

Sports Medicine

for the Pediatric Primary Care Provider

Tuesday, May 8, 2012

SERESC, 29 COMMERCE DR., BEDFORD, NH

7:30-8	Registration/Continental Breakfast
7:50	WELCOME
8:00-8:40	To Supplement is Human. To Eat Naturally is Divine. Kathleen Laquale Dr. Laquale will provide participants with a brief overview of claims, evidence and unknowns about supplements, and review product label information and resources used to assess a dietary supplement.
8:40-9:10	Recognizing and Managing Shoulder and Elbow Injuries in the Young Throwing Athlete. Donald Bae Dr. Bae will review appropriate examination of the young thrower's shoulder/elbow and discuss diagnosis and treatment of "Little Leaguer's shoulder" and osteochondritis dissecans of the elbow.
9:10-9:40	Strength Training in the Skeletally-Immature Athlete. Jessica Flynn Dr. Flynn will review the physiology of muscle growth, discuss the benefits and risks of strength training in the skeletally-immature athlete and review strategies to avoid injury.
9:40-10:10	Implementing Concussion Management Procedures in Your Practice. William Storo Dr. Storo will summarize the information you need and provide handouts, templates and letters you can use to implement a "best practice" protocol for managing sports concussions in your office setting.
10:10	BREAK
10:30-11:00	Shoulder Instability: Presentation and Management. Mark Scheffer Dr. Scheffer will discuss common causes of shoulder pain in the pediatric/young adult patient including instability and its treatment.
11:00-11:30	Stress Fractures: Common Injuries, Presentation, Workup. Christopher Couture Dr. Couture will describe the pathophysiology of stress fracture and discuss principles of treatment, particularly critical vs. non-critical fractures. He will review several common stress fractures and their specific diagnostic and management features.
11:30-12:00	Female Athlete Triad: Recognition and Management. Keith Loud Dr. Loud will define the female athlete triad in 2012 and help attendees appreciate that the triad is a complex interrelationship, not-by-definition pathological. He will describe an approach to manage the triad's co-morbidities.
12:00-1:00	LUNCH
1:00-1:30	Overtraining & Overuse in the Pediatric Athlete. Keith Loud After this lecture, attendees will appreciate the epidemiology of athletic injury in children and adolescents and understand that the primary risk factor for injury is overuse. Strategies to prevent these injuries will be outlined.
1:30-2:00	Common Lower Extremity Pain Syndromes. Emily Jones Dr. Jones will review several common lower extremity pain syndromes including: Sever's disease, Osgood Schlatter disease, Sinding-Larson-Johansen disease, patellofemoral pain syndrome and plantar fasciitis. The anatomy, risk factors, evaluation, differential diagnosis and treatment of each condition will be discussed.
2:00-2:15	BREAK
2:15-2:45	Managing the Young Diabetic Athlete: Blood Sugars and Bones. Karen Loechner Dr. Loechner will review the food-insulin-exercise triad and how these entities are both inter-related and modifiable to manage the young athlete with diabetes. Practical treatment of acute hypoglycemia/emergency issues (vs. exercise-induced "late lows"), in addition to methods of insulin delivery and alternative options during sports will be addressed. Finally, the effect of diabetes on bone mineral density in children at diagnosis and over time will be introduced.
2:45-3:05	Diagnosis and Management of Extra-Articular Problems about the Hip. Charles Blitzer Dr. Blitzer will review pathologic conditions diagnosis and management options for extra-articular structures about the hip.
3:05-3:45	Pre-Participation Physicals: The ECG Controversy. Norman Berman Dr. Berman will provide an overview of the most common causes of sudden death in young athletes, then discuss the potential benefits and risks associated with pre-participation ECG screening.
4:00-5:00	OPTIONAL WORKSHOP - Shoulder Exam. James Vailas In this workshop, Dr. Vailas will review and demonstrate elements of a comprehensive shoulder exam, including manual tests for specific shoulder abnormalities. Space is limited for this hands on practical experience

The Concord Hospital Continuing Medical Education Program designates this educational activity for a maximum of 7.5 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.



NHMI is a BOC Approved Provider

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Concord, NH 03301
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New Hampshire Musculoskeletal Institute
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NH Pediatric Society
Promoting the health and welfare of the infants, children and adolescents in NH.



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NEW HAMPSHIRE



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REGISTRATION

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ARE YOU A... ? (PLEASE CIRCLE ONE): MD, DO, RD, STUDENT, RESIDENT, OTHER _____

DO YOU BELONG TO A SOCIETY? _____

I HAVE INCLUDED A CHECK FOR THE REGISTRATION FEE OF
 _____ \$100 (EARLY BIRD - MUST BE RECEIVED BY APRIL 10)
 _____ \$125 (AFTER APRIL 10)
 _____ PLEASE ENROLL ME IN THE OPTIONAL SHOULDER EXAMINATION WORKSHOP TO TAKE PLACE FROM 4-5PM IMMEDIATELY FOLLOWING THE CONFERENCE (SPACE IS LIMITED. YOU WILL BE ADVISED WHETHER YOU ARE CONFIRMED FOR THE WORKSHOP)

OR PLEASE BILL MY: _____ VISA _____ MC
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Please make check payable to NHPS & mail to:
 NHPS, 7 North State Street, Concord, NH 03301-4018
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MEETING LOCATION: SERESC, 29 Commerce Dr, Bedford, NH.
SERESC Phone: 603-206-6800



Sports Medicine for the Primary Care Provider MEET THE SPEAKERS



DONALD BAE, MD *Children's Hospital, Boston, MA*

Dr. Bae completed fellowship training in both pediatric orthopaedic surgery at Children's Hospital and hand and upper extremity surgery at the Brigham and Women's Hospital. He is a full-time clinical associate in orthopedic surgery at Children's Hospital Boston, with a special interest in disorders of the hand and upper limb in children and adolescents.



