This course will present information on the pathomechanics contributing to common hip injuries in physically active people, as well as treatment strategies to improve care of the patient with hip pain. Morning lectures will include a multi-disciplinary approach to the differential diagnosis and treatment strategies of athletes with hip pain. Common clinical presentations will be presented for a multitude of pathological hip conditions and surgical techniques, and the course will provide the current evidence used to guide return to activity decision-making.

Two afternoon sessions are available: an ultrasound laboratory for evaluation of the hip including live scanning and hip injection training using cadavers (for physicians) and a rehabilitation breakout session (for physicians and sports medicine professionals). The rehabilitation laboratory breakout sessions include manual therapy, aquatic therapy, biomechanical analyses, corrective exercise and neuromuscular training. These sessions give participants the opportunity to practice hands-on treatment and rehabilitation techniques as well as to learn screening tools used to optimize the athlete’s return to activity.
COURSE OBJECTIVES

AT THE CONCLUSION OF THIS ACTIVITY, PARTICIPANTS WILL BE ABLE TO:

• Apply strategies for diagnostic techniques in physical exam of the hip.

• Integrate strategies for radiological analysis of the hip.

• Employ techniques for doing ultrasound guided intra-articular hip injections OR apply rehabilitation techniques based off of evidence based practice.

• Explain conservative treatment for patients with hip pain.

• Review surgical treatment for patients with hip pain.

• Examine current research and literature in hip pathology.

• Understand the components of a comprehensive, multidisciplinary treatment plan for active individuals with hip pain.

GENERAL EVENT INFO

Friday, April 24, 2015
9:00 a.m. - 4:30 p.m.

BIOMEDICAL RESEARCH TOWER
460 W. 12TH AVENUE
COLUMBUS, OH  43210

• Please dress appropriately for the evaluation and manual therapy lab sessions.

• CampusParc offers guest parking rates in several nearby garages. The 12th Avenue Garage at 340 West 12th Avenue is the most convenient to the event location (0.2 miles). Additional parking is at 1640 Cannon Drive, as well as on the south side of the hospital.

QUESTIONS
For general conference questions, email sportsmedicine@osumc.edu.
REGISTRATION, FEES AND CONTINUING EDUCATION

REGISTER ONLINE AT
https://www.regonline.com/Hip2015

FEES

Physicians
ALL DAY - $200
ULTRASOUND LAB ONLY - $125
MORNING ONLY - $75

Residents / Fellows
ALL DAY WITH REHAB LAB - $100
ALL DAY WITH ULTRASOUND LAB - $150
ULTRASOUND LAB ONLY - $125
MORNING ONLY OR AFTERNOON REHAB ONLY - $50

Rehabilitation Specialists (PT/PTA/ATC) - $105

Students (no CEUs) - $50 (limit of 30)

Registration fees include registration, instruction, flash drives with morning presentations, light breakfast/snacks and lunch.

PHYSICIANS
Physicians may claim a maximum of 6.5 AMA PRA Category 2 Credit(s)™. Physicians may only claim credit commensurate with the extent of their participation in the activity. This course is not approved for Category 1 CME.

ATHLETIC TRAINERS
OSU Sports Medicine is an approved provider of continuing education for athletic trainers. This program has been approved for a maximum of 6.5 continuing education units by the board of certification for certified athletic trainers.

PHYSICAL THERAPISTS
This program has been submitted to the Ohio Physical Therapy Association for approval of 6.5 continuing education hours for physical therapists and physical therapy assistants.

COURSE CANCELLATION POLICY
Requests for cancellation must be made before 5:00 pm EST, Friday, April 17, 2015. Requests made by this date and time will receive a full refund, minus a processing fee of $25, after the conclusion of the event. No refunds will be made for cancellation requests after this date. OSU Sports Medicine reserves the right to cancel this program at any time and will assume no financial obligation to registrants in the event of cancellation. If the course is cancelled, registration fees will be refunded in full.
AGENDA

RADIOLOGIC IMAGING FOR DIFFERENTIAL DIAGNOSIS OF HIP CONDITIONS
• Leveraging Imaging Techniques - Jason Payne, MD
• Utility of Sports Ultrasound for Analysis of the Hip - Jonathan Finnoch, DO

ANTERIOR HIP/GROIN/LOWER ABDOMINAL PAIN
• PT Evaluation/Differential Diagnosis - John Dewitt, PT, AT, SCS
• Medical Evaluation and Management of FAI and Labral Tears - John Ryan, MD
• Medical Evaluation and Management of Hip Dysplasia - John Ryan, MD
• Medical Evaluation and Surgical Management of Sports Hernia – David Renton, MD

POSTERO-LATERAL HIP PAIN/GLUTEAL TENDINOPATHY
• Proximal Hamstrings Tears - W. Kelton Vasileff, MD
• Gluteal Tendinopathy - Melita Moore, MD
• Evaluation Techniques and Differential Diagnosis for Patients with Posterolateral Hip Pain - David Kohlrieser, PT, OCS, SCS

