

# REGISTRATION FORM

Welcome to the 2017 SPORTS INJURY CLINIC hosted by the Ohio Foot and Ankle Medical Association. This seminar has been approved for **8 CME Category I Hours**.

Quest Conference Center | 8405 Pulsar Place  
Columbus, Ohio 43240

Saturday, February 25, 2017 | 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 February 20, 2017)

- 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 Association\*

\*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:

2017 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**

## BODY CONDITIONS & CONSEQUENCES

- 7:50-8:00 *Welcome and Introduction*  
Mark Mendeszoon, DPM
- 8:00-8:20 *Establishing a Sports Medicine Practice: The Ups & Downs*  
Mark Mendeszoon, DPM
- 8:20-8:40 *Sports Drinks: What We Don't Know*  
Alec Tackett, DDS
- 8:40-9:00 *Hydration: Fact and Fiction*  
Meghann Featherstun, MS, RD, LD, CSSD
- 9:00-9:20 *Genetic Variants in Olympic Endurance Athletes*  
Kenneth Sparks, PhD
- 9:20-9:40 *Type 2 Diabetes & Athletes*  
John Sheehan, MD
- 9:40-10:00 *Extracorporeal Shock Wave Therapy: The Science Behind It*  
Jeffrey Wunning, DPM
- 10:00-10:20 **BREAK**

## BODY CONDITIONS & CONSEQUENCES – CONTINUED

- 10:20-10:40 *Beer & Liquor – How Does it Effect an Athlete?*  
Meghann Featherstun, MS, RD, LD, CSSD
- 10:40-11:00 *Effects of Chewing Tobacco*  
Alec Tackett, DDS
- 11:00-11:20 *Obesity & Exercise: What is safe?*  
John Sheehan, MD
- 11:20-11:40 *Training & Racing in the Heat*  
Kenneth Sparks, PhD
- 11:40-12:00 *Compression During Recovery Runs: Does It Help*  
Kenneth Sparks, PhD
- 12:00-1:00 *Lunch & Learn: Casting Techniques*

## SPORTS TREATMENT PROTOCOLS

- 1:00-1:20 *Management of Athletic Oral Injuries*  
Alec Tackett, DDS
- 1:20-1:40 *Lateral Ankle Instability*  
Jonathan Sharpe, DPM
- 1:40-2:00 *Amniotic Grafts in Foot & Ankle Surgery*  
Elizabeth Hewitt, DPM
- 2:00-2:20 *Forefoot Pain in Athletes & Treatment Protocols*  
Alan Kidon, DPM
- 2:20-2:40 *Treatment of the Child Athlete*  
Mark Mendeszoon, DPM
- 2:40-3:00 *Lis Franc Sprains*  
Jonathan Sharpe, DPM
- 3:00-3:15 **BREAK**

## LOWER EXTREMITY CONDITIONS, INJURIES & REHABILITATION

- 3:15-3:35 *First MPJ Arthritis in Athletes*  
Elizabeth Hewitt, DPM
- 3:35-4:05 *Talus OCD: Is Micro Fracture Enough*  
Peter Highlander, DPM
- 4:05-4:25 *Evans Osteotomy in the Athlete*  
Jeanna Fascione, DPM
- 4:25-4:45 *Addressing Equinus in the Athlete*  
Mark Mendeszoon, DPM
- 4:45-5:00 *Closing*  
Mark Mendeszoon, DPM

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



## Ohio Foot and Ankle Medical Association SPORTS INJURY CLINIC FEBRUARY 2017



SATURDAY, FEBRUARY 25, 2017 | 8 AM – 5 PM  
8 CATEGORY I CME HOURS

# SPORTS INJURY CLINIC

Saturday, February 25, 2017 | 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 surgical treatment options for athletes
- 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 return-to-play planning
- 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 Association 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. The OHFAMA is also an Ohio approved CE sponsor for doctors of chiropractic medicine.

### 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: 2017 Sports Injury Clinic, 1960 Bethel Rd., Ste. 140, Columbus, OH 43220-1815. Make check payable to OHFAMA. Registration closes on February 20. 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 OHFAMA 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 OHFAMA prior to February 15, 2017. No refunds for cancellations will be honored after that date.

