



Mary Free Bed
Sports Rehabilitation

MARY FREE BED REHABILITATION HOSPITAL
2019 SPORTS REHABILITATION
AND MEDICAL CONFERENCE

Friday, Oct. 18 and Saturday, Oct. 19

LOCATION

Mary Free Bed
Professional Building
Meijer Conference Center
350 Lafayette Ave. SE, Grand Rapids, MI 49503

OVERVIEW

The 2019 Sports Rehabilitation and Medical Conference will explore practical approaches to working with runners and triathletes, as well as the communities in which they train and race. Participants will be better equipped to evaluate and treat athletes, and help them return safely to their sport.

Mary Free Bed has partnered with Orthopaedic Associates of Michigan and Metro Health | University of Michigan Health to provide a strong, credible group of sports rehabilitation professionals, most of whom are competitive athletes themselves, to share their knowledge.

The conference coincides with Metro Health Grand Rapids Marathon weekend events; the race is Sunday, Oct. 20. A select group of conference participants will get the unique opportunity to assist with medical coverage or post-race massage/stretch on race day. Space is limited, so early registration is advised.

TARGET AUDIENCE

Physicians/Physician Assistants • Medical Residents/Students • Occupational, Physical, Recreational and Speech-Language Therapists/Students • Psychologists • Social Workers • Exercise Physiologists • Athletic Trainers • Rehabilitation Specialists • Dietitians • Other professionals involved in the physical and mental recovery of athletes and interest in sports medicine/rehabilitation and sports event coverage

OUTCOMES

The specialists who participate in this conference will be able to identify and discuss common running dilemmas, the importance of the core for injury management and common injuries/management strategies for multisport athletes. Attendees will be able to explain performance testing and how data can be used by the athlete and clinicians. They will be able to identify the importance of community engagement and opportunities for athletes with physical disabilities. Attendees will be able to explain changes in concussion assessment and management strategies, discuss shoulder injuries, hip labral repair and return to sport. They will be able to identify how the right gear can prevent injury, as well as facts and fallacies regarding injuries and management. Attendees will be able to discuss pain issues and how to manage activity and expectations. They will be able to describe the psychology of sport, emergency medicine needs and race-day coverage.

FACULTY

Maria Besta, CTRS, manager, Therapeutic Recreation/Wheelchair & Adaptive Sports, Mary Free Bed Rehabilitation Hospital

Todd Buckingham, Ph.D., exercise physiologist, Mary Free Bed Sports Rehabilitation

David DaPrato, PT, physical therapist II, Spartan YMCA, Mary Free Bed Sports Rehabilitation

Michelle Duckett, PT, physical therapist, Metro Health Sports Medicine

Sara Dumich, M.D., primary care sports medicine, Metro Health Sports Medicine

Sharon Grogg, PT, therapy team leader, Spartan YMCA, Mary Free Bed Sports Rehabilitation

Erik Hedlund, M.D., orthopedic surgeon/fellowship-trained sports medicine, Orthopaedic Associates of Michigan; associate clinical professor, Michigan State University College of Osteopathic Medicine; chair, Department of Orthopedic Surgery, Metro Health | University of Michigan Health

James Hudson, M.D., medical director, Pain Rehabilitation Program, Mary Free Bed Rehabilitation Hospital

Don Kern, race director, GroundHog Marathon, Millennium Meadows Marathon, Last Chance to BQ Marathon, Grand Rapids Marathon

Ed Kornoelje, D.O., family practice/fellowship-trained sports medicine, director of Sports Medicine, Metro Health | University of Michigan Health

Eddie O'Connor, Ph.D., sport psychologist, Mary Free Bed Sports Rehabilitation

Cathy Welsh Olson, M.S. CCC-SLP, speech-language pathologist team lead, Metro Health | University of Michigan Health

Terence Reuben, PT, sports rehabilitation clinician, Mary Free Bed Rehabilitation Hospital; director, Mary Free Bed Sports Rehabilitation

