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 sex 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 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 selected foot & ankle pathology 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 5, 2021
7:50 am  Course Welcome
8:00 am  MSK Imaging for the Hip: What the Rehab Specialist Needs to Know
8:15 am  Hip Pain in the Female Athlete
8:35 am  Femoroacetabular Impingement: Who Needs Surgery?
8:55 am  Hamstring Injuries in the NFL: What Do the Pros Do?
9:15 am  Hamstring Injuries in the Athlete: Rehabilitation Pearls & Pitfalls
9:35 am  Panel Discussion
9:55 am  Break
10:10 am MSK Imaging for the Knee: What the Rehab Specialist Needs to Know
10:25 am Surgical Considerations for ACLR: 2021 Update
10:45 am Repair vs. Remove: Save the Meniscus
11:00 am Repair vs. Remove: Partial Meniscectomy in the Athlete
11:15 am Return to Sport Decision Making
11:35 am When to Consider Orthobiologics for Knee Pathology
11:55 am Panel Discussion
12:15 pm Lunch Break
12:45 pm Conservative Management of Patellofemoral Pain
1:05 pm Patellofemoral Pain: Who Needs Surgery?
1:25 pm Osteochondritis Dissecans & Osteochondral Autografts
1:45 pm Cartilage Procedures for the Knee:2021 Update
2:05 pm Considerations for the Pregnant Athlete with Knee Pain: Rehab & Return to Run
2:30 pm Panel Discussion
2:50 pm Break
3:05 pm MSK Imaging for the Ankle: What the Rehab Specialist Needs to Know
3:20 pm Rehab Following Ankle Sprains: 2021 Update
3:40 pm Ankle Instability: Who Needs Surgery?
4:00 pm Sports Injuries of the Foot: What Not to Miss
4:20 pm Rehab Recommendations for Plantar Heel Pain
4:35 pm Conservative Management of Achilles Tendinopathy: More than Just Eccentrics
4:50 pm Orthobiologics for Refractory Foot/Ankle Pathology: What Does the Evidence Say?
5:10 pm Panel Discussion
5:30 pm Adjourn
2021 Mass General Sports Medicine Conference:
Management of the Athlete’s Hip, Knee & Ankle

**Course Directors**

Peter Asnis, MD  
Mass General Brigham Director of Professional Sports  
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  
Sports Medicine Orthopaedic Surgeon, Mass General Hospital  
Team Physician, Boston Red Sox  
Consultant: New England Patriots  
Head Team Physician: Wheaton College, Eastern Nazarene College and Archbishop Williams High School  
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**

Sara Maria Bahouth, MD, Musculoskeletal Imaging & Intervention Fellow, MGH  
Haylee Borgstrom, MD, Sports Medicine Physiatrist, Mass General Hospital  
Instructor of PM&R, Harvard Medical School  
Shadpour Demehri, MD, Musculoskeletal Radiologist, Johns Hopkins Hospital  
Associate Professor of Radiology, Johns Hopkins University School of Medicine  
Lenor Herget, PT, DPT, SCS, MEd, CSCS  
Senior Physical Therapist, Mass General Sports Physical Therapy  
Medical Staff: New England Patriots  
Concussion Rehabilitation Consultant: Boston Bruins, Boston Red Sox, New England Revolution, Boston Celtics, Home Base Program, Special Operator Program  
Philip Kaiser, MD, Foot & Ankle Orthopaedic Surgeon; MGH  
Instructor of Orthopaedic Surgery, Harvard Medical School  
Arvin Kheterpal, MD, Musculoskeletal Radiologist, Mass General Hospital  
Instructor, Harvard Medical School  
Scott Martin, MD, Sports Medicine Orthopaedic Surgeon, MGH  
Director, Joint Preservation Service | Director, Sports Medicine Fellowship  
Medical Director, New England Revolution  
Team Physician, New England Patriots  
Associate Professor of Orthopedic Surgery, Harvard Medical School  
Kelly McInnis, DO, Sports Medicine Physiatrist, Mass General Hospital  
Team Physician, Harvard / Spaulding PM&R Sports Medicine Fellowship  
Consultant: Boston Bruins, Boston Red Sox, New England Patriots  
Head Team Physician: Boston Ballet, Boston Bruins, New England Revolution  
Medical Staff: New England Patriots  
Assistant Professor of Orthopaedic Surgery, Harvard Medical School  
Robert Nascimento, MD,  
Chief of Sports Medicine & Shoulder Surgery, Newton Wellesley Hospital  
Head Team Physician & Medical Director, Boston College  
Team Physician: New England Patriots, Boston Renegades, Wellesley College  
Instructor of Orthopaedic Surgery, Harvard Medical School  
Luke Oh, MD, Sports Medicine Orthopaedic Surgeon, MGH  
Team Orthopaedist, Boston Red Sox, New England Revolution  
Medical Director, Futures Collegiate Baseball League  
Consultant: Boston Bruins, New England Patriots, Harvard University  
Assistant Professor in Orthopaedic Surgery, Harvard Medical School  
Mark Price, MD, PhD, Sports Medicine Orthopaedic Surgeon, MGH  
Head Team Physician & Medical Director, New England Patriots  
Team Physician, Boston Red Sox  
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Jamie Preszler, PT, DPT, OCS, ATC  
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Lars Richardson, MD, Sports Medicine Orthopaedic Surgeon, MGH  
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Miho J. Tanaka, MD, Sports Medicine Orthopaedic Surgeon, MGH  
Director, Women’s Sports Medicine Program  
George Theodore, MD, Foot, Ankle& Knee Orthopaedic Surgeon, MGH  
Team Physician: Boston Red Sox  
Consultant, New England Patriots, Boston Bruins, New England Revolution  
Instructor in Orthopaedic Surgery, Harvard Medical School  
Ashley Wiater, PT, DPT, SCS  
Staff Physical Therapist, Mass General Sports Physical Therapy

**Additional Information**

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

**BOC Approved CEUs:** 8.5 Category A

**Provider #** P8820

**Level of Difficulty:** Intermediate

**Fees:**  
Early Bird by 5/01/21: Clinicians = $75; Students = $25  
Standard Rate: Clinicians = $125; Students = $50

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

**Location:** Virtual via Zoom

**Course Info / Registration:**  
[Registration Link](#)

**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.