Warren Alpert Medical School of Brown University
Office of Continuing Medical Education
233 Richmond Street, Box G-R156
Providence, RI 02912

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Providence, RI

New England Sports and Orthopedic Rehabilitation Summit 2013

Advances in Rehabilitation of the Upper Extremity

Saturday, April 6, 2013

The Omni Providence Hotel Providence, RI

Jointly Sponsored By

Warren Alpert Medical School of Brown University and University Orthopedics Physical Therapy

BROWN
Alpert Medical School

Program Description

Course Description

The New England Sports and Orthopedic Rehabilitation Summit 2013, "Advances in Rehabilitation of the Upper Extremity" will be a one day conference for physical therapists, physical therapy assistants, occupational therapists, athletic trainers, strength and conditioning professionals, physicians, and physician assistants focusing on evidence-based evaluation and rehabilitation of the upper extremity. This comprehensive conference will feature lectures and open panel discussions of recent research with hands-on laboratory style breakout sessions offering the opportunity to apply presented concepts and techniques.

Target Audience

Athletic Trainers, Occupational Therapists, Physicians, Physician Assistants, Physical Therapists, Physical Therapy Assistants, and Strength and Conditioning Professionals

Learning Objectives

Upon course completion, participants will have improved knowledge of evaluation and rehabilitation of various upper extremity pathologies.

At the conclusion of this activity participants should be able to:

- Apply latest evidence to perform a comprehensive evaluation of the shoulder and elbow, with consideration of influence of scapula, cervicothoracic spine, core, and upper extremity kinetic chain.
- Recognize the factors influencing pathogenesis, diagnosis, and management of various upper extremity injuries.
- Utilize current evidence in post-operative and non-operative rehabilitation of various upper extremity pathologies.
- Develop hands-on skills for successful evaluation and treatment of upper extremity disorders including use of manual therapy, neuromuscular re-education techniques, and kinesiology taping (as ethical and legal restrictions allow).
- Enhance knowledge of upper extremity changes across the lifespan in specific populations and effects on functional and athletic performance.

Register online
https://apps.biomed.brown.edu/cme_registration

CME & CE Accreditations

CME Accreditation

This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of the Warren Alpert Medical School of Brown University and University Orthopedics Physical Therapy. The Warren Alpert Medical School is accredited by the ACCME to provide continuing medical education for physicians.

Credit Designations

Physicians and Physician Assistants: The Warren Alpert Medical School of Brown University designates this live activity for a maximum of 7.0 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Athletic Trainers: Alpert Medical School of Brown University is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers (#P8573). This program has been approved for a maximum of 7.0 hours of Category A continuing education. Certified Athletic Trainers are responsible for claiming only those hours actually spent participating in the continuing education activity.

Occupational Therapists and Occupational Therapy Assistants: Alpert Medical School of Brown University is authorized to assign .7 AOTA CEUs for "New England Sports and Orthopedic Rehabilitation Summit 2013: Advances in Rehabilitation of the Upper Extremity" on April 6, 2013. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

Physical Therapists and Physical Therapy Assistants: The Warren Alpert Medical School Office of Continuing Medical Education is approved by the Rhode Island Board of Physical Therapy to offer CE programs for physical therapists. Physical therapist and physical therapy assistant participants will receive a Certificate of Attendance for up to 8.0 hours.

Strength and Conditioning Professionals: NSCA Certification Executive Council approved 0.7 CEU(s) for CSCS and NSCA-CPT certificants attending this event. Aprvl# L1182.

Program Faculty

Course Directors

Daniel Bien PT, OCS, CSCS
Clinical Coordinator of
Physical Therapy Education
University Orthopedics, Inc.
Providence, RI

David J. Pezzullo MS, PT, ATC, SCS
Director of Physical Therapy
University Orthopedics, Inc.
Providence, RI

Guest Faculty

Peter Blanpied PhD, PT, OCS, FAAOMPT
Professor of Physical Therapy
University of Rhode Island
Kingston, RI

David Doyle, MS, PT
Director, Spectrum Physical Therapy
Outpatient Orthopedics
Mystic, CT

Lee N. Marinko, PT, ScD, OCS, FAAOMPT
Clinical Assistant Professor
Boston University
Boston, MA

Brandon O'Neall, MS
Head Coach, Strength and Conditioning
Athletics and Physical Education
Brown University
Providence, RI

Amee L. Seitz, PT, PhD, DPT, OCS
Assistant Professor
Director, Biomotion Research Laboratory
Northeastern University
Boston, MA

University Orthopedics, Inc. Faculty

Manuel F. DaSilva, MD
Clinical Assistant Professor of Orthopaedics
Director of Medical Student Education
Alpert Medical School of Brown University
The Miriam Hospital

Thomas Dubuque, PT, MSPT, SCS, CSCS
Sports Clinical Specialist
Certified Strength & Conditioning Specialist

Paul D. Fadale, MD
Professor of Orthopaedics
Alpert Medical School of Brown University
Chief, Division of Sports Medicine and
Fellowship Director: Sports Medicine
Rhode Island Hospital

Andrew Green, MD
Associate Professor of Orthopaedics
Alpert Medical School of Brown University
Chief, Division of Shoulder & Elbow Surgery
Rhode Island Hospital

Julia A. Katarincic, MD
Assistant Professor of Orthopaedics
Alpert Medical School of Brown University
Rhode Island Hospital

Peter K. Kriz, MD
Assistant Professor of Pediatrics (Clinical)
Division of Sports Medicine
Alpert Medical School of Brown University
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James O. Maher III, MD
Clinical Assistant Professor of Orthopedics
Alpert Medical School of Brown University
Newport Hospital

