

LOCATION	MAHEC Mary C. Nesbitt Biltmore Campus 121 Hendersonville Rd, Asheville NC 28803
DATE	Friday, April 13, 2018
REGISTRATION PROGRAM	8:00 am–8:30 am (<i>light breakfast provided</i>) 8:30 am–4:30 pm (<i>lunch provided</i>)
Early registration fees through April 6, 2018.	
PHYSICIANS & APPs	\$120.00
NURSE, OT/OTA, PT/PTA, AT, CO/CPO, & OTHER	\$100.00
HEALTHCARE PROVIDERS	\$60.00
STUDENT	\$25.00 (<i>proof of enrollment required at check-in</i>)
MAHEC EMPLOYEE	\$25.00

DESCRIPTION

Join colleagues at this fast-paced sports medicine conference that will cover a number of sports medicine topics from head to toe! Learn the latest about concussions, care of female athletes, nutrition in athletes, sports psychology, ultrasound imaging, arthroscopy; and operative and non-operative treatments for various sports injuries.

AUDIENCE

Physicians, Advanced Practice Providers, Athletic Trainers, Nurses, Occupational Therapists & Assistants, Physical Therapists & Assistants, Orthotists, and other interested healthcare providers

MEDICAL COURSE DIRECTOR

Marc S. Haro, MD, MSPT

Mission Health Sports Medicine, Asheville Orthopaedic Associates

OBJECTIVES

Upon completion of this educational activity, participants will be able to:

- Cite concussion care protocols and utilize the revised Gfeller Waller form
- Implement the latest in nutrition in athletes, special female athlete considerations, shoulder instability, pediatric ACL injuries, knee dislocations/ligamentous injuries and sports psychology
- Discuss indications for and findings of dynamic ultrasound imaging for rotator cuff injury and hip arthroscopy
- List approaches to Achilles tendon repair; non-operative treatment of knee OA; and operative and biological treatment of knee OA

COMMITTEE MEMBERS

Mike Frisch, MD

Mission Health

Mike Heilig, PT

CarePartners/Mission Health

Mary Helen Letterle, MBA, ATC, LAT

Mission Health Sports Medicine

Kelli Moore, MSN, BSN, RN

Mission Health

Aaron Vaughan, MD

MAHEC, Asheville Orthopaedic Associates, Mission Sports Medicine

Rosalyn Wasserman, PT, DPT

MAHEC Division of Regional Services

Jointly provided by:



FACULTY

Brent Fisher, MD, is a primary care sports medicine physician who specializes in non-operative orthopaedic care, including musculoskeletal ultrasound evaluations and guided injections. Dr. Fisher joined Asheville Orthopaedic Associates in June 2016. He also treats concussion and has prior experience in sideline management of high school, university and professional sports teams, including being part of the coverage team for the 2014 NBA All Star game in New Orleans, LA.

Aaron Vaughan, MD, CAQ-Sports Medicine, is the Sports Medicine Director and Primary Care Sports Medicine Fellowship Director at MAHEC in Asheville, NC, and a primary care sports medicine physician with Asheville Orthopaedics. He is the Primary Care Sports Medicine Director for Mission Hospital Sports Medicine and Head Team physician for UNC-Asheville. In addition, he serves as the team physician for Warren Wilson College, Carolina Day School, Asheville High School, the Asheville Tourists, and Asheville Rugby Football Club. He is active in the community with coverage of local events including multiple mass participation events. His primary interest is in non-surgical orthopaedics, ultrasound medicine, and traumatic brain injury/concussion management.

Thomas Starnes, MD, CAQ-Sports Medicine, attended medical school at the University of South Florida College of Medicine in Tampa. He then completed a residency in internal medicine at the University of Florida in Gainesville before also completing a fellowship in primary care sports medicine at UF. He provided sideline coverage for multiple high schools during his time in Gainesville. As part of his fellowship with the Florida Gators, he provided medical care during both regular season SEC and postseason NCAA events for multiple sports. He also worked with the team doctor of a professional cycling team, and he has an interest in cycling medicine and sports performance.

Ole A. Raustol, MD, is a pediatric orthopedic surgeon with Mission Children's Hospital in Asheville, NC.

Robert Boykin, MD, is a fellowship-trained sports medicine surgeon with Blue Ridge Bone & Joint, a Division of Emerge Ortho, in Asheville, NC. Dr. Boykin specializes in disorders of the shoulder, knee, and hip in addition to all sports related injuries.