PELVIC PAIN/PELVIC FLOOR DYSFUNCTION AND LUMBAR SPINE/SI JOINT PAIN
• Evaluation and Treatment of Pelvic Pain in Physical Therapy - Alyssa George, PT, OCS
• Evaluation and Treatment of Pelvic Pain in Obstetrics and Gynecology - Jacqueline Rohl, MD
• Patient Education and Therapeutic Exercise for Lower Back and SIJ Pain – Stephanie Carter Kelley, PT, PhD, OCS
• Red Flags and Hip Mimickers – Bryant Walrod, MD

ULTRASOUND GUIDED HIP EVALUATION AND INJECTION TECHNIQUE CADAVER LAB or HANDS-ON REHABILITATION LABS:
Assessment and Key Manual Therapy Techniques, Exercise/Rehab Techniques, Biomechanics and Return to Sport
We are excited to welcome guest speaker, Jonathan Finnoff, DO, who is internationally recognized for his expertise in diagnostic and interventional sports ultrasound.

Dr. Finnoff obtained his medical degree from the University of New England, completed a residency in Physical Medicine and Rehabilitation at the University of Utah and a Sports Medicine fellowship at the Mayo Clinic. Dr. Finnoff is the Medical Director for the Mayo Clinic’s Sports Medicine Center in Minneapolis, MN.

Dr. Finnoff has published over 80 research articles and book chapters on Sports Medicine-related topics. He is on the Board of Governors for the American Academy of Physical Medicine and Rehabilitation, and the Board of Directors for the American Medical Society for Sports Medicine. He is the head team physician for the United States Nordic Combined Ski Team and was one of the United States Ski Team physicians at the 2014 Winter Olympics in Sochi, Russia. He is a team physician for the Timberwolves (NBA) and Lynx (WNBA) basketball teams.
FACULTY

COURSE DIRECTOR
John Ryan, MD
Dr. Ryan is an orthopedic surgeon in the Division of Hip Preservation at Ohio State. His expertise includes the diagnosis of complex hip pathology and complete surgical care of hip pain in athletes and physically active people.

FACULTY (IN ALPHABETICAL ORDER)
John DeWitt PT, AT, SCS
John is a Physical Therapist Rehab Manager for Clinical Development and Director of Physical Therapy Residency and Fellow Programs within OSU Sports Medicine. He is a board certified sports physical therapy specialist and specializes in treating athletes with hip disorders.

Stephanie Di Stasi PT, PhD, OCS
Stephanie is a clinical scientist in the Sports Health and Performance Institute and an Assistant Professor in the Department of Orthopaedics. Both her clinical and research interests are focused on developing and validating effective rehabilitation programs for active individuals following hip and knee injury.

Alyssa George PT, OCS
Alyssa is a physical therapist with Ohio State’s outpatient rehab, specializing in women’s and men’s pelvic floor disorders. She is board certified in orthopedic physical therapy.

Stephanie Carter Kelley, PT, PhD, OCS
Dr. Stephanie Carter Kelley has practiced in a variety of clinical settings throughout her physical therapy career including orthopaedics, sports and geriatrics. She has a special interest in treating patients with spinal dysfunction.

David Kohlrieser PT, SCS, OCS
Dave is a physical therapist at OSU Sports Medicine and is a member of the Hip Outcomes Team. He is board certified in both sports and orthopedic physical therapy.

Kathy Krummen, PT, SCS
Kathy is a physical therapist, member of the sports medicine Endurance Medicine Team and clinical education coordinator for the Hip Outcomes Team. She is a competitive swimmer and Ironman Triathlete.
Kendra McCamey, MD
Dr. McCamey is a Clinical Assistant Professor in Family Medicine and Primary Care Sports Medicine. She is the Associate Director of the Primary Care Sports Medicine Fellowship and a team physician for the Ohio State University Athletic Department.

Melita Moore, MD
Dr. Moore is an Assistant Professor in the Department of Physical Medicine and Rehabilitation. She has a keen interest and extensive knowledge of sports ultrasound and serves as teaching faculty and physician expert for education courses.

Jason Payne, MD
Dr. Payne is an Assistant Professor, Musculoskeletal Division, in the Department of Radiology. His interests include cartilage imaging, hip imaging/FAI, musculoskeletal interventions and sarcoma imaging.

David Renton, MD
Dr. Renton is a general surgeon at The Ohio State University Wexner Medical Center and Assistant Professor of Clinical Surgery, Division of General and Gastrointestinal Surgery.

Jacqueline Rohl, MD
Dr. Rohl is a general obstetrician and gynecologist at Ohio State, with a research interest in advanced laparoscopic procedures and pelvic pain.

W. Kelton Vasileff, MD
Dr. Vasileff is completing a clinical fellowship in sports medicine/hip preservation at Cleveland’s University Hospitals/Case Western Reserve University. He also completed an orthopaedic surgery residency followed by fellowship training in sports medicine at Henry Ford Health System.

Bryant Walrod, MD
Dr. Walrod is a board certified family practice physician specializing in primary care sports medicine, sports-related injuries and musculoskeletal health. He is also a team physician for the Ohio State University Athletic Department.