

REGISTRATION FORM

Welcome to the 2015 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, March 7, 2015 | 8:00 am – 5:00 pm

Full Name _____

Preferred First Name _____

Company/Clinic Name _____

Address _____

City _____ State _____ Zip _____

Business Telephone _____

Fax Telephone _____

E-Mail _____

Please mark one (add \$25 late fee after March 2, 2015)

- ☐ OHFAMA 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:

2015 Sports Injury Clinic
1960 Bethel Rd., Ste. 140, Columbus, OH 43220
Phone: (614) 457-6269; Fax: (614) 457-3375; or,
email: lrldolfo@ohfama.org

SCHEDULE

7:30–8:00 REGISTRATION

COMPREHENSIVE MEDICAL MANAGEMENT OF LOWER EXTREMITY CONDITIONS, INJURIES & REHABILITATION

- 8:00–8:05 Welcome and Introductions–
Mark Mendeszoon, DPM
- 8:05–8:20 Differential of Back Pain in Athletes–
Tim Keyes, DC
- 8:20–8:35 Patella–Femoral Syndrome–Albert Dunn, DO
- 8:35–8:50 Management of Lower Leg Pain–
Jacqueline McGowan, MD
- 8:50–9:05 Physical Therapy Treatment for Plantar
Fasciitis–Jim Wilgus, DPT
- 9:05–9:20 Dietary Deficiencies in Stress Fractures–
Meghann Featherstun, RD, LD
- 9:20–9:35 Turf Toe–Terry Philbin, DO
- 9:35–9:50 Treatment of Achilles Tendon Injuries–
Robert Mendicino, DPM
- 9:50–10:00 Panel Review

COMPREHENSIVE MEDICAL MANAGEMENT OF LOWER EXTREMITY CONDITIONS, INJURIES & REHABILITATION–CONTINUED

- 10:30–10:45 Returning Athletes Back to
Competition–Jacqueline McGowan, MD
- 10:45–11:00 Postural Leg Imbalances & Injuries–Tim Keyes, DC
- 11:00–11:15 Combined ACL & MCL Injuries–Albert Dunn, DO
- 11:15–11:30 Nutritional Management of Cramps–
Meghann Featherstun, RD, LD
- 11:30–11:45 Anatomy & Function of Running Shoes–
Mark Mendeszoon, DPM
- 11:45–12:00 Panel Review
- 12:00–1:00 LUNCH & LEARN: TENEX: PERCUTANEOUS TENOTOMY
& FASCIOTOMY



SPORTS TREATMENT PROTOCOLS

- 1:00–1:30 Interesting Dermatology Case Studies in
Athletes–Brad Bakotic, DO
- 1:30–1:45 Chocolate Milk as a Recovery Drink–
Meghann Featherstun, RD, LD
- 1:45–2:00 What is Active Release Technique (ART)–
Tim Keyes, DC
- 2:00–2:15 Post-Op Recovery of Lis Franc and Mid-Foot
Injuries– Jim Wilgus, DPT
- 2:15–2:30 Pros and Cons Of Steroid Injections–
Jacqueline McGowan, MD
- 2:30–2:45 Treatment of Peroneal Tendon Injuries–
Robert Mendicino, DPM
- 2:45–3:00 Panel Review

MANAGEMENT OF ATHLETIC TRAUMA

- 3:30–3:45 Tibial Plateau Fractures–Albert Dunn, DO
- 3:45–4:00 Treatment of Osteochondral Defects in the
Ankle–Robert Mendicino, DPM
- 4:00–4:30 Fifth Metatarsal Fractures–Terry Philbin, DO
- 4:30–4:45 Lis Franc Injuries–Terry Philbin, DO
- 4:45–4:55 Management of the Pediatric Ankle
Fracture–Mark Mendeszoon, DPM
- 4:55– 5:05 Panel review



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



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SPORTS INJURY CLINIC

MARCH 2015



SATURDAY, MARCH 7, 2015 | 8 AM – 5 PM
8 CATEGORY I CME HOURS

SPORTS INJURY CLINIC

Saturday, March 7, 2015 | 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 sport pathologies and treatments
 - Develop an understanding of how sports medicine professionals treat athletes
 - Learn how important adequate nutrition is when meeting fitness goals
 - Understand the trends of high-tech athletic footwear
 - Review techniques in various therapies and return-to-play planning

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; FAX at (614) 457-3375; or mail to: 2015 Sports Injury Clinic, 1960 Bethel Rd., Ste 140, Columbus, OH 43220-1815. Make check payable to OHFAMA. Registration closes on March 2. 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 25, 2015. No refunds for cancellations will be honored after that date.

