Course Description
Musculoskeletal disorders of the hip, knee and ankle are common in an athletic population and the prevalence continues to rise. Recent advances in the conservative and post-operative management of selected lower quarter pathology will be reviewed through lecture presentations and case discussions. Evidence-based treatment strategies to maximize function and facilitate a safe return to sport will also be discussed. Perspectives from the sports medicine team including orthopedic surgery, physiatry, musculoskeletal imaging, physical therapy and athletic training will be highlighted throughout.

Course Objectives
• List common findings on imaging related to hip, knee and ankle injury.
• Discuss gender differences related to lower extremity pathology.
• Discuss various surgical techniques addressing selected hip, knee and ankle pathology and the impact on post-operative rehabilitation.
• Provide evidence-based rationale for criterion-based post-operative rehabilitation progression for selected hip, knee and ankle conditions.
• Develop an evidence-based rehabilitation program for conservative management of anterior knee pain in the athlete.
• Discuss milestone criteria to safely return to sport following lower extremity injury.
• Develop an evidence-based rehabilitation program for conservative management of plantar heel pain and ankle instability in the athlete.

Expected Outcome
• Participants will rate their ability to effectively manage athletes with lower extremity pathology as high or higher compared to before the program

Course Schedule: Saturday June 3, 2017

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>7:00 am</td>
<td>Registration &amp; Continental Breakfast</td>
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<tr>
<td>7:50 am</td>
<td>Course Welcome</td>
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<tr>
<td>8:00 am</td>
<td>Understanding Musculoskeletal Imaging Basics for Hip Pathology</td>
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<tr>
<td>8:15 am</td>
<td>Hip Pathology in the Female Athlete</td>
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<tr>
<td>8:35 am</td>
<td>Surgical Management of Femoroacetabular Impingement and Labral Pathology</td>
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<tr>
<td>9:00 am</td>
<td>Rehabilitation Following Hip Arthroscopy</td>
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<td>9:20 am</td>
<td>Ultrasound Applications in the Hip Region</td>
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<tr>
<td>9:40 am</td>
<td>Conservative Management of Hamstring Tendinopathy</td>
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<tr>
<td>10:00 am</td>
<td>Surgical Management of Hamstring Tears</td>
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<tr>
<td>10:20 am</td>
<td>Panel Discussion</td>
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<tr>
<td>10:40 am</td>
<td>Break</td>
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<tr>
<td>11:00 am</td>
<td>Understanding Musculoskeletal Imaging Basics for Knee Pathology</td>
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<tr>
<td>11:15 am</td>
<td>Conservative Management of Patellofemoral Pain Syndrome: Implications of Top Down Mechanics</td>
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<tr>
<td>11:40 am</td>
<td>Surgical Considerations for Patellofemoral Pain Syndrome</td>
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<tr>
<td>12:00 pm</td>
<td>Lunch (Catered)</td>
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<tr>
<td>1:00 pm</td>
<td>Meniscectomy vs. repair: Meniscus Tears in the Professional Athlete</td>
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<tr>
<td>1:20 pm</td>
<td>Meniscectomy vs. Repair: Meniscal Repair</td>
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<tr>
<td>1:40 pm</td>
<td>Rehabilitation Following Meniscal Procedures</td>
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<tr>
<td>2:00 pm</td>
<td>Panel Discussion</td>
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<tr>
<td>2:20 pm</td>
<td>Break</td>
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<tr>
<td>2:45 pm</td>
<td>Understanding Musculoskeletal Imaging Basics for Ankle Pathology</td>
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<tr>
<td>3:00 pm</td>
<td>Conservative Management of Selected Foot &amp; Ankle Pathology</td>
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<tr>
<td>3:30 pm</td>
<td>Surgical Considerations for the Foot &amp; Ankle Region</td>
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<tr>
<td>4:00 pm</td>
<td>Rehabilitation Following Lateral Ankle Reconstruction</td>
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<td>4:20 pm</td>
<td>Rehabilitation Following Achilles Tendon Repair</td>
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<tr>
<td>4:40 pm</td>
<td>Panel Discussion</td>
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<tr>
<td>5:00 pm</td>
<td>Adjourn</td>
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</table>
# 2017 Mass General Sports Medicine Conference: Management of the Athlete’s Hip, Knee & Ankle

