

Friday, November 4, 2016  
7:30am – 4:30pm

Einhorn Auditorium  
Lenox Hill Hospital  
131 East 76th Street  
New York, NY 10021



# 5th Annual James A. Nicholas Sports Medicine Symposium

## Return to Play

### Course Director

Stephen J. Nicholas, MD, Director, Nicholas Institute of Sports Medicine and Athletic Trauma (NISMAT) at Lenox Hill Hospital

### Northwell Health faculty

Benjamin B. Bedford, MD  
Takumi Fukunaga, DPT, SCS, ATC, CSCS  
Steven J. Lee, MD  
Malachy P. McHugh, PhD  
Matthew Mendez-Zfass, MD  
Michael J. Mullaney, DPT, SCS  
Stephen J. Nicholas, MD  
Jose R. Rodriguez, MD  
Timothy F. Tyler, PT, ATC

### Guest faculty

E. Lyle Cain Jr., MD  
Michael B. Fox, PT, SCS, MTC  
Kevin E. Wilk, PT, DPT, FAPTA

This conference is organized by the Nicholas Institute of Sports Medicine and Athletic Trauma (NISMAT). This symposium is made possible by a gift from the family of Leon Hess.



## Statement of need

This conference will address a broad range of conditions typically seen in sports medicine practices. The emphasis will be on return to play decisions, the time frame for successful return to play, the clinical milestones that indicate readiness for return to play, and the biological time frame for return to play. Clinicians need to be able to identify the balance between athlete readiness and biological tissue repair in order for the athlete to safely return to sports participation. Clinicians will be able to make more informed decisions involving return to play situations by utilizing evidence-based guidelines.

## Learning objectives

All Northwell Health continuing medical education activities are designed to improve patient care, safety and outcomes. At the conclusion of this conference, participants should be able to:

- **Utilize** evidence-based decisions on return to play for patients with specific conditions, including hand fractures and dislocations, multi-ligament knee injury, adductor strains and concussion.



- **Make** evidence-based decisions on return to play for patients who have undergone procedures including ulnar collateral ligament repair in the throwing athlete, ACL reconstruction, shoulder stabilization surgery, total joint arthroplasty, lumbar discectomy and Achilles tendon repair.
- **Apply** specific tests and objective measures to determine readiness for return to play.
- **Provide** clear instruction on functional tests that are important in determining readiness to return to play for the specific conditions addressed.
- **Differentiate** between time required for biological healing of injured tissue versus time required to recondition the athlete when determining readiness for return to play.

## Target audience

Sports medicine trained orthopaedists and general practitioners, physical therapists, athletic trainers, personal trainers and strength and conditioning specialists

## CME accreditation

Northwell Health is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians

## Credit designation

Northwell Health designates this educational activity for a maximum of **7.0 AMA PRA Category 1 Credits™**. Physicians should only claim credit commensurate with the extent of their participation in the activity.

## Faculty disclosure policy

Northwell Health adheres to the ACCME's Standards for Commercial Support. Any individuals in a position to control the content of a CME activity, including faculty, planners, reviewers or others, are required to disclose all relevant financial relationships with commercial interests. All relevant conflicts of interest will be resolved prior to the commencement of the activity

Dr. Stephen Nicholas attending to an injured player.

# Continuing