

# Physiotherapy Associates *presents*

## Prevention, Early & Appropriate Care Conference “Education on Injuries and Functional Limitations in Physical Activity and Sports Performance”

**May 2, 2009**

Des Moines Golf and Country Club | 1600 Jordan Creek Parkway | West Des Moines, IA 50266

**Speakers:**

Dr. Kyle Galles, M.D.  
Dr. Scott Meyer, M.D.  
Dr. Steven Aviles, M.D.

Dr. Joe Galles, M.D.  
Dr. Stephen Ash, M.D.  
Dr. Craig Mahoney, M.D.  
Brett Raasch, PT, LAT, ATC

Alisa Drapeaux, DPT, LAT, ATC  
John Brandt, DPT, LAT, ATC  
David McAdon, LAT, ATC  
Troy Kleese, LAT, ATC

For more information, contact Troy Kleese, LAT, ATC at 515-963-8723



### FEATURING: **Medical Track**

- Physicians / Residents
- Athletic Trainers
- Student Athletic Trainers
- Physical Therapists
- Physical Therapy Students
- Chiropractors / Massage Therapists

### FEATURING: **Coaches Track**

#### PREPARE Certification

PREPARE is a sports safety course aimed at educating coaches on how to prevent common injuries, how to recognize symptoms of potentially dangerous conditions, and how to respond to emergency situations. PREPARE was developed by The National Center for Sports Safety.

“More than half of all sports injuries occur during practices.” *(National Athletic Trainers Association)*

- ImPACT - Concussion Management System
- Sports Medicine Roundtable w/ IOC Physicians



**Physiotherapy  
Associates**

[www.teamphysiopt.com](http://www.teamphysiopt.com)

Sponsored  
by:



[www.iowaortho.com](http://www.iowaortho.com)

### Purpose

This conference will address prevention, early and appropriate care for injuries, and functional limitations in physical activity and sports performance. Coaches will be presented with current information from The National Center for Sports Safety that is focused on elevating awareness for parents and coaches of youth sports both on and off the field. For medical professionals a wide variety of topics will be discussed through lecture, demonstrations, and case presentations. Participants will be introduced to topics ranging from current surgical techniques to current evidence-based rehabilitation.

### Objectives

- Appropriate prevention techniques.
- P.R.E.P.A.R.E. National Sports Safety Certification for Coaches.
- Topics to be covered for coaches: Emergency Planning, Heat & Cold Illnesses, Emergency Recognition, Medical Considerations, Principles of First Aid, Head, Neck, & Facial Injuries, and Warm Up & Cool Down.
- Early and appropriate care techniques for sport specific injuries.
- Functional limitations in physical activity and sports performance.
- Educate coaches about prevention and assessment of injuries common in athletics (PREPARE).
- Identify appropriate return to play criteria for athletic injuries.
- Describe current surgical techniques for specific orthopedic injuries.
- Describe injuries incurred by the overhead throwing athlete and the current treatment for those injuries.
- Describe common sports related knee injuries and the current treatment for those injuries.
- Current concepts in ACL Rehabilitation techniques.
- Describe current trends and techniques for concussion evaluation and return to play protocols.
- Describe common foot and ankle injuries and current rehabilitation techniques for lower extremity injuries.

### Intended Audience

This conference is designed for School Administrators, Physicians, Residents, Athletic Trainers, Physical Therapists, High School, Middle School and Club coaches, Student Athletic Trainers, Physical Therapy Students, Massage Therapists and Chiropractors.