ON-SITE REGISTRATIONS
Online and faxed registration will be closed on March 2; 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-serve 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 is co-director of the Advanced Foot & Ankle Surgery Fellowship as well as a residency attending at University Hospitals. He is also an instructor of surgery at KSUCPM.

He is team physician for eight high schools in Geauga County and consultant to multiple Universities & Colleges. In addition to treating athletes of all levels including professionals and Olympians, he is the Director of the Maple Leaf Track Club.

BRAD BAKOTIC, DPM, DO
Dr. Bakotic is a graduate of Barry University and the University of New England where he received a Doctor of Osteopathy. He continued his education in pathology. He completed pathology residencies at Baystate Medical Center in Springfield, Massachusetts and at the Mount Sinai Medical Center in Miami Beach, Florida. He also completed fellowships at Memorial Sloan-Kettering Cancer Center in New York and at the Ackerman Academy of Dermatopathology in New York.

ALBERT DUNN, DO
Albert S.M. Dunn, DO is an orthopaedic surgeon with subspecialty training in sports medicine. After residency Dr. Dunn completed a one-year orthopaedic sports medicine fellowship with the world-renowned Orthopaedic Foundation in Stamford, Connecticut and New York City. During this intensive one-year subspecialty training, he cared for high school, collegiate, Olympic and professional athletes and had the opportunity to learn from some of the world’s foremost authorities on shoulder, hip, knee, and adolescent sports surgery.

MEGHANN FEATHERSTUN, MS, RD, LD
Meghann Featherstun is a clinical dietitian and wellness coach for University Hospitals Accountable Care Organization and develops, implements and teaches nutrition and wellness programming for over 90,000 people. She collaborates, integrates, strategizes and develops system wellness goals and related projects within the UH system.

TIM KEYES, DC
Dr. Keyes is a chiropractic physician and full-body certified ART practitioner who focuses on athletic injury. Using ART provides a way to diagnose and treat the underlying causes of a variety of conditions collectively known as “cumulative trauma disorders” or “overuse syndromes.” Examples include rotator cuff injuries, shoulder impingement, tendonitis, sprains/strains, plantar fasciitis, IT band syndrome, etc.

JACQUELINE MCGOWAN, MD
Dr. McGowan completed her residency training in Physical Medicine and Rehabilitation at Carolinas Medical Center/Carolinas Rehabilitation. She completed a fellowship in primary care sports medicine at Riverside Hospital/Max Sports Medicine and is double board certified in Physical Medicine and Rehabilitation and Primary Care Sports Medicine. Dr. McGowan is a member of the American Medical Society for Sports Medicine and the American Association of Physical Medicine and Rehabilitation.

ROBERT MENDICINO, DPM
Dr. Mendicino is board certified in foot surgery and rearfoot and ankle reconstructive surgery, and is a member of the Education and Scientific Committee for the American College of Foot and Ankle Surgeons. He has decades of experience in ankle replacement and reconstruction. He also specializes in arthroscopy of the ankle, deformity correction, foot and ankle surgery and limb salvage. Dr. Mendicino has been a team surgeon for high school and college sport teams and has been treating and training athletes for over 25 years.

TERRENCE PHILBIN, DO
Dr. Philbin practices with the Orthopedic Foot and Ankle Center in Central Ohio. He graduated from Midwestern University and completed his residency with the Ohio University – Doctors Hospital. He has served as the medical director of the Foot and Ankle Division at Dublin Methodist Hospital, Vice Chair of Surgery at Dublin Methodist Hospital and as a board member for the American Orthopedic Foot and Ankle Society and the American Osteopathic Academy of Orthopedics. Dr. Philbin is currently the Director of the Foot and Ankle Service for the Doctors Hospital Residency program.

JIM WILGUS, DPT
Dr. Wilgus has practiced in an outpatient Orthopedic setting since 1995 and received his Doctor of Physical Therapy Degree in 2007. While practicing, he developed special interests in biomechanics and the treatment of foot and ankle and spinal dysfunctions. He began casting for custom orthotics during this time and has developed interests in video assisted gait analysis as well as manual therapy. Since 1998 he has been collaborating with a specialized orthopedic foot and ankle group to develop and enhance the complete team model of foot and ankle care throughout the OhioHealth system.