ATHLETIC TRAINING PROGRAM presents the
33rd SPORTS MEDICINE SYMPOSIUM

Tuesday, March 6, 2018
Alumni Hall, Student Center

Making the Complex Simple:
2018 Updates in Sports Medicine

MRI of New Britain
A Hartford HealthCare Partner
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:15 – 7:40</td>
<td>Registration … Exhibitors will be open</td>
</tr>
<tr>
<td>7:40 – 7:50</td>
<td>WELCOME</td>
</tr>
<tr>
<td>8:00 – 8:35</td>
<td>Complex Nerve and Vascular Conditions of the Upper Extremity</td>
</tr>
<tr>
<td>8:35 – 9:10</td>
<td>Lumps &amp; Bumps... When to be Concerned</td>
</tr>
<tr>
<td>9:40 – 10:00</td>
<td>Panel Discussion</td>
</tr>
<tr>
<td>10:00 – 10:15</td>
<td><strong>BREAK &amp; VISIT EXHIBITS</strong></td>
</tr>
<tr>
<td>10:15 – 10:50</td>
<td>Re-visiting the Patella- Femoral Joint</td>
</tr>
<tr>
<td>10:50 – 11:25</td>
<td>Common Carpal Injuries in Athletes</td>
</tr>
<tr>
<td>11:25 – 11:55</td>
<td>Complexity of Dislocations</td>
</tr>
<tr>
<td>11:55 – 12:15</td>
<td>Panel Discussion</td>
</tr>
<tr>
<td>12:15 – 12:45</td>
<td><strong>LUNCH &amp; EXHIBITS</strong></td>
</tr>
<tr>
<td>12:45 – 2:25</td>
<td>Evidence Based Approach to the Use of Dietary Supplements as Ergogenic Aids in Athletes</td>
</tr>
<tr>
<td>2:25 – 2:45</td>
<td>Panel Discussion</td>
</tr>
</tbody>
</table>

### 2018 COURSE OBJECTIVES

**Complex Nerve and Vascular Conditions of the Upper Extremity**
- Identify the typical signs and symptoms of nerve and vascular disorders in the upper extremity
- Determine early management strategies for these conditions
- Understand when to refer for specialized care

**Lumps & Bumps... When to be Concerned**
- Identify the ‘red flags’ of musculoskeletal lesions
- Understand the basics of musculoskeletal oncologic staging
- Know when to refer a patient with musculoskeletal lesions

**Increasingly Common and Incredibly Challenging: Femoral Neck Stress Fractures**
- Explain what current research can teach us about understanding and preventing FNFS
- Understand why FNSFs are clinically challenging
- Recognize FNSFs frequency and the athletic populations most vulnerable to this injury
- Identify signs and symptoms for possible FNSF
- Recognize special tests and unique clinical examination points to assess for FNSF
Re-Visiting the Patella- Femoral Joint
- Understand how to evaluate and treat patellofemoral pain
- Understand factors leading to patella instability

Common Carpal Injuries in Athletes
- Understand the anatomy of the carpus
- Understand the types of carpal injuries that commonly affect athletes
- Understand management, both acute and subacute, for carpal injuries

Complexity of Dislocations
- Understand patho-anatomy of common and uncommon joint dislocations
- Understand concepts of reduction techniques
- Awareness of potential sequelae of joint dislocation over time

Evidence Based Approach to the Use of Dietary Supplements as Ergogenic Aids in Athletes
- Recognize emerging dietary supplements in the field of performance nutrition
- Demonstrate how to evaluate ergogenic dietary supplements for efficacy
- Select ergogenic dietary supplements with evidence-based efficacy regarding athletic performance and muscle soreness

SPEAKERS’ BIOS

Christopher Judson, MD
Dr. Christopher Judson is an orthopaedic surgeon who specializes in the hand and upper extremity. He recently joined Orthopedic Associates of Hartford and sees patients in Hartford, Plainville, and Rocky Hill.

Dr. Judson grew up in Suffield, Connecticut. He attended the Loomis Chaffee School in Windsor, Connecticut. He then graduated magna cum laude from Colgate University in 2007 where he majored in molecular biology. He received his Doctor of Medicine degree in 2011 from Tufts University School of Medicine in Boston, where he graduated as a member of the Alpha Omega Alpha Honor Medical Society. Dr. Judson completed his orthopedic residency training at the University of Connecticut in 2016, where he authored multiple textbook chapters and research papers.

