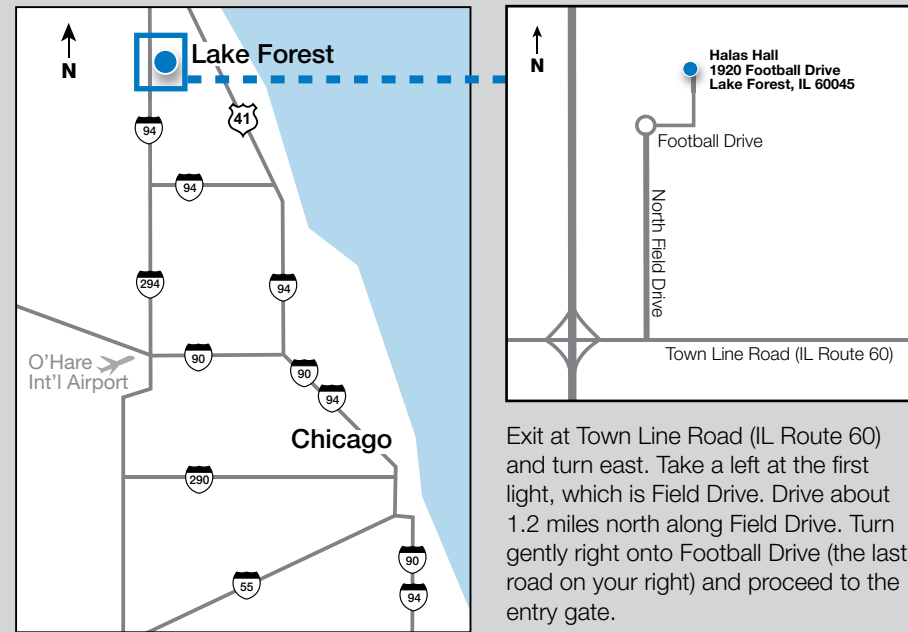


Symposium Location

Halas Hall, 1920 Football Drive, Lake Forest, IL 60045



Exit at Town Line Road (IL Route 60) and turn east. Take a left at the first light, which is Field Drive. Drive about 1.2 miles north along Field Drive. Turn gently right onto Football Drive (the last road on your right) and proceed to the entry gate.

NorthShore Primary Care Sports Medicine

The Primary Care Sports Medicine Program at NorthShore University HealthSystem provides comprehensive care for athletes of all ages and abilities including diagnosis and treatment of musculoskeletal issues, concussions and other related conditions.

Board-certified and fellowship-trained primary care sports medicine physicians offer unique guidance for athletes in all stages of life, including exercise for pregnancy and exercising with and to treat chronic conditions including hypertension, diabetes and asthma. Our specialists also can provide "exercise prescriptions" to ensure that individuals just beginning to get active exercise safely and prevent injuries.

We offer many important preventative care services, including sports physicals for children and adults.

For athletes looking to reach the next level and achieve performance goals, the NorthShore Sports Health and Performance Program offers valuable guidance and care. Our program promotes a healthy lifestyle and works collaboratively with a variety of disciplines including physical therapy and sports nutrition for both injury prevention and treatment.

NorthShore Sports Medicine experts are active in the community, serving as sideline physicians and offering outreach and advocacy for healthy, active lifestyles.



Division of Primary Care Sports Medicine
NorthShore University HealthSystem
Glenbrook Family Care Center
2050 Pfingsten Road, Suite 200
Glenview, IL 60026

NorthShore University HealthSystem
presents a CME event

Current Issues in Sports Medicine

8:00 a.m. – 2:00 p.m.
Saturday, July 26, 2014

Halas Hall
1920 Football Drive
Lake Forest, IL 60045



Current Issues in Sports Medicine

Join us for a sports medicine symposium that will look at the current issues of concussion, common musculoskeletal injuries and medical conditions seen in athletes of all ages. Expert panelists will provide insights into effective and evidence-based diagnoses and management approaches. Hands-on learning opportunities will be provided to participants.

