



Co-sponsored by the Illinois Osteopathic Medical Society and
Midwestern University Chicago College of Osteopathic Medicine

11th Annual Spring CME
Sports Medicine
for the
**Primary Care
Physician**

Midwestern University Campus
555 31st Street, Downers Grove, IL 60515

April 7–8 FRI
SAT **2017**

Midwestern University Chicago College of Osteopathic
Medicine (CCOM) and Illinois Osteopathic Medical Society
(IOMS) are accredited by the American Osteopathic
Association to present continuing medical education programs
for physicians. MWU CCOM and IOMS designate this program
for a maximum of 15,5 credits of AOA Category 1-A CME and
will report CME and specialty credits commensurate with the
extent of the physician's participation in this activity.

FROM THE PROGRAM CHAIR



Midwestern University Chicago College of Osteopathic Medicine (MWU CCOM) and the Illinois Osteopathic Medical Society (IOMS) are pleased to bring you the 2017 spring program. This program is designed to offer best practices to equip physicians to address sports medicine related accidents and illnesses in office practice. The course will offer updates on sports physicals for ready to play, concussion, cardiac complications in the

athlete, podiatry concerns, acute illnesses that affect the athlete, orthobiologics and injection techniques, pain management and upper extremity orthoses –fitting and ordering. Saturday's luncheon presentation will offer a bonus practice management session on MACRA, while Saturday afternoon will offer osteopathic manipulative therapy sessions addressing exercise injuries and the weekend warrior.

William J. Moran, DO, CS — *Program Chair*

Chair, Clinical Integration

Clinical Assistant Professor of Family Medicine

Midwestern University/Chicago College of Osteopathic Medicine

PROGRAM OBJECTIVES

This program will offer 15.5 hours of Category 1-A AOA CME for osteopathic physicians through interactive sessions, lectures, and skill and osteopathic manipulation lab training. At the conclusion of this course, learners will:

1. Discuss indications for pre-participation physical examination
2. Realize the effectiveness of psychological intervention following sports injury as a means of enhancing athletic performance
3. Discuss current concepts and treatment options for concussions as well as recommendations for return to play/learn
4. Examine the most common causes of sudden cardiac death in athletes
5. Assess and treat foot and lower leg sports injuries
6. Demonstrate strategies to manage acute illnesses in the athlete
7. Utilize orthobiologics and integrate injection techniques
8. Review drugs and supplements used to boost athletic performance
9. Summarize fitting and ordering of upper extremity orthoses
10. Identify strategies for treatment of osteoarthritis
11. Review major economic, psychologic and sociologic market factors influencing today's practice environment
12. Explore the effect of acupuncture on musculoskeletal injuries and athletic performance
13. Improve confidence for hands on OMT skills and apply effective osteopathic techniques to treat musculoskeletal injuries in the athlete

SCHEDULE AT-A-GLANCE (subject to change)

FRIDAY

- 11:00 am **Registration and Box Lunch**
- 11:15 am **Welcome & Introduction**
William J. Moran, DO, CS
- 11:30 am **Sports Medicine: Ready to Play**
Michael E. Ladewski, DO, Presence Resurrection Medical Center, Chicago
- 12:30 pm **Sports and Health Psychology Counseling**
Teresa Fletcher, PhD, LPC,
Counseling: Sport & Health Psychology Specialization
- 1:30 pm **Concussions: Return to Learn and Return to Play**
Brian Donohue, DO, Presence Resurrection Medical Center, Chicago
- 2:30 pm **BREAK**
- 2:45 pm **Cardiac Complications in the Athlete**
Joseph C. Marek, MD,
Medical Director—Young Hearts for Life, Downers Grove
- 3:45 pm **Podiatry Concerns for Sports and Plantar Fasciitis**
Frank Russo, DPM, FACFAS, Instep Podiatry, Wheaton
- 4:45 pm **Acute Illnesses that Affect the Athlete**
Sara Brown, DO, Chicago Primary Care Sports Medicine, Chicago

SATURDAY

- 7:30 am **CONTINENTAL BREAKFAST**
- 8:00 am **Orthobiologics and Injection Techniques**
Nathan J. Fanter, DO, Orthopaedic Surgeon, Hinsdale
- 9:00 am **Performance Enhancing Drugs and Supplements**
Lisa Palmisano, PharmD, BCACP,
MWU Multi-Specialty Clinic, Downers Grove
- 10:00 am **BREAK**
- 10:15 am **Upper Extremity Orthoses: Fitting and Ordering**
Dana Lingle, MHS, OTR/L, CHT,
Assistant Professor—MWU Occupational Therapy, Downers Grove