KATHLEEN LAQUALE, PhD, ATC, LDN *Bridgewater State University*

Kathy Laquale completed her master's in athletic training at Indiana State University and her doctoral work in food science and nutrition at the University of Rhode Island. She is a licensed dietary nutritionist and a full professor at Bridgewater where she teaches nutrition and athletic training courses.



NORMAN BERMAN, MD *Dartmouth Hitchcock Medical Center - Pediatric Cardiology, Lebanon, NH*

Norm Berman completed a pediatric cardiology fellowship at the Cincinnati Children's Hospital Medical Center. He has been a pediatric Cardiologist at Children's Hospital at Dartmouth since 1993, is the Section Chief of Pediatric Cardiology at Dartmouth-Hitchcock Medical Center, and is a Professor of Pediatrics at Dartmouth Medical School.



KAREN LOECHNER, MD, PhD *CHaD Pediatric Endocrinology, Pediatric Osteoporosis Clinic (Manchester)*

Dr. Loechner completed both her residency in pediatrics and her fellowship in pediatric endocrinology at Massachusetts General Hospital. She specializes in pediatric endocrinology, diabetes and metabolism, and pediatric osteoporosis at Dartmouth-Hitchcock in New Hampshire.



CHARLES BLITZER, MD *Seacoast Orthopedics and Sports Medicine, Somersworth, NH*

Dr. Blitzer completed his orthopedic residency at the University of Vermont, then completed a pediatric orthopedic residency at Montreal Children's Hospital (McGill University). He is a member of the Arthroscopy Association of North America and the Orthopaedic Trauma Association. He practices with Seacoast Orthopedics & Sports Medicine in Somersworth, NH, and is a team physician for the University of New Hampshire.



KEITH LOUD, MD, FAAP *Dartmouth Hitchcock Medical Center - Adolescent / Sports Medicine, Lebanon, NH*

Dr. Loud is board certified in pediatrics, adolescent medicine, and sports medicine, having trained at Dartmouth-Hitchcock Medical Center and Children's Hospital Boston. Formerly a certified athletic trainer, he has been a member of the NATA for over 25 years. He currently practices at CHaD in Lebanon, NH.



CHRISTOPHER COUTURE, MD *Victory Sports Medicine, Merrimack, NH*

Dr. Couture completed his residency in family medicine at Dartmouth-Hitchcock Medical Center, then completed a sports medicine fellowship at University of Oklahoma College of Medicine-Tulsa. Dr. Couture is an active member of NHMI's Athletic Training Residency Faculty. His practice in Merrimack, NH is dedicated to non-surgical sports medicine.



MARK SCHEFFER, MD *Dartmouth Hitchcock Clinic - Orthopedics, Concord, NH*

Dr. Scheffer completed his orthopaedic surgery residency at the Mayo Clinic in Rochester, Minnesota. Afterwards, he served as an orthopaedic surgeon in the United States Air Force, and then as the hockey team physician at the United States Air Force Academy in Colorado Springs. He is currently practicing as a sports orthopaedic surgeon and adult reconstruction specialist at the Dartmouth Hitchcock Clinic in Concord.



JESSICA FLYNN, MD *Lahey Clinic, Burlington, MA*

Jessica Flynn completed a pediatric residency at the Floating Hospital for Children and went on to serve as a fellow in sports medicine at Children's Hospital in Boston. She is a pediatric non-operative orthopaedist specializing in sports and dance medicine at Lahey Clinic in Burlington, Massachusetts.



WILLIAM STORO, MD *Dartmouth Hitchcock Clinic - Pediatrics, Concord, NH*

Dr. Storo completed his residency in pediatrics at the University of Virginia, Charlottesville. He has a special interest in sports medicine and sports concussion management and is the director of the Dartmouth Hitchcock Concord Concussion Management Program. He is currently serving as the vice president of the New Hampshire Pediatric Society, as well as the chairman of pediatrics at Dartmouth Hitchcock in Concord, NH.



EMILY JONES, MD *Dartmouth Hitchcock Clinic - Family Medicine, Concord, NH*

Emily Jones completed the family practice sports medicine fellowship at VCU-Fairfax. While there she provided team physician services for several sports including the DC United Major League Soccer team. Dr. Jones currently practices primary care/sports medicine at Dartmouth-Hitchcock Clinic in Concord, NH.



JAMES VAILAS, MD *NH Musculoskeletal Institute, NH Orthopaedic Center, Manchester, NH*

Dr. Vailas completed his orthopedic surgery residency at the George Washington University Medical Center and then completed his sports medicine fellowship at Kerlan-Jobe Orthopaedic Clinic in California. He is a sports medicine orthopedic surgeon practicing at the NH Orthopaedic Center in southern NH where he serves as the medical director for the Manchester Monarchs (AHL) and team physician for several colleges and high schools.

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