CENTRAL CONNECTICUT STATE UNIVERSITY

ATHLETIC TRAINING PROGRAM
presents the
36TH SPORTS MEDICINE SYMPOSIUM

Tuesday, March 2, 2021
VIRTUAL
UPDATES IN
SPORTS MEDICINE 2021

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 concerns related to COVID-19, and implementation of alternative therapeutic interventions.
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<th>Time</th>
<th>Session</th>
<th>Speaker(s)</th>
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<td>7:40 – 7:50</td>
<td>WELCOME</td>
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<tr>
<td>8:00 – 8:30</td>
<td>The Orthopedic Manifestations of Mental Health</td>
<td>Robert Waskowitz, MD</td>
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<td>8:30 – 9:00</td>
<td>The Achilles Heel of Sports: Injury and Treatment Options</td>
<td>Thomas McDonald, MD</td>
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<td>9:00 – 9:30</td>
<td>Hip Impingement in the Athlete: The Complex Made Simple</td>
<td>J. Kristopher Ware, MD</td>
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<td>9:35 – 9:55</td>
<td>Panel Discussion</td>
<td>Moderator: Jeff Brown, MD</td>
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<td>9:55 – 10:05</td>
<td>BREAK (10 minutes)</td>
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<td>10:05 – 10:35</td>
<td>EKG or More? Cardiac Recommendations for Athletes in a COVID-19 World</td>
<td>Paul Thompson, MD</td>
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<td>10:35 – 11:05</td>
<td>Playing High School Sports During COVID-19: An Athletic Trainer’s Perspective</td>
<td>Perry Siegel, ATC</td>
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<td>11:05 – 11:35</td>
<td>From the Trenches - Returning Safely to Intercollegiate Sports: A Team Physician’s Perspective</td>
<td>Deena Casiero, MD</td>
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<td>11:40 – 12:00</td>
<td>Panel Discussion</td>
<td>Moderator: Jeff Brown, MD</td>
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<td>12:00 – 12:30</td>
<td>LUNCH BREAK (30 minutes)</td>
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<td>1:20 – 2:05</td>
<td>Massage Therapy Techniques for Athletic Trainers</td>
<td>JoEllen Sefton, PhD, ATC</td>
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<td>2:10 – 2:30</td>
<td>Q &amp; A</td>
<td>Moderator: Jeff Brown, MD</td>
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**2021 COURSE OBJECTIVES**

**The Orthopedic Manifestations of Mental Health**
Robert Waskowitz, MD
- Identify athletes more at-risk of developing mental health symptoms.
- Recognize the diagnostic tools which help identify athletes who may be experiencing mental health symptoms.
- Select ways to help the athlete minimize mental health symptoms.

**The Achilles Heel of Sports: Injury and Treatment Options**
Thomas McDonald, MD
- Define the types and classifications of Achilles tendinopathy.
- Discuss current options for treating individuals diagnosed with Achilles tendinopathy.
- Outline strategies for establishing activity limitations.
- Discuss non-operative management of Achilles ruptures.
Hip Impingement in the Athlete: The Complex Made Simple
J. Kristopher Ware, MD
• Discuss the different types of femoroacetabular impingement and how to distinguish between them.
• Summarize the important history and physical examination findings with hip impingement.
• Describe the imaging studies used to diagnose hip labral tears and Impingement.
• Differentiate when conservative versus surgical management is warranted, and the outcomes associated with each method.

EKG or More? Cardiac Recommendations for Athletes in a COVID-19 World
Paul Thomson, MD
• Describe the effects of COVID-19 infection on the athletic heart.
• Summarize the recommendations for return to competitive sports post COVID-19 infection.
• Discuss the dynamic nature of COVID-19 on sports medicine and sports cardiology practitioners.

Playing High School Sports During COVID-19: An Athletic Trainer’s Perspective
Perry Siegel, ATC
• Identify re-implementation strategies for high school athletics amid the COVID-19 pandemic.
• Recognize the causes of rapid transmission of COVID-19 in interscholastic athletics.
• Prioritize the role of the athletic trainer during the COVID pandemic in prevention, communication, and safe return to athletic competition.

From the Trenches - Returning Safely to Intercollegiate Sports: A Team Physician’s Perspective
Deana, Casiero MD
• Summarize concepts of safe return to college campuses and re-implementation of athletics amid the COVID-19 pandemic.
• Identify symptoms causing the rapid transmission of COVID-19 throughout college campuses and within collegiate athletic teams.
• Prioritize the role of the athletic trainer during the COVID pandemic in prevention, communication, and safe return to athletic competition.

