

## Conference Agenda

- 7:30 a.m. Registration/Continental Breakfast
- 7:55 a.m. Welcome Michael Parlatore, PT, DPT
- 8:00 a.m. Running and Osteoarthritis: A Review of the Current Evidence and Recommendations for Patients.  
Daniel Morrissy, DO
- 8:45 a.m. What's the best way to stretch (if there is one)?  
Michael Parlatore, PT, DPT
- 9:30 a.m. BREAK
- 9:45 a.m. Anterior Shoulder Instability: When You Give a Surgeon a Hammer Everything Looks Like a Nail  
Brett Sweitzer, MD
- 10:30 a.m. Inflammation and NSAID Use – Good vs Bad  
Jeffrey North, MD
- 11:15 a.m. BREAK
- 11:30 am Dazed & Confused: Myths and Current Thinking about Concussions  
Speaker Janine Brodovsky, PT, DPT
- 12:15 p.m. LUNCH
- 1:00 p.m. Humeral Retrotorsion in Throwers: Friend or Foe? The Role of Bone in Shoulder Motion and Injury in  
Baseball Players  
Elliot Greenberg, PT, DPT, PhD, OCS, CSCS
- 1:45 p.m. Is Resistance Training in Children/Adolescents Safe?  
Ali Ladak, PT, DPT
- 2:30 p.m. BREAK
- 2:45 p.m. Eccentric vs Concentric Exercise in the Treatment of Soft Tissue Injuries  
Jonathan Reinfeld, PT, DPT
- 3:30 p.m. Barefoot Running: The Controversies of Shoes and Orthotics  
Danielle Olshevski, PT, DPT and Steven Sepel, MS, DPT
- 4:15 p.m. Closing Remarks Michael Parlatore PT, DPT

### MAIL-IN REGISTRATION FORM (For online registration: [www.mossrehabconference.com](http://www.mossrehabconference.com))

Registration and payment can be mailed to address below or faxed along with this form to Sheila Wallace at 215-663-6457 by **Wednesday, June 21, 2017**

Name: \_\_\_\_\_ Credentials \_\_\_\_\_

Discipline: \_\_\_\_\_ Job Title \_\_\_\_\_ License No. \_\_\_\_\_

Organization: \_\_\_\_\_

Preferred mailing address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Phone number: \_\_\_\_\_ Email: \_\_\_\_\_

Do you have any special needs of which we should be aware? \_\_\_\_\_

**Fee: \$125** Payment can be made by cash or check, paid to the order of MossRehab. Please send your payment to:

MossRehab Attention: Sheila Wallace, Education Coordinator  
Room 303 West, 60 Township Line Road  
Elkins Park, PA 19027

### CANCELLATION POLICY

All cancellations must be submitted to the MossRehab in writing. Please explain the circumstances of the cancellation in a fax or e-mail to ensure a timely response. For cancellations up to 7 days prior to the course there is a \$50 non-refundable administrative processing fee. For cancellations less than 7 days prior to the course, there are no refunds. MossRehab will reimburse you the cost of the registration, if we have to cancel a course due to low enrollment, weather, or an emergency situation. We are not responsible for any other costs associated with attending a conference. If you are on the waiting list of a course and do not get in, we will not charge your credit card; if you paid by check we will send the check back to you. In the event that a course is rescheduled we will provide you the option of applying the tuition towards the rescheduled course in lieu of a full refund.

# Myths of Sports Medicine

Saturday June 24, 2017



Hosted by Moss Sports Rehab  
and Einstein Sports Medicine

7:30 a.m. to 4:30 p.m.

Einstein Medical Center  
5501 Old York Road  
Philadelphia, PA 19141



# Myths of Sports Medicine

Saturday, June 24, 2017

7:30 a.m. to 4:30 p.m.

Hosted by Moss Sports Rehab and Einstein Sports Medicine

Einstein Medical Center, Gouley Auditorium

5501 Old York Road, Philadelphia, PA 19141

**Presentation overview:** This intermediate level course is designed to improve the knowledge base and expertise of the participants in the evaluation, examination and treatment of individuals with sports-related injuries. The topics covered will review common myths of sports medicine with evidence-based information along with clinical expertise to determine whether these myths are supported or refuted in the literature. The course faculty will discuss examination techniques, surgical considerations, modality usage and intervention strategies for the sports population.

