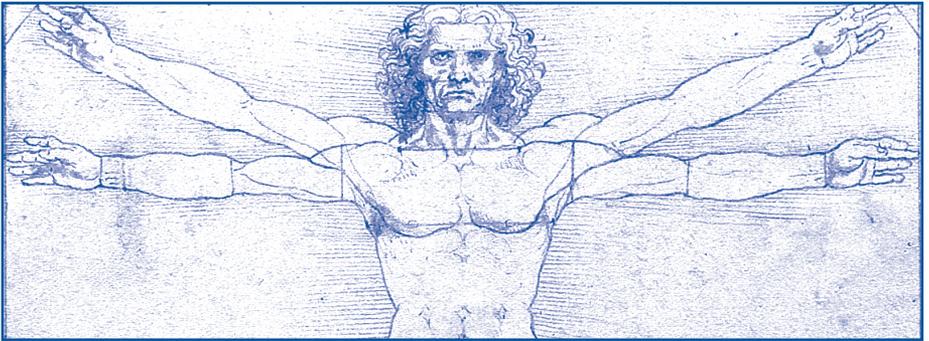


CENTRAL CONNECTICUT STATE UNIVERSITY

ATHLETIC TRAINING PROGRAM

presents the

**32ND SPORTS MEDICINE
SYMPOSIUM**



Tuesday, May 9, 2017
Alumni Hall, Student Center

**What You
Need to Know:**
2017 Updates in Sports Medicine

MRI of New Britain 
A Hartford HealthCare Partner



7:15 – 7:40	Registration ... Exhibitors will be open	
7:40 – 7:50	WELCOME	
8:00 – 8:35	Evaluation of Syncope in the Athlete	Christopher Pickett, MD
8:35 – 9:10	Saving Athletes' Hearts: Screening Plus More	Paul Thompson, MD
9:10 – 9:40	DVT and PE in the Athlete: The Hidden Danger	Abigail Tillman, MD
9:40 – 10:00	Panel Discussion	Moderator: Jeff Brown, MD
10:00 – 10:15	BREAK & VISIT EXHIBITS	
10:15 – 10:50	Shoulder Acronyms Explained	Robert Waskowitz, MD
10:50 – 11:25	Fatigue and The Risk for Non-Contact ACL Injury: A Five-Year Experience	Juan Garbalosa, PhD, PT
11:25 – 11:55	Clinical Reasoning for Instrument Assisted Soft Tissue Mobilization and Dry Needling Techniques	William Foster, ATC, PT
11:55 – 12:15	Panel Discussion	Moderator: John Gilmour, ATC
12:15 – 12:45	LUNCH & Exhibits	
12:45 – 1:20	Sleep, Sports Performance and Injuries	Susan Rubman, PhD, CBSM
1:20 – 1:55	Opioid Use and the Potential for Misuse in Athletics	Vincent Codispoli, MD
1:55 – 2:25	Suicide Prevention within the Athletic Community	Jonathan Pohl, PhD,
2:25 – 2:45	Panel Discussion	Moderator Jeff Brown, MD

2017 COURSE OBJECTIVES

Evaluation of Syncope in the Athlete

- Discuss the common etiologies of exercise related syncope
- Distinguish arrhythmias and vasovagal syndrome

Saving Athletes' Hearts: Screening Plus More

- List 3 problems with mandatory use of ECGs in screening athletes
- Identify one strategy for saving athletes' hearts that has nearly universal acceptance
- Give the range for the incidence of sudden cardiac death in young athletes.

DVT and PE in the Athlete: The Hidden Danger

- Differentiate DVT's and PE's
- Recognize the risk factors for DVT/PE
- Recognize the common signs and symptoms of DVT and PE
- Understand athletic training room and on-field initial management
- Understand long term complications of diagnosis and treatment of DVT/PE in athletes

Clinical Reasoning for Instrument Assisted Soft Tissue Mobilization and Dry Needling Techniques

- Interrelate the use of dry needling and instrument assisted soft tissue mobilization with tendinopathies
- Discuss how dry needling and instrument assisted soft tissue mobilization may be incorporated into the rehabilitation of musculoskeletal injuries

Shoulder Acronyms Explained

- Discuss shoulder acronyms and identify the mechanism for why they occur
- Describe the surgical and non-surgical approaches for return to play

Fatigue and the Risk for Non-Contact ACL Injury: A Five-Year Experience

- Identify at-risk postures for noncontact ACL injuries
- Identify tests that can be used to assess noncontact ACL injury at-risk postures
- Discuss our current knowledge of the effects of fatigue on non-contact ACL injury at-risk postures
- Discuss the effects of short term vs. long term fatigue on the knee
- Discuss the implications of current research in fatigue on training of athlete

Sleep, Sports Performance and Injuries

- Understand the normal sleep requirements across the lifespan
- Understand the effects of sleep deprivation on performance in general and in sports specifically
- Gain the ability to advise athletes on how to optimize sleep for performance and reduce injury

Suicide Prevention within the Athletic Community

- Exploring gate keeper training in suicide prevention
- Identifying suicide vulnerability among athletes