Robert M. Shalvoy, MD
Assistant Professor of Orthopaedics
Alpert Medical School of Brown University
The Miriam Hospital

Kathleen E. Snelgrove, OTR/L, CHT
Director of Hand Therapy

University Orthopedics, Inc. has offices in Providence, East Greenwich, & Newport Rhode Island

Advances in Rehabilitation of the Upper Extremity

Program

7:00-7:50 am **Registration and Continental Breakfast**

7:50 -8:00 **Welcoming Remarks**
Daniel Bien, PT, OCS, CSCS & David Pezzullo, MS, PT, ATC SCS

8:00-8:20 **Management of Rotator Cuff Tears**
Andrew Green, MD

8:20-8:40 **Current Concepts in Rehabilitation of the Rotator Cuff**
Thomas Dubuque PT, MSPT, SCS, CSCS

8:40-9:00 **Evidence in Scapular Assessment and Rehabilitation**
Amee L. Seitz, PT, PhD, DPT, OCS

9:00-9:20 **Cervicothoracic Influence on Shoulder Dysfunction — Regional Interdependence**
Peter Blanpied PhD, PT, OCS, FAAOMPT

9:20-9:40 **Utilization of Manual Therapy in Painful Shoulder Conditions**
Lee N. Marinko, PT, ScD, OCS, FAAOMPT

9:40-10:00 **Shoulder Instability Management**
Paul Fadale, MD

10:00-10:15 **Panel Discussion and Question and Answer Session**

10:15-10:35 **Break and Visit Exhibits**

10:35-10:55 **Rehabilitation Following Total Shoulder/ Reverse Total Shoulder Arthroplasty**
David J. Pezzullo, MS, PT, ATC, SCS

10:55-11:15 **Management of Adhesive Capsulitis**
James O. Maher III, MD

11:15-11:35 **Considerations for the Pediatric Overhead Athlete**
Peter Kriz, MD

11:35-11:55 **The Athlete's Elbow**
Robert Shalvoy, MD

11:55-12:15 pm **Rehabilitation of the Overhead Athlete's Elbow**
Daniel Bien PT, OCS, CSCS

12:15-12:30 **Management of Upper Extremity Tendinopathy**
Manuel F. DaSilva, M.D

12:30-12:45 **Panel Discussion and Question and Answer Session**

12:45-1:45 **Lunch and Visit Exhibits**

1:45-2:05 **Management of Common Distal Upper Extremity Injuries**
Julia Katarincic, MD

2:05-2:25 **Rehabilitation of Common Distal Upper Extremity Fractures**
Kathleen E. Snelgrove, OTR/L, CHT

2:25-2:45 **Core Training in Overhead Athletes — Assessment and Strategies to Enhance Performance**
Brandon O'Neall, MS

2:45-3:05 **Kinesiology Taping of the Upper Extremity — Implications for Rehabilitation and Performance**
David Doyle, MS, PT

3:05-3:20 **Panel Discussion and Question and Answer Session**

3:20-4:15 **Breakout Sessions**

1. **Scapular Assessment and Rehabilitation Laboratory**
   Amee L. Seitz, PT, PhD, DPT, OCS
   and Thomas Dubuque PT, MSPT, SCS, CSCS
2. **Evaluation of the Overhead Athlete**
   Daniel Bien PT, OCS, CSCS; Paul Fadale, MD;
   Andrew Green, MD; Peter Kriz, MD; James O. Maher III, MD;
   and Robert Shalvoy, MD
3. **Core Stability: Assessment and Enhancement with Implications for Upper Extremity Injury and Sports Performance**
   Brandon O'Neall, MS and David Pezzullo, MS, PT, ATC SCS
4. **Manual Therapy of the Shoulder and Cervico-Thoracic Complex***
   Lee N. Marinko, PT, ScD, OCS, FAAOMPT
   and Peter Blanpied PhD, PT, OCS, FAAOMPT
5. **Kinesiology Taping for Upper Extremity and Scapular Dysfunction**
   David Doyle MS, PT

4:15 pm **Adjourn**

*Please note this breakout session is available *only* for physical therapists.

Registration & Venue

Register Online:

https://apps.biomed.brown.edu/cme_registration

The conference registration fee includes:
Continental breakfast, breaks, lunch, and access to an online syllabus.

Registration Fees

$199.00	Physicians, Physician Assistants
$149.00	Physical Therapists, Physical Therapy Assistants, and Occupational Therapists
$99.00	Athletic Trainers, Strength and Conditioning Professionals
$50.00	Other Allied Health Professionals, Residents, Students

Cancellation Policy

Cancellation/substitutions must be made in writing to the Brown Continuing Medical Education Office at least two weeks prior to the conference, no later than March 22nd. A $25.00 administrative fee will be charged for all refunds. (No refunds for "no shows"). There will be no additional charge for substitutions. This conference is subject to change or cancellation.

Conference Location

The Omni Providence Hotel (formerly the Westin Hotel)
1 West Exchange Street
Providence, RI 02903
401-598-8000
http://www.omnihotels.com/FindAHotel/Providence.aspx

Hotel Accommodations and Venue Parking

To make hotel reservations, please call 1-401-598-8000. Please request the Brown University rate ($169.00) based on availability.

Valet parking is available with a special rate of $10.00 at The Omni Providence Hotel. Parking is also available at the Rhode Island Convention Center for $13.00—daily.

Please notify the Brown CME Office in writing at least two weeks prior to the conference to request reasonable accommodations.