The 4th Annual Sports Medicine Injury Prevention Symposium is hosted by the University of Utah in partnership with the United States Olympic Coalition for the Prevention of Illness and Injury in Sport. This year’s symposium will employ a unique format to maximize the participant’s exposure to advancements in the field of injury prevention and sport performance, foster communication and collaboration between researchers, and deliver clinical applications for injury prevention as it relates to specific sporting populations.

**Key highlights include:**
- The relationship of nutritional supplementation and mental health in the prevention of illness and injury in athletes
- Advancements in injury surveillance in sport specific populations

**Optional Ultrasound Course:**
In addition to presenting cutting edge research and clinical applications for injury prevention, we will host an ultrasound skills session targeting all providers participating in the care of athletes. The session will review ultrasound applications for the evaluation of urgent musculoskeletal and non-musculoskeletal injuries including acute eye injuries, abdominal injuries, asymmetric leg swelling, and skin & soft tissue infections. All levels are welcome and encouraged to attend.

We look forward to an engaging scientific meeting with researchers and clinicians from across the nation.
CONFERENCE OBJECTIVES

Upon completion of the course, participants will be able to:

• Summarize the most current research surrounding sports injury prevention
• Explain the current and most applicable research to increase sports performance in specific populations
• Learn that data-driven sports injury prevention interventions can successfully reduce sports injuries
• Learn which injury methodologies are most appropriate for different sports
• Provide a brief overview of relevant ocular, intra-abdominal, vascular, skin & soft tissue anatomy as it relates to the use of sports ultrasound outside of the musculoskeletal system
• Describe when it may be appropriate to utilize diagnostic ultrasound imaging for specific complaints in the athletic population
• Review abnormal ultrasound findings associated with retinal detachment, vitreous hemorrhage, intra-abdominal hemorrhage, deep vein thrombosis, cellulitis, abscess, and a few select urgent musculoskeletal concerns
• Adequately identify, assess, and refer individuals who may be identified as being at increased risk for mental illness
• Understand the importance of a collaborative network of providers to adequately care for athletes suffering from mental illness
• Implement appropriate practices to ensure athletes receive care for both physical and mental health concerns
• Understand the role for nutritional supplementation in athletes including micronutrient and macronutrient supplementation for direct or indirect benefits to training
• Review antidoping rules as they relate to nutritional supplements and how to identify athletes who may be at risk for a rules violation
• Improve athlete awareness surrounding nutritional supplements
• Describe current best practice principles of injury prevention in sports
• Describe sport specific strategies to decrease risk of injury

SYMPOSIUM COMMITTEE:

• Kim Cohee, DPT
• Dan Cushman, MD
• Joy English, MD

KEYNOTE SPEAKER:

• Cheri Blauwet, MD

LOCTION

DoubleTree by Hilton Hotel
Park City – The Yarrow

Skiing and snowboarding available at Park City Canyons Village and Park City Mountain Village.

HOTEL ACCOMODATIONS

A block of hotel rooms will be reserved for the conference at the discounted price of $309 per night until 1/21/20. Please reference the Sports Medicine Symposium 2020 when making your room reservation.

• DoubleTree by Hilton Hotel Park City – The Yarrow
• 1800 Park Avenue, Park City, Utah, 84060
• For reservations please call: +1 855 537 5305
• Guestroom: $309 per night

REGISTRATION

$300 – Physician & Advanced Practice Clinicians
$200 – Allied Health Professionals
$100 – Students and Trainees
$35 – Sports Ultrasound Course (optional add-on course to any registration)

QUESTIONS?

Contact us: smsymposium@hsc.utah.edu

FOR MORE INFORMATION

Please visit: uofumedicine.org/sportsmedsymposium

THURSDAY, 2/20/20

11am – 3pm

USOPC Team Physician Training
(By invitation only. No CME offered)

Noon – 4pm

Science of Sport Research Forum: Where Prevention meets Performance (CME 2.5)
• Session Moderator: Laura Zdzierski, PhD, ATC

FRIDAY, 2/21/20

7am – 9:30am

Success Stories in the Prevention of Injury and Illness in Sport: Informing Future Research (CME 2.5)
• Session Moderator: Stuart Willick, MD
• Keynote Speaker: Cheri Blauwet, MD

7am – 9:30am

Sport-specific Injury Prevention Strategies – (CME 2.25)
• Session Moderator: Barbara Fink, DPT, OCS

11am – 1:30pm

Optional Course: Point of Care Ultrasound: Novel applications in the Athlete (CME 2.5)
• Session Moderator: Dan Cushman, MD, Joy English, MD

FRIDAY, 2/21/20 (cont.)

4pm – 6:30pm

Updates from the International Olympic Committee: Mental Health, Nutritional Supplements, and more (CME 2.25)
• Session Moderator (Nutritional Supplements): Joy English, MD
• Session Moderator (Mental Health): Jonathan Ravarino, PhD, LCSW

SATURDAY, 2/22/20

7am – 9:30am

Sport-specific Injury Prevention Strategies – (CME 2.25)
• Session Moderator: Barbara Fink, DPT, OCS