Saturday, March 12, 2016
7:00am – 3:45pm
Crest Hollow Country Club
8325 Jericho Turnpike • Woodbury, NY 11797

COURSE DIRECTORS
Nicholas A. Sgaglione, MD
Chair, Orthopaedic Surgery
North Shore-LIJ Health System
Senior Vice President, Orthopaedic Service Line
Professor and Chair, Orthopaedic Surgery
Hofstra North Shore-LIJ School of Medicine

Elliott B. Hershman, MD
Chair, Orthopaedic Surgery
Lenox Hill Hospital
Vice President, Orthopaedic Service Line, Western Region
Associate Professor, Orthopaedic Surgery
Hofstra North Shore-LIJ School of Medicine

KEYNOTE SPEAKER
Kevin E. Wilk, PT, DPT, FAPTA
Associate Clinical Director,
Champion Sports Medicine, Birmingham, AL

ALL THINGS SPORTS
Advances in Prevention, Performance and Preservation
A CME Conference designated for 7 AMA PRA Category 1 Credits™

Presented by the Orthopaedic Service Line

North Shore-LIJ Health System is now Northwell Health
<table>
<thead>
<tr>
<th>Time</th>
<th>Session/Panel</th>
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<tbody>
<tr>
<td>7:00am</td>
<td>Registration/Continental Breakfast</td>
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<tr>
<td>7:30am</td>
<td>Welcome and Introduction&lt;br&gt;Nicholas A. Sgaglione, MD</td>
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<tr>
<td>7:45am</td>
<td>SESSION I — Prevention&lt;br&gt;Moderator: Thomas M. Mauri, MD&lt;br&gt;Upright or Upwrong? How Can We Prevent Back Problems? Jason S. Lipetz, MD</td>
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<tr>
<td>8:00am</td>
<td>ACL Prevention: Are We Kidding Ourselves? Andrew D. Goodwillie, MD</td>
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<tr>
<td>8:15am</td>
<td>Save My Arm Tommy John: Lessons Learned on Prevention of Throwing Injuries&lt;br&gt;Steven E. Rokito, MD</td>
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<tr>
<td>8:30am</td>
<td>Prevention of Running Injuries: Barefoot in the Park? Geoffrey I. Phillips, MD</td>
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<tr>
<td>8:45am</td>
<td>How to Make a Difference in Preventing Falls: Building Balance&lt;br&gt;Jim Megna, PT, MS, NCS</td>
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<tr>
<td>9:00am</td>
<td>Prevention: A Case Based Discussion Panel</td>
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<tr>
<td>9:30am</td>
<td>SESSION II — Performance&lt;br&gt;Moderator: Kate W. Nellans, MD&lt;br&gt;Pearls en Point: Recent Advances in Dance Medicine&lt;br&gt;Randy M. Cohn, MD</td>
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<tr>
<td>9:45am</td>
<td>Golf Form and Fitness: Getting Back into the Swing&lt;br&gt;Nina J. DePaola, PT, MHA</td>
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<tr>
<td>9:45am</td>
<td>10:00am Addressing the Aging Athlete: Strength and Conditioning: Is it Ever Too Late?&lt;br&gt;Robert A. Panariello, PT, ATC</td>
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<tr>
<td>10:15am</td>
<td>10:15am Break</td>
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<tr>
<td>10:30am</td>
<td>Why Women’s Health Matters: Past, Present and Future&lt;br&gt;Stacey E. Rosen, MD</td>
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<tr>
<td>10:45am</td>
<td>Cutting Edge Approaches to the Pediatric Athlete: Keeping Growing Athletes Safe on the Field and in the Gym&lt;br&gt;Jon-Paul P. DiMauro, MD</td>
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<tr>
<td>11:00am</td>
<td>Wellness: Essential Clinical Care Ingredients&lt;br&gt;Joseph Sullivan, PT, OCS, CSCS</td>
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<tr>
<td>11:15am</td>
<td>Optimizing Performance: Can We Make a Difference?&lt;br&gt;Panel</td>
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<tr>
<td>12:00pm</td>
<td>KEYNOTE ADDRESS&lt;br&gt;Introduction: Nicholas A. Sgaglione, MD&lt;br&gt;Athletic Injury Prevention, Performance, Preservation: The State of the Art 2016&lt;br&gt;Kevin E. Wilk, PT, DPT</td>
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<tr>
<td>1:00pm</td>
<td>Lunch</td>
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<td>2:00pm</td>
<td>SESSION III — Clinical Vignettes: How to Manage the Difficult Patient — “A Multidisciplinary Approach”&lt;br&gt;Moderator: Nicholas A. Sgaglione, MD / Giles R. Scuderi, MD</td>
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<tr>
<td>2:30pm</td>
<td>Hip Preservation: Is Metal and Plastic Inevitable: Update on FAI and Osteotomies&lt;br&gt;Sreevatha Boraih, MD</td>
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<td>2:45pm</td>
<td>Articulate Cartilage Preservation: What to Do, What Not to Do and When?&lt;br&gt;Nicholas A. Sgaglione, MD</td>
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<tr>
<td>3:00pm</td>
<td>Meniscus Preservation and Repair: Please Don’t Remove It!&lt;br&gt;Elliott B. Hershman, MD</td>
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<tr>
<td>3:15pm</td>
<td>Preservation: A Case Based Discussion Panel</td>
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<tr>
<td>3:45pm</td>
<td>Adjourn/Closing Remarks</td>
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</tbody>
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Statement of Need: As the pediatric and adult athletic population increases in size, the number of pediatric and adult athletes participating in sport activities will also likely increase proportionally with a concomitant increase in musculoskeletal injuries. Age-associated function declines in muscle strength and the sensory systems, in addition to several other issues, can contribute to reductions in athletic performance that may increase the risk of sustaining injury. Healthcare professionals need to update their knowledge and skills related to the latest techniques pertaining to athletic injury prevention, appropriate form and fitness in athletic performance and key elements surrounding preservation of these injuries in a post-operative state. These methodologies are based on best practices currently utilized by orthopaedic sports medicine physicians and rehabilitation specialists.