Opioid Use and the Potential for Misuse in Athletics

- Provide a general overview of opioids, their mechanism of action, and physiologic effects
- Review the relevant terminology, signs and symptoms related to opioid misuse
- Discuss recent implications of opioid abuse and current recommendations for prevention
- Discuss the role of opioids and the potential for misuse in the athlete

SPEAKERS' BIOS

Paul Thompson, MD

Paul D. Thompson, MD, graduated from Tufts College and Tufts Medical School. He served as a medical intern and resident, as well as a cardiology catheterization fellow, at Tufts New England Medical Center and completed his training in cardiology at Stanford Medical Center. Dr. Thompson is Chief of Cardiology at Hartford Hospital, Hartford, CT and Professor of Medicine at the University of Connecticut. He also serves as Physician Co-Director, Hartford Healthcare Heart & Vascular Institute. He has authored over 400 scientific articles on topics which include: the effects of exercise training on preventing and treating heart disease, the cardiovascular risks of vigorous exercise, the effects of exercise on lipid metabolism, the effects of statins on skeletal muscle, and genetic factors affecting the exercise response. The NIH has supported several of these projects including: The Preventive Cardiology Academic Award; Lipoproteins in Active Men: Role of Exercise & Diet; the Effects of Testosterone on Endothelial Function; Functional Single Nucleotide Polymorphisms Associated with Human Muscle Size and Strength (FAMuSS); and the Effects of Statins on Skeletal Muscle Function (STOMP). Dr. Thompson is the Editor of the book, Exercise and Sports Cardiology. He is a 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.

Abigail Tillman, MD

Abigail Tillman, MD attended college at Colgate University and was awarded a Bachelor of Art in Cellular Neuroscience in 2006. She received her medical degree from St. George's University School of Medicine in 2013, graduating Magna Cum Laude. She is currently is a fourth-year family medicine resident and co-chief resident at Middlesex Hospital in Middletown. Dr. Tillman is a member of the Academy of Family Physicians and Iota Epsilon Alpha International Honor Medical Society. She is a member of the Middlesex Hospital Rapid Response Team Committee and served as a medical volunteer for the New York City Marathon in 2011. Dr. Tillman plans to practice outpatient medicine locally after graduation. Through her experience playing Division I Lacrosse at Colgate University she became interested in sports medicine.

Christopher Pickett, MD

Dr. Pickett received his medical degree from Tulane University School of Medicine and completed his post doctoral training at Beth Israel Deaconess Medical Center in Boston, a teaching affiliate of Harvard Medical School, including fellowships in cardiology and electrophysiology. Dr. Pickett currently practices as a cardiologist in Farmington, Connecticut and is affiliated with University of Connecticut Health Center-John Dempsey Hospital. Dr. Pickett is an assistant professor of medicine at the University of Connecticut and Co-Director Heart Rhythm Program of the Cardiac Electrophysiology Laboratory. He is the recipient of numerous awards and honors including the Annual Medical Staff Award of Excellence from John Dempsey Hospital, the George Altman Award: Outstanding Cardiology Fellow from Beth Israel Deaconess Medical Center and the J.E. Watkins Medical Scholarship from Tulane University in 1998, 1999, and 2000.

Jonathan Pohl, PhD

Jonathan Pohl received his Ph.D. in Clinical Psychology from the California School of Professional Psychology in 1997 and is a licensed Clinical Psychologist in the state of Connecticut. He is the Wellness Programs Coordinator at Central Connecticut State University. Dr. Pohl is the grant manager for the Garrett Lee Smith Suicide Prevention grant for Colleges and Universities. He worked as the Coordinator for the Office of Alcohol and Drug Education at CCSU for 2 1/2 years. As Coordinator, he managed the PFS and Best Practices grants to curb underage drinking. He was a Counselor at Western Connecticut State University's Counseling Center for seven years and for three of those years managed the Connecticut Youth Suicide Prevention Initiative grant for the Center. He has presented the SOS (signs of suicide) program to students and the QPR (Question, Persuade, and Refer) program, a nationally recognized gatekeeper training program, to faculty, staff and students. He has guest lectured on adolescent and young adult depression and suicide for health education classes. Dr. Pohl was Clinic Coordinator at the Oakland VA's Substance Abuse Treatment Program.