## Course Faculty

<table>
<thead>
<tr>
<th>Name</th>
<th>Title &amp; Institution</th>
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<tbody>
<tr>
<td>Steve Clark, PT, DPT, MS, ATC, CSCS</td>
<td>Assistant Clinical Professor, Northeastern University</td>
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<tr>
<td></td>
<td>Rehabilitation Coordinator, Sports Performance Department, Northeastern University</td>
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<tr>
<td></td>
<td>Lead Clinician, ATI Physical Therapy - Northeastern University</td>
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<tr>
<td>Kristina Fleming, PT, DPT, SCS, CSCS</td>
<td>Mass General Sports Physical Therapy</td>
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<tr>
<td></td>
<td>Adjunct Faculty, Northeastern University</td>
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<tr>
<td>Eric Folmar, PT, DPT, OCS, CKTP</td>
<td>Assistant Clinical Professor, Northeastern University</td>
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<td></td>
<td>Director, Transitional DPT Program, Northeastern University</td>
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<tr>
<td></td>
<td>Senior Physical Therapist, Mass Sport &amp; Spine Physical Therapy</td>
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<tr>
<td>Arvin Kheterpal, MD</td>
<td>Mass General Department of Radiology</td>
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<tr>
<td></td>
<td>Instructor, Harvard Medical School</td>
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<tr>
<td>Scott Martin MD</td>
<td>Mass General Sports Medicine Service</td>
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<td></td>
<td>Director, Joint Preservation Service</td>
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<td></td>
<td>Head Team Physician, New England Revolution</td>
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<td></td>
<td>Team Physician, New England Patriots</td>
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<td></td>
<td>Associate Professor of Orthopedic Surgery, Harvard Medical School</td>
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<tr>
<td>Kelly McInnis, DO</td>
<td>Director, Harvard / Spaulding PM&amp;R Sports Medicine Fellowship</td>
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<td></td>
<td>Team Physician, Curry College, Suffolk University</td>
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<td></td>
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<tr>
<td>Mark Price, MD, PhD</td>
<td>Mass General Sports Medicine Service</td>
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<tr>
<td></td>
<td>Head Team Physician &amp; Medical Director, New England Patriots</td>
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<td>Team Physician, Boston Red Sox</td>
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<tr>
<td>Lars Richardson, MD</td>
<td>Mass General Sports Medicine Service</td>
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<td></td>
<td>Team Orthopedist, Boston Bruins, New England Patriots</td>
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<td></td>
<td>Harvard College, Wheelock College, Wentworth College</td>
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<td></td>
<td>Instructor in Orthopaedic Surgery, Harvard Medical School</td>
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<tr>
<td>George Theodore, MD</td>
<td>Mass General Sports Medicine Service</td>
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<td></td>
<td>Consultant, New England Patriots, Boston Bruins, Boston Red Sox</td>
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## Course Directors

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<tr>
<td>Peter Asnis, MD</td>
<td>Chief, Mass General Sports Medicine Service</td>
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<td>Eric Berkson, MD</td>
<td>Mass General Sports Medicine Service</td>
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<td></td>
<td>Team Physician, Boston Red Sox, Lowell Spinners, Wheaton College</td>
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<tr>
<td>David Nolan PT, DPT, MS, OCS, SCS, CSCS</td>
<td>Associate Clinical Professor, Northeastern University</td>
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<tr>
<td></td>
<td>Director, MGH / NU Sports Physical Therapy Residency Program</td>
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<td></td>
<td>Clinical Specialist, Mass General Sports Physical Therapy</td>
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## Additional Information

**Target Audience:** Physicians, Athletic Trainers, Physical Therapists, Physical Therapist Assistants, Athletic Training & Physical Therapy Students

**BOC Approved CEUs:** 7.5 Category A

**Provider #:** P8820

**Level of Difficulty:** Intermediate

**Fees:**
- Early Bird by 5/11/17: Clinicians = $150; Students = $100
- Standard: Clinicians = $175; Students = $125

**Educational Materials:** Available for download prior to course

**Meals:** Continental breakfast and catered lunch will be provided

**Location:** Northeastern University; West Village F, #20

**Course Info / Registration:**
[http://www.northeastern.edu/bouve/physical-therapy/continuing-education/](http://www.northeastern.edu/bouve/physical-therapy/continuing-education/)

**Cancellation Policy:** A full refund will be provided for any course cancellations made 14 days prior to the course date. A written letter requesting cancellation must be submitted to David Nolan via email at d.nolan@northeastern.edu. Requests must be received at least two weeks prior to event date as there will be no refund for cancellations received later. If participants register and do not attend, they are still responsible for full payment. Northeastern University Department of Physical Therapy, Movement, and Rehabilitation Sciences will process the refund within 7 business days from the day the request is received.