Agenda

8:00 a.m. – 8:30 a.m.
Registration

8:30 a.m. – 9:00 a.m.
**FAI, Labral Injury and the Hip—
What Do We Know?**
Speaker: Patrick Birmingham, MD

9:00 a.m. – 9:30 a.m.
**Current Issues with Shoulder
Dislocations in Athletes**
Speaker: Jason Koh, MD

9:30 a.m. – 10:00 a.m.
**Back Pain in Athletes—Who Sits,
Who Plays?**
Speaker: Joseph Alleva, MD

10:00 a.m. – 10:15 a.m. Break

10:15 a.m. – 10:45 a.m.
**Supplements: The Good, the Bad
and the Deadly**
Speaker: Carrie Jaworski, MD

Learning Objectives

After attending this sports medicine symposium, each participant will be able to:

1. Understand rationale for current treatment approaches to sports-related concussion.
2. Analyze common sports medicine injuries that affect athletes and the use of appropriate imaging and referral.
3. Demonstrate proficiency in evaluation and examination techniques of runners.
4. Understand how to incorporate office-based rehabilitation techniques efficiently during patient visits.

10:45 a.m. – 11:30 a.m.

**Novel Approaches to
the Care of Runners**
Speaker: Michael Ladewski, DO

11:30 a.m. – 12:00 p.m.

**How to Survive the Heat: Avoiding
and Managing Heat Illness**
Speaker: Eric Hooper, MD

12:00 p.m. – 12:30 p.m. Lunch

12:30 p.m. – 1:00 p.m.

**Concussions in 2014: Focus on
Treatment**
Speaker: Elizabeth Pieroth, PsyD

1:00 – 2:00 p.m. Workshops
(participants choose one)

- Osteopathic Pearls** (Dr. Russo)
- Functional Evaluation of Runners**
(Dr. Ladewski, Dr. Hooper and
Suzanne Coleman, MPT)
- Functional Evaluation of Dancers**
(Dr. Jaworski, Tara Sobodas, DPT,
ATC and Alison Warfel, ATC)



Faculty

All course faculty are on staff at NorthShore University HealthSystem. Academic titles are from the University of Chicago Pritzker School of Medicine.

Joseph Alleva, MD
Division Head,
Physical Medicine & Rehabilitation,
Department of Medicine

Patrick Birmingham, MD
Orthopaedic Sports Medicine,
Department of Orthopedics

Eric Hooper, MD
Primary Care Sports Medicine,
Department of Family Medicine

Carrie Jaworski, MD
Division Head,
Primary Care Sports Medicine,
Department of Family Medicine
Clinical Assistant Professor

Jason Koh, MD
Chairman,
Department of Orthopaedics
Clinical Associate Professor

Michael Ladewski, DO
Primary Care Sports Medicine,
Department of Family Medicine

Elizabeth Pieroth, PsyD
Associate Director,
Sports Concussion Program
Department of Psychology

Cherise Russo, DO
Primary Care Sports Medicine,
Department of Family Medicine

Suzanne Coleman, MPT
Tara Sobodas, DPT, ATC
Alison Warfel, ATC

Accreditation

This live activity, Current Issues in Sports Medicine, with a beginning date of 07/26/2014, has been reviewed and is acceptable for up to 4.00 Prescribed credit(s) by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Registration Information

Registration Fee: \$25

Fee includes lectures, training models, collected literature reprints, morning coffee and light lunch. Please make check payable to NorthShore University HealthSystem.

Advanced registration is required. There is no onsite registration. Must register by July 20.
Registration fee is not refundable on cancellations made less than 24 hours prior to the event.

Three ways to register:

Online via northshore.org/classes and select CME from the drop-down menu.

Call Ashley Ray at (312) 475-5530.

Fax completed registration form to (866) 954-5792, attn: Ashley Ray.

If you have any questions, please contact Ashley Ray at (312) 475-5530 or aray@northshore.org.

Detach on dotted line

Facsimile Registration Form

NAME _____

TITLE _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ FAX _____

EMAIL _____

Please rank choice of workshop:

Osteopathic Pearls Functional Evaluation of Runners Functional Evaluation of Dancers

PAYMENT METHOD:

CHECK ENCLOSED (Payable to NorthShore University HealthSystem)

CREDIT CARD: VISA MASTERCARD DISCOVER AMERICAN EXPRESS

CARD NUMBER: _____

EXPIRES (MM/YY): _____ SECURITY CODE #: _____

SIGNATURE: _____ DATE: _____