

REGISTRATION FORM

This seminar has been approved for 8 CME Category I Hours.

Quest Conference Center | 8405 Pulsar Place  
Columbus, Ohio 43240

Saturday, August 11, 2018 | 8:00 am – 5:00 pm

Full Name \_\_\_\_\_

Preferred First Name \_\_\_\_\_

Company/Clinic Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Business Telephone \_\_\_\_\_

Fax Telephone \_\_\_\_\_

E-Mail \_\_\_\_\_

Website \_\_\_\_\_

Please mark one (add \$25 late fee after August 9, 2018)

- ☐ OHFAMA/WVPMA Member: \$100
- ☐ Non Member: \$150
- ☐ APMA Member Out of State: \$125
- ☐ Student/Resident/Life Member: \$25

Payment Method: (please mark one)

- ☐ Check payable to Ohio Foot and Ankle Medical Foundation\*  
\*PREFERRED PAYMENT METHOD
- ☐ American Express ☐ Discover Card
- ☐ MasterCard ☐ VISA

Amount Authorized \$ \_\_\_\_\_

Account Number \_\_\_\_\_

Expiration Date \_\_\_\_\_ Security Code \_\_\_\_\_

Name (as printed on Credit Card) \_\_\_\_\_

Billing Address (of Credit Card) \_\_\_\_\_

\_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

Please mail or fax form with payment to:

2018 Sports Injury Clinic  
1960 Bethel Rd., Ste. 140, Columbus, OH 43220  
Phone: (614) 457-6269; Fax: (614) 457-3375; or,  
email: [Iridolfo@ohfama.org](mailto:Iridolfo@ohfama.org)

SCHEDULE

7:30-8:00 REGISTRATION

NEW INNOVATIVE TREATMENT OPTIONS  
FOR CHRONIC CONDITIONS

- 8:00-8:10 *Welcome and Introduction*  
Mark Mendeszoon, DPM
- 8:10-8:30 *Plantar Fasciitis in Distance Runners*  
Elizabeth Hewitt, DPM
- 8:30-8:50 *R2D2: Star Wars Meets Plantar Fasciitis & Achilles Tendonitis*  
Bryan Kuch, PT, DPT
- 8:50-9:10 *Current Trends in Soft Tissue Management*  
Leo Kormanik, DC
- 9:10-9:30 *Treatment of Those Stubborn Sesamoid Injuries*  
Elizabeth Sanders, DPM
- 9:30-9:50 *Nutritional Strategies to Speed Healing*  
Meghann Featherstun, MS, RD, LD, CSSD
- 9:50-10:00 Questions & Answers
- 10:00-10:30 BREAK

CURRENT SPORTS MEDICINE TREATMENT CONCEPTS

- 10:30-10:50 *Management of Hockey Injuries*  
Amber-Rose Morra, DPM
- 10:50-11:35 *Equinus in the Athlete*  
Patrick DeHeer, DPM
- 11:35-11:55 *Case Presentations*
- 12:00-1:00 *Presentation: Kelsie Ahbe, OLY, MPH and Ten Jet Applications*  
Speaker – Mark Mendeszoon, DPM

ADVANCED TREATMENT OPTIONS FOR DIFFICULT CONDITIONS

- 1:00-1:20 *EMG/NCV: What Does It Mean?*  
Bryan Kuch, PT, DPT
- 1:20-1:40 *Dry Needling for Lower Extremity: Concepts & Physiology*  
Leo Kormanik, DC
- 1:40-2:00 *Instinctive Eating for Athletes*  
Meghann Featherstun, MS, RD, LD, CSSD
- 2:00-2:20 *5th Metatarsal Fractures: Are They All Jones?*  
Patrick DeHeer, DPM
- 2:20-2:40 *Snapping Peroneals*  
Mark Mendeszoon, DPM
- 2:40-3:00 *Treatment Options for Hallux Rigidus*  
Elizabeth Hewitt, DPM
- 3:00-3:15 BREAK

