



Sports Medicine Symposium

Hot Topics in Sports Medicine

Friday, December 8, 2017
7:30am - 3:00pm

Watermill Caterers

Smithtown Bypass (Rt 347)
Smithtown, New York 11787

SYMPOSIUM FACULTY

- Philip Schrank, MD
- Sean Levchuck, MD
- Craig Miller, MD
- Anthony Cappellino, MD
- Hayley Queller, MD
- Tony Ricci, MS, FISSN, CSCS, PES, CNS, CDN

SYMPOSIUM Director

Raymond Nelson - St. Charles Sports Medicine

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We are proud to donate a portion of the Symposium proceeds to the SCATA Scholarship Fund.



Suffolk County Athletic Trainers' Association



◆ Program Agenda

7:15 am **REGISTRATION - BREAKFAST (provided)**

8:00 am **Opening Remarks**
Michele Mensch, SCATA and Raymond Nelson, St. Charles

8:15 am **Cardiac Risks & Screening the Adolescent Athlete**
Sean Levchuck, MD

8:45 am **ACL Reconstruction: 2017 Update , Graft Selection, Return To Play & Rehabilitation Progression**
Anthony Cappellino, MD

9:15 am **Diagnosis & Treatment of Elbow Injuries in Throwing Athletes**
Craig Miller, MD

10:00 am **BREAK**

10:15 am **Diagnosis & Treatment of Glenohumeral Instability 2017**
Philip Schrank, MD

11:00 am **Shoulder & Elbow Evaluation Breakout**
Philip Schrank, MD - Anthony Cappellino, MD - Craig Miller, MD

11:45 am **LUNCH (provided)**

12:30 pm **Medical Concerns for the Adolescent Athlete**
Hayley Queller, MD

1:15 pm **Performance Enhancing Drugs: Dietary Supplements & Ergogenic Aids**
Tony Ricci, MS, FISSN, CSCS, PES, CNS, CDN

2:00 pm **Concussion Management Update for 2017**
Hayley Queller, MD

2:45-3:00 pm **Q & A - Closing Remarks**

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Program Faculty



Sean G. Levchuck, MD, is the Director of Pediatric Cardiology at St. Francis Hospital, is a partner at Pediatric Cardiology of Long Island and oversees the St. Francis Student Athlete Cardiac Screening Program. He has served as an Attending Physician at St. Francis from 1995 to 2003. and served as a Clinical Instructor in Pediatrics at Temple University School of Medicine. Prior to that, he was Assistant Clinical Instructor in Pediatrics at the State University of New York at Stony Brook School of Medicine. He performed a Pediatric Cardiology Fellowship at St. Christopher's Hospital for Children and is a Fellow of the American College of Cardiology and the American Academy of Pediatrics. In addition, Dr. Levchuck is a Diplomate of the American Board of Pediatrics and has co-authored articles for the American Journal of Physiology, Pediatric Cardiology and Circulation. His areas of expertise include interventional cardiology, sports medicine and syncope.



Philip Schrank, MD earned his medical degree from Georgetown University School of Medicine after earning two Bachelor of Science degrees in Engineering Science and Psychobiology. He performed an orthopedic residency at the Hospital for Joint Diseases where he was named administrative chief resident. Post-graduate training included a Fellowship in Sports Medicine at Kerlan-Jobe Orthopaedic Clinic in Los Angeles where he served as assistant team physician for the Los Angeles Lakers, Los Angeles Dodgers, Los Angeles Kings, Anaheim Angels, and the USC Trojan football team. While at the Kerlan-Jobe Clinic, Dr. Schrank received the Outstanding Clinical Research award. He is board certified by the American Board of Orthopedic Surgeons in both Orthopedic Surgery and Sports Medicine. and specializes in the treatment of shoulder and sports medicine injuries and has extensive experience in arthroscopic and reconstructive shoulder surgeries. Dr. Schrank performs a comprehensive array of surgical options for rotator cuff injuries including all-arthroscopic patch augmentation grafting and reverse total shoulder replacement for massive rotator cuff tears.



Craig Miller, MD completed advanced Fellowship training in Sports Medicine at the Kerlan Jobe Orthopaedic Clinic in Los Angeles where he cared for the Los Angeles Lakers, Los Angeles Dodgers, Los Angeles Kings, Anaheim Angels, and the USC Trojans. His areas of expertise include sports medicine and arthroscopic surgery of the shoulder, elbow and knee, and shoulder replacement surgery. In addition, Dr. Miller is specialty trained in reconstruction of the athlete's shoulder and elbow, including Tommy John Surgery. A graduate of Tufts University and George Washington Medical School, Dr. Miller completed his orthopedic surgical residency at the Hospital for Joint Diseases Orthopaedic Institute / New York University. Since 2008, Dr. Miller has been an assistant team physician for the Washington Nationals. Dr. Miller is also team physician for Wootton High School, Northwest High School and The Heights in Maryland.



Anthony Cappellino, MD, attended Yale University and participated all four years in football. He was awarded the Chester J. Laroche scholar-athlete award. He obtained his medical degree from SUNY Stony Brook with honors where he was elected into the Alpha Omega Alpha Medical Honor Society. Dr. Cappellino performed his orthopedic residency training at Yale-New Haven Hospital where he served as Chief Resident in his final year. His post-graduate training led him to a Fellowship in Sports Medicine at the prestigious Kerlan-Jobe Orthopaedic Clinic in Los Angeles where he served as assistant team physician for the Los Angeles Lakers, Los Angeles Dodgers, Los Angeles Kings, Anaheim Angels and the USC Trojan football team. Dr. Cappellino is team physician for Sachem North and Sayville High Schools. He is board certified by the American Board of Orthopaedic Surgeons in both Orthopaedic Surgery and Sports Medicine. Dr. Cappellino is the Chairman of Orthopedic Surgery at Good Samaritan Hospital Medical Center in West Islip.