Elise Hiza, MD, is a fellowship-trained orthopedic sports medicine surgeon at Asheville Orthopaedic Associates in Asheville, NC. Dr. Hiza has a special interest in arthroscopic (i.e. minimally invasive), surgical procedures of the shoulder, hip, knee and ankle.

K. Donald Shelbourne, MD, is an orthopaedic surgeon at the Shelbourne Knee Center at Community East Hospital in Indianapolis, Indiana.

Matthew B. Massey, MD, is a fellowship-trained, board-certified orthopaedic surgeon who specializes in orthopaedic injuries to the lower extremity, the knee, and the foot/ankle. The vast majority of Dr. Massey's time is dedicated to sports injuries, arthroscopy, fracture repair, and tendon repair.

Marc S. Haro, MD, MSPT, is the Director of Orthopaedic Sports Medicine at Mission Hospital, Head Orthopaedic Team Physician at UNC-A, Team Physician with the Asheville Tourists and a surgeon with Asheville Orthopaedic Associates in Asheville, NC.

Laura Jones, PhD MS, ACS, is an Assistant Professor in Health and Wellness Promotion, faculty in the Neuroscience Minor, and Director of Peak Performance Biofeedback Lab at the University of North Carolina -Asheville.

CREDITS

NCBPTE: MAHEC, as part of the NCAHEC system, is a NCBPTE-approved provider of continuing competence for activities directly related to physical therapy. **NCBPTE 6.0 contact hours.**



BOC: NC Area Health Education Center is recognized by the Board of Certification, Inc. (BOC AP# P3549) to offer continuing education for Certified Athletic Trainers. This program has been approved for a maximum of **6.0 hours of Category A continuing education**. Certified Athletic Trainers are responsible for claiming only those hours actually spent participating in the continuing education activity.

Continuing Medical Education Accreditation

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the North Carolina Medical Society (NCMS) through the joint providership of the Mountain Area Health Education Center (MAHEC) and Mission Orthopedics. MAHEC is accredited by the NCMS to provide continuing medical education for physicians.

Credit Designation

MAHEC designates this live educational activity for a maximum of **6.0 AMA PRA Category 1 Credit(s)**[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Disclosure Statement

MAHEC adheres to the ACCME Standards regarding industry support to continuing medical education. Disclosure of faculty and commercial support relationships, if any, will be made known at the time of the activity.

CEUs: MAHEC designates this continuing education activity as meeting the criteria for **0.6 CEUs** as established by the National Task Force on the Continuing Education Unit. You must attend the entire workshop to receive CEUs.

Contact Hours: MAHEC designates this continuing education activity as meeting the criteria for **6.0 Contact Hours**. Full attendance is required to receive credit.

AGENDA

- 8:00am** Registration, Light Refreshments & Exhibitors
- 8:30am** Concussion / Revised Gfeller Waller Form
– Brent Fisher, MD
- 9:00am** Sports Psychology
– Laura Jones, PhD
- 9:30am** Female Athlete Considerations
– Thomas Starnes, MD
- 10:00am** Pediatric ACL Injuries
– Ole Raustol, MD
- 10:30am** Break & Exhibitors
- 11:00am** Dynamic Ultrasound of Rotator Cuff Injury (Demo Lab with patient)
– Aaron Vaughan, MD
- 11:30am** Shoulder Instability
– Robert Boykin, MD
- 12:00pm** Lunch (*provided*) & Exhibitors
- 1:00pm** Sports Nutrition
– Aaron Vaughan, MD
- 1:30pm** Hip Arthroscopy
– Elise Hiza, MD
- 2:00pm** Knee Dislocations/Ligamentous Injuries
– K. Donald Shelbourne, MD
- 2:30pm** Break & Exhibitors
- 3:00pm** Minimally Invasive Achilles Tendon Repair
– Matthew Massey, MD
- 3:30pm** Non-operative Treatment of Knee OA
– K. Donald Shelbourne, MD
- 4:00pm** Operative and Biological Treatment of Knee OA
– Marc Haro, MSPT, MD
- 4:30pm** Adjourn

REGISTRATION

Early registration deadline: April 6, 2018

The registration fee is \$120.00 for physicians & APPs, \$100.00 for nurses, OT/OTA, PT/PTA, \$60.00 for AT, CO/CPO and other healthcare providers, \$25.00 for students (proof of enrollment required at check-in), and \$25.00 for MAHEC employees. These program fees include administrative costs, educational materials, a light breakfast and lunch. If registration is received after the deadline, the total fee will be the registration fee + \$15.00.

