

THE 5TH ANNUAL

Blue Ridge Sports Medicine Symposium: Adventure Medicine in the Mountains

MAY 24, 2024



DESCRIPTION

This annual interprofessional symposium will address “adventure sports” common in the mountains (biking, climbing, running, snow sports) and related sports medicine topics. Exhibitors will be on-site with sports-related products and services.

This educational event is jointly provided by MAHEC (Department of Continuing Professional Development and Sports Medicine Fellowship Programs) and EmergeOrtho - Blue Ridge Region.

AUDIENCE

Physicians, Advanced Practice Providers, Nurses, OT/OTAs, PT/PTAs, Athletic Trainers, and other interested sports professionals.

OBJECTIVES

Upon completion, participants will be able to:

- Discuss the impact of strength training and proper nutrition for endurance athletes
- Relay proper ergonomics and bike fitting for comfortable cycling
- Triage snake bites in the adventure athlete
- Manage common hand and shoulder injuries from climbing
- List common injuries in ultra/trail runners
- Implement evidence-based return-to-activity recommendations for postpartum athletes
- Identify and manage upper extremity injuries in mountain bikers
- Discuss common downhill skiing knee injuries and their management
- Implement graded return-to-adventure activities post-concussion

Location	MAHEC Education Building 121 Hendersonville Road Asheville, NC 28803
Date	Friday, May 24, 2024
Registration	7:30 am–8:00 am (light refreshments provided)
Program	8:00 am–3:30 pm (lunch provided)

REGISTER ONLINE

JOINTLY PROVIDED BY

CELEBRATING **50** YEARS
MAHEC
PART OF NC AHEC



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.

SYMPOSIUM AGENDA

7:30–8:00	Registration/Check-in with Light Refreshments (<i>provided</i>) and Exhibitors
8:00–9:00	Resistance Training and Fueling for Endurance Athletes — Eric Sobolewski, PhD, MBA, MS, BS
9:00–9:30	Adventure Bike Fitting — Reid Beloni
9:30–10:00	Wilderness Medicine: Terrestrial Envenomation — Matthew Bruce Baird, MD
10:00–10:30	Break and Exhibitors
10:30–11:15	Rehabilitation of Upper Extremity Climbing Injuries — Jennifer Cook, OT/L, CHT
11:15–12:00	Injuries and Medical Maladies in Ultra/Trail Runners — Brian Atkinson, MD, CAQSM, DipABLM
12:00–1:00	Lunch (<i>provided</i>) and Exhibitors
1:00–1:30	Postpartum Return to Physical Activity — Allison Lukacic, DO — Emily Sherrard, MD
1:30–2:00	Upper Extremity Injuries in Mountain Bikers — Rachel Erickson, DO, CAQSM
2:00–2:15	Break and Exhibitors
2:15–2:45	Knee Injuries in Alpine Skiers — Kyle Judkins, DO, CAQSM
2:45–3:30	Return-to-Adventure Activity Recommendations Post-concussion — Josh Owen, MHS, LAT, ATC, PRT, ITAT
3:30	Complete Attestation and Adjourn

REGISTRATION

Early registration deadline: May 17, 2024

Program fees include administrative costs, educational materials, light refreshments, and lunch. If your registration is received after the above 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 that are received without accompanying payment will not be processed and participants who have not paid the course fee will not be admitted into the program. Unless otherwise noted in course materials, the following cancellation policy applies to all programs:

- Cancellations must be in writing (via fax, email, or mail)
- Cancellations received more than 2 weeks prior to the event will receive 100% refund
- Cancellations received between two weeks and two full business days prior to the first day of the event are refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee
- No refunds or credits will be given for cancellations received less than two full business days prior to the event
- No vouchers will be issued in lieu of a refund
- Transfers/substitute(s) are welcome (please notify us in advance of the program)

CREDIT

Continuing Medical Education

Accreditation: This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Southern States CME Collaborative (SSCC) through the joint providership of MAHEC and EmergeOrtho-Blue Ridge Region. MAHEC is accredited by the SSCC to provide continuing medical education for physicians.