In addition to having a strong foundation in general orthopaedics, Dr. Judson is especially interested in surgery of the hand and upper extremity. He completed his Hand and Upper Extremity Fellowship from the University of Utah in Salt Lake City. During that year, he focused on treatment of disorders of the hand, wrist, and elbow. He has a particular interest in fractures, nerve compression, sports injuries, and arthritis of the upper extremity. He has also spent significant time treating pediatric injuries and congenital hand issues, Dupuytren’s disease, and performing microvascular surgery. He has extensive training in his fellowship performing wide-awake hand surgery for multiple diagnoses, including carpal tunnel and trigger finger.
Eric Silverstein, MD
Dr. Eric Silverstein is an orthopaedic oncologist / extreme orthopaedic surgeon who practices in Hartford at Saint Francis Hospital. He completed his undergraduate education at Rutgers College in New Jersey where he obtained two Bachelor’s degrees and taught mathematics. He then trained in the Bronx, NY at Albert Einstein College of Medicine where he became a doctor of medicine. Dr. Silverstein then pursued his passion in orthopaedic surgery as an intern and resident in the University of Connecticut Health Center. There he trained in UCHC, Hartford Hospital, Saint Francis Hospital, CCMC and NBGH. After completing his training, he sub-specialized in orthopaedic oncology at the prestigious Enneking fellowship in University of Florida where his mentors were Dr.’s Scarborough, Gibbs and Enneking. Following his fellowship, he began his career back in Connecticut at UCHC and established a new oncologic program for the first time there. He remained there for approximately 4 years and then took an opportunity at Saint Francis Hospital as the Director of Musculoskeletal Oncology and Academic Director of Orthopaedic Surgery. He established the Connecticut Musculoskeletal Cancer Alliance between the local hospitals. This also included a young adult sarcoma program with CCMC. He has remained at Saint Francis Hospital for over 8 years with a busy academic and clinical practice. His practice includes are large volume of oncology, joint arthroplasty and trauma/infection. He is passionate about teaching, work efficiency and quality, and prosthetic design. Currently he is an assistant professor at both University of Connecticut Health Center and Quinnipiac University - Frank Netter School of Medicine.

JoEllen Sefton, PhD, ATC
JoEllen Sefton, Ph.D., ATC is the director of the Auburn University Warrior Research Center, with the mission to assist the US Armed Forces in improving the physical and technical skills, equipment, health and performance of our Military, Families and Veterans. Dr. Sefton developed and led the Warrior Athletic Training Program at Ft. Benning, GA which provided sports medicine care, injury prevention, and performance improvement to over 60,000 Soldiers a year across 8 years. She is currently an Associate Professor at Auburn University where she develops and teaches courses related to neuromechanics, research, and sports medicine. As the Director of the Auburn Neuromechanics Research Laboratory, Dr. Sefton studies neuromuscular and physiological effects of musculoskeletal injury; and the prevention, rehabilitation and treatment. Sefton has been a Nationally Certified Massage Therapist for 18 years and a Certified Athletic Trainer for 16 years. She has worked with high school, college, Olympic and professional athletes, Broadway performers, professional musicians and Military and other tactical athletes.