PROACTIVE TREATMENT OPTIONS FOR THE ATHLETE

- 3:15-3:35 *Dynamic Neuromuscular Stimulation*  
Leo Kormanik, DC
- 3:35-3:55 *Optimal Protein Intake in Athletes*  
Meghann Featherstun, MS, RD, LD, CSSD
- 3:55-4:15 *Chronic Ankle Instability: Old vs New School*  
Elizabeth Sanders, DPM
- 4:15-4:45 *The Pediatric Athlete: From Head to Toe*  
Mark Mendeszoon, DPM
- 4:45-5:00 *Case Presentations*

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Ohio Foot and Ankle Medical Foundation  
1960 Bethel Road, Suite 140  
Columbus, OH 43220



Ohio Foot and Ankle Medical Foundation

SPORTS INJURY CLINIC

SATURDAY, AUGUST 11, 2018

8 am – 5 pm • 8 CATEGORY I CME HOURS



PREMIUM SPONSOR

OCPM  
FOUNDATION

The OCPM Foundation enhances the education and practice of podiatric medicine nationally through generous giving, scholarships and grants to support innovative causes that will improve or invent new solutions in podiatry, and nurture the community of podiatrists in particular for educational and research project. To enhance the education and practice of podiatric medicine nationally through generous giving, scholarships and grants to support innovative causes that will improve or invent new solutions in podiatry, and nurture the community of podiatrists in particular for educational and research projects.

# SPORTS INJURY CLINIC

Saturday August 11, 2018 | 8:00 am – 5:00 pm  
8 Category I CME Hours

QUEST CONFERENCE CENTER  
8405 Pulsar Place | Columbus, Ohio 43240

*This one day seminar will cover many important topics when treating athletes including lower extremity injuries, nutrition, rehabilitation, and how other health care professionals treat athletes.*

## WHO SHOULD ATTEND

Podiatric Physicians and Residents, Chiropractors, Physical Therapists, Family Physicians, Athletic Trainers, Sports Medicine Physicians and Orthopedic Physicians

## OBJECTIVES

- Enhance participant’s knowledge of new treatment options for chronic conditions
- Develop an understanding of how sports medicine professionals treat athletes
- Learn how important adequate nutrition is when meeting fitness goals
- Review techniques in various therapies and proactive treatment options
- Appreciate the importance of a multi-disciplinary medical team in optimizing athletic performance

## ACCREDITATION

This Seminar has been accredited by the Ohio Foot and Ankle Medical Foundation Continuing Medical Education Accreditation Committee (the certifying agency in Ohio for podiatry). CME credit is established at 8 Category I contact hours for the State Medical Board of Ohio. This Clinic meets the chiropractic CE requirements for doctors of chiropractic medicine per the Ohio State Chiropractic Board.

## REGISTRATION

Included with your registration is a light continental breakfast and CME lunch. Register online at [www.ohfama.org](http://www.ohfama.org); FAX at (614) 457-3375; or mail to:

2018 Sports Injury Clinic, 1960 Bethel Rd., Ste. 140, Columbus, OH 43220-1815. Make check payable to OFAMF. Registration closes on August 9. Registrations postmarked after that date will be charged the \$25 on-site registration fee without exception.

## NONDISCRIMINATION

No person shall be denied registration or participation in any continuing education program provided by this Association for reasons of race, religion, sex, national origin or physical ability. This program is ADA Compliant. Please notify OFAMF if you require special accommodation for training or attendance at (614) 457-6269.

## CANCELLATIONS

A \$25 administration fee will be charged. Cancellations must be received in writing to OFAMF prior to August 3, 2018. No refunds for cancellations will be honored after that date.

## ON-SITE REGISTRATIONS

Online and faxed registration will be closed on August 9; registration cannot be confirmed after that date. For on-site registration, add \$25 to the appropriate registration fee.

## CHANGES TO LECTURES OR SCHEDULES

OFAMF reserves the right to adjust or change any lecture or schedule due to unforeseen scheduling conflicts. *Note:* There are limited spaces and registrations are on a first-come, first-served basis.

## FACULTY DISCLOSURE

Each speaker is required to disclose the existence of any financial and/or other relationships (i.e., employee, consultant, speaker’s bureau, grant recipient, research support) she or he might have with (a) manufacturer(s) of any commercial product(s) to be discussed during his/her presentation and/or (b) the commercial contributor(s) of the activity. Any such conflict will be announced by the individual introducing the speaker or by the speaker immediately preceding the lecture.

