

THE 4TH ANNUAL **Blue Ridge Sports Medicine Symposium**

MAY 25, 2023



DESCRIPTION

Please join with other healthcare professionals for this annual educational event. It will cover a variety of topics related to sports medicine. Participants can attend on-site at the MAHEC Education Building in Asheville, NC, or via live webinar (Webex platform). Exhibitors will be on-site at MAHEC.

Symposium presenters will include EmergeOrtho subspecialists and Sports Medicine & Orthopedic Care / Asheville Sports Medicine Fellowship specialists from MAHEC. The keynote presentation is provided by Sean Simonds, PT, DPT, OCS, CSCS.

This event is jointly provided by MAHEC (Department of Continuing Professional Development and Primary Care Sports Medicine & Orthopedic Care Program / Asheville Sports Medicine Fellowship) and EmergeOrtho - Blue Ridge Region.

AUDIENCE

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

OBJECTIVES

Upon completion, participants will be able to:

- Discuss return to movement following sports injury
- Identify signs of disordered eating in athletes
- Review current concussion guidelines and management in athletes
- Describe chronic ankle stability and plantar fasciitis in athletes
- Implement return to play principles for stress fractures

REGISTRATION

Early registration deadline: May 18, 2023

Program fees include administrative costs, educational materials, refreshments, and lunch (*meals provided in person at MAHEC only*). If your registration is received after the early registration 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)

REGISTER ONLINE



MAHECED



MAHECwnc



mahec.education

Location	Live via webinar or in person at MAHEC Education Building 121 Hendersonville Road Asheville, NC 28803
Date	Thursday, May 25, 2023
Registration	7:45 am–8:15 am (refreshments on-site only)
Program	8:15 am–3:15 pm (lunch on-site only)

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.

JOINTLY PROVIDED BY



SYMPOSIUM AGENDA

7:45–8:15	Registration, Webinar Check-in, and Light Refreshments*	12:00–12:30	Lunch* and Exhibitors
8:15–8:30	Opening Remarks and Overview — Kyle M. Judkins, DO, CAQSM — Rosalyn Wasserman, PT, DPT	12:30–12:45	Lunch n' Learn: Shoewear in Athletes — Scott Socha, CPed (optional session, no credit offered)
8:30–9:30	Keynote: Return to Movement — Sean Simonds, PT, DPT, OCS, CSCS	12:45–1:00	Exhibitors
9:30–10:15	Disordered Eating on the Field — Jessica Knapp, DO, CAQS — Lauren Butz	1:00–1:30	Chronic Ankle Instability: An Underappreciated Consequence of the 'Routine' Ankle Sprain — Pete Mangone, MD
10:15–10:30	Break and Exhibitors	1:30–2:00	Radiographic Examination of the Non-arthritic Hip — Taylor Harris, MD
10:30–11:00	Exertional Heat Illness: Acute Management and Follow Up — Brian Atkinson, MD, CAQSM, DipABLM	2:00–2:15	Break and Exhibitors
11:00–11:30	Concussion Updates for 2023 — Josh Owen, MHS, LAT, ATC, PRT, ITAT	2:15–2:45	Stress Fractures and Stress Reactions: When to Suspect in the Training Room and General Clinical Return-to-play Principles — Sunil Das, MD — Peter Park, MD
11:30–12:00	Panel Discussion Concussion Management: On-field, Off-field, and When to Be Scared — Josh Owen, MHS, LAT, ATC, PRT, ITAT (moderator) — Brian Atkinson, MD, CAQSM, DipABLM — Michael Hodges, MAEd, LAT, ATC, ITAT — Jessica Knapp, DO, CAQSM — Wyatt Little, MA, LAT, ATC	2:45–3:15	Plantar Fasciitis in Athletes: An Easy Diagnosis... or Not? — Kyle M. Judkins, DO, CAQSM
		3:15	Complete Attestation and Adjourn

*meals will be provided to on-site attendees only

CREDIT

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 MAHEC and EmergeOrtho - Blue Ridge Region. MAHEC is accredited by the NCMS to provide continuing medical education for physicians.

Credit Designation: MAHEC designates this live activity for a maximum of **5.5** 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: NC AHEC 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 hours of **5.5**

Category A continuing education. Certified Athletic Trainers are responsible for claiming only those hours actually spent participating in the continuing education activity. BOC Approved Provider Number: P3459

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. **5.5** 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 **4.0** 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 **5.5** 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 HCA, Asheville, NC

Tommy Middleton

EmergeOrtho - Blue Ridge Region, Asheville, NC

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

Sports Medicine-Mission Health
(HCA Healthcare-North Carolina Division)

Rosalyn Wasserman, PT, DPT | MAHEC, Asheville, NC

DIRECTIONS

MAHEC Education Building

Mary C. Nesbitt Biltmore Campus

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 #69600

☐ 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 _____

ATTENDANCE SELECTION

☐ in person at MAHEC* ☐ live via webinar

**In-person seating is limited, please register early*

Meal Preference (if attending in person)

☐ Vegetarian ☐ Gluten-free ☐ Vegan

PAYMENT SELECTION

Physicians, APPs, OTs, PTs, and Nurses

☐ \$50.00 ☐ \$65.00 if paying after 5/18/2023

Athletic Trainers, OTAs, PTAs, Residents/Fellows, and Athletic Directors/Coaches

☐ \$25.00 ☐ \$40.00 if paying after 5/18/2023

MAHEC Staff and EmergeOrtho Staff

☐ \$25.00 ☐ \$40.00 if paying after 5/18/2023

Students (includes Athletic Trainer, OT/OTA, PT/PTA, and Medical Students)*

☐ \$10.00 ☐ \$25.00 if paying after 5/18/2023

**student ID may be requested in order to qualify*

Speakers and Exhibitors

☐ FREE (must register in order to attend)

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

828-257-4778

Program Planner

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