Blood Flow: Addition Through Restriction
Philip Agostinelli, MS, NSCA CSCS, ACSM EP-C
• Summarize the physiological and clinical findings regarding Blood Flow Restriction training.
• Identify potential risks and populations that would benefit from Blood Flow Restriction training.
• Evaluate if Blood Flow Restriction training would be effective in improving outcomes relevant to your population of interest.

Massage Therapy Techniques for Athletic Trainers
JoEllen Sefton, ATC, PhD
• Summarize the research on physiological and clinical effects of massage.
• Identify indications and contraindications for use of massage in athletic populations.
• Discover specific massage interventions Athletic Trainers can use on the field and during rehabilitation/treatment.
• Recognize how massage therapy applications can be combined with other treatment modalities for improved outcomes.

SPEAKERS’ BIO
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.

Thomas McDonald, MD
I have been fortunate to live and train throughout many regions of our country. I spent most of my formative years in Tennessee, where I learned to appreciate good food, good manners, and great people. I completed my undergraduate degree at the College of the Holy Cross, where I was selected as an All-American football player. My medical training took me from Memphis to Hartford to Dallas, and my professional and volunteer activities have ranged from San Francisco to New York to Hanoi, Vietnam.
All of these experiences have shaped my approach to patient care. No matter what our differences or from where we hail, we all approach our health with similar intention – we want straightforward information with which to make informed, personalized decisions.

When I’m not trying to help patients make good orthopedic decisions, I spend most of my time trying to help my four children make good life decisions. Despite all my years of training, it is this educational experience that has taught me the most about life and happiness.

J. Kristopher Ware, MD
As a Connecticut native, Dr. Ware grew up in Glastonbury and attended the University of Connecticut. There he graduated summa cum laude with a Bachelor of Science followed by a Master of Science in Physical Therapy. He later earned his Doctor of Physical Therapy degree from MGH Institute in Boston. He went into practice as a physical therapist treating sports related injuries and guiding patients in their post-operative rehabilitation. During that time, he served as a clinical instructor for physical therapy students, developed evidence-based treatment guidelines, provided lectures on advances in treatment of sports injuries at regional conferences, and participated in clinical research. After 6 years, with the encouragement of his orthopaedic surgeon mentors, he decided to follow his heart and applied to medical school.

Dr. Ware attended the University of Vermont College of Medicine in Burlington, Vermont. While there he was awarded the Nathaniel Gould award for outstanding achievement in orthopedic surgery. He was also inducted into the Alpha Omega Alpha Medical Honor Society. After graduation he returned to Connecticut to complete his orthopaedic surgery residency at the University of Connecticut.

Dr. Ware’s background in physical therapy and his passion for treatment of sports related injuries led him to obtain sub-specialty training through the Brown University Orthopaedic Sports Medicine Fellowship. There he trained with prominent sports medicine specialists treating complex knee ligament and cartilage injuries, various shoulder conditions, and athletic hip injuries. He also served as the team physician for Brown University Division 1 Athletics and the Providence Bruins professional hockey team. His research focus has included treatment of shoulder instability, biceps tenodesis techniques, ACL and other knee ligament injuries, and meniscus injuries.

Dr. Ware’s practice includes treatment of a wide spectrum of high school, college, and professional athletic injuries, as well as recreational and occupational injuries. He is the team physician for the University of Hartford and multiple local high schools. He performs advanced arthroscopic techniques for the shoulder, hip, and knee. He is specifically interested in the treatment of rotator cuff tears, shoulder instability, knee ligament tears, articular cartilage injuries, meniscal tears, femoroacetabular impingement and hip labrum tears.

Paul Thompson MD
Dr. Paul D. Thompson is Chief of Cardiology-Emeritus and Director of The Athletes’ Heart Program at Hartford Hospital and professor of medicine at the University of Connecticut. Dr. Thompson graduated cum laude in biology from Tufts Medical School. He served as medical intern and resident, as well as cardiology catheterization fellow, at Tufts New England Medical Center and completed his training in cardiology at Stanford Medical Center.

