

2021 Mass General Sports Medicine Conference: Management of the Athlete's Hip, Knee & Ankle

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



MASSACHUSETTS
GENERAL HOSPITAL

SPORTS MEDICINE



Northeastern
Bouvé College of Health Sciences
**Physical Therapy, Movement
and Rehabilitation Sciences**

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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

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.



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

Lenore Herget, PT, DPT, SCS, MEd, CSCS

Senior Physical Therapist, Mass General Sports Physical Therapy
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Concussion Rehabilitation Consultant: Boston Bruins, Boston Red Sox, New England Revolution, Boston Celtics, Home Base Program, Special Operator Program

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Ashley Wiater, PT, DPT, SCS

Staff Physical Therapist, Mass General Sports Physical Therapy