

2010 SYMPOSIUM SCHEDULE

SATURDAY, JANUARY 23, 2010

MORNING SESSIONS

8 a.m. - 1 p.m. in Pease Auditorium on the campus of Central Piedmont Community College

8 - 8:25 a.m.	Check-In: Pease Auditorium, CPCC
8:25 - 8:30 a.m.	Welcome and Opening Remarks – Donald D'Alessandro, MD
8:30 - 8:45 a.m.	Anterior Instability: New Concepts 2010 – Roy A. Majors, MD
8:45 - 9 a.m.	Posterior Instability: New Concepts 2010 – Donald D'Alessandro, MD
9 - 9:15 a.m.	SLAP Lesions and Internal Impingement – James Fleschl, MD
9:15 - 9:30 a.m.	Subacromial Impingement and Rotator Cuff Injuries – Shadley C. Schiffem, MD
9:30 - 9:45 a.m.	Challenging the “Protocol” for the Athlete – Instability Rehabilitation – Demian Gutierrez PT
9:45 - 10:05 a.m.	Discussion
10:05 - 10:30 a.m.	Break
10:30 - 10:45 a.m.	Acromioclavicular Injuries – Yates Dunaway, MD
10:45 - 11 a.m.	Clavicular Fractures: Treatment Options in the Athlete – Patrick Connor, MD
11 - 11:15 a.m.	Elbow Injuries in the Throwing Athlete – James Fleschl, MD
11:15 - 11:30 a.m.	“Get Back on Base” – Evidence Based Interventions for the Scapula – Katie Cusack, PT, MHS, CMP
11:30 - 11:45 a.m.	Discussion
11:45 a.m. - 1 p.m.	Box Lunch (provided by OrthoCarolina and Carolinas Medical Center) and time to travel to the OrthoCarolina Sports Medicine Center

AFTERNOON BREAKOUT SESSIONS

1 - 4 p.m. in the OrthoCarolina offices located at 1915 Randolph Road, Charlotte

1	Physical Exam of the Shoulder and Elbow — Michael L. Dockery, MD; Shadley C. Schiffem, MD; Dana P. Plasecki, MD
2	Prevention and Management of the Stiff Elbow — Kristin Hietbrink, PT; Jen Kane, PT
3	Fundamental Flaws for Return to Throwing — David DeSilva, Sports Performance Specialist; Jeremy Phipps, PT, MPT, CSCS
4	Strength and Flexibility Screening for the Overhead Athlete — Ron Weathers, PT, DPT, ATC, LAT; Chip Sigmon, CSCS ⁴ D
5	Late-Stage Rehabilitation and Weight Room Modifications for the Overhead Athlete — Chris Gabriel, PT, OCS, CSCS; Hunter Yard, Sports Performance Specialist
6	Manual Shoulder Techniques to Enhance Outcomes and Return to Sport — Mike Agnone, PT, OCS, ATC, LAT