

## Course Registration

Name

Credentials

Address

Address (cont.)

Phone

Email address

### Method of Payment

- Check       Visa  
 MasterCard       American Express

Credit Card #

Exp. Date

Signature

**Make checks payable to:  
Select Medical Corporation**

**Please mail registration to:**

Select Medical Clinical  
Education Department  
1217 Ira E Woods Avenue  
Grapevine, TX 76051

To send registration and payment  
information via secure fax, complete  
the application form and send to  
717.635.3054.

## Course Registration:

**Tuition: \$350**

- Physical Therapists
- Physical Therapist Assistants
- Certified Athletic Trainers

### Tuition includes:

- Continuing education credits
- Registration and course materials
- Continental breakfast and lunch

### Cancellation Policy:

Refund request will be honored  
(less \$50.00 processing fee) if we are  
notified of cancellation in writing 10  
days prior to course date.

Select Medical reserves the right to  
cancel this program. In the case of the  
course cancellation, a full registration  
refund will be given.

**For more information contact:  
Glenda Bell at: 817-488-5159 or  
glenda.bell@selectmedicalcorp.com**

### Accreditation

We are an approved provider of  
the National Athletic Board of  
Certification. Provider #P570. This  
program is designed to meet the  
requirement of individual state boards.

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1217 Ira E Woods Avenue  
Grapevine, TX 76051



In conjunction with



Presents...

**Philadelphia Sports Medicine  
Conference – New Horizons in  
Management of the Athlete**



**Friday, July 17 -  
Sunday, July 19**

**The NovaCare Complex  
Philadelphia, PA**

**Home of the Philadelphia Eagles**

# Program Description, Faculty & Course Schedule...

This program brings together some of the nation's leading Sports Medicine experts to discuss common challenges faced by clinicians working in the sports medicine environment.

## This intermediate level program, designed for Physical Therapists, Physical Therapist Assistants and Certified Athletic Trainers, focuses upon

state-of-the-art preventative and rehabilitative strategies for the competitive athlete, with a special emphasis on return to sports. It includes lectures on the pathogenesis, rehabilitation and surgical management of athletic injuries, hands-on-lab and panel discussions to produce an outstanding educational opportunity.

## Course Faculty...

**Greg Myers, MS, CSCS** – Sports Biomechanist, Human Performance Laboratory, Sports Medicine Biodynamics Center, Cincinnati Children's Hospital Medical Center

**Rob Panariello, MS, PT, ATC, CSCS** – Owner/ Founder Partner, Professional Orthopedic and Sports Physical Therapy, Professional Athletic Performance Center

**William Meyers, M.D.** – Senior Associate Dean for Biotechnology Development at Drexel University College of Medicine, Chairman for Department of Surgery at Drexel University College of Medicine, Primary Practice: Drexel Surgical Associates

**John Salvo, M.D.** – Director of Sports Medicine for Cooper University Hospital, Board Certified by the American Board of Orthopaedic Surgeons, Team physician for the Philadelphia Wings lacrosse team and team physician/consultant for several local high schools and organizations

**Arthur Bartolozzi, M.D.** – Booth Bartolozzi Balderston Orthopaedics, Clinical Associate Professor of Orthopaedic Surgery, Head team physician for Philadelphia Kixx Indoor Soccer team, Rowan University, Athletic Program, West Chester University Athletic Program, and assistant team physician for the US National Soccer team

**Bob Mangine, MEd, PT, ATC** – Director of Clinical Sports Residency Program, NovaCare Rehabilitation a Select Medical Division, Football Trainer, University of Cincinnati Clinical Instructor of Orthopedics, Department of Orthopedics, University of Cincinnati

**Steven Cohen, M.D.** – Director of Sports Medicine Research at Rothman Institute, Team physician for the Philadelphia Phillies and St. Josephs University

**Marsha Eifert-Mangine, EdD, PT, ATC** – Assistant Professor of Physical Therapy, College of Mount Saint Joseph, Clinical Therapist NovaCare Rehabilitation, Cincinnati, OH

**Barbara Hoogenboom, EdD, PT, SCS, ATC** – Associate Professor of Physical Therapy, Grand Valley State University

**Alan Evans, PT, FAAOMPT, MCSP** – National Director of Education, Select Medical, Richmond VA

**Pat Tarnowski, PT, MBA, SCS** – Sister Kenny Rehabilitation Institute, Director of Therapies / Interim Director of Operations, NovaCare Rehabilitation and Benchmark Medical Education Consultant, American Physical Rehabilitation Network Faculty / Instructor

**John Kellerstrass, PT, ATC, MEd** – Market Manager NovaCare Rehabilitation Dayton, Ohio Select Medical National Education Instructor

**Jamie Howard, DPT** – NovaCare Rehabilitation, Philadelphia, PA

**Jeanie Subach, MA, RD, CSSD, LDN** – NovaCare Rehabilitation. Registered/licensed dietician and a Board Certified Sports Dietician. Sports Nutritionist for the Philadelphia Eagles and Sixers. Adjunct faculty member at Immaculata University and West Chester University. Instructor - Sports Medicine Fellowship Program at Crozer Keystone Health Systems, Philadelphia PA.