### ON-SITE REGISTRATIONS

Online and faxed registration will be closed on February 20; registration cannot be confirmed after that date. For on-site registration, add \$25 to the appropriate registration fee.

### CHANGES TO LECTURES OR SCHEDULES

OHFAMA 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 Pennsylvania. 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 spine institutes. In addition

to treating athletes of all levels including professionals and Olympians, he is the Director of the Maple Leaf Track Club.

### 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 is a member of the American Podiatric Medical Association, the Ohio Podiatric Medical Association and a partner at Step Lively Foot and Ankle Centers in central Ohio.

### JEANNA FASCIONE, DPM

Dr. Fascione graduated from William M. Scholl College of Podiatric Medicine. During her doctorate training, she completed the Swanson Independent Research Scholar Program. She is an author of several medical journal articles. Prior to her foot and ankle training, Dr. Fascione enjoyed competitive middle distance and cross country running which led to her interest in the profession. She takes a special interest in treating athletes with advanced techniques and returning them to their sport of choice promptly.

### PETER HIGHLANDER, DPM

Dr. Highlander graduated with honors from Barry University and completed his surgical training at the University of Pittsburgh Medical Center. He currently serves as a reconstructive foot & ankle surgeon in Sandusky, Ohio and is the director of the Bellevue Hospital Wound & Reconstruction Center. Dr. Highlander's particular interest in sports medicine includes cartilage replacement and lateral ankle instability.

### ALAN KIDON, DPM

Dr. Kidon is a graduate of KSUCPM and completed his residency at St. John Macomb-Oakland Hospital in Michigan. He is currently training as the surgical fellow under Dr. Mark Mendeszoon at the University Hospitals Reconstructive Foot and Ankle Fellowship in Concord, Ohio. Dr. Kidon's areas of interest include reconstructive

foot and ankle surgery, trauma, limb salvage and sports medicine.

### JONATHAN SHARPE, DPM

Dr. Sharpe is a graduate of the Kent State University College of Podiatric Medicine (OCPM) and completed his residency at the Cleveland Clinic. He practices with Orthopedic Associates of Lake County. Dr. Sharpe's areas of interest include trauma reconstruction, total ankle replacement, foot and ankle reconstructive surgery and forefoot, rearfoot and ankle surgery.

### JOHN SHEEHAN, MD

John Sheehan, MD, FACE is an Associate Clinical Professor of Medicine, Case Western Reserve University and Medical Director, North Coast Institute of Diabetes and Endocrinology in Cleveland, Ohio. He is Board Certified in Diabetes, Endocrinology and Metabolism and is a Fellow of the American College of Endocrinology. He has over 30 years of clinical experience.

### KENNETH SPARKS, PHD

Dr. Sparks is Director of the Human Performance Laboratory at Cleveland State University. He also directs the faculty staff Fitness for life program on campus and has been the Project Administrator for the National Youth Sports Program. His areas of research include the treatment of cardiovascular disease and he has developed computerized programs for monitoring cardiac rehabilitation patients and their outcomes. This program monitors progress in clinical and behavioral areas during rehabilitation. His passion has always been running, and he has written two books on training and fitness for runners.

### ALEC TACKETT, DDS

Dr. Tackett received his dental degree from The Ohio State University in 1991. Upon graduation he accepted an associate position in Springfield, Ohio and then moved to Cincinnati in 1993 to form his own practice. He is a member of the ADA, ODA, Cincinnati Dental Society, Delta Sigma Delta and the Academy of Facial Esthetics. He is also on the board of directors for the Forest Hills Foundation.

### JEFFREY WUNNING, DPM

Dr. Wunning graduated from Dr. William M. Scholl College of Podiatric Medicine and has participated in numerous conferences, fellows courses, and advanced studies including diagnostic ultrasound training; high risk diabetic care; lower extremity surgery; cutting edge techniques in deformity correction, reconstruction, fixation, as well as, joint and ankle replacement surgery.