Robyn Smith, PT, physical therapist, YMCA Musculoskeletal Clinic, Mary Free Bed Sports Rehabilitation

Mike Terrell, PT, Cert.MDT, TPS, physical therapist, certified therapeutic pain specialist, Pain Rehabilitation Program, Mary Free Bed Rehabilitation Hospital

Peter Theut, M.D., orthopaedic surgeon, Orthopaedic Associates of Michigan

Ann and Andy Vidro, race directors, Grand Rapids Triathlon, Michigan Titanium

Carl Wierks, M.D., orthopaedic surgeon, West Michigan Orthopaedics

AGENDA

Friday

7-7:50 a.m. Registration/Continental breakfast/Exhibits open
7:50-8 a.m. Welcome

All Attendees

8-9 a.m. Common Running Dilemmas – A Fresh Take on Some Old Issues

Overview: Over the years, there have been many changes regarding running form, running shoes and cadence, and some have questioned whether running is good for the body. We'll review some of these issues and address or validate them with the most current research findings.

8-8:15 a.m. Is running good for your body? *Presenter: Ed Kornoelje, D.O.*
8:15-8:30 a.m. At what point during an injury should a runner see a physician, therapist or surgeon? *Presenter: Erik Hedlund, D.O.*
8:30-8:45 a.m. How does shoe choice, running form and cadence impact running efficiency? *Presenter: Robyn Smith, PT*
8:45-9 a.m. Panel Q&A

9-10 a.m. Multisport Athletes Require Multifaceted Intervention

Overview: With the growing popularity of triathlon and duathlon sport, there's an added demand on the clinician to not only identify issues unique to triathletes but also to intervene quickly and methodically for a quicker return to competition. We'll help participants identify and understand these issues and how to best manage athletes and their expectations.

9-9:15 a.m. What injuries are unique to multisport athletes and why? *Presenter: Sara Dumich, M.D.*
9:15-9:30 a.m. Common surgical interventions and latest techniques to address injuries in multisport athletes *Presenter: Peter Theut, M.D.*
9:30-9:45 a.m. Changes in physical therapy practice to address the rising number of multisport athletes *Presenter: David DaPrato, PT*
9:45-10 a.m. Panel Q&A

10-10:30 a.m. Refreshments/Networking break/Exhibits

10:30-11:30 a.m. Getting to the Core of an Athlete's Injuries

Overview: Many athletes tend to focus on sport-specific drills but do not understand how best to engage their core and why. This section will help clinicians better understand the core, not only in its correlation to sport but to best manage an athlete's injuries.

10:30-10:45 a.m. Connecting the core to sport and injury management *Presenter: Terence Reuben, PT*
10:45-11 a.m. Engaging the core dynamically *Presenter: Terence Reuben, PT*
11-11:15 a.m. Sport-specific core drills *Presenter: Robyn Smith, PT*
11:15-11:30 a.m. Panel Q&A

11:30 a.m.-12:30 p.m. Concussion: Is it all in your Head?

Overview: We'll discuss current protocols for concussion management and why it's important for the right clinician to assess and treat it.

11:30-11:45 a.m. Where are we with concussion today? *Presenter: Ed Kornoelje, D.O.*
11:45 a.m.-Noon The best clinicians drive the best outcomes *Presenter: Sharon Grogg, PT*
12 p.m.-12:15 p.m. The importance of symptom management in concussion rehabilitation *Presenter: Cathy Olson, SLP*
12:15 -12:30 p.m. Panel Q&A

12:30-1:30 p.m. Lunch (provided)/Networking Break/ Exhibits

1:30-2:30 p.m. Community Engagement: Why Does This Matter When It Comes to Managing the Athlete?

Overview: Many progressive health care systems have made a shift from focusing on illness to focusing on wellness. This section will help participants understand why that matters.