**Randall W. Culp, M.D.** – Professor of Orthopedic, Hand and Microsurgery at Thomas Jefferson University hand and wrist consultant to Major League Baseball's Philadelphia Phillies.

## Course Objectives...

Participants who complete this course should be able to:

- Describe the normal anatomy and biomechanics of the upper and lower quarters, and the impact of their alteration upon athletic performance.
- Describe the pathogenesis and presentation of common sports related pathologies, coupled with evidence based evaluation strategies.
- Implement intervention programs for common athletic injuries based upon the current best evidence.
- Define injury prevention techniques through performance enhancement training programs.
- Recognize the common manifestation of the female triad syndrome.

## Course Schedule Day 1 (July 17)

### Introduction and Opening Remarks

Dan Bradley, President

### The Complex Knee

8:00 am Articular Cartilage, The Holy Grail of Orthopedic Surgery  
Dr Art Bartolozzi

8:30 am Lateral Meniscus Implication in Sports  
Greg Myers

9:00 am Multiple Ligament Injury Surgical Timing  
Bob Mangine

10:00 am Meniscal Injury and Management Options  
John Kellerstrass

10:40 am Panel

10:50 am BREAK

### Pelvic and Hip Pathology in Sports

11:05 am Osteoitis Pubis a Hockey and Soccer Nightmare  
John Kellerstrass

11:35 am Hip Arthroscopy for Internal Derangement  
Dr. John Salvo

12:10 pm Hip and Proximal core Interventions for Athletes  
Barbara Hoogenboom

12:40 pm Panel

1:00 pm LUNCH

### Performance Training How Does it Fit

1:45 pm Training For Prevention ACL Injury  
Greg Myers

2:15 pm Proximal / Core Contributors to Injury in the Female  
Barbara Hoogenboom

3:00 pm Optimal Training Post Surgical ACL  
Rob Panariello

3:45 pm New Stretching Studies and Controversy Static vs Dynamic  
Bob Mangine

4:15 pm Optimal Training Upper Extremity RTP  
Rob Panariello, MS,PT,ATC,CSCS

5:00 pm Posterior Chain What Role Does it Play  
Bob Mangine

5:35 pm BREAK

5:50 pm Adjourn

## Course Schedule Day 2 (July 18)

### Elbow/Wrist

8:00 am UCL injuries in Throwers: Dr. Steve Cohen

8:30 am Conservative Management of UCL  
John Kellerstrass

9:00 am Clinical Examination of the Wrist/Hand  
Dr. Randall W. Culp

9:30 am Wrist and Hand Injuries in Sports  
Marsha Eifert-Mangine

10:00 am BREAK

### Managing the Spine in Sports

10:15 am Lumbopelvic Spine –Consideration for the Athletic Patient  
Alan Evans

10:45 am Core Relationship to Spine Control  
Barbara Hoogenboom

11:15 am Cervical Injuries Management and Protection  
Bob Mangine

11:45 am Cervical and Lumbar Spine Mobilization Manipulation Demonstrations  
Alan Evans and Bob Mangine

12:30 pm LUNCH

### Managing the Distance Performance Athlete

1:15 pm Normal Mechanics in Running  
Marsha Eifert-Mangine

2:00 pm Foot Mechanics Associated with Pathology  
Pat Tarnowski

2:30 pm Managing Common Foot Pathology in Runners  
Pat Tarnowski

3:00 pm The Female Athlete Triad  
Barbara Hoogenboom

3:30 pm BREAK

3:45 pm Use of Orthotics  
Pat Tarnowski

4:00 pm Gait and Orthotic lab

5:30 pm Adjourn

## Course Schedule Day 3 (July 19)

### General Sports Medicine

8:30 am The Use of Electrical Modalities in Sports  
Pat Tarnowski

9:00 am The Use of Ultrasound vs. Ionto  
Marsha Eifert-Mangine

9:35 am Management of Tendon Pathology  
Bob Mangine

10:10 am BREAK

10:25 am Sports Nutrition  
Jeanie Subach

11:00 am Sports Hernia  
Dr. William Meyers

11:35 am Gaston Technique  
Jamie Howard

12:10 pm Panel

12:30 pm Adjourn