

Program Agenda

- 7:00 – 7:45 a.m.** **Registration/Breakfast**
- 7:45 – 8:00 a.m.** **Welcome/Course Overview**
Jon Henry, MD - Orthopedic and Sports Medicine BayCare Clinic
- 8:00 – 8:30 a.m.** **Encouraging Healthy Sleep Habits for our Athletes**
Todd Domeyer, MD - Prevea Sheboygan Health Center - Sports Medicine
- 8:30 – 9:00 a.m.** **Managing Sports Anxiety**
Kris Eiring, PhD - UW-Madison
- 9:00 – 9:30 a.m.** **Medical Care of the Athlete**
Willa Fornetti, DO – Aurora Medical Center Oshkosh Orthopedics and Sports Medicine
- 9:30 – 9:40 a.m.** Break
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- 9:40 – 10:10 a.m.** **Importance of Mobility for Performance Enhancement**
Kris Williams, CSCS - Aurora BayCare Sports Medicine, UW-Oshkosh
- 10:10 – 10:40 a.m.** **Science and Integration into Practice of Blood Flow Restriction Training**
Becky Donnay, PT, DPT, SCS - Aurora BayCare Sports Medicine
- 10:40 – 11:10 a.m.** Panel Discussion - Moderated by Jon Henry, MD - Orthopedic and Sports Medicine BayCare Clinic
- 11:10 – 11:20 a.m.** Break
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- 11:20 – 12:20 p.m.** **Lab Breakout 1**
- 12:20 – 1:20 p.m.** Lunch and Vendor Exhibits
- 1:20 – 1:50 p.m.** **Regenerative Medicine**
Ryan Woods, MD - Orthopedic and Sports Medicine BayCare Clinic

1:50 – 2:20 p.m. **Holistic Living for Optimum Performance**
Lynn Wagner, MD – Medical Director Integrative Medicine BayCare Clinic

2:20 – 2:30 p.m. Break

2:30 – 3:00 p.m. **Psychosocial variables that affect increased pain**
Kate Jochimsen, PhD, ATC – The Ohio State University

3:00 – 3:30 p.m. **Evaluation and Treatment of Tendonopathies**
Marjorie Delo, MD, CAQSM – Holy Family Memorial Lakeshore Orthopaedics

3:30 – 3:50 p.m. Panel Discussion - Moderated by Glenn Smith, MD - Aurora Health Care

3:50 – 4:00 p.m. Break

4:00 – 5:00 p.m. **Lab Breakout 2**

5:00 p.m. Evaluations

Lab Options

- 1. Selective Functional Movement Assessment (SFMA) in Clinical Practice**
Lori A Keisic Grillo, PT, Aurora BayCare Sports Medicine
- 2. Introduction to Performance Lifting Techniques**
Kris Williams, CSCS, Aurora BayCare Sports Medicine, UW-Oshkosh
- 3. Osteopathic Manipulation**
Willa Fornetti, DO - Aurora Medical Center Oshkosh Orthopedics and Sports Medicine, Jen Weibel, DO - Aurora Medical Center Oshkosh
- 4. Blood Flow Restriction Clinical Application and Demonstration**
Becky Donnay, PT, DPT, SCS - Aurora BayCare Sports Medicine

Aurora BayCare Sports Medicine
1160 Kepler Drive
Green Bay, WI 54311



Friday, April 5, 2019

Aurora BayCare Current Concepts in Sports Medicine Symposium:

The Holistic Approach to
Treating an Athlete

Aurora BayCare Orthopedic
& Sports Medicine Center
1160 Kepler Drive • Green Bay, WI

 Aurora Health Care®

Course Description

This program is designed to increase knowledge and improve clinical competency in treating the athlete using a holistic approach. The course is focused on the athletes overall mental and physical health. Discussion includes sleep habits, anxiety, psycho-social affects on pain and holistic living for optimum performance as well as other detailed topics.

Objectives

- + Identify three healthy sleeping habits and discuss with their athletes the benefit of healthy sleep habits.
- + Discuss sports anxiety with their athlete and recommend coping strategies for sports anxiety.
- + Identify medical co-morbidities and red flags that warrant referral for these medical co-morbidities.
- + Recognize the psychosocial variable that can affect pain.
- + Explain the role that nutrition and supplementation play in athletics.
- + Demonstrate understanding of the physiologic response that occurs while athletes exercise under tourniquet pressure.