1:30-1:45 p.m. A road race director's perspective *Presenter: Don Kern*
1:45-2 p.m. A triathlon director's perspective *Presenters: Ann and Andy Vidro*
2-2:15 p.m. A clinician's perspective *Presenter: Michelle Duckett, PT*
2:15-2:30 p.m. Panel Q&A

2:30-2:45 p.m. Refreshments/Networking Break/ Exhibits/Transition to Breakout Sessions

Breakout Session 1A

2:45-3:45 p.m. Emergency Medicine and Race-Day Coverage 101
Overview: The team at Metro Health Sports Medicine in collaboration with Mary Free Bed Sports Rehabilitation covers over 40 events a year. Participants will learn why community partnerships are important.
Presenters: Ed Kornoelje, D.O., and Terence Reuben, PT

Breakout Session 1B

2:45-3:45 p.m. Performance: What are we Measuring and Why?
Overview: As technology has evolved and athlete participation numbers have increased, so too has the demands for performance testing as athletes try to find their next edge. Clinicians, who also are athletes, will share how they not only pushing their own limits in sport but are keenly keyed in to the what and why of performance measurements.
Presenters: Todd Buckingham, Ph.D. and David DaPrato, PT

Breakout Session 1C

2:45-3:45 p.m. Hip Labral Repair and Return to Sport
Overview: Hip labral tears are common in athletes. Identification and management of these tears is crucial to the return to sport. The approach to best manage them has evolved as diagnostic and surgical techniques have become more sensitive and specific.
Presenter: Carl Wierks, M.D.

All Attendees

3:45-4 p.m. Refreshments/Networking Break/Exhibits/Transition to Breakout Sessions

Breakout Session 2A

4-5 p.m. Emergency Medicine and Race-Day Coverage 101
Overview: The team at Metro Health Sports Medicine in collaboration with Mary Free Bed Sports Rehabilitation covers over 40 events a year. Participants will learn why community partnerships are important.
Presenters: Ed Kornoelje, D.O., and Terence Reuben, PT

Breakout Session 2B

4-5 p.m. Wheelchair & Adaptive Sports – Leveling the Playing Field
Overview: The Mary Free Bed Wheelchair & Adaptive Sports Program, one of the largest of its kind in the U.S., offers people of all ages and abilities a variety of classes, clinics, special events and competitive teams. Participants will learn how wheelchair athletes are leveling the playing field.
Presenter: Maria Besta, CTRS

Breakout Session 2C

4-5 p.m. Shoulder Injuries – Latest Trends
Overview: Shoulder injuries continue to remain high among athletes. The increased mobility of the shoulder complex comes with an increased risk of instability.
Presenter: Erik Hedlund, DO

5 p.m. Conclusion/Evaluation

5-7 p.m. Cocktail Reception/Networking

Saturday

7-7:50 a.m. Registration/Continental breakfast/Exhibits open

7:50-8 a.m. Welcome

8-9 a.m. How Does the Right Gear or Lack of it Impact Injury?

Overview: When it comes to performance, equipment can buy speed and help reduce injury. But when not used at all or used incorrectly, it can lead to an increase in injuries.

- 8-8:15 a.m. Swim gear *Presenter: David DaPrato, PT*
- 8:15-8:30 a.m. Bike gear *Presenter: David DaPrato, PT*
- 8:30-8:45 a.m. Running gear *Presenter: Terence Reuben, PT*
- 8:45-9 a.m. Panel Q&A

9-10 a.m. Facts and Fallacies of Injuries and Management

- 9-9:15 a.m. Medical perspective *Presenter: Ed Kornoelje, DO*
- 9:15-9:30 a.m. Surgical perspective *Presenter: Erik Hedlund, DO*
- 9:30-9:45 a.m. Rehabilitative perspective *Presenter: Terence Reuben, PT*
- 9:45-10 a.m. Panel Q&A

10-10:30 a.m. Refreshments/Networking Break/Exhibits

10:30-11:30 a.m. Pain: How Best to Manage Activity and Expectations

Overview: With the increased risks associated with pain medication and its addictive nature, pain management strategies provide a longer-term solution with less risk to the patient.

