INTRODUCTION
As the aging population continues to increase, the body of knowledge regarding the importance of physical activity and exercise in maintaining health, happiness, and quality of life in this population also continues to increase. There is strong evidence to suggest that exercise at any age can minimize the burden of chronic disease, enhance mood, control weight, and improve overall daily function. This year’s conference will focus on how to keep adults of all ages active even in light of the normal physiologic changes that occur as part of the aging process.

Optional Concussion Course:
If you are a healthcare provider in the state of Utah that manages and treats athletes with concussion, you are required by law to have updated CME in concussion management at least every 3 years. We invite you to participate in a special 1 1/2 hour session on Saturday February 23 to get an update on the latest guidelines, with an emphasis on school considerations for the young student athlete, as well as appropriate rehabilitative therapies and what a Neuropsychologist can do to assist your patients in their assessment and recovery. For those who are University of Utah providers, we will also have an additional 30 minutes of education on resources within Epic to assist in concussion documentation and management.

CONFERENCE CHAIR
Joy English, MD
COURSE OBJECTIVES

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

- Understand the presentation of patients with extra-articular hip pain.
- Familiarize yourself with the multidisciplinary approach to evaluating and treating concussions in athletes.
- Review the current literature regarding the role for orthobiologics in operative management for tendon tears about the hip.
- Familiarize yourself with a multidisciplinary approach to evaluating and treating cardiac screening and recognize ECG patterns that warrant further evaluation.
- Familiarize yourself with a systematic approach to reading a lumbar MRI and interpreting pathology.
- Understand when spinal surgery is indicated in the active patient.
- Identify and correctly treat individuals with low bone mass.
- Prescribe an exercise regimen for individuals presenting with low bone mass.
- Familiarize yourself with the spectrum of rotator cuff disease and its treatment.
- Describe how running may impact the development of osteoarthritis in the weight-bearing joints.
- Review the evaluation and treatment of lateral elbow ligament tears.
- Become familiar with a standard protocol for reading a lumbar MRI and interpreting pathology.
- Describe the role for exercise in minimizing the burden of chronic disease in the aging population.
- Determine how mechanical and physical therapy-based approaches to the treatment of spinal pain.
- Describe the role for exercise in minimizing the burden of chronic disease in the aging population.
- Identify the relationship between rotator cuff disease and activity in the aging athlete.
- Understand the role for exercise in minimizing the burden of chronic disease in the aging population.
- Establish a model for assessing nutritional status and recommending nutritional interventions in older athletes.
- Understand the role for exercise in minimizing the burden of chronic disease in the aging population.
- Describe the role for exercise in minimizing the burden of chronic disease in the aging population.
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- Prescribe an exercise regimen for individuals presenting with low bone mass.
- Review the current literature regarding the role for orthobiologics in operative management for tendon tears about the hip.

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COURSE FACULTY

Stephen Askil, MD
Alexei Barg, MD
Scott Behjani, DPT
Justin Carmer, DPT
Peter Chalmers, MD
William Deng, MD
Joy English, MD
John Fulton, PhD, ABPP-CN
Preston Hall, DPT
Colby Hansen, MD
Michael Henrie, MD
Jordan Knox, MD
Travis Maak, MD
Zachary McCormick, MD
Whitney Meier, DPT
Jason Miller, DPT
Megan Mills, MD
Nicholas Monson, DO
Ryan Pelo, DPT, NCS
Amy Powell, MD
John Ryan, MD
Esther Smith, DPT
Nicholas Spina, MD
Patty Trale, DPT
Stuart Willick, MD

LOCATION

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

HOTEL ACCOMMODATIONS

A block of hotel rooms will be reserved for the conference at the discounted price of $219 per night until 1/8/19. Please reference the Sports Medicine Symposium or use code G-UO19 when making your room reservation.

REGISTRATION

$225 – Physician & Mid-level Practitioners
$175 – Allied Health Professionals
$100 – Trainee
$75 – University of Utah Trainee
$50 – Concussion Course* (optional add on course to any registration)

QUESTIONS

Contact us: smsymposium@hsc.utah.edu

FOR MORE INFORMATION

Please visit: uofmedicine.org/sportsmedsymposium

Friday, February 22, 2019
1:00 – 5:15pm
Pre-exercise medical clearance and cardiovascular screening – John Ryan, MD

2:30 – 3:15pm
Exercise: Miracle drug or unrealistic medicine? – Wil Deng, MD

3:30 – 4:15pm
Bone health in the masters athlete – Amy Powell, MD

4:15 - 4:45pm
Exercise prescription for bone health – Patty Trale, DPT

4:45 - 5:15pm
Tendinopathy: Role for biologics? – Nick Monson, DO

5:15 - 6:15pm
Happy Hour/Meet and Great

Saturday, February 23, 2019
9:00 – 10:15am
Acute and chronic Achilles tendon disorders & Conservative and operative treatment options – Alexei Barg, MD & Justin Carmer, DPT

7:45 – 8:30am
Tendon tears around the hip – Diagnosis and management – Travis Maak, MD & Justin Carmer, DPT

8:30 – 9:15am
Break

8:45 - 9:15am
Surgical treatment of hip pain in the aging athlete – Stephen Askil, MD

9:15 - 9:45am
Does running cause osteoarthritis? – Stuart Willick, MD

Saturday, February 23, 2019
10:00 – 11:00am
Rehabilitative interventions to treat concussion – Ryan Pelo, DPT, NCS

11:00 – 11:30am
Update on guidelines for concussin – Martin guidelines and CDC guidelines on pediatric mTBI with some emphasis on managing school issues – Colby Hansen, MD

11:30am - 12:00pm
Neuropsychological Outcomes in Pediatric Concussion – John Fulton, PhD, ABPP-CN

12:00 – 12:30pm
Neuropsychological Outcomes in Pediatric Concussion – John Fulton, PhD, ABPP-CN

12:30 – 1:00pm
Oriental (Indigenous) perspectives on resources in support to concussion documentation, referrals, etc. – Ryan Pelo, DPT, NCS; Colby Hansen, MD