Program Objectives: All North Shore-LIJ Health System CME activities are designed to improve patient care, safety and outcomes. At the conclusion of this conference, participants should be able to:
- **EVALUATE** best practice techniques related to the prevention of falls and commonly sustained day-to-day athletic injuries of the spine, shoulder, elbow, knee, ankle and foot.
- **IDENTIFY** various instances of poor performance that often leads to various athletic injuries and further educate the athlete how to properly engage in future athletic activity while utilizing the proper form.
- **IMPROVE** communications between injured athletes and healthcare professionals regarding treatment, recovery and rehabilitation from the injury.

Target Audience: Orthopaedists, Sports Medicine Specialists, Joint Replacement Specialists, Trauma Specialists, Physiatrists, Pediatricians, Primary Care Physicians, Rheumatologists, Nurse, PAs, Physical Therapists, Occupational Therapists, Athletic Trainers, Coaches, Physical Education Teachers and allied health care professionals.

CME Accreditation: North Shore-LIJ Health System is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Credit Designation: North Shore-LIJ Health System designates this live educational activity for a maximum of **7.0 AMA PRA Category 1 Credits™**. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Nursing Credit: The American Nurses Credentialing Center (ANCC) will accept **1.0 AMA PRA Category 1 Credit™** as equal to 1.0 ANCC contact hour. Nurses should inquire with their specialty organizations and professional institutions as to their acceptance of AMA PRA Category 1 Credits™.

Physical Therapy Credit Designation: The Long Island Jewish Medical Center is recognized by the New York State Education Departments State Board for Physical Therapy as an approved provider of physical therapy and physical therapy assistant continuing education. Participants will receive a certificate at the completion of the conference for 8.4 contact hours.