- 10:30-10:45 a.m. What is pain? *Presenter: James Hudson, M.D.*
- 10:45-11 a.m. A different approach to managing pain *Presenter: James Hudson, M.D.*
- 11-11:15 a.m. The rehabilitation connection to pain management *Presenter: Michael Terrell, PT*
- 11:15-11:30 a.m. Panel Q&A

11:30 a.m.-12:30 p.m. The Psychology of Sport – How Best to Help Your Athletes

Overview: Most athletes will tell you their sport is at least 50% mental. Many will say 90-95%. But how often do we train or address psychological skills and issues? Certainly much less than that. In these three presentations, our clinical sport psychologist will teach you how to help your athletes improve pain tolerance, overcome the most common psychological issues in rehabilitation, and improve sleep for optimal performance.

- 11:30-11:45 a.m. Pain tolerance in endurance sports *Presenter: Eddie O'Connor, Ph.D.*
- 11:45 a.m.-Noon Psychology of the injured athlete *Presenter: Eddie O'Connor, Ph.D.*
- 12-12:15 p.m. Sleep: Your #1 performance enhancer *Presenter: Eddie O'Connor, Ph.D.*
- 12:15-12:30 p.m. Q&A

12:30-12:45 p.m. Conclusion/Evaluation

SPECIAL SESSION (Pre-booking required: 12 for medical coverage; 8 for massage tent)

1-2 p.m. Event coverage (light lunch provided)

Overview: Plan of action and race-day protocols for managing athletes.

Presenter: Terence Reuben, PT

TOURS Mary Free Bed Sports Rehabilitation Performance Lab at SpartanNash YMCA

(Pre-booking is required for transportation to the YMCA. Additional guests are welcome to attend but will need to provide own transportation.)

1-2 p.m. or 2:15-3:15 p.m.

Overview: Tour of our Performance Lab and some of the testing performed here.

Tour guide: Todd Buckingham, Ph.D.

SPORTS REHABILITATION AND MEDICAL CONFERENCE PLANNING COMMITTEE MEMBERS

Marilyn Burkhart, LMSW, care manager, OP Neuro Adult, Mary Free Bed Rehabilitation Hospital

Mica Campbell, PTA-L, licensed physical therapist assistant, Metro Health | University of Michigan Health Physical Therapy

Mark McKamey, AT, ATC, PTA, athletic trainer, physical therapist assistant, Mary Free Bed Sports Rehabilitation

Bonita Pawloski, M.Ed., R.T.(R)(T)(ARRT), director of education, Mary Free Bed Rehabilitation Hospital

Jeannette Pollatz, MSN, BSN, BS, RN, nursing director of inter-professional education, Mary Free Bed Rehabilitation Hospital

Terence Reuben, PT, sports rehabilitation clinician, Mary Free Bed Rehabilitation Hospital; director, Mary Free Bed Sports Rehabilitation

Kayleigh Rogers, MS, OTR/L, occupational therapist, Mary Free Bed Rehabilitation Hospital

DISCLOSURES

Planning Committee

The Planning Committee Members do not have any relevant financial relationships or non-financial relationships to disclose.

SPEAKERS

Maria Besta, CTRS

Financial — Employed as manager of Therapeutic Recreation/ Wheelchair & Adaptive Sports, Mary Free Bed Rehabilitation Hospital

Nonfinancial — No relevant Nonfinancial relationship exists.

Todd Buckingham, Ph.D.

Financial — Employed as an exercise physiologist, Mary Free Bed Sports Rehabilitation

Nonfinancial — No relevant Nonfinancial relationship exists.

David DaPrato, PT

Financial — Employed as a physical therapist II, Spartan YMCA, Mary Free Bed Sports Rehabilitation

Nonfinancial — No relevant Nonfinancial relationship exists.

Michelle Duckett, PT

Financial — Employed as a physical therapist, Metro Health Sports Medicine

Nonfinancial — No relevant Nonfinancial relationship exists.

