

Faculty

David C. Johnson, MD
Program Directors/Orthopaedic Surgeon
National Sports Medicine Institute

Timothy S. Johnson, MD
Program Directors/Orthopaedic Surgeon
National Sports Medicine Institute

Polly A. Porter, PA-C, ATC
Physician Assistant/Instructor
National Sports Medicine Institute

Shannon L. Nicholson, DNP, FNP-BC
Nurse Practitioner/Instructor
National Sports Medicine Institute

Zahra C. Ismaeli, MS ATC
Research Coordinator
National Sports Medicine Institute

Gaele Tchaffa, BS
Research Assistant/Surgical Coordinator
National Sports Medicine Institute

Les Cummings
Supervisor of Athletics
Loudoun County Public Schools

Nora Y. Homeyer, MD & Team
Inova Emergency Physician
Head 2 Head Medical Director

Medical Team
Fairfax Family Practice Comprehensive
Concussion Center

Anna-Marie Hammond, DPT, ATC
Owner
Elite Sports Medicine & Physical therapy

Robyn O'Connor, DPT, OCS, CSCS
Owner
Integrated Sports Medicine and PT

Rex R. Vogan II, PsyD.
Clinical & Sport Psychologist
Pinnacle Behavior Health

Schedule, topics, and presenters are subject to change without notice.

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Cancellation Policy

All cancellations must be received in writing by July 22, 2014. Refunds, minus a \$10.00 processing fee will be issued in writing prior to July 22, 2014. No refund will be issued if notification is received after July 22, 2014.

Inclement Weather Policy:
Refunds will only be given if course is cancelled.

For further questions/concerns:

Please Contact Zahra C. Ismaeli

National Sports Medicine Foundation

19455 Deerfield Avenue
Suite 312

Lansdowne, VA 20176

Phone: 703.729.5010

Fax: 703.729.5833

www.nationalsportsmed.com



**“Current concepts:
Recognition and
treatment of upper
and lower extremity
sports injuries”**



**NSMF Annual Athletic
Trainers Seminar
July 29, 2014
8am-5pm**

National Sports Medicine Foundation



Seminar Overview

This introductory course examines the etiology, clinical presentation, evaluation, differential diagnosis, and medical management of upper and lower extremity athletic injuries using evidence-based practice framework. This course will also review the most current treatment modalities such as: Graston, Active Release Techniques (ART), Mulligans, and Dry Needling. This course is designed to present the most current concepts in the recognition and treatment from an evidence-based approach.

Instructional Level: Intermediate, with lecture and lab

CE: 7 hours

Domains: Injury/Illness; Clinical Evaluation and Diagnosis; Intermediate and Emergency Care; Treatment and Rehabilitation

Note: NSMF is in the process of applying for EBP Provider

Course Outline

8:30am Check-in/Continental Breakfast

8:30am Welcome/Introductions

9:00am Shoulder Impingement A:
Impingement vs. Instability

9:30am Shoulder Impingement Part B:
"Shoulder Instability in the overhead athlete"

10:30am *"Femoracetabular Impingement and Labral Injuries in developing high school athletes"*

11:15am *"Growth Plate Injuries: When it's not a sprain, strain, or bone contusion"*

12:00pm Lunch

1:00-1:20pm Sports Psychology for high school athletes

1:30pm Hip and Shoulder Evaluation*

2:20pm Therapeutic Modalities*

3:00pm BREAK

3:20pm Concussion RTP Guidelines

4:00pm Concussion Roundtable: *"Bridging the gap between on field and clinic management"*

4:30pm Closing Remarks/Evaluations/Adjourn

Therapeutic Modalities: Graston, Dry Needling, Functional Movement Screen, and Active Release Techniques

*Attendees will be split into groups

Conference Registration
Second Annual NSMF Athletic Trainers Seminar
Tuesday, July 29th, 2014 | Lansdowne Resort

Mail to: NSMF
19455 Deerfield Avenue, Suite 312
Lansdowne, VA 20176
Phone: (703) 729-5010
Fax: (703) 729-5833
Web: www.nationalsportsmed.com

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