He previously was professor of medicine at the University of Pittsburgh from 1992 to 1997 and on the Brown University faculty from 1978 to 1992. He has authored more than 500 scientific articles on topics including: the effects of exercise training on preventing and treating heart disease, the risk of sudden death during exercise, the effects of exercise on lipid metabolism, the effects of statins on skeletal muscle and genetic factors affecting the exercise response. Dr. Thompson is the editor of the 3-volume textbook, “Exercise and Sports Cardiology.” He is past president of the American College of Sports Medicine.

Dr. Thompson’s research and clinical interests in exercise originate from his personal interest in distance running. He qualified for the 1972 U.S. Olympic Marathon Trials and finished 16th in the Boston Marathon in 1976. Dr. Thompson has served as a television medical commentator for two Boston and five New York City Marathons and served as an analyst at the 1992 and 1993 New York City Marathon while running the race. He was NBC’s sports medicine analyst at the 1988 Olympic Games in Seoul and served in a similar capacity for ABC’s coverage of the 1991 Pan American Games in Cuba.

Deena Casiero, MD
Dr. Deena Casiero is the Director of Sports Medicine and Head Team Physician at the University of Connecticut. Before joining the staff at UConn in 2015 she was the head team physician and medical director of Hofstra University, served as the Tournament Physician and Director of Player Medical Services for the United States Open Tennis Championship and worked as the assistant team physician for the NHL’s New York Islanders from
Dr. Casiero received her undergraduate degree in athletic training from Springfield College in 1999 and graduated with a medical degree from New York Medical College in 2006. She completed her residency in internal medicine at Montefiore Medical Center in the Bronx from 2006-09 and completed her training with a primary care sports medicine fellowship at the University of Connecticut from 2009-2010. She is a member of the American College of Sports Medicine and the American Medical Society of Sports Medicine.

Perry Siegel, ATC
Perry Siegel received his Bachelor of Science degree at Lock Haven University and Master of Science from Central Connecticut State University. He served as an athletic trainer at Southington High School here in CT prior to his position as site director for on-site athletic training and physical therapy at General Motors in Mansfield, Ohio for Harris Health Trends, Inc. He returned to CT in 2001, where he joined what is now Select Physical Therapy serving as the athletic trainer for Suffield High School for 18 years and center manager for their outpatient physical therapy offices. Perry currently works as the New England Regional Coordinator of Sports Medicine for Select Physical Therapy. Perry has been involved with the Connecticut Athletic Trainers’ Association for the past 5 years, helping co-chair the governmental affairs committee, the board of directors and his current position as the organization’s President through 2022.

Philip Agostinelli, MS, NSCA CSCS, ACSM EP-C
Phil Agostinelli is a first-year doctoral student studying kinesiology at Auburn University. Phil is a graduate research and teaching assistant for the Warrior Research Laboratory. Phil completed his bachelor’s degree in Exercise Science at Slippery Rock University. Following the completion of his bachelors Phil earned his master’s degree in Health and Fitness at the University of Pittsburgh. During both degrees Phil also carried a variety of positions in strength and conditioning, personal training, and wellness in the Pittsburgh area. After completing his master’s, Phil worked as a research program manager at the Neuromuscular Research Laboratory at the University of Pittsburgh. In this role Phil managed a study investigating strength and conditioning methods for women in military ground combat roles. Additionally, he worked on a project investigating physical and cognitive changes experienced by soldier’s during simulated operational stress. Phil’s research interests are focused around the optimization and injury prevention for tactical populations. His current projects are focused on strength and conditioning and whole-body vibration in ROTC cadets, as well as exercise and physical activity levels in Firefighters.

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; and serves a principal investigator for FAA Technical Training and Human Performance Center of Excellence research. 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. She has an extensive Department of Defense research portfolio focused on improving human performance through research and applied knowledge across a wide range of populations. Dr. Sefton holds a bachelor’s degree from Ohio University, a master’s degree from Central Connecticut State University, and a Ph.D. from the University of North Carolina at Charlotte.

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. His practice focuses on the non-operative management of orthopedic injuries, sports-related concussion, and medical conditions that affect participation in sports, such as exercised induced asthma, common illnesses and skin conditions.
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PROGRAM COST

Registration Fee: $70.00

ON-LINE REGISTRATION ONLY with Credit Card (Mastercard, Discover, Visa or American Express)
or e-Check

http://www.ccsu.edu/athletictraining
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 these 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 the virtual session, they are still responsible for full payment.

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 5.5 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 CEC Committee of the NATA this continuing education course is considered to be at the Essential Level.