Sara Dumich, M.D.

Financial — Employed as a primary care sports medicine physician, Metro Health Sports Medicine

Nonfinancial — No relevant Nonfinancial relationship exists.

Sharon Grogg, PT

Financial — Employed as therapy team leader, Spartan YMCA, Mary Free Bed Sports Rehabilitation

Nonfinancial — No relevant Nonfinancial relationship exists.

Erik Hedlund, D.O.

Financial — Employed as an orthopedic surgeon, Orthopaedic Associates of Michigan; associate clinical professor Michigan State University-COM; chair, Metro Health | University of Michigan Health Department of Orthopedic Surgery

Nonfinancial — No relevant Nonfinancial relationship exists.

James Hudson, M.D.

Financial — Employed as medical director, Pain Rehabilitation Program, Mary Free Bed Rehabilitation Hospital

Nonfinancial — No relevant Nonfinancial relationship exists.

Don Kern

Financial — Employed as a race director, GroundHog

Marathon, Millennium Meadows Marathon, Last Chance to BQ Marathon, Grand Rapids Marathon

Nonfinancial — No relevant Nonfinancial relationship exists.

Ed Kornoelje, D.O.

Financial — Employed as a family practice physician, Metro Health | University of Michigan Health

Nonfinancial — No relevant Nonfinancial relationship exists.

Eddie O'Connor, Ph.D.

Financial — Employed as a sport psychologist, Mary Free Bed Sports Rehabilitation

Nonfinancial — No relevant Nonfinancial relationship exists.

Cathy Welsh Olson, M.S. CCC-SLP

Financial — Employed as a speech-language pathologist team lead, Metro Health Hospital | University of Michigan Health

Nonfinancial — No relevant Nonfinancial relationship exists.

Terence Reuben, PT

Financial — Employed as a sports rehabilitation clinician, Mary Free Bed Rehabilitation Hospital; director, Mary Free Bed Sports Rehabilitation

Nonfinancial — No relevant Nonfinancial relationship exists.

Robyn Smith, PT

Financial — Employed as a physical therapist, YMCA

Musculoskeletal Clinic, Mary Free Bed Sports Rehabilitation

Nonfinancial — No relevant Nonfinancial relationship exists.

Mike Terrell, PT, Cert.MDT, TPS

Financial — Employed as a physical therapist, certified

therapeutic pain specialist, Pain Rehabilitation Program, Mary Free Bed Rehabilitation Hospital

Nonfinancial — No relevant Nonfinancial relationship exists.

Peter Theut, M.D.

Financial — Employed as an orthopedic surgeon, Orthopaedic Associates of Michigan

Nonfinancial — No relevant Nonfinancial relationship exists.

Ann and Andy Vidro

Financial — Employed as race directors, Grand Rapids Triathlon, Michigan Titanium

Nonfinancial — No relevant Nonfinancial relationship exists.

Carl Wierks, M.D.

Financial — Employed as an orthopedic surgeon, West Michigan Orthopaedics

Nonfinancial — No relevant Nonfinancial relationship exists.

CONTINUING PROFESSIONAL EDUCATION

Mary Free Bed Rehabilitation Hospital is accredited by Michigan State Medical Society to provide continuing medical education for physicians.

Mary Free Bed Rehabilitation Hospital designates this live educational activity for a maximum of **11 AMA PRA Category 1 Credit(s)**[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Mary Free Bed Rehabilitation Hospital is an approved provider of continuing nursing education by the Wisconsin Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. **11 contact hours** will be awarded for successful completion.

This continuing education program has been submitted for **11 clock hours** as recognized by the Michigan Social Work Continuing Education Collaborative.

This program has been submitted to The Commission for Case Manager Certification for approval to provide board certified case managers with **11 clock hour(s)**.

This program has been submitted to the Michigan Physical Therapy Association for **11 credit hours** of physical therapy education in Michigan.

