Course Description: Thorough evaluation and treatment of the injured athlete has always been a challenge for the athletic trainer or clinician. This is especially true in today’s environment where increasing competitiveness on the field, coupled with pressure from coaches and athletes to return to play prior to full recovery, can lead to recurrent and chronic, if not catastrophic, injuries to the athlete. This comprehensive one day course, being held in the historic 1889 home of Galveston’s Sealy family, is designed to educate and equip the clinician and trainer with the latest evidence and research in assessment and rehabilitation of the injured athlete. This course will also discuss the special topics of treatment of the concussed athlete and return to play criteria for the injured athlete. Surgical interventions for the knee and shoulder will be presented by faculty from UTMB’s Department of Orthopedics.

Educational Level: Introductory to experienced clinician

Objectives: Upon completion of this one day course the learner will be able to:

- Have an understanding of basic first aid for the injured individual
- Understand how to assess the injured athlete on the field and determine if the athlete is safe for transport to the sidelines for additional assessment and treatment or will require more advanced care through the EMS system
- Understand how to safely and effectively treat and determine return to play of the concussed athlete
- Have an understanding of current surgical approaches of the ACL deficient knee and the implications for rehabilitation
- Understand and effectively apply current evidence based approaches for safe and effective rehabilitation for the post-surgical ACL patient
- Have an understanding of current surgical approaches for the injured shoulder and the implications for rehabilitation
- Understand and effectively apply current evidence based approaches for safe and effective rehabilitation of the post-surgical shoulder patient
- Use current evidence based guidelines and tests to determine safe return to play status of the lower and upper extremity injured athlete

Class Schedule:

Saturday, July 13, 2013

7 Contact Hours

7:30-8:00 Registration and Continental Breakfast

8:00 – 8:05 Welcome and Opening Remarks

8:05 – 9:00 Emergency Medical Assessment – Speaker from UTMB Education Department TBD

- Review of Basic First Aid and CPR
1. Pre-game
   a. Discussions
      i. Introductions
         1. To coaches; let them know what you’re here for
         2. To players; they understand to come to you with their injury
      ii. Location
         1. Where all of the medical equipment is located
            a. AED
            b. Spine board
            c. Med kit
            d. Air splints
         2. Where you will be located during the game

2. During the game
   a. Non-life threatening injuries
      i. Procedures for common injuries
         1. ankle
         2. knee
         3. shoulder
         4. ribs
      ii. Special tests
      iii. Taping/bracing
      iv. Return to play?
   b. Life-threatening injuries
      i. Procedures for
         1. Cardiac emergencies
         2. head and neck
            a. proper spine boarding techniques
               i. facemask
               ii. helmet
               iii. shoulder pads
         3. femoral
      ii. Emergency Action Plan (EAP)
      iii. Parent notification

3. Post-game
   a. Injured athletes
      i. Treatment
      ii. Refer to physician
      iii. Return to play protocols
9:55 – 10:10 Break

10:10 – 11:05 Treatment and Return to Play Criteria of the Concussed Athlete – Michael Furtado, PT
- Identify evidence based physical therapy related interventions in the management of patients post concussion.
- Appreciate the importance of inter-disciplinary care in the management of patients post concussion.
- Describe cognitive, physical, and/or psychological outcome measures that can be implemented as criteria for return to play following concussion.

11:05 – 12:00 Surgical Interventions of the ACL – Dr Brian Smith
- Describe the anatomy of the knee
- Identify key points in the history or patient with ACL tears
- Know the commonly performed physical exam tests
- Understand forces that can affect the surgically repaired ACL

12:00 – 12:30 Lunch (included)

12:30 – 1:25 Evidence Based Rehabilitation of the Post-surgical Knee – Jana McGaugh, PT
- Discuss the components and principles of treatment progression following ACL reconstruction.
- Implement an evidence based post-operative treatment program that addresses the impairments, functional limitation, and activity restrictions identified in athletes following ACL reconstruction.

1:25 – 2:20 Surgical Interventions for the Shoulder – Dr Kenneth Brooks
- Describe the anatomy of the biceps anchor and superior labrum
- Describe the different types of SLAP tears
- Identify key points in the history of patients with SLAP tears
- Know the commonly performed physical exam tests
- Understand biceps activation and mechanisms of injury in the overhand and windmill throwing motions.

2:20 – 2:35 Break

2:35 – 3:30 Evidence Based Rehabilitation of the Post-surgical Shoulder – Jana McGaugh, PT
- Discuss the components and principles of treatment progression following surgical repair of the glenohumeral labrum (SLAP lesion).
- Implement an evidence based post-operative treatment program that addresses the impairments, functional limitation, and activity restrictions identified in athletes following surgical repair of the glenohumeral labrum (SLAP lesion).

3:30 – 4:25 Return to Play Criteria – Chad Davenport, PT
- List 4 types of “return to play”
- Identify proposed “functional battery” for return to running for ACL reconstruction patients.
• Identify potential sport specific drills for ACL reconstruction patients.
• Identify traditional “return to sport” criteria for shoulder patients.
• Identify potential functional outcomes for shoulder patients.

4:25 – 4:30 Q&A and Wrap-up