# SPEAKERS

## MARK MENDESZOOM, DPM – CLINIC CHAIRMAN

Dr. Mendeszoon is a senior partner at Precision Orthopaedic Specialties in Chardon, Ohio and is the co-owner of Achilles Running Shop in Ohio and PA. He has been appointed Director of the Advanced Foot & Ankle Surgery Fellowship as well as a residency attending at University Hospitals Richmond Heights. He is also an instructor of surgery at KSUCPM and Chief of Podiatry at Geauga Medical Center. He is team physician for several high schools in Geauga County and consultant to multiple universities and the Spire Institute. In addition to treating athletes of all levels including professionals and Olympians, he is Director of the Maple Leaf Track Club.

## KELSIE AHBE, OLY, MPH

Ms. Ahbe was a 2016 Olympic Finalist, 2017 World Champs Qualifier , 2015 Canadian National Champion and 2014 NCAA Runner-Up and Big Ten Champion. She was an Athletic and Academic All-American, Former Big Ten Record Holder, Former IU School Record Holder and 2x Ohio High School State Champion. She is currently training in Knoxville, TN under 2004 Olympic Gold Medalist, Tim Mack. She is sponsored by Nike and represented by Chris Lane at Total Sports.

## PATRICK DEHEER, DPM

Dr. DeHeer is Double Board-certified by the American Board of Podiatric Surgery in foot surgery, and foot and ankle reconstructive surgery. He received his Doctor of Podiatric Medicine degree from the Dr. William M. Scholl College of Podiatric Medicine. Dr. DeHeer has been providing podiatric care to team members of the Indiana Pacers and Indiana Fever since 1999 and is in private practice in central Indiana.

## MEGHANN FEATHERSTUN, MS, RD, CSSD, LD

Meghann Featherstun is a licensed, registered dietitian at University Hospitals (UH) in Cleveland and is also a board certified specialist in sports dietetics (CSSD). Meghann utilizes her passion for health and wellness as the creator and facilitator of the weight optimization program, UH OptiWeight. She was awarded the Crain’s Business Healthcare Hero Award in 2013.

## ELIZABETH HEWITT, DPM

Dr. Hewitt is a graduate of the Kent State University College of Podiatric Medicine. She completed her surgical residency at Grant Medical Center where she was chief resident from 2008-2009. Dr. Hewitt is board certified in foot and reconstructive rearfoot surgery. She currently is in private practice at Foot and Ankle Physicians of Ohio located in Grove City.

## LEO KORMANIK II, DC

Dr. Kormanik attended Life University in Atlanta where he earned a Doctor of Chiropractic degree and a Masters in Sports Injury Management. Dr. Kormanik is recognized by the American Chiropractic Board of Sports Physicians as a Certified Chiropractic Sports Practitioner (CCSP). He is not only proficient in spine and extremity adjusting, but is also certified in Active Release Technique (ART), Graston Technique, Fascial Abrasion Technique (FAT-Tool), and Dry Needling.

## BRYAN KUCH, PT, DPT

Dr. Kuch received his Masters of Physical Therapy from Cleveland State University and his Doctor of Physical Therapy from Temple University. He completed his Fellowship at the American Academy of Clinical Electrodiagnosis in NCV/EMG and has been an Outpatient Orthopedic Physical Therapist since 2005.

## AMBER-ROSE MORRA, DPM

Dr. Morra is a fellow in the Advanced Foot and Ankle Surgical Fellowship through University Hospitals, Richmond Medical Center. She completed her Doctor of Podiatric Medicine degree at Barry University and her residency at Yale University, serving as Chief Resident her third year and was named resident of the year in 2016 and 2017. She has authored numerous scholarly publications and co-authored several textbook chapters on foot and ankle pathology and surgical approach.

## ELIZABETH SANDERS, DPM

Dr. Sanders is a second year fellow in the Advanced Foot and Ankle Surgical Fellowship through University Hospitals, Richmond Medical Center. She completed her Doctor of Podiatric Medicine degree at Barry University and her residency, serving as Chief Resident, at Boston University Medical Center in Boston, MA.