Mary Free Bed Rehabilitation Hospital (BOC AP# P10176) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of (11) Category A hours/CEUs. ATs should claim only those hours actually spent in the educational program.



Mary Free Bed Rehabilitation Hospital shall apply for EBP category continuing education approval when applicable.

Mary Free Bed Rehabilitation Hospital shall utilize and adhere to the BOC Approved Provider Maintenance Requirements and the 2018 Standards for BOC Approved Providers, when creating educational programming for Athletic Trainers (ATs).

Mary Free Bed is an AOTA Approved Provider of continuing education. Provider #11133. Full attendance at this course qualifies for 11 contact hours or 1.1 CEUs in the Category 2 Occupational Therapy Process. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course level: Intermediate.



Certificates will be awarded and sent to participants who attend the conference, sign in and complete the required evaluation. The number of continuing education credits/units awarded will be based on the hours attended and the requirements of the specific accreditation body. Certificates will be sent within three weeks of conference date.

REGISTRATION PROCESS

All attendees MUST register online

Please copy and paste the url below and use Google Chrome, Firefox or Safari (not Internet Explorer)

<https://cvent.me/IQO91>

Payment Options

Credit card: Visa or Mastercard

Check: Attendee MUST complete the online registration and indicate payment as "check"

Please make check payable to: Mary Free Bed Fund / Sports Rehab '19

Mail check to:

Attn: Medical Education/Sports Rehab Registration

Mary Free Bed Rehabilitation Hospital

235 Wealthy St. SE

Grand Rapids, MI 49503-5247

*A service fee of \$35 will be assessed for all checks returned for insufficient funds or for charges made to closed accounts.

Registration Confirmation

You will receive immediate confirmation via email. If you do not receive a confirmation, please call 616.840.8292

Refund Policy

Registrants unable to attend may send an alternate with prior written notification. The original registrant will need to edit their online registration form to include the details of the alternate attendee. The registration fee, less a \$75 service charge, is refundable if written notice of cancellation is received by September 20, 2019. No refunds will be issued for cancellations received after this date or for non-attendance.

Cancellation or Replacement of Speaker

In the event of an activity cancellation, the liability of Mary Free Bed Rehabilitation Hospital will be limited to a full or partial refund of registration fees. Mary Free Bed reserves the right to substitute an equally qualified speaker.

Location

Mary Free Bed Professional Building

Meijer Conference Center

350 Lafayette Ave. SE

Grand Rapids, MI 49503

Dress Code

Business casual. The conference room temperature can fluctuate; it is recommended you bring a sweater or jacket.

| Conference Fees | Early Bird* – Through 8/26 | after 8/26 through 9/20 | Late registration after 9/20 |
|----------------------------------|--|--------------------------------|--------------------------------|
| MFB Professionals/Network | <input type="checkbox"/> \$300 | <input type="checkbox"/> \$350 | <input type="checkbox"/> \$400 |
| Professional Staff (outside MFB) | <input type="checkbox"/> \$350 | <input type="checkbox"/> \$400 | <input type="checkbox"/> \$450 |
| Residents/Students | <input type="checkbox"/> \$150 limited seats available | | |

*To be eligible for the Early Bird Special, you must register by: August 26, 2019.

Lodging

Registrants are responsible for hotel arrangements, if needed. Please note when making your room reservations that you will be attending the Mary Free Bed Sports Rehabilitation and Medical Conference on Friday, Oct. 18 and Saturday, Oct. 19.

Holiday Inn Grand Rapids Airport

3063 Lake Eastbrook Blvd. SE

Grand Rapids, MI 49512

Phone: 616.301.7683 Fax: 616.285.7601

www.holidayinn.com/grandrapidsap

Block room rate available through Sept. 26

Double Tree by Hilton Grand Rapids Airport

4747 28th St. SE

Grand Rapids, MI 49512

616.957.0100

www.hilton.com/DoubleTree/Grand_Rapids

Block room rate available through Sept. 26

If you require special arrangements to fully participate in this workshop, please call 616.840.8292

