

A Multidisciplinary Approach to Treating **The Multisport and Endurance Athlete** Across Age, Gender and Injury **Saturday, March 15, 2014**

7:15 A.M

Registration &
Continental Breakfast

8:00

Introduction

Dennis A. Cardone, DO

8:10

Introduction to Multisport Events

Geraldine Pagnotta, MPT, MPH

8:25

Medical Emergencies in Endurance Sports: Metabolic Issues, Injuries, Road Rash, Sunburn, Heat Stroke, Concussion

Christopher M. McStay, MD

8:55

Immunodepression and Medical Considerations in Endurance Athletes: What to Look for and How to Keep Them Healthy

Dennis A. Cardone, DO

9:25

Cardiac Complications and the Multisport Athlete

Stephen A. Siegel, MD

9:55

Question & Answer

10:15

Coffee Break

10:30

The New Female Triad

Jane S. Chung, MD

11:00

Nutritional Considerations for the Multisport Athlete: Pre Race, Race Day, Post Race

Samantha Heller, MS, RD, CDN

11:30

Question & Answer

11:50

Lunch (on your own)

12:50 PM

Swimming Biomechanics

Neil L. Cook, BS, MA, MEd, PhD (ABD)

1:10

Swimming Injuries and Rehabilitation

James Koo, PT, DPT, OCS, SCS

1:40

Bicycle Positioning Concepts

Michael Sherry, BFA

2:10

Multisport Bicycle Related Injuries

Claudette Lajam, MD

2:40

Question & Answer

3:00

Coffee Break

3:15

Running Biomechanics, Injuries and Treatment

Wil Colon, PT, DPT, SCS and Hiromi Otani, PT, DPT, OCS, SCS

4:00

Can Barefoot Running Rehab the Injured Runner? The Controversy: Debate

Irene S. Davis, PhD, PT

4:40

Question & Answer

5:00 PM

Adjourn

COURSE DESCRIPTION

Many studies are looking at swimming, cycling and running economy in the endurance athlete and how it translates to overall performance. Do certain biomechanical patterns lead to certain injuries and can modifying those patterns decrease the incidence of injury? With advanced technology and the use of more sophisticated tools for assessment and treatment of these athletes, aberrant patterns are becoming easier to identify. In addition, since multisport events are becoming more popular, more research in this area is being done and a better understanding of the medical, musculoskeletal, nutritional and physiological considerations are being reported. This conference will address medical emergencies, immunodepression and other considerations, cardiac complications, the new female triad, nutritional considerations, swimming, cycling and running biomechanics and injury rehabilitation and barefoot running in the multisport athlete.

TARGET AUDIENCE

Physicians (physiatry, sports medicine, orthopaedics, primary care, pediatrics), physical therapists, athletic trainers, nurse practitioners

EDUCATIONAL OBJECTIVES

At the conclusion of this activity, participants should be able to:

- Describe updated evaluation methods for the multisport athlete in training
- Effectively treat injuries specific to multisport athletes of all ages and level of ability
- Understand pre-race, race, and post-race nutrition and the science behind it
- Develop a comprehensive rehabilitation program for the injured athlete



Sponsored by the NYU Post-Graduate Medical School

<http://cme.med.nyu.edu/multisport>

NYU Langone Medical Center, 550 First Avenue, Classroom B, Alumni Hall

A Multidisciplinary Approach to Treating The Multisport and Endurance Athlete Across Age, Gender and Injury

Saturday, March 15, 2014

Course Directors

Dennis A. Cardone, DO

Associate Professor
Department of Orthopaedic Surgery
NYU School of Medicine

Claudette Lajam, MD

Assistant Professor
Department of Orthopaedic Surgery
NYU School of Medicine

Geraldine Pagnotta, MPT, MPH

Director
NYU Langone Musculoskeletal
Rehabilitation Network

Location

NYU Langone Medical Center
550 First Avenue
Classroom B, Alumni Hall
New York, NY 10016

Accreditation Statement

The NYU Post-Graduate Medical School is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Credit Designation Statement

The NYU Post-Graduate Medical School designates this live activity for a maximum of 7.25 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Physical Therapy Credit

NYU Hospitals Center is a New York State Education Department approved provider for physical therapy and physical therapy assistant continuing education. This course is approved for a maximum of 8.8 physical therapy/physical therapy assistant contact hours. (.88 CEUs)

BOC Approved Provider Statement

NYU Hospitals Center is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program has been approved for a maximum of 7.33 hours of Category A continuing education. Certified Athletic Trainers are responsible for claiming only those hours actually spent participating in the continuing education activity. BOC Approved Provider Number: P2540



Disclosure Statement

The NYU Post-Graduate Medical School adheres to ACCME Essential Areas and policies, including the Standards for Commercial Support regarding industry support of continuing medical education. In order to resolve any identified Conflicts of Interest, disclosure information is provided during the planning process to ensure resolution of any identified conflicts. Disclosure of faculty and commercial relationships as well as the discussion of unlabeled or unapproved use of any drug, device or procedure by the faculty will be fully noted at the meeting.

Course Fees

Full Fee: \$250.00

Reduced Fee*: \$150.00

MRN Fee: \$87.50

NYU Faculty & Staff: \$87.50 (must show valid ID)

* Reduced Fee applies to NYU School of Medicine alumni, former residents and fellows; physicians-in-training with letter of certification from the Chief of Service; physicians employed by the Department of Veterans Affairs Medical Center; full-time active military personnel; nurse practitioners; and all other non-physician healthcare professionals.

Registration

Applications will be accepted in order of their receipt. In order to reserve your seat, please register in advance, as onsite registration is not guaranteed. An email confirmation will be sent confirming your registration. Visit our secure website <http://cme.med.nyu.edu/multisport> to submit online registration. If you have any further questions, please contact cme@nyumc.org or 212-263-5295.

Please Note: We cannot accept telephone or email registration. Registration is non-transferrable.

Refund Policy

In order to request a refund, you must complete and submit our online refund form no later than 14 days prior to the first day of the course. An administrative fee of \$75 will be deducted from your refund. Cancellations or no-shows after this date are not eligible for a refund. Fax and email cancellations are not accepted.

Course Cancellation Policy

In the unusual circumstance that this course is cancelled, two weeks notice will be given and tuition will be refunded in full. The NYU Post-Graduate Medical School is not responsible for any airfare, hotel or other costs incurred.



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New York, NY 10016

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