John Fulkerson, MD
Dr. Fulkerson’s practice is limited to arthroscopic knee and shoulder surgery (meniscus, ligament, and rotator cuff tears) as well as patellofemoral joint preservation and stabilization surgery. Dr. John Fulkerson was head team physician for Connecticut’s only major league team, the NHL Hartford Whalers, until they left Connecticut in 1997 and also served as team physician for U.S. Olympic Men’s Ice Hockey (Team USA) and Trinity College (Hartford) football and ice hockey. He has received the Lifetime Achievement Award of the San Francisco Bay Area Knee Society and is past president of the Greater Hartford Orthopedic Education and Research Foundation, the Litchfield Land Trust, and the Herodicus Society. A Master Instructor of the Arthroscopy Association of North America (AANA), he served on the board and executive committee of AANA for 6 years. In 1994, Dr. Fulkerson founded the International Patellofemoral Study Group (with Jean Yves Dupont) and in 2003, founded the Patellofemoral Foundation (www.patellofemoral.org). He is Clinical Professor of Orthopedic Surgery at University of Connecticut School of Medicine and has done over 12,000 arthroscopic knee and shoulder procedures. His primary focus is accurate, minimally invasive, and technically precise non-operative, arthroscopic and patellofemoral surgery. In 2011, Dr. Fulkerson was recognized as one of the top 1% orthopedic surgeons in the USA by US News and World Report. In 2016, he was voted Connecticut Orthopedist of the Year.
Nicholas Bontempo, MD
Dr. Nicholas A. Bontempo obtained his medical degree from the University of Medicine and Dentistry of New Jersey – New Jersey Medical School in 2007. He then went on to complete his orthopedic residency at the University of Connecticut in 2012. As a chief resident in orthopedic surgery, he was awarded the Cavasos resident award, given to the most well-rounded resident, mentor and role model. Also as a resident Dr. Bontempo was awarded, the Courtland G. Lewis Founders award from the Greater Hartford Orthopedic Educational Research Fund, as well as the Connecticut Orthopedic Society Research award. Dr. Bontempo completed his Hand and Microvascular surgery fellowship training at the Warren Alpert Medical School of Brown University where his training focused on disorders specifically related to the hand, wrist and elbow. He is a partner at Orthopedic Associates of Hartford where his practice focuses primarily on problems and disorders of the hand, wrist and elbow.

Robert Waskowitz, M.D.
Dr. Robert Waskowitz serves as the senior team physician for Central Connecticut State University Athletics and medical director for the Athletic Training Education Program. Dr. Waskowitz graduated from the University of Vermont, College of Medicine in 1990 and completed his General Surgery Internship and Orthopedic Residency at the University of Pittsburgh Medical Center. He then completed a Sports Medicine Fellowship at the prestigious Steadman-Hawkins Clinic in Vail, Colorado. Dr. Waskowitz is one of the primary physicians covering the Summer and Winter X-Games for ESPN. He was awarded the Moyer Award from the Eastern Athletic Trainers Association in 2012 for his work as a team physician. Dr. Waskowitz continues to serve as an elected board member of the Connecticut State Medical Society (CSMS) Committee on the Medical Aspect of Sport (CMAS). He is a member of numerous societies including the American Academy of Orthopedic Surgeons, Connecticut State Medical Society, and the Connecticut Orthopedic Society.

Elizabeth Tenison, MS, RD, CSP, CNSC
Director of the Dietetic Internship at the University of Saint Joseph. Elizabeth has practiced as a Registered Dietitian in a variety of settings for 30 years. Her experience includes managing the daily operation of the internship and developing educational opportunities such as, a Sports Nutrition rotation with the CCSU Athletic Department. Elizabeth was awarded the “Outstanding Dietitian in the State of Connecticut” in 2016. She completed her undergraduate and master’s degree at The Ohio State University and is pursuing her doctorate at Rutgers, the State University of New Jersey.

Melissa Brown, PhD, RD
Graduated from the University of Massachusetts-Amherst (B.S.), Rush University in Chicago, IL (M.S/R.D.) and the University of Illinois at Chicago (PhD), as well as, completed a post-doctoral fellowship in Pancreatic Islet Transplantation at the University of Massachusetts Medical School. Dr. Brown is a registered dietitian and an Assistant Professor at the University of Saint Joseph in West Hartford, CT and is the Co-Director of the Athlete Nutrition Advising Program. Dr. Brown has over 20 years of experience in performance nutrition dating back to 1995 and works with elite/professional, collegiate (Division I-III) and high school athletes to optimize performance through nutrition. Dr. Brown is a member of Sports Cardiovascular and Wellness Nutrition (SCAN) and Collegiate and Professional Sports Dietitians Association (CPSDA), the Academy of Nutrition and Dietetics (AND), American Diabetes Association (ADA), Diabetes Care and Education Practice Group (DCE) and the National Association of Research Nutrition (NARN).
MODERATORS

Jeff Brown, MD
Dr. Jeff Brown is a team physician at Central Connecticut State University. He graduated from Brown University’s School of Medicine in 1999 and completed a sports medicine fellowship at the University of Connecticut in 2004. Dr. Brown practices sports medicine at the Sports Medicine Institute at St. Francis Hospital and Medical Center, and is the assistant director of the UCONN primary care sports medicine fellowship.

