

SPORTS MEDICINE SYMPOSIUM

SATURDAY, APRIL 12, 2008
8:30 A.M. - 3:30 P.M.

Des Moines Golf & Country Club
1600 Jordan Creek Parkway
West Des Moines, IA 50266

— Presented by —



DES MOINES
ORTHOPAEDIC SURGEONS, P.C.



IOWA HEALTH
DES MOINES

Methodist • Lutheran • Blank

PURPOSE AND INTENDED AUDIENCE

The 2008 event will address sports medicine issues relative to common sports injuries and discuss the increase in overuse injuries today's youth are experiencing. Middle school, high school, college, club and volunteer community coaches (of athletes 11 years of age and older) athletic directors, and athletic trainers are invited to attend.

OBJECTIVES:

- Recognize appropriate prevention, treatment and rehabilitation of common sports injuries to the upper and lower extremity.
- Learn about overuse injuries and identify how to prevent and manage.
- Discuss on the field/court safety and emergency medicine recommendations.
- Learn the newest taping methods and improve your taping skills.
- Discuss nutrition needs for today's athlete and identify easy to use resources to use to educate your team/players.
- Identify key factors associated to stress injury to the bone and understand proper injury management of stress injuries.

DES MOINES ORTHOPAEDIC SURGEONS AND IOWA HEALTH – DES MOINES INVITE YOU TO ATTEND THE 2008 SPORTS MEDICINE SYMPOSIUM.

- AGENDA -

- 8:30 – 8:35 a.m. Welcome
- 8:35 – 9:50 a.m. Injuries of the Lower Extremity
Knee injuries: *Nick Honkamp, MD – DMOS*
Foot and Ankle Injuries: *Lee Evans, PDM – DMOS*
- 9:50 – 10:35 a.m. Lower Extremity Stress Injury to Bone
Stacey Meardon, PT, ATC, CSCS –
Iowa State University
- 10:35 – 10:50 a.m. BREAK
- 10:50 – 12:05 p.m. Injuries of the Upper Extremity
Shoulder and Arm Injuries: *Jeff Davick, MD – DMOS*
Elbow, Wrist and Hand Injuries: *Jeff Rodgers, MD – DMOS*
- 12:05 – 12:25 p.m. BREAK – Lunch will be served
- 12:25 – 12:55 p.m. Panel Discussion – Overuse Injuries
- 12:55 – 1:55 p.m. Eat to Compete
Susan Kline, MS – ISU Extension
- 1:55 – 2:10 p.m. BREAK
- 2:10 – 2:55 p.m. Emergency Medicine on the Sidelines
Marc Molis, MD – Iowa Health Des Moines
- 2:55 – 3:30 p.m. Taping – Iowa Health Athletic Trainers
Taping techniques will be demonstrated and discussed
in small groups specific to your sport/injury need.

MAP

For maps and directions go to www.dmgcc.org.

FEE

\$20 per person. Payment is required with the registration form.

REGISTRATION

Pre-registration is required. Return registrations and payment no later than April 7, 2008 to:

Amy Noble
Des Moines Orthopaedic Surgeons
6001 Westown Parkway
West Des Moines, IA 50266

Fax: (515) 224-5140
Phone: (515) 327-5160
E-mail: amyn@dmos.com

CANCELLATION POLICY

Cancellations must be received before Monday, April 7, 2008 to receive a full refund. Refunds will not be issued after April 7, 2008.

SPORTS
MEDICINE
SYMPOSIUM

Name _____
School/Club _____
Address _____
City _____
State _____ ZIP _____
Daytime Phone Number _____

Sports that you coach (please mark all that apply):

- | | |
|---|--|
| <input type="checkbox"/> Basketball | <input type="checkbox"/> Soccer |
| <input type="checkbox"/> Cheer/Drill Team | <input type="checkbox"/> Softball/Baseball |
| <input type="checkbox"/> Football | <input type="checkbox"/> Swimming |
| <input type="checkbox"/> Golf | <input type="checkbox"/> Track |
| <input type="checkbox"/> Gymnastics | <input type="checkbox"/> Volleyball |
| <input type="checkbox"/> Other _____ | |
- _____

_____ Payment is enclosed (\$20 per person)

_____ I wish to make payment by credit card. (check one)

MasterCard VISA

Card Number _____

Expiration Date _____

Amount Paid _____

Signature _____

Office use only: Authorization number _____

Date _____ Initial _____

Iowa Coaching Authorization: This symposium will count as one renewal activity for the Iowa Coaching Authorization.

Athletic Trainers: NATABOC approval is pending for this event.