor of Orthopaedics at the University of Michigan. He specializes in hip preservation, including hip arthroscopy, pelvic osteotomies and hip replacement as well as orthopaedic trauma.

Lindsay Becker PT, SCS

Lindsay is a physical therapist and Director of the Sports Performance-Golf program at OSU Sports Medicine. She is TPI-Certified, Level 3 Medical and Junior and is board certified in sports physical therapy.

Thomas Best MD, PhD

Dr. Best is Professor and Director of the Division of Sports Medicine in the Department of Family Medicine. He is Past-President of the American College of Sports Medicine and Medical Director for BalletMet. Dr. Best directs a laboratory dedicated to understanding the role of massage in skeletal muscle injury and repair.

Jennifer Carter PhD

Dr. Carter is the Director of Sport Psychology at Ohio State Sports Medicine, providing mental health and performance psychology counseling to OSU athletes and sports medicine patients.

Katie Cenkus

Katie coordinates the hip outcomes database for the hip preservation division.

John DeWitt PT, AT, SCS

John is a Physical Therapist Rehab Manager for Clinical Development and Director of Physical Therapy Residency and Fellow Programs within OSU Sports Medicine He is a board certified Sports Physical Therapy Specialist and specializes in treating athletes with hip disorders.

Stephanie Di Stasi PT, PhD, OCS

Stephanie is a clinical scientist in the Sports Health and Performance Institute and an Assistant Professor in the Department of Orthopaedics. Both her clinical and research interests are focused on developing and validating effective rehabilitation programs for active individuals following hip and knee injury.

Alyssa George PT, OCS

Alyssa is a physical therapist at OSU Outpatient Rehab, specializing in women's and men's pelvic floor disorders. She is board certified in orthopedic physical therapy.

Clinton Hartz MD

Dr. Hartz is a Clinical Associate Professor in the Department of Family Medicine and Sports Medicine and is a Team Physician for OSU Athletics. He has been teaching and using diagnostic and interventional ultrasound since 2010

Christopher Kaeding MD

Dr. Kaeding is Executive Director of OSU Sports Medicine. He is currently the Judson Wilson Professor of Orthopaedics at Ohio State, the Orthopaedic Sports Medicine Fellowship Director and Head Team Physician for the OSU Athletic Department.

David Kohlrieser PT, SCS, OCS

Dave is a physical therapist at OSU Sports Medicine and is a member of the Hip Outcomes Team. He is board certified in both sports and orthopedic physical therapy.

Kathy Krummen PT, SCS

Kathy is a physical therapist at OSU Sports Medicine. She is a member of the Endurance Medicine Team and is the clinical education coordinator for the Hip Outcomes Team. She is a competitive swimmer and Ironman Triathlete. Her clinical interests include rehabilitation and injury prevention for the endurance athlete as well as aquatic therapy development.

Kendra McCamey MD

Dr. McCamey is a Clinical Assistant Professor in Family Medicine and Primary Care Sports Medicine. She is the Associate Director of the Primary Care Sports Medicine Fellowship and a Team Physician for the Ohio State University Athletic Department.

David Renton MD

Dr. Renton is a general surgeon at the OSU Wexner Medical Center and Assistant Professor of Clinical Surgery, Division of General and Gastrointestinal Surgery.