Athletic Trainer Credit Designation: North Shore-LIJ Health System Rehabilitation Network is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program has been approved for a maximum of 7.0 hours of Category A continuing education. Certified Athletic Trainers are responsible for claiming only those hours actually spent participating in continuing education activity. BOC Approved Provider Number P8350. Number of hours actually participated: 7.0

Verification of Attendance: Will be provided to all professionals.

Faculty Disclosure Policy: North Shore-LIJ Health System adheres to the ACCME’s Standards for Commercial Support. Any individuals in a position to control the content of a CME activity, including faculty, planners, reviewers or others are required to disclose all relevant financial relationships with commercial interests. All relevant conflicts of interest will be resolved prior to the commencement of the activity.

Location: Crest Hollow Country Club, 8325 Jericho Turnpike, Woodbury, NY 11797 (516) 692-8000

Registration Fee: $115 for North Shore-LIJ employees and voluntary faculty; $150 for all others; $175 for on-site registration. Registration fee includes continental breakfast, break, lunch, digital educational course materials.

Cancellation Policy: To receive a refund, all cancellations must be confirmed in writing to the Office of Continuing Medical Education by Friday, March 4, 2016. An administrative fee of $25 will be kept for all cancellations. No refunds will be made after this date or for “no-shows”.
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Advances in Prevention, Performance and Preservation
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THREE WAYS TO REGISTER:

1 ONLINE: NorthShoreLIJ.edu/CME or scan QR code to register

2 FAX: This form to: (516) 465-8204 with credit card information

3 MAIL: This form with a check payable to All Things Sports or complete credit card information below and mail to:
NSLIJ CME Office
North Shore–LIJ Health System
Office of Continuing Medical Education
175 Community Drive, 2nd Floor
Great Neck, NY 11021

REGISTRATION FORM (PLEASE PRINT CLEARLY)

NAME

CREDENTIALS (MD, DO)

ADDRESS

CITY STATE ZIP

PHONE (DAYTIME) CELL

EMAIL

HOSPITAL AFFILIATION (IF ANY) SPECIALTY

Please indicate:

- Physician
- Resident/Fellow
- Physician Assistant
- Athletic Trainer/Coach
- Nurse Practitioner
- Occupational Therapist
- Physical Therapist
- Physical Education Teacher
- Other (please specify):

Charge $_______ to my

- VISA
- Mastercard
- AMEX
- Discover

CREDIT CARD NUMBER
(Please list all digits from your credit card)

EXP DATE

AUTHORIZING SIGNATURE

DATE

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Sports Rehabilitation & Performance Center
Hospital For Special Surgery
Team Physical Therapist,
United States Merchant Marine Academy,
Kings Point, NY

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Vice President, Rehabilitation Service Line &
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North Shore-LIJ Health System

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Sports Medicine, Joint Reconstruction
Franklin Hospital
Lenox Hill Hospital
Southside Hospital

Robert A. Panariello, MS, PT, ATC, CSCS
Founding Partner, Chief Clinical Officer
Professional Physical Therapy

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North Shore University Hospital
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Associate Clinical Professor, Surgery
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Physical Therapist
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Peak Performance Physical Therapy
Peak Performance Wellness & Fitness, LTD

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Assistant Vice President,
Outpatient Therapy Network
Sports Therapy and Rehabilitation Services (STARS)
North Shore-LIJ Health System

COORDINATED BY
North Shore-LIJ Health System
Office of Continuing Medical Education

Mary B. Strong, MA
Director

KEYNOTE SPEAKER
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North Shore-LIJ Health System
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Director

Arlene Karole, MSA, CMP
CME Conference Manager

Michelle Harris, BSHA
Project Assistant

TJE 19643-11-15
Office of Continuing Medical Education
175 Community Drive, 2nd Floor
Great Neck, NY 11021

CME CONFERENCE

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Advances in Prevention, Performance and Preservation

SATURDAY, March 12, 2016
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DATED MATERIAL