Hayley Queller, MD was the first Primary Care Sports Medicine physician at St. Charles Orthopedics. She completed an undergraduate degree in mathematics at Franklin & Marshall College where she was Valedictorian of her class as well as a first team Academic All-American soccer player. Dr. Queller earned her medical degree from the Georgetown University School of Medicine after which she completed a dual residency in Internal Medicine and Pediatrics at the Christiana Care Health System in Delaware. She continued her training at Christiana Care by completing a Fellowship in Primary Care Sports Medicine. Dr. Queller is board certified in Internal Medicine and Pediatrics with a certificate of added qualifications in Sports Medicine. She is a member of the American Academy of Pediatrics, the American College of Physicians and the American Medical Society for Sports Medicine.



Tony Ricci, D.Sc, MS, FISSN, CSCS, PES, CDN, CNS® is the Sr. Nutritionist for Pfizer Inc. and adjunct professor with the Department of Sports Sciences at Long Island University in Brooklyn. He is the founder and Director of *RICCI-Elite Performance & Nutrition* and serves as advisor and International Faculty of the Bangladesh Institute of Sports Science (BISS). Mr. Ricci is a former competitive Olympic lifter, Mr. Eastern USA Body Building Champion, and holds Black Belts in multiple combat disciplines. He has a Master of Science in Sports Science from the United States Sports Academy and a Master of Science in Human Nutrition from the University of Bridgeport. He is an elected member of the American College of Nutrition, Certified Nutrition Specialist, and Licensed Nutritionist in the State of Connecticut. In addition to the CISSN, he holds certifications with NSCA, USAW, US Track & Field and Mixed Martial Arts Conditioning Association.

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Course description: New methods and information regarding procedures designed to improve the care of athletes are continually being studied, including surgical, rehabilitative and screening procedures. Several important topics are prevalent in discussion amongst providers who care for athletes. These methods are always evolving to advance sports medicine treatment and injury prevention. Advances in the care of frequently injured joints in sports enables athletes to have healthier and more satisfying athletic participation. A thorough understanding and the ability to evaluate the throwing athletes shoulder and elbow, a better understanding of ACL reconstructive graft choices, rehabilitation timelines and safe return to play criteria are critical. Nutritional supplementation, performance enhancement, cardiac issues, sudden death and concussion management remain on the forefront of hot topics. Through didactic lecture, demonstration and hands-on practice, attendees will be able to advance their knowledge and clinical capabilities in all of these areas.

Purpose /Needs Analysis/Performance Gap: Insuring that athletes are adequately prepared to participate physiologically, post-surgically, nutritionally and medically, is a critical role of the athletic trainer and a top priority in Sports Medicine. It is important that the athletic trainer has the necessary clinical information for decision making. Sudden death resulting from increased cardiac risk remains a vital concern of the athletic trainer and all health care personnel. The role of screening also remains an important discussion. Also, as the prevalence of ACL injuries continues to rise, athletes require counseling from their athletic trainers regarding appropriate rehabilitation time frames and return to play decision making. This critical decision can be fostered through better understanding of the reconstructive procedure performed. Additionally, the shoulder and elbow remain often abused joints in the adolescent athlete. Increased numbers of elbow and shoulder surgeries indicate the intense need for education with regard to overuse and a better understanding of the causality of these injuries. Lastly, athletes are over utilizing performance enhancement supplements, which have a deleterious effect on their health and performance. Athletic trainers and health care personnel need to understand these supplements and be able to adequately counsel the athletes under their care.

Learning objectives: All St. Charles Hospital continuing medical education activities are designed to improve patient care, safety and outcomes. At the conclusion of this conference, participants be able to;

1. Comprehend the different causes of shoulder instability and the different treatments they require.
2. Comprehend Elbow anatomy, rehabilitation of elbow injuries and be able to explain common injuries that occur in the throwing athlete
3. Explain and identify common medical issues and treatment / concerns in the young athlete
4. Develop a better understanding of ACL graft selection and return to play decisions.
5. Refine their current concussion management practices.

Educational Materials: Participants will receive an educational handout that includes a copy of the power point presentations and applicable references and resources.

Target audience: Athletic trainers and physical therapists

Continuing Education Credits Physical Therapists: St. Charles Hospital is recognized by the New York State Education Department's State Board for Physical Therapy as an approved provider of physical therapy and physical therapist assistant continuing education. Participants will receive a certificate at the completion of the conference for 6 contact hours.

Athletic Trainers: St. Charles Hospital (BOC AP#: P8494) is approved by the Board of Certification, Inc. to provide continuing education to Certified Athletic Trainers. This program is eligible for a maximum of 6 Category A hours/CEUs. Athletic Trainers should claim only those hours actually spent in the educational program. A Certificate of Attendance will be provided to all professionals.

DISCLOSURE STATEMENT: St. Charles Hospital adheres to BOC provider requirements and standards. In order to resolve any identified conflicts of interest, disclosure information is provided during the planning process to ensure resolution of any identified conflicts. Disclosure of faculty and commercial relationships, as well as the discussion of unlabeled or unapproved use of any drug, device or procedure by the faculty, will be fully noted during the presentation.

Registration: Registration fees are \$50 for professionals and \$35 for students. Registration fee includes course materials and CME/CEU Certificate of Attendance, breakfast and lunch.

Cancellation policy: To receive a refund, all cancellations must be confirmed in writing to the Office of Continuing Medical Education.

Please Register Online at: www.stcharles.org/SportsMedConf

For Symposium Questions: Ray Nelson 631-806-9205 / Raymond.Nelson@chsli.org