MAHEC has a pay-up-front policy for all CE programs. The only exceptions will be for pre-approved programs where an individual payment plan is appropriate. Registrations received without accompanying payment will not be processed and participants who have not paid the course fee will not be admitted into the program.

Cancellations received at least two weeks in advance of the program date will receive a full refund unless otherwise noted. Cancellations received between two weeks and up to 48 hours prior to the program date will receive a 70% refund unless otherwise noted. No refunds will be given for cancellations received less than 48 hours prior to the program date. All cancellations must be made in writing (fax, mail, or email). Substitutes can be accommodated in advance of the program.

MAHEC assumes permission to use audio, video and still images from this program for promotional and educational purposes. Please speak with a staff member if you have any concerns.



DIRECTIONS

**MAHEC Mary C. Nesbitt Biltmore Campus
Education Building
121 Hendersonville Road, Asheville NC 28803**

From I-40 E: Take Exit 50 and turn left onto Hendersonville Road.

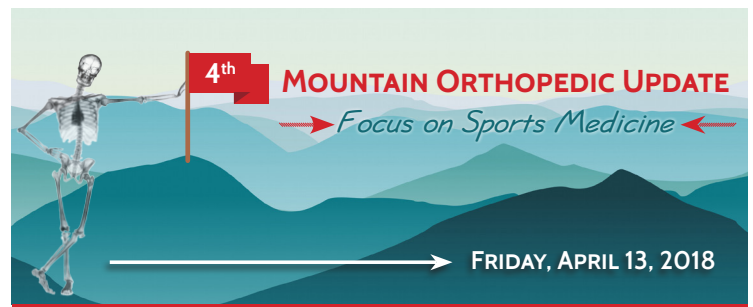
From I-40 W: Take Exit 50B and merge onto Hendersonville Road.

At the first light, turn left into the DoubleTree Hotel complex. Turn left (away from the hotel). You will see a steep driveway on your right. Turn right and go up that driveway to the MAHEC Biltmore Campus.

From 19-23 (I-26):

Take 240 East to Exit 5B (Charlotte Street). Exit right onto Charlotte Street. At the 4th light, make a left onto Biltmore Avenue. Proceed through 8 traffic lights. At the 9th light, turn right into the DoubleTree Hotel complex.

Turn left (away from the hotel). You will see a steep driveway on your right. Turn right and go up that driveway to the MAHEC Biltmore Campus.



Updated contact information.

NAME _____

CREDENTIALS _____

SOCIAL SECURITY # XXX-XX-____ (last 4 digits required)

OCCUPATION _____

EMAIL ADDRESS _____

HOME ADDRESS _____

CITY _____ **STATE** _____ **ZIP** _____

HOME COUNTY _____

HOME # _____ **WORK #** _____

EMPLOYER _____

DEPARTMENT _____

EMPLOYER'S ADDRESS _____

CITY _____ **STATE** _____ **ZIP** _____

WORK COUNTY _____

Program announcements will be sent to your email unless you opt out from receiving MAHEC emails. We never share our mailing lists.

Please remove my name from the MAHEC mailing list.

MEAL PREFERENCE: Vegetarian Gluten-free Vegan

PHYSICIAN/APP: \$120.00 \$135.00 (after April 6th)

NURSE, OT/OTA, PT/PTA: \$100.00 \$115.00 (after April 6th)

AT, CO/CPO, OTHER HEALTHCARE PROVIDER: \$60.00 \$75.00 (after April 6th)

STUDENT: \$25.00 \$40.00 (after April 6th)
(proof of enrollment required at check-in)

MAHEC EMPLOYEE: \$25.00 \$40.00 (after April 6th)

Full payment must accompany all submitted registrations unless a payment plan has been approved in advance. Registrations received without accompanying payment will not be processed.

Check is enclosed Credit card information provided

Visa MasterCard Discover Card American Express

ACCOUNT # _____

EXP ____ / ____ **CODE ON BACK OF CARD** _____ (3 digits)

NAME ON CARD _____

SIGNATURE _____

Send completed registration form to: # 18ID015/54619
MAHEC Registration
121 Hendersonville Rd., Asheville, NC 28803 **Fax to:** 828-257-4768

HAVE A QUESTION?

Contact the Program Planner

Rosalyn Wasserman, PT, DPT
rosalyn.wasserman@mahec.net or 828-257-4437



Special Services
828-257-4485

REGISTRATION INFORMATION: 828-257-4475

FAX REGISTRATION: 828-257-4768

ONLINE REGISTRATION: www.mahec.net

EMAIL: registration@mahec.net

MAIL: MAHEC Registration
121 Hendersonville Rd., Asheville, NC 28803