CASES

- 11:15 am **Common Musculoskeletal Disorders: Rheumatology Update**
Deena Raval, DO, Morris Hospital and Healthcare Centers, Morris

12:00 pm **BUFFET LUNCH**

- 12:15 pm **MACRA and Practice Management**
Richard Multack, DO, CHSM, MBA, FOCOO, V-P Medical Management,
Advocate South Suburban Hospital, Hazel Crest

- 1:30 pm **Acupuncture: Alternative Treatment**
Anthony De Lorenzo, DO, LifeMine Health, Willowbrook

CASES & HANDS ON OSTEOPATHIC PRACTICUMS

- 2:00 pm **Low Back Pain in the Tennis Player**
Kurt Heinking, DO, FAAO,
Chair—Osteopathic Manipulative Medicine, MWU-CCOM

- 3:00 pm **BREAK**

3:15 pm

Weight Lifter with Shoulder Pain

Kurt Heinking, DO, FAAO,

Chair–Osteopathic Manipulative Medicine, MWU-CCOM

4:15 pm

Knee Pain in the Marathon Runner

Mark McKeigue, DO, FAAO,

Clinical Professor–Osteopathic Manipulative Medicine, MWU-CCOM

5:15 pm

Scoliotic Gymnast with Arm Pain

Daniel Davison, DO, Clinical Adjunct Professor–Family Medicine and

Osteopathic Medicine, Medical Director–Occupational Health Services,

MacNeal Hospital

6:15 pm

CONFERENCE ADJOURNS



ABOUT IOMS

The Illinois Osteopathic Medical Society is the professional association for osteopathic physicians practicing in Illinois. Our members represent osteopathic medical practices and specialists working in a variety of health settings across the state. IOMS works to protect, advocate, maintain, and support the philosophy of osteopathic medicine for the benefit of our members and their patients.

ABOUT CCOM

Building on a century of compassionate medical education, Midwestern University's Chicago College of Osteopathic Medicine (CCOM) has been educating osteopathic physicians and surgeons since 1900 and accounts for thirteen percent of all practicing osteopathic physicians and surgeons in the United States today. Our more than 8,000 graduates serve in hospitals, medical schools, private practices and government facilities across the country. We continue to provide seven percent of osteopathic physicians and surgeons practicing in the United States today. Sixteen percent of patient visits in communities with populations of fewer than 2,500 are osteopathic physicians.

Spring 2017 CME: **REGISTRATION**

RETURN COMPLETED FORM WITH PAYMENT TO:

Illinois Osteopathic Medical Society
142 East Ontario Street
Chicago, Illinois 60611
 PHONE: **(312) 202-8174**
 FAX: **(312) 202-8224**
ioms@ioms.org

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 AOA #

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 NAME

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 ADDRESS

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 CITY/STATE/ZIP

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 PHONE

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 FAX

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 EMAIL ADDRESS

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 SPECIAL ACCOMMODATIONS OR DIETARY REQUESTS

CATEGORY	EARLY BIRD	AFTER 3/17
IOMS Member or CCOM Alumni	<input type="checkbox"/> \$195	<input type="checkbox"/> \$225
ACOFM IL members, or members of State Osteopathic Medical Societies outside Illinois	<input type="checkbox"/> \$195	<input type="checkbox"/> \$225
CCOM Retired Faculty	<input type="checkbox"/> \$145	<input type="checkbox"/> \$175
IOMS and CCOM Students/Residents <i>* Space is limited. Two week advance registration REQUIRED.</i>	<input type="checkbox"/> \$0	<input type="checkbox"/> \$0
All Others	<input type="checkbox"/> \$295	<input type="checkbox"/> \$325

Amount Due: \$

Check No.

AmEx Discover

Visa Mastercard

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 CARD NUMBER

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 SECURITY CODE

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 EXPIRATION

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 NAME ON CARD

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 SIGNATURE

Full refund less \$50 processing fee for cancellations received before March 17th. No refunds for cancellations received after that date. Registrations can be transferred to another individual at no charge. All refund requests must be submitted in writing.