**Learning Objectives:** At the conclusion of this conference, participants should be able to:

1. Describe (2) common myths regarding bone, joint and soft tissue pathology and the impact on sports performance.
2. Describe the pros and cons of eccentric strengthening, stretching and NSAID use in injury rehabilitation
3. Describe evidence-based interventions that decrease the risk of injury without impacting performance.

**Target Audience:** Athletic Trainers, Physical Therapists, and Physicians.

**Registration:** Registration can be made online at [www.MossRehabConference.com](http://www.MossRehabConference.com), by postal mail to Sheila Wallace, MossRehab, Room 303 West, 60 Township Line Road, Elkins Park, PA 19027 or fax this form to 215-663-6984. Registration deadline is **Wednesday, June 21, 2017**.

**Cost:** : \$125

Payment can be made online at [www.mossrehabconference.com](http://www.mossrehabconference.com) or by check only, paid to the order of MossRehab.

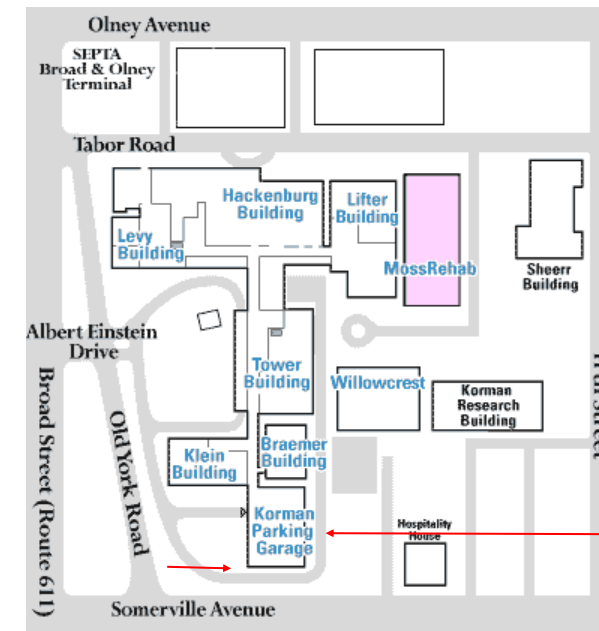
For questions about the program or registration, please contact Sheila Wallace at [wallacsh@einstein.edu](mailto:wallacsh@einstein.edu) or by phone at 215-663-6457.

Advanced registration is required due to space limitations. Registration is on a first-come, first-served basis.

**Refreshments:** Complimentary continental breakfast and lunch will be provided.

## Directions, Transportation and Parking Information:

See map of Einstein Medical Center below, or go to <http://www.einstein.edu/patients-visitors/directions-parking/philadelphia/> for directions.



Gouley Auditorium is located in the Braemer Building. Complimentary parking will be in the Korman Parking Garage, next to Braemer.

**Contact Hours:** 6.5

**6.5 BOC EBP Category CEUS are pending**

## Continuing Education (CE) Credits:

**Requirement for successful course completion:** Satisfactory completion of the continuing education units consists of full attendance with monitored sign in and sign out forms and completion of a course feedback form that includes self assessment of learning outcomes.

**CME Accreditation statement:** Einstein Medical Center Philadelphia is accredited by the Pennsylvania Medical Society to provide continuing medical education for physicians.

**Credit designation statement:** Einstein Medical Center Philadelphia designates this live educational activity for a maximum of 6.5 *AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the educational activity.

**Conflict of interest statement:** Faculty and all others who have the ability to control the content of continuing medical education activities sponsored by Einstein Healthcare Network are expected to disclose to the audience whether they do or do not have any real or apparent conflict(s) of interest or other relationships related to the content of their presentation(s).

**Board of Certification approved provider statement:** MossRehab 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 6.5 hours continuing education. 6.5 hours of EBP Category CEUs for Athletic Trainers are pending. Certified Athletic Trainers are responsible for claiming only those hours actually spent participating in the continuing education activity. BOC approved provider number: P10044



**Pennsylvania State Board of Physical Therapy and New Jersey State Board of Physical Therapy Examiners:** This program has been submitted to Pennsylvania State Board of Physical Therapy and New Jersey State Board of Physical Therapy Examiners for 6.5 contact hours.