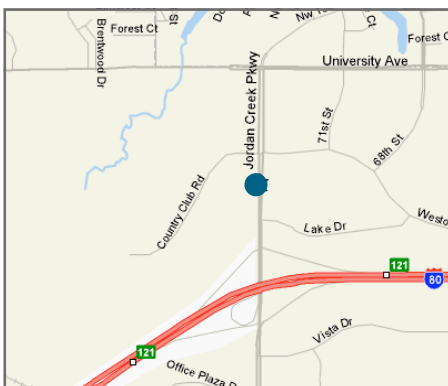
### Registration and Fees

Pre-registration is required. Return registrations and payment no later than April 10th, 2009 to:

Physiotherapy Associates  
Troy Kleese LAT, ATC  
1555 SE Delaware Ave. Suite M  
Ankeny, Iowa 50021  
Phone: 515-963-8723  
Fax: 515-963-8755

**There will be no on-site Registrations.**

### Location



**Des Moines Golf  
and Country Club**  
1600 Jordan Creek Parkway  
West Des Moines, IA 50266

### Registration Fees

\$150 Physicians / Residents  
\$100 Athletic Trainers / Physical Therapists  
\$100 Chiropractor / Massage Therapist  
\$ 80 Coaches / School Administrators  
\$ 50 Students

### Guest Speaker

Nick Nurse,  
*Head Coach*  
*Iowa Energy*



## Sports Medicine Conference - 2009 May 2, 2009 - MEDICAL PROFESSIONALS

Saturday	Schedule
7:00 - 7:55	Registration / Continental Breakfast / Exhibit Hall
8:00 - 8:10	Welcome and Introduction
8:10 - 8:50	Dr. Scott Meyer, M.D. - Knee Injuries "Knee Injuries in the Physically Active Population"
8:55 - 9:35	Dr. Steven Aviles, M.D. - Hip Injuries "Athletic Hip Injuries, Groin Pain in Athletics"
9:40 - 10:10	BREAK / EXHIBIT HALL
10:15 - 11:00	Dr. Kyle Galles, M.D. - Shoulder Injuries "Shoulder Instability: Pros & Cons of Open vs. Arthroscopic Repairs"
11:05 - 11:40	Brett Raasch, PT, LAT, ATC - Shoulder Injuries "Current Scientific and Clinical Rationale for Overhead Athletes and Shoulder Musculature"
11:40 - 12:00	BREAK / EXHIBIT HALL
12:00 - 1:00	Lunch / Nick Nurse - Head Coach Iowa Energy
1:00 - 1:45	Dr Craig Mahoney, M.D. - "Accelerated Recovery & Sporting Activities after a Total Knee"
1:45 - 2:00	BREAK / EXHIBIT HALL
2:00 - 2:40	Dr. Joe Galles, M.D. - Foot & Ankle Injuries "Ankle Ligament & Tendon Injuries in Athletics"
2:45 - 3:20	Alisa Drapeaux, DPT, LAT, ATC - Foot & Ankle "Changing Lower Extremity Biomechanics - One Step at a Time"

## Sports Medicine Conference - 2009 May 2, 2009 - COACHES

Saturday	Schedule
7:00 - 7:55	Registration / Continental Breakfast / Exhibit Hall
8:00 - 8:10	Welcome and Introduction
8:10 - 9:55	PREPARE - National Center for Sports Safety
9:55 - 10:10	BREAK / EXHIBIT HALL
10:15 - 11:45	PREPARE - National Center for Sports Safety
11:45 - 12:00	BREAK / EXHIBIT HALL
12:00 - 1:00	Lunch / Nick Nurse - Head Coach Iowa Energy
1:00 - 1:25	Dr. Stephen Ash, M.D. "Concussions and Neck Stingers in Sports"
1:20 - 1:45	John Brandt, DPT, LAT, ATC David McAdon, LAT, ATC "ImPACT Concussion Management System"
1:45 - 2:00	BREAK / EXHIBIT HALL
2:00 - 2:30	Troy Kleese, LAT, ATC "Top Ten Sports Medicine Issues for High School Coaches"
2:30 - 3:15	Sports Medicine Forum Q&A IOC Physicians and Physiotherapy Staff
3:20 - 3:30	Closing / Certificate Presentation

### P.R.E.P.A.R.E.

The National Center for Sports Safety is focused on elevating awareness for parents and coaches of youth sports both on and off the field. *Our goal is to decrease the number of sports injuries by helping youth and high school sporting events become safer venues through Emergency Action Planning.* Educational topics covered during PREPARE are: Emergency Planning, Heat & Cold Illnesses, Emergency Recognition, Medical Considerations, Principles of First Aid, Head, Neck, & Facial Injuries, and Warm Up & Cool Down.

