

Sports Medicine Symposium

January 24, 2009

**Conference & Learning Center/
Iowa Methodist Medical Center**



DES MOINES
ORTHOPAEDIC SURGEONS, P.C.



IOWA HEALTH
DES MOINES

Methodist • Lutheran • Blank

ENDORSED BY:

**THE IOWA
SPORTS
CONNECTION**

IOWA'S SPORTS AUTHORITY—FROM THE PEE WEES TO THE PREPS TO THE PROS

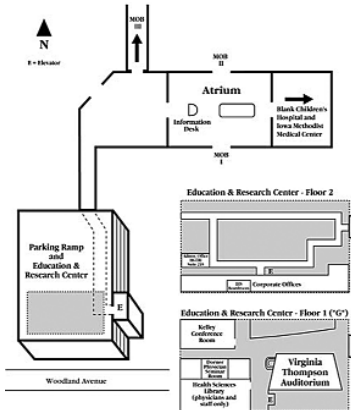


**DES MOINES ORTHOPAEDIC SURGEONS AND
IOWA HEALTH - DES MOINES INVITE YOU TO
ATTEND THE 2009 SPORTS MEDICINE SYMPOSIUM.**

Overuse Injuries

- 8:30-8:35 a.m. Welcome
- 8:35-9:50 a.m. Overuse Injuries of the Upper Extremity
Elbow, Wrist and Hand Injuries:
Jeff Rodgers, MD – DMOS
Shoulder and Arm Injuries:
Nick Honkamp, MD – DMOS
- 9:50-10:35 a.m. Lower Extremity Stress Injury to Bone
Stacey Meardon, PT, ATC, CSCS –
Iowa State University/Des Moines
University
- 10:35-10:50 a.m. BREAK
- 10:50-12:05 p.m. Overuse Injuries of the Lower Extremity
Knee injuries: *Jeff Davick, MD – DMOS*
Foot and Ankle Injuries:
Lee Evans, PDM – DMOS
- 12:05-12:25 p.m. BREAK – Lunch will be provided
- 12:25-12:55 p.m. Panel Discussion
Common Sports Injuries: Your General
Questions (come prepared with your questions)
- 12:55-1:55 p.m. Optimal Fueling for the Athlete:
A Guideline for Coaches
Jennifer DeWall, Rd, LD, CSSD –
Nutrition in Motion
- 1:55-2:10 p.m. BREAK
- 2:10-3:30 p.m. Break out Sessions (see details below)
Select two of the breakout sessions to attend.
Each topic will be presented two times.
First session will be conducted from
2:10-2:45 p.m. and the second session
will follow at 2:50-3:25 p.m.
- Athletic Taping – Taping techniques will be demonstrated and discussed in small groups specific to your sport/injury need.
 - After an Injury Occurs – Return to Play Guidelines
 - Nutrition – “Hey Coach ... What Should I Eat?” Practical Nutrition Tips and Food Ideas for Every Athlete.

Saturday, January 24, 2009
8:30 a.m. - 3:30 p.m.
**Conference & Learning Center/
Iowa Methodist Medical Center**



Iowa Methodist Medical Center is located at 1200 Pleasant Street, Des Moines, Iowa. Park in the parking ramp on the far west end of the complex/campus. Park as far south as possible in the ramp. Take the set of elevators on the east end to the lowest level to the Conference and Learning Center. Additional maps and directions available at www.iowahealth.org.

Purpose and Intended Audience

The 2009 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, athletic trainers, school nurses and sideline EMS are invited to attend.

Objectives

- Recognize appropriate prevention, treatment and rehabilitation of common overuse sports injuries to the upper and lower extremity.
- Learn about the overuse injuries and identify how to prevent and manage.
- Learn the newest taping methods and improve your taping skills.
- Describe overuse injuries and identify return to play guidelines.
- Discuss the 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.

Fee

\$20 per person. Register before January 2, 2009 (must be post-marked January 2 or before) and a friend can sign-up for half price. If registering two individuals please complete a registration form for both participants and submit forms and payment together. Registrations received after January 2 - fee \$20 per person. Registration at the door will be \$30.00.

Registration

Pre-registration is required. Return registrations and payment no later than January 19, 2009 to:

Amy Noble
Des Moines Orthopaedic Surgeons
6001 Westown Parkway
West Des Moines, IA 50266
Fax 515-224-5140
Phone 515-327-5160
amyn@dmos.com

Cancellation Policy

Cancellations must be received before January 19, 2009 to receive a full refund. Refunds will not be issued after January 19, 2009. Any questions please contact Amy Noble.



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Name _____

School/Club _____

Address _____

City _____

State _____ ZIP _____

Daytime Phone Number _____

Profession:

- Coach EMS
 Nurse Athletic Trainer
 Other _____

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

- Basketball Softball/Baseball
 Cheer/Drill Team Swimming
 Football Track/Cross Country
 Golf Volleyball
 Gymnastics Wrestling
 Soccer Other _____

Iowa Coaching Authorization: The Board of Education Examiners is reviewing course content for use as one of the five coaching activities for the renewal of the Iowa Coaching Authorization.



Athletic Trainers: Iowa Health - Des Moines is recognized by the Board of Certification, Inc. to offer continuing education to Certified Athletic Trainers. This course is approved for 6 credit hours. According to the education levels described by the CEC Committee of the NATA, the following continuing education course is considered to be Essential Level.

Nursing CEU's: .70 CEU's/7.0 contact hours by Iowa Board of Nursing Provider #22, Des Moines Area Community College. Nurses: No partial CEU's will be awarded. Must attend entire program to receive CEU's.

EMS: CEU approval pending.