2018 Mass General Sports Medicine Conference: Joint Preservation in the Aging Athlete: When the Gears Begin to Grind

Course Description
Musculoskeletal pathology in the aging athlete is on the rise. Orthopedic and Sports Medicine clinicians face challenges with balancing the desired level of activity with preserving structural integrity. Recent advances in joint preservation strategies to address musculoskeletal pathology in the aging athlete 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
- Discuss the concept of joint preservation in the presence of musculoskeletal pathology.
- List common anatomical structures and regions impacted by joint pathology.
- Discuss various surgical techniques addressing cartilage restoration at the knee and the impact on post-operative rehabilitation.
- Provide evidence-based rationale for criterion-based post-operative rehabilitation progression following cartilage procedures at the knee.
- Develop an evidence-based rehabilitation program for conservative management of osteoarthritis in the athlete.
- Develop an evidence-based post-operative rehabilitation program following total shoulder arthroplasty.
- Discuss developing therapies and their potential impact on improving function in the aging athlete.

Expected Outcome
- Participants will rate their ability to effectively manage athletes with joint pathology as high or higher compared to before the program.

Course Schedule: Saturday June 2, 2018

7:00 am  Registration & Continental Breakfast
7:50 am  Course Welcome

The Problem
8:00 am  What is Joint Preservation?
8:15 am  Arthritis After ACL Reconstruction
8:30 am  The Importance of the Meniscus
8:45 am  Natural History of Femoroacetabular Impingement
9:00 am  It’s Not Just an Ankle Sprain
9:20 am  When the Gears Go Bad in the Elbow
9:40 am  Panel Discussion
10:05 am  Break

Restoring Structure & Function
10:20 am  Imaging Cartilage Problems
10:40 am  Cartilage Restorative Procedures
11:10 am  Post-Op Rehab Following Cartilage Procedures
11:40 am  Panel Discussion
12:00 pm  Lunch (Catered)
1:00 pm  Joint Resurfacing
1:20 pm  Management of Osteoarthritis in Athletes
1:40 pm  When to Operate: Osteotomies
2:00 pm  Total Shoulder Replacement in Active Patients
2:20 pm  Rehabilitation Following Total Shoulder Arthroplasty
2:40 pm  Panel Discussion
3:00 pm  Break

The Future
3:15 pm  Cell Based Therapies for Joints
3:35 pm  Cortisone Injections & Viscosupplementation at the Knee
3:55 pm  The Realities of Platelet Rich Plasma and Stem Cells
4:15 pm  Panel Discussion
4:30 pm  Adjourn
## Course Directors

**Peter Asnis, MD**  
Chief, Mass General Sports Medicine Service  
Head Team Physician, Boston Bruins  
Head Team Orthopedic Surgeon, Boston Red Sox  
Team Physician, New England Patriots  
Assistant Professor of Orthopaedic Surgery, Harvard Medical School

**Eric Berkson, MD**  
Mass General Sports Medicine Service  
Team Physician, Boston Red Sox, Lowell Spinners, Wheaton College, Eastern Nazarene College  
Consultant, New England Patriots  
Assistant Professor of Orthopaedic Surgery, Harvard Medical School

**David Nolan PT, DPT, MS, OCS, SCS, CSCS**  
Associate Clinical Professor, Northeastern University  
Director, MGH / NU Sports Physical Therapy Residency Program  
Clinical Specialist, Mass General Sports Physical Therapy

## Course Faculty

**Ashwin Babu, MD**  
Mass General Sports Medicine Service  
Assistant Program Director, Spaulding/Harvard PM&R Residency

**Kyle Borque, MD**  
Fellow, Mass General Sports Medicine Service

**Steve Clark, PT, DPT, MS, ATC, CSCS**  
Assistant Clinical Professor, Northeastern University  
Rehabilitation Coordinator, Sports Performance Department, Northeastern Univ.  
Lead Clinician, ATI Physical Therapy - Northeastern University

**Sean Hazzard, PA-C**  
Mass General Sports Medicine Service

**Arvin Kheterpal, MD**  
Musculoskeletal Imaging and Intervention  
Mass General Department of Radiology  
Instructor, Harvard Medical School

**Scott Martin, MD**  
Mass General Sports Medicine Service; Director, Joint Preservation Service  
Director, Sports Medicine Fellowship Program  
Head Team Physician, New England Revolution  
Team Physician, New England Patriots  
Associate Professor of Orthopedic Surgery, Harvard Medical School

**Kelly McInnis, DO**  
Director, Harvard / Spaulding PM&R Sports Medicine Fellowship  
Team Physician, Boston Red Sox  
Head Team Physician, Curry College, Suffolk University  
Instructor in PM&R, Harvard Medical School

**Christopher Melnic, MD**  
Mass General Department of Orthopaedics  
Instructor in Orthopaedic Surgery, Harvard Medical School

**Luke Oh, MD**  
Mass General Sports Medicine Service  
Team Orthopedist, New England Patriots, New England Revolution; Consultant: Boston Red Sox, Boston Bruins, Harvard University  
Instructor in Orthopaedic Surgery, Harvard Medical School

**Mark Price, MD, PhD**  
Mass General Sports Medicine Service  
Head Team Physician & Medical Director, New England Patriots  
Team Physician, Boston Red Sox  
Assistant Professor of Orthopaedic Surgery, Harvard Medical School

**Jamie Preszler, PT, DPT, OCS, ATC**  
Staff Physical Therapist/Athletic Trainer, Mass General Sports Physical Therapy

**Lars Richardson, MD**  
Mass General Sports Medicine Service  
Team Physician, Boston Bruins, New England Patriots, Harvard College, Wheelock College, Wentworth College  
Instructor in Orthopaedic Surgery, Harvard Medical School

**George Theodore, MD**  
Mass General Sports Medicine Service  
Instructor in Orthopaedic Surgery, Harvard Medical School

## Additional Information

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

**BOC Approved CEUs:** 7.0 Category A  
Provider # P8820

**Level of Difficulty:** Intermediate

**Fees:** Early Bird by 5/18/18: 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:**  
[https://nuptmrscce.org/student/liveprogram/8](https://nuptmrscce.org/student/liveprogram/8)

**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.