**Course Description**

The course features current concepts and cutting edge issues in sports medicine. We will highlight various aspects of return to sports after ACL reconstruction including biological healing, rehabilitation, functional assessment, fitness assessment, and psychological issues. This course is directed toward athletic trainers, physical therapists, physicians, advanced practice nurses and physician assistants.

**Course Objectives**

- Review critical issues faced by the sports medicine practitioner in the care of athletes.
- Provide the most recent advances in care to athletes at all levels of competition.
- Provide practical, interactive learning of evaluative and treatment techniques.

**Accreditation/CEUs**

3B Orthopaedics is recognized by the Board of Certification (BOC) to offer continuing education for certified athletic trainers. This program has been approved for 5.5 CEUs.

**Registration Fee**

$50.00 (Includes breakfast and lunch.)

**Registration Deadline is May 23, 2008.**

Cancellations received in writing by May 31, 2008 will receive a full refund of their registration fee.

**Location**

Zubrow Auditorium
1st floor Preston Bldg.
Pennsylvania Hospital
8th and Spruce Streets
Philadelphia, PA

**Recorded Directions To The Course:**

215-829-8686

**Any Questions Can Be Directed To:**

215-829-2466

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**PROGRAM**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7:15 - 7:45</td>
<td>Registration</td>
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<tr>
<td>8:00 - 9:00</td>
<td>Research Hour – (Abstract presentations, Q &amp; A)</td>
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</tbody>
</table>
| 9:00 - 9:45 | Dick Vermeil  
  Keynote Address - NFL Coach, Super Bowl winner, Philadelphia Icon  |
| 9:45 - 10:30 | Arthur Bartolozzi M.D.  
  Return to play after ACL Recon: Theories, Myths and Facts          |
| 10:30 - 10:45 | Break                                                             |
| 10:45 - 11:15 | Justin Shaginaw P.T., A.T.C.  
  Criteria based ACL Rehabilitation Programs                           |
| 11:15 - 11:45 | Joe Torg M.D.  
  Iatrogenic Narcotic Addiction Syndrome and the Athlete              |
| 11:45 - 12:00 | Joe Torg Award presented to Dr. Larry Miller                       |
| 12:00 - 12:15 | Ted Quedenfeld Award presented to Keith Handling, ATC              |
| 12:15 - 1:15 | Lunch                                                              |
| 1:15 - 1:45 | Joel Fish PhD  
  The Psychology of Injury & Rehabilitation Post ACL Reconstruction in Adolescent Athletes. |
| 1:45 - 2:30 | Mark Paterno PT, ATC  
  Return to Sport Assessment Following ACL Reconstruction              |
| 2:30 - 3:00 | Tony Decker ATC, CSCS  
  Fitness Assessment following ACL Reconstruction                      |
| 3:00 - 3:15 | Break                                                              |
| 3:15 - 4:15 | Breakout sessions                                                  |

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**ANNUAL PHILADELPHIA SPORTS MEDICINE CONGRESS**

recognizes the following honorees for their outstanding contributions to the field of Sports Medicine in the Philadelphia area

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**JOE TORG AWARD**

**Previous Honorees**

- 2000 Joe Torg
- 2001 John Gregg
- 2002 Phil Marone
- 2003 Ray Moyer
- 2004 Jim Nixon
- 2005 Jack McPhilemy
- 2006 Vince Distefano
- 2007 Fred Balduini

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**TED QUEDENFELD AWARD**

**Previous Honorees**

- 2000 Ted Quedenfeld
- 2001 Joe Godek
- 2002 Jim Rogers
- 2003 Steve Bair
- 2004 Chuck Whedon
- 2005 AJ Duffy
- 2006 Joe Iezzi
- 2007 Phil Donley

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**The Philadelphia Sports Medicine Congress**

**June 6, 2008**

**Enrollment Form**

Enrollment deadline is May 23, 2008

Cancellation deadline May 31, 2008

**Name:** _________________________________

**Credential:**

- MD/DO
- ATC
- PT
- RN
- PA
- other ______________________________

**Institution:** ____________________________

**Address:** _______________________________

**Home Phone #:** ________________________

**Work Phone #:** _________________________

**Email:** _________________________________

**Amount Enclosed:** $50.00

Mail the enrollment form and payment to:

3B Orthopaedics Research & Education Foundation
800 Spruce St.
Philadelphia, PA 19107
Attn: Cliff Fawcett, FNP, ATC
The Philadelphia Sports Medicine Congress

The Philadelphia Sports Medicine Congress is in its 9th year. This year we have decided to address a central theme, that of return to play after ACL reconstruction. We will examine in depth the many factors that contribute to a successful return to athletics after surgery. Most of the principles learned can be applied to many other injuries and conditions.

We will continue the tradition of honoring an outstanding team physician and an outstanding athletic trainer with our Joe Torg and Ted Quedenfeld awards. This year's Torg award winner is the Philadelphia Wings Team physician and Chairman of Cooper Bone and Joint Institute - Larry Miller, MD. Keith Handling, ATC, Head Athletic Trainer of the University of Delaware, is our Ted Quedenfeld award winner.

We are excited about our keynote address from Super Bowl winning NFL Coach and Philadelphia icon, Dick Vermeil.

As always, our pledge to you, the participant, is to provide excellent speakers on the most cutting edge topics at a reasonable cost. We look forward to seeing you in June in our state of the art, newly renovated, Zubrow Auditorium at Pennsylvania Hospital.

2008 Faculty Listing

Arthur Bartolozzi MD
Booth, Bartolozzi, Balderston Orthopaedics
Clinical Associate Professor of Orthopaedic Surgery / Chief of Sports Medicine
Pennsylvania Hospital
Philadelphia, PA

Jim Bollinger ATC, CSCS
Head Athletic Trainer Philadelphia Kixx
Philadelphia, PA

Tony Decker ATC, CSCS
Head Strength and Conditioning Coach
Temple University
Philadelphia, PA

Cliff Fawcett M.S.N., F.N.P., ATC
Nurse Practitioner, Athletic Trainer
Booth, Bartolozzi, Balderston Orthopaedics
Philadelphia, PA

Mark Paterno PT MS, MBA, SCS, ATC
Coordinator of Orthopaedic and Sports Physical Therapy
Sports Medicine Biodynamics Center
Cincinnati Children's Hospital Medical Center
Cincinnati, OH

Justin Shaginaw MPT, ATC
Sports Medicine and Rehabilitation Center at Pennsylvania Hospital
Booth, Bartolozzi, Balderston Orthopaedics
Philadelphia, PA

Michele Stiner DPT
Physical Therapist
Sports Medicine and Rehabilitation Center at Pennsylvania Hospital
Philadelphia, PA

Joseph Torg MD
Temple University Hospital
Philadelphia, PA

Joel Fish PhD
Director Center for Sports Psychology
Philadelphia, PA

The 9th Annual Philadelphia Sports Medicine Congress
June 6, 2008
Zubrow Auditorium
Pennsylvania Hospital
Philadelphia, PA

Presented By:
Booth Bartolozzi Balderston
Orthopaedics & Sports Medicine