

CURRENT TRENDS IN SPORTS MEDICINE WORKSHOP

Course Description

This is Aurora University's 11th annual Current Trends in Sports Medicine Workshop. This year's workshop will focus on topics grounded in Evidence Based Practice (EBP). Evidence Based Practice CEU credit has been applied for with the BOC and is forthcoming. A variety of EBP topics are being offered to address the contemporary interest and current needs of today's healthcare professional. The topics have been designed to maximize application in the clinical setting.

Dr. Brian Chilelli will open up this year's workshop with a presentation on the Assessment and Treatment Options for Articular Cartilage Lesions. This session will present classifications of articular cartilage lesions and contrast surgical versus non-surgical treatment options.

Dr. David Reetz will present on Perfectionism as a Non-Stigmatizing Construct to Identify and Refer Student-Athletes with Anxiety Concerns. This presentation has particular relevance within the athletic population considering the increase in diagnosed mental health related disorders in recent years. This session will provide the framework to assist athletic trainers' ability to identify and refer student-athletes for mental health services.

Michael Palm, ATC, and **Jennifer Bruck, PT DPT,** will present on the Role of the Athletic Trainer and Physical Therapist in the Management and Rehabilitation of the Concussed Athlete. This session will present evidence contrasting active versus conservative concussion therapy protocols and the role that each healthcare professional plays in the management of this condition.

Dr. Joshua Bletzinger will present evidence supporting the efficacy of the Functional Movement Screen as a reliable diagnostic tool to assess movement patterns as a predictor of musculoskeletal injury. This presentation will be followed by a hands-on lab.

Target Audience

Certified athletic trainers, physical therapists and other healthcare professionals completing the workshop will be abreast of current trends in sports medicine and will be able to implement these programs in their employment setting.

According to the education levels described by the PDC, this continuing education course is considered to be Advanced Level.

Featured Presenters

Brian Chilelli, MD
Orthopedic Surgeon, Cadence Health/Northwestern Hospital Chicago, IL

Michael Palm MS, MBA, ATC
Manager Concussion Services, Athletico Oak Brook, IL

Josh Bletzinger DC, CCSP, ATC, CSCS
Performance Clinics & Athletes Edge Batavia, IL

David R. Reetz, PhD, HSSP
Director of Counseling Services, Aurora University Aurora, IL

Jennifer Bruck PT, DPT
Physical Therapist, Athletico Oak Brook, IL

Saturday, February 7, 2015

University Banquet Hall | Aurora University
1410 Marseillaise Pl. | Aurora, IL 60506

Schedule of Topics

7:30–8:00 a.m.

Registration (continental breakfast)

8:00–8:55 a.m.

Assessment and Treatment Options for Articular Cartilage Lesions

9:00–9:55 a.m.

Perfectionism as a Non-Stigmatizing Construct to Identify and Refer Student-Athletes with Anxiety Concerns

10:00–10:55 a.m.

The Role of the Athletic Trainer and Physical Therapist in the Management and Rehabilitation of the Concussed Athlete

11:00 a.m.–1:00 p.m.

Functional Movement Screen — Presentation — Lab

Fees: Space is limited to the first 50 registrants. The registration fee for certified professionals is \$50. The registration fee for noncertified students is \$25. Preregistration is required by Wednesday, February 4, 2015.

BOC Continuing Education:* Evidence Based Practice CEUs applied for. This course is currently under review by the Board of Certification to offer 5 CEUs for Evidence Based Practice category continuing education. Certified Athletic Trainers are responsible for claiming only those hours actually spent participating in the continuing education activity. Attendance verification forms will be distributed at the conclusion of the workshop.

CPDU Continuing Education: This course has been approved for 5 CPDUs by the Illinois State Board of Education. Attendance verification forms will be distributed at the conclusion of the workshop.

Cancellation/Refund Policy: All refund requests must be made in writing to Aurora University, c/o Athletic Training Education, via fax, mail or email. No refunds will be made on site. Full refunds will be given if a written request is received by Monday, February 2, 2015.

For More Information: Dr. Oscar Krieger | Aurora University Athletic Training Education
347 S. Gladstone Ave. | Aurora, IL 60506
Telephone: 630-844-4224 | Fax: 630-844-4923
Email: okrieger@aurora.edu



*Aurora University is recognized by the Board of Certification, Inc. to offer continuing education for certified athletic trainers.

To register, please check the costs that apply. Online registration is also available at aurora.edu/smw.

- Cost for certified professionals: \$50
- Cost for noncertified students: \$25
- Aurora University Preceptor

Continental breakfast and refreshments are included in the registration fee.

Name _____

Address _____

City/State/ZIP _____

Phone _____ Email _____

BOC Certification # _____

Primary Employment Setting: High School Clinic College or University
 Clinic Outreach Industrial
 Other _____

Payment must accompany registration form. Make check payable to Aurora University.

A credit card option is available. Please complete the information below.

Payment by credit card: Visa MasterCard Discover

Card # _____

Expiration date _____

Signature _____

Total to be charged _____

Please fax or mail completed registration form along with payment to:



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Athletic Training Education
Dr. Oscar Krieger
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Aurora, IL 60506-4892
Fax: 630-844-4923

Online registration is also available at aurora.edu/smw.