## Dress Code

Des Moines Golf and Country Club requires **Collared Shirts and Slacks** to be worn at all times while at the Conference. You will be unable to attend the educational sessions if the proper attire isn't worn. **No denim or shorts are allowed.** Dress code is to be **"Dressy Casual"**.

## Credit

**Physician: Accreditation Statement:** This activity has been planned and implemented in accordance with The Essential Areas and Policies of the Iowa Medical Society (IMS) through joint sponsorship of Mercy Medical Center-Des Moines and Physiotherapy Associates. Mercy Medical Center-Des Moines is accredited by the Iowa Medical Society to provide continuing medical education for physicians. *Mercy Medical Center-Des Moines designates this educational activity for a maximum of 5.5 AMA PRA Category 1 credit(s)*<sup>TM</sup>. **Physicians should only claim credit commensurate with the extent of their participation in the activity.** **Disclosure Policy:** Speakers will disclose to attendees the nature of any significant relationships they have with the commercial firms providing support, as well as the commercial manufacturers of products and/or the providers of services discussed in their presentations. They will also disclose if any pharmaceuticals or medical procedures and devices discussed are investigational or unapproved for use by the U.S. Food and Drug Administration (FDA).

**Coaches:** The Board of Education is in the process of reviewing our educational program for credit towards your coaching certification.

**Athletic Trainers:** Physiotherapy Associates is recognized by the Board of Certification, Inc. to be able to provide continuing education units to Athletic Trainers. The course is approved for 7 credit hours.

**Physical Therapists:** Physiotherapy Associates is recognized by the American Physical Therapy Association as a provider of continuing education units for Physical Therapists. You will receive a certificate of attendance at the conclusion of the conference. This certificate can be used to submit to your licensing board for recertification. Contact Hours: 7.

**Chiropractors:** You will receive a certificate of attendance at the conclusion of the conference. This certificate can be used to submit to your licensing board for recertification. Contact Hours: 7.

## Cancellation Policy

Cancellations must be received before April 17th, 2009 to receive a full refund. Refunds will not be issued after April 17, 2009. Any questions please contact Troy Kleese.

May 2, 2009

1st Annual  
Sports Medicine Conference  
Prevention, Early & Appropriate  
Care Conference  
"Education on Injuries  
and Functional Limitations in Physical  
Activity and Sports Performance"

1555 SE Delaware Ave. Suite M  
Ankeny, Iowa 50021  
www.teamphysiopt.com



**Register now** to reserve your place at the **2009 Sports Medicine Conference:**

Prevention, Early & Appropriate Care Conference

"Education on Injuries and Functional Limitations in Physical Activity and Sports Performance"

May 2 | Des Moines Golf and Country Club | 1600 Jordan Creek Parkway | West Des Moines, IA 50266

Name \_\_\_\_\_ Specialty \_\_\_\_\_  
Address \_\_\_\_\_ Profession \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_  
Phone \_\_\_\_\_ Email \_\_\_\_\_

**Registration Fees:**

Physicians / Residents	\$ 150	\$ _____
Athletic Trainers / Physical Therapists	\$ 100	\$ _____
Chiropractor / Massage Therapists	\$ 100	\$ _____
Coaches / School Administrators	\$ 80	\$ _____
Students (AT's & PT's)	\$ 50	\$ _____
<b>Total</b>		\$ _____

**Method of Payment:**

\_\_\_\_ Enclosed is my check made payable to: Physiotherapy Associates  
\_\_\_\_ Please charge my  MasterCard  Visa  
Account Number \_\_\_\_\_ Expiration Date \_\_\_\_\_  
3 Digit Security Code \_\_\_\_\_

Signature \_\_\_\_\_

Registration

**Send Registration to:**

Physiotherapy Associates  
Troy Kleese, LAT, ATC  
1555 SE Delaware Ave. Suite M  
Ankeny, Iowa 50021

**Phone In:**  
515-963-8723

**Fax To:**  
515-963-8755