Target Audience

This program is designed for primary care physicians, sport specialty physicians, psychiatry, physical medicine and rehabilitation physicians, orthopedic surgeons, physical therapists, athletics trainers, strength and conditioning coaches, and other interested allied health professionals.

Location

Aurora BayCare Orthopedic & Sports Medicine Center

1160 Kepler Drive • Green Bay, WI 54311
920-288-5491

Accreditation

The following continuing education units (CEUs) or contact hours of continuing education have been approved according to the guidelines set forth and agreed upon by each of the following accrediting groups. It is the participant's responsibility to submit proof of attendance to the accrediting groups for continuing education credit.

AMA PRA Category 1 Credits(s)[™]

Aurora Health Care is accredited by the Wisconsin Medical Society to provide continuing medical education for physicians.

Aurora Health Care designates this live activity for a maximum 7.5 AMA PRA Category 1 Credit(s)[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Wisconsin Physical Therapy Association

This course has been approved by WPTA for 7.5 contact hours. Physical therapists are responsible for claiming only those hours actually spent participating in the CE activity. **Course # L029210.**

Certified Athletic Trainers

Aurora BayCare is approved by the Board of Certification Inc. to offer continuing education for certified athletic trainers. This program has been approved for a maximum of 7.5 hours of Category A and EBP continuing education. Certified athletic trainers are responsible for claiming only those hours actually spent participating in the CE activity. **BOC approved provider No. P3482. Course # CE22723.**

NSCA

National Strength and Conditioning Association (NSCA) has approved this course for up to 0.6 CEU(s) in category A for certified individuals attending this event. **Course # L1057-AX5B1.**

Accommodations

A block of rooms has been reserved at the Country Inn & Suites, 850 Kepler Drive, Green Bay, WI 54311. Please call 920-288-0101 before March 22, 2019 to reserve your room. The cost is \$82/night for guests attending the Aurora BayCare Sports Medicine Symposium.

Vendors

We would like to thank our vendors, Game Ready, H-Wave, Owens Recovery Science, EuroMedica and others pending, for their support of the Aurora BayCare Current Concepts in Sports Medicine Symposium.

Lecture Notes

Lecture and lab notes will only be available via Dropbox. Free Wi-Fi will be available.

Conference Attire

Casual attire is appropriate for this conference. Athletic clothing is appropriate for participating in labs. Please bring a sweater or jacket to accommodate temperature variations.

Cancellations

Refund requests (less \$25 processing fee) must be made in writing to Tracy Reynolds at tracy.reynolds@aurora.org by March 21, 2019. No refunds will be made after that time or in case of non-attendance. Refunds on cancellations will be processed after the symposium. Substitutions will be permitted, but must be received in writing before March 21, 2019.

The symposium reserves the right to cancel the event due to insufficient attendance, weather or any other unforeseen event. In case of cancellation, a refund will be made after the event.

Register Online

cpd.aurora.org Search: Current Concepts

Enrollment space is limited to 120.
Please register early.

| Course Fees | (Through March 21) | (March 22-April 5) |
|-----------------------|--------------------|--------------------|
| MD/DO* | \$200 | \$250 |
| Allied Health | \$125 | \$175 |
| Aurora Allied Health* | \$100 | \$150 |
| Students | \$50 | \$50 |

* Aurora Allied Health half-day discount of \$25 off above fee

Online methods of payment include credit card and check only.

For More Information

To register online, go to:

cpd.aurora.org Search: Current Concepts

For registration questions contact
Jackie Goddard at 920-288-5489 or email
jacklyn.goddard@aurora.org

Aurora Health Care subscribes to the articles of Title III of the Americans with Disabilities Act of 1990. Should you or anyone accompanying you require special assistance, please notify us at 920-288-5489.

It is the policy of Aurora Health Care Office of Continuing Education to ensure balance, independence, objectivity and scientific rigor in all of its sponsored education activities. All participating faculty, course directors and planning committee members are required to disclose to the program audience any financial relationships related to the subject matter of this program. Disclosure information is reviewed in advance in order to manage and resolve any possible conflicts of interest. All faculty and planning committee members have attested that their financial relationships do not affect their ability to present well-balanced, evidence-based content for this activity. Specific disclosure information for each course faculty will be shared with the audience prior to the faculty's presentation.