Credit Designation: MAHEC designates this live activity for a maximum of **5.75** 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.

Athletic Trainers: Athletic Trainers may claim and self-report Category D for their BOC credit, where 1 CEU is awarded for each contact hour and one hour of learning will earn one CEU. Category D has a maximum of 28 CEUs if 50 CEUs are due and a 14 CEU maximum if 25 CEUs are due. Choose contact hours.

Occupational Therapists and Assistants: As of July 1, 2018, the NCBOT no longer accepts applications for pre-approval of CCAs. OT practitioners need to make sure they are completing activities that comply with Section .0800 of the NCBOT Rules. **5.75** CCAs. Please select contact hours for your certificate.

Physical Therapists and Assistants: MAHEC, as part of the NC AHEC system, is a NCBPTE-approved provider of continuing competence for activities directly related to physical therapy. NCBPTE **5.5** contact hours.

Nurses: MAHEC, as part of the NC AHEC system, is an acceptable provider for continuing education per the NC Board of Nursing. Please choose contact hours.

CEUs: MAHEC designates this live CE activity as meeting the criteria for **0.6** CEUs as established by the National Task Force on the Continuing Education Unit.

Contact Hours: MAHEC designates this live CE activity as meeting the criteria for **5.75** contact hours.

MEDICAL COURSE DIRECTOR

Kyle M. Judkins, DO, CAQSM

EmergeOrtho - Blue Ridge Region, Asheville, NC

PLANNING COMMITTEE

Brian Atkinson, MD, CAQSM

MAHEC, Asheville, NC

Jessica Knapp, DO, CAQSM

MAHEC, Asheville, NC

Michael Hodges MAEd, LAT, ATC, ITAT

Mission Health, Asheville, NC

Tommy Middleton

EmergeOrtho - Blue Ridge Region, Asheville, NC

Josh Owen, MHS, LAT, ATC, PRT, ITAT

Mission Health, Asheville, NC

Taylor Sluder

MAHEC, Asheville, NC

Rosalyn Wasserman, PT, DPT

MAHEC, Asheville, NC

LOCATION

DIRECTIONS

MAHEC 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.



REGISTRATION FORM

Event #72755

☐ Updated contact information below

Name _____

Credentials _____

Occupation _____

Email Address _____

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

☐ Please remove me from the MAHEC mailing list

Home Address _____

City _____ State _____ ZIP _____

Home County _____

Home # _____ Work # _____

Employer _____

Department _____

Employer's Address _____

City _____ State _____ ZIP _____

Work County _____

Dietary Preference (if applicable)

☐ Vegetarian ☐ Gluten-free ☐ Vegan

PAYMENT SELECTION

Physicians, APPs, Nurses, OTs, and PTs

☐ \$50.00 ☐ \$65.00 if paying after 5/17/2024

Athletic Trainers, OTAs, and PTAs

☐ \$25.00 ☐ \$40.00 if paying after 5/17/2024

MAHEC Staff and EmergeOrtho Staff

☐ \$25.00 ☐ \$40.00 if paying after 5/17/2024

Students (student ID requested in order to qualify)

☐ \$10.00 ☐ \$25.00 if paying after 5/17/2024

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

☐ PAYING WITH CARD

☐ Visa ☐ MasterCard ☐ Discover Card ☐ AmEx

Account # _____

Expiration Month/Year _____ / _____

Verification Code _____ (3 or 4-digit number)

Name on Card _____

Signature _____

HAVE A QUESTION?



Special Services

828-771-3495

Program Planner

Rosalyn Wasserman, PT, DPT

828-257-4437 | rosalyn.wasserman@mahec.net

Registration Phone

828-257-4475

Email

registration@mahec.net

Registration Fax

828-257-4768

Mail

MAHEC Registration
121 Hendersonville Road
Asheville, NC 28803

Online Registration

mahec.net/events