Robert Waskowitz, M.D.
Dr. Robert Waskowitz is senior team physician for Central Connecticut State University and Medical Director to the Athletic Training Education Program.

PROGRAM COST

Pre-registration Fee prior to 2/23/2018 — $120.00 lunch included
On Site Registration Fee after 2/24/2018 — $130.00 lunch included

ON-LINE REGISTRATION: Credit Card or e-Check — http://www.ccsu.edu/athletictraining

MAIL IN-REGISTRATION: Mail completed Registration FORM with CHECK to:
Kathy Pirog, ATC - Head Athletic Trainer, Kaiser Hall
Central Connecticut State University - 1615 Stanley Street, New Britain, CT 06050
Check payable to “Central Connecticut State University”
NON-DISCRIMINATORY POLICY
Central Connecticut State University’s Athletic Training Department does not discriminate on the basis of race, color, national origin, religion, sex, disability, military status, sexual orientation or age. Central Connecticut State University’s Athletic Training Department is committed to accessibility and non-discrimination in all aspects of its continuing education activities. Participants who have special needs are encouraged to contact program organizers so that all reasonable efforts to accommodate their needs can be made.

CANCELLATION AND REFUND POLICY
There will be no refund for cancellations. Registration refund will only be provided in the event of program cancellation. If participants register and do not attend, they are still responsible for full payment. Program postponement or cancellation due to inclement weather will be posted at:
Website: www.ccsu.edu/cancellation
Telephone #: 860-832-3062

STATEMENT OF CREDIT
Central Connecticut State University’s Athletic Training Department is recognized by the Board of Certification Inc. to offer CEUs for Certified Athletic Trainers. This program has been approved for a maximum of 6.00 hours of CEU’s with 4.00 CEU’s of category A and 2.0 EBP CEU’s. Certified Athletic Trainers are responsible for claiming only those hours actually spent participating in the continuing education activity.

BOC Approved Provider Number: P517

According to the education levels described by the CEC Committee of the NATA this continuing education course is considered to be at the Essential Level for the Category A CEU’s and at the Advance Level for the EBP CEU’s.

DIRECTIONS
From the EAST • Take I-84 West to Exit 39A to Rt. 9 South. Take Exit 29 off of Rt. 9 to Ella Grasso Boulevard and take a right turn to the University. Alternate Route: Take I-84 West to Exit 40, (Corbins Corner), take a left turn at end of exit ramp, and a right turn at the next traffic light onto Rt. 71 South. Follow Rt. 71 South 3 miles to the University.

From the WEST • Take I-84 East to Exit 39A, to Rt. 9 South. Take Exit 29 off of Rt. 9 South to Ella Grasso Boulevard and take a right turn to the University. Alternate Route: Take I-84 East to Exit 35, Rt. 72 East (New Britain Exit). Follow Rt. 72 East to Rt. 9 North and take Exit 29 to Cedar Street (Rt. 175). At the traffic light at the end of the ramp, take a left turn to the second traffic light, and take a right turn onto Paul Manafort Drive to the University.

From the SOUTH (New York area) • Take I-95 North to I-91 North to Exit 22 North to Rt. 9 North. Follow Rt. 9 to Exit 29, Cedar Street (Rt. 175). At the traffic light at the end of the ramp, take a left turn to the second traffic light, and take a right turn onto Paul Manafort Drive to the University.

From the SOUTH (Rhode Island area) • Take I-95 South to Rt. 9 (Old Saybrook). Take Rt. 9 North to Exit 29, Cedar Street (Rt. 175). At the traffic light at the end of the ramp, take a left turn to the second traffic light, and take a right turn onto Paul Manafort Drive to the University.

From the NORTH • Take I-91 South to I-84 West to Exit 39A, to Rt. 9 South. Take Exit 29 off Rt. 9 South to Ella Grasso Boulevard and take a right turn to the University.

Alternate Route: Take I-91 South to I-84 West to Exit 40 (Corbins Corner), take a left turn at the end of the exit ramp, and a right turn at the next traffic light onto Rt. 71 South, 3 miles to the University.

Please park in the Student Center or Copernicus Parking Garage CCSU Campus MAP www.ccsu.edu