Vincent Codispoti, MD

Dr. Vincent T. Codispoti received his medical degree from New York University School of Medicine, and following graduation entered into active duty with the United States Army. He completed his Transitional Internship and residency in Physical Medicine and Rehabilitation at Walter Reed Army Medical Center. Upon graduation, he was given the Jaqueline Perry Award as the most outstanding graduating resident in the Department of Orthopedics and Rehabilitation. After completing his residency, Dr. Codispoti remained as a staff physiatrist at Walter Reed. During that time, he served various roles, to include Director of Inpatient Rehabilitation, Director of Electrodiagnostic Medicine, and Associate Residency Program Director. He received the Gary Collins Golden Spoon Award as the staff member who best exemplified the role of teacher and healer, and the Helping Hand Award as the staff member who provided mentorship to the senior residents. He also completed a deployment to Iraq, providing medical care in support of Operation Iraqi Freedom. He was honorably discharged after eight years of service, and during his time on active duty received numerous military awards including multiple Army Commendation Medals, and the Meritorious Service Medal. After leaving the

Army, Dr. Codispoti began a one-year fellowship in Interventional Pain Management at Dartmouth Medical Center. He completed his fellowship in June 2014 and subsequently joined Orthopedic Associates of Hartford. His practice focuses on diagnosing and treating painful spinal conditions using conservative, non-operative techniques with minimal use of opioids. He is one of a select few physiatrists in the state who are triple-board certified in Physical Medicine and Rehabilitation, Electrodiagnostic Medicine, and Pain Medicine.

Susan Rubman, PhD, CBSM

Dr. Susan Rubman holds a Ph.D. in Clinical Psychology, with a specialization in Behavioral Medicine. She is Certified in Behavioral Sleep Medicine from the American Academy of Sleep Medicine. She is a past chair of the Connecticut Thoracic Society's Sleep Disorders Section and Secretary of the Northeast Sleep Society. She has many research presentations to professional organizations and is a frequent public speaker on the topic of sleep disorders. She specializes in the area of insomnia. Dr. Rubman is currently the Director of the Behavioral Sleep Medicine Program at the Hospital of Central Connecticut, New Britain Campus, Sleep Disorders Center. She also consults to the Hartford Healthcare Sleep Disorders Program and the Manchester Hospital Sleep Lab.

William Foster Jr, MPT, MBA, ATC

Bill Foster is a Market Manager for Select Physical Therapy where he also serves as a physical therapist and athletic trainer. His education includes degrees of Masters in Physical Therapy; American International College, Masters in Business and Health Administration; Southern New Hampshire University, and a Bachelor's in Sports Medicine from Keene State College and advanced P.T. doctoral work from Utica College. Clinical Experience: 25 years Healthcare experience including outpatient clinical and private practice, high school, collegiate and professional sports. He has achieved success in the treatment of Orthopedic & Sports Medicine injuries, Post-surgical care, Work Conditioning/Ergonomics, Strength & Fitness programs, Golf Performance Enhancement programs and Foot biomechanics/orthotic prescription. He has completed numerous continuing education courses including: Evaluation and Intervention for Musculoskeletal injuries; A Biomechanical Approach; Trigger Point Dry Needling; Institute of Advanced Musculoskeletal Therapies; Instrument Assisted Soft Tissue Mobilization(IASTM) using Hawk tool; The Mulligan Concept; Manual Rx, Mobilizations with Movements, NAGS & SNAGS; The Back School of Atlanta; Ergonomics and Cumulative Trauma Injury Prevention program; Functional Capacity Evaluator.

Juan C. Garbalosa, PT, PhD

Dr. Garbalosa received his BS degree in Physical Therapy from the University of Connecticut in 1980 and a Masters of Medical Science degree from Emory University in 1987 specializing in orthopedic medicine. He has practiced in a variety of settings ranging from outpatient orthopedic to acute care inpatient settings in Connecticut, Georgia and Pennsylvania. Dr. Garbalosa obtained his Ph.D. degree in Kinesiology from The Pennsylvania State University in 1997. Academically, Dr. Garbalosa has been on the faculty of Georgia State University, University of Hartford and currently at Quinnipiac University where he is the Director of the Motion Analysis Laboratory and a Clinical Professor in the Department of Physical Therapy. His primary area of research interest is in the effects of fatigue on joint and muscle function and musculoskeletal overuse injuries. Dr. Garbalosa's research has focused on the effects of fatigue on noncontact ACL injury at-risk postures and foot function and its relationship with lower extremity overuse injuries.

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.

MODERATORS

John Gilmour, ATC

John Gilmour is currently the regional director of sports medicine for Select Medical Corporation. John has served as a certified athletic trainer for 30 years. Currently he manages sports medicine contracts and oversees programs in a region stretching from Connecticut to Maine to Illinois. John has been honored by CCSU with the "Outstanding Human Performance Professional" award, he is a recent recipient of an NATA Service Award and a CATA hall of fame member. John completed his undergraduate degree at CCSU and postgraduate work at UConn.

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 and family medicine at Hartford Healthcare Medical Group. In May, he will join the Sports Medicine Institute at St. Francis Hospital and Medical Center, and will become the assistant director of the UCONN primary care sports medicine fellowship.

PROGRAM COST

Pre-registration Fee prior to 2/19/2017 — \$120.00 lunch included

On Site Registration Fee after 2/20/2017 — \$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"

REGISTRATION

ATHLETIC TRAINING PROGRAM 32ND SPORTS MEDICINE SYMPOSIUM

NAME _____

STREET _____

CITY _____

STATE _____

ZIP _____

EMAIL _____

EMPLOYEE OR SCHOOL _____

POSITION _____

TOTAL AMOUNT ENCLOSED

\$ _____

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 Category A CEUs. 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.

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



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