Central Connecticut State University’s annual symposium will focus on current strategies for the diagnosis, management, and return to activity for orthopedic injuries and general medical conditions. The course will introduce participants to topics on orthopedic injuries in athletics, general medical conditions, and indications for whole-body vibration.
<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>7:15 – 7:40</td>
<td>Registration … Exhibitors will be open</td>
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<tr>
<td>7:40 – 7:50</td>
<td>WELCOME</td>
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<tr>
<td>8:00 – 8:30</td>
<td>Anything’s Possible: Potential Risks and Complications for Knee &amp; Shoulder Surgery – Robert Waskowitz, MD</td>
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<td>8:30 – 9:00</td>
<td>Epidural Steroid Injection: Indications for Lumbar Disc Lesions – Pietro Memmo, MD</td>
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<td>9:00 – 9:30</td>
<td>Spondyloysis: Management and Return to Activity Guidelines – Steve Zhou, MD</td>
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<td>9:30 – 9:50</td>
<td>Panel Discussion – Moderator: Jeff Brown, MD</td>
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<td>9:50 – 10:10</td>
<td>BREAK &amp; VISIT EXHIBITS</td>
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<tr>
<td>10:10 – 11:10</td>
<td>Hidden Dangers: Finding and Working with Sickle Cell Trait (APPROVED for 1.0 EBP CEUs) – ‘Gbenga DadeMatthews, MD</td>
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<tr>
<td>11:10 – 11:40</td>
<td>Benign Paroxysmal Positional Vertigo: Diagnosis &amp; Management – Brook Seeley, MD</td>
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<td>11:40 – 12:10</td>
<td>Interventional Management of Stroke – Chuck Bruno, DO</td>
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<td>12:10 – 12:30</td>
<td>Panel Discussion – Moderator: Jeff Brown, MD</td>
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<tr>
<td>12:30 – 1:00</td>
<td>LUNCH &amp; EXHIBITS</td>
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<td>1:00 – 2:00</td>
<td>Vibration: A Whole lot of Shaking Going On! (APPROVED for 1.25 EBP CEUs) – JoEllen Sefton, PhD, ATC</td>
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<tr>
<td>2:00 – 2:15</td>
<td>Panel Discussion – Moderator: Jeff Brown, MD</td>
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**2020 COURSE OBJECTIVES**

**ANYTHING’S POSSIBLE: POTENTIAL RISKS AND COMPLICATIONS FOR KNEE AND SHOULDER SURGERY – ROBERT WASKOWITZ, MD**
- Identify common shoulder and knee surgical risks
- Explain the likelihood of a serious complication resulting from knee and shoulder arthroscopy
- Examine strategies for avoiding surgical complications

**EPIDURAL STEROID INJECTION: INDICATIONS FOR LUMBAR DISC LESIONS – PIETRO MEMMO, MD**
- Identify the indications and contraindications of epidural steroid injections
- Discuss the prognosis of epidural steroid injection for disc lesions
- Determine recommendations for ‘return to activity’ decisions

**SPONDYLOLYSIS: MANAGEMENT AND RETURN TO ACTIVITY GUIDELINES – STEVE ZHOU, MD**
- Define the types and classifications of spondyloysis
- Discuss current options for treating individuals diagnosed with spondyloysis
- Outline strategies for establishing activity limits
HIDDEN DANGERS: FINDING AND WORKING WITH SICKLE CELL TRAIT (SCT) – APPROVED FOR 1.00 EBP CEUS – `GBENGA DADEMATTHEWS, MD

- Understand the pathophysiologic processes that increases the risk of SCT complications in athletes
- Apply current evidence on exercise prescription and high intensity exercise for SCT athletes
- Develop risk mitigation/prevention strategies to implement with athletes

BENIGN PAROXYSMAL POSITIONAL VERTIGO: DIAGNOSIS AND MANAGEMENT – BROOK SEELEY, MD

- Define benign paroxysmal positional vertigo (BPPV)
- Explain common etiologies and symptoms of BPPV
- Compare treatment methods for BPPV

INTERVENTIONAL MANAGEMENT OF STROKE – CHUCK BRUNO, DO

- Discuss the different types of stroke and common causes
- Discuss interventional treatment
- Show imaging evaluation of patients with stroke

VIBRATION: A WHOLE LOT OF SHAKING GOING ON! - APPROVED FOR 1.25 EBP CEUS – JOELLEN SEFTON, ATC, PHD

- Summarize the research on physiological and clinical effects of Whole-Body Vibration (WBV)
- Identify potential risks and understand populations that may benefit from WBV training
- Evaluate effectiveness of WBV in training, rehabilitation, and treatment protocols

SPEAKERS’ BIO

ROBERT WASKOWITZ, MD
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.

PIETRO MEMMO, MD
Dr. Pietro Memmo completed all of his pre-medical studies with distinction at Columbia University and attended the Albert Einstein College of Medicine in the Bronx, New York. He completed his internship in Internal Medicine at Columbia-Presbyterian Medical Center, and his residency in Physical Medicine and Rehabilitation at the Kessler Institute for Rehabilitation and University of Medicine and Dentistry of New Jersey. While there, he was appointed Chief Resident, and was voted Resident Teacher of the Year. He also served as Resident Delegate to the American Medical Association. He completed his Fellowship training in Pain Management and Spine and Sports Medicine at Beth Israel Medical Center in New York City. While there, he was on the medical team for the New York Knicks.
Dr. Memmo is an Interventional Physiatrist, one of the few in the State of Connecticut who is Board Certified both in Physical Medicine and Rehabilitation and Pain Management. He joined Orthopedic Associates of Hartford in 2003; current and prior leadership positions include: Executive Committee, Orthopedic Associates of Hartford; Assistant Medical Director/Medical Advisory Board, Orthopedic Associates Surgical Center; Associate Clinical Professor, Department of Orthopedics, University Connecticut School of Medicine; Service Line Director of Physiatry, Bone and Joint Institute; and former board member, Integrated Care Partners. The focus of his practice is to diagnose and treat painful spinal conditions in a conservative, non-operative fashion, with minimal utilization of narcotics. Dr. Memmo performs the most advanced, fluoroscopically guided, minimally invasive spinal procedures at the Orthopedic Associates Surgery Center and the Bone and Joint Institute.

STEVE ZHOU, MD
Dr. Hanbing (Steve) Zhou is a fellowship-trained orthopedic spine surgeon who cares for patients with surgical and non-surgical spine related disorders. To treat these disorders, Dr. Zhou specializes in advanced minimally invasive and open surgical techniques. He believes in a comprehensive approach to patient care, including utilization of physical therapy and conservative management to explore all alternatives of treatment before surgery is considered. His clinical interests and expertise include degenerative cervical/thoracic/lumbar disease, adult deformity/scoliosis, spine oncology, and trauma. In addition, Dr. Zhou has a special interest in complex spine reconstruction including fusion revision surgery for non-union, and proximal junctional kyphosis/failure. Dr. Zhou completed his fellowship in spine from the prestigious Vancouver General Hospital in Vancouver, Canada. He finished his undergraduate education at University of California, San Diego in La Jolla, CA with a degree in biomechanical engineering. He earned his medical degree from Boston University in Boston, MA and went on to complete a six-year academic Orthopedic Surgery residency program at the University of Massachusetts Medical Center in Worcester, MA. In addition to the five-year clinical residency, Dr. Zhou also completed an additional year of orthopedic surgery research in the area of spine disorders. His efforts led to numerous publications and national presentations during his training. Dr. Zhou was also selected for the AOA Resident Leadership Forum during his residency training. Dr. Zhou is dedicated to providing exceptional patient care with the highest level of compassion and expertise.

OLUWAGBEMIGA (‘GBENGA) DADEMATTHEWS MD
Dr. DadeMatthews has over 10 years’ experience in general medical practice, with special interest in exercise science. His family medicine residency training was in Lagos, Nigeria. He is a member of the FIFA Medical Platform’s Youth Athlete Sports and Performance group. ‘Gbenga is currently a Doctoral fellow at the Warrior Research Center, Auburn University. He is involved in various research to reduce injuries and optimize performance in the tactical athletic population.

BROOK SEELEY, MD
Dr. Brook M. Seeley is certified by the American Board of Facial Plastic and Reconstructive Surgery, as well as by the American Board of Otolaryngology-Head and Neck Surgery. He is a Fellow of the International Society of Hair Restoration Surgery. Dr. Seeley graduated from Dartmouth College with Honors. He received his medical school diploma from the University of Rochester School of Medicine, where he was President of the Alpha Omega Alpha Medical Honor Society. He completed a six-year residency in Otolaryngology-Head and Neck Surgery at the Cleveland Clinic Foundation, where he served as Chief Resident. He devoted one year entirely to
medical research, has many publications, and has presented at numerous medical meetings throughout the country. Dr. Seeley finished his fellowship training in Facial Plastic and Reconstructive Surgery at the University of California at San Francisco (UCSF). He is also a Graduate Fellow in Hair Restoration Surgery. Prior to founding the Connecticut Facial Plastic Surgery Center, he was a Clinical Instructor in Facial Plastic and Reconstructive Surgery at UCSF. He continues to serve as an Assistant Clinical Professor of Facial Plastic Surgery in the Division of Otolaryngology–Head and Neck Surgery at the University of Connecticut School of Medicine and is on the Associate Staff at Hartford Hospital and Active Staff at Connecticut Children’s Medical Center. His practice is focused on disorders of the nose and sinuses, including allergy and cosmetic and reconstructive facial plastic surgery. Dr. Seeley has been in practice in Connecticut since 2001.

CHUCK BRUNO, DO
Dr. Charles A. Bruno, Jr. is an Interventional Neuroradiologist who practices in Hartford, Connecticut. Areas of expertise include endovascular treatment of acute stroke, cerebral aneurysms, arteriovenous malformations of the brain and spine, and dural arteriovenous fistulas. Dr. Charles Bruno graduated with a Bachelor of Science from Vanderbilt University and later, graduated with honors from University of New England, College of Osteopathic Medicine. He is board certified in both neurology and diagnostic radiology. Dr. Bruno is a partner in Jefferson Radiology and an attending interventional neuroradiologist at Hartford Hospital.

JOELLEN M. SEFTON, PhD, ATC
JoEllen Sefton, Ph.D., ATC, LAT; Professor and Director of the Auburn University Warrior Research Center (WRC) and the Neuromechanics Research Laboratory. The mission of the WRC is to assist the US Armed Forces in improving the physical and technical skills, equipment, health and performance. Dr. Sefton developed and led the AU Post Certification Graduate AT program and 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. Dr. Sefton studies neuromuscular and physiological effects, prevention, rehabilitation and treatment of musculoskeletal injury and the effects on Tactical Athlete performance.

MODERATOR
JEFF BROWN, MD
Dr. Jeff Brown is a team physician at Central Connecticut State University. He graduated from Brown Medical School in 1999, completed his family medicine and chief residencies at the University of Rochester, and completed a sports medicine fellowship at the University of Connecticut in 2004. Dr. Brown practices sports medicine at the Connecticut Sports Medicine Institute at St. Francis Hospital/Trinity Health and is the assistant director of the UCONN primary care sports medicine fellowship.
PROGRAM COST

Early Pre-registration Fee prior to 2/20/2020
$120.00 lunch included

Regular & On Site Registration Fee after 2/20/2020
$130.00 lunch included

ON-LINE REGISTRATION: Credit Card
(MasterCard, Discover, Visa or American Express)
www.ccsu.edu/athletictraining

MAIL IN-REGISTRATION: Check
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

Mail in Registrations
Check payable to “Central Connecticut State University”

ATHLETIC TRAINING PROGRAM
35TH SPORTS MEDICINE SYMPOSIUM

NAME

STREET

CITY     STATE     ZIP

EMAIL

EMPLOYEE OR SCHOOL

POSITION

TOTAL AMOUNT ENCLOSED     $     BOC#
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 (BOC AP#P517) is approved by the Board of Certification Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of 2.25 EBP Category hours/CEUs and a maximum of 3.0 Category A hours/CEUs. ATs should claim only those hours actually spent in the educational program.

BOC Approved Provider Number: P517
According to the education levels described by the PDC, the Category A portion of the program is considered to be at the Essential Level and the EBP portion of the program is at the Advanced Level.

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
Please park in a “RED” Commuter / Visitor parking lot or garage. All of these parking areas can be viewed on the Commuter Student Parking Map available on the CCSU Parking website at www.ccsu.edu/parking.
Central Connecticut State University
Kathy Pirog, ATC - Head Athletic Trainer, Kaiser Hall
1615 Stanley Street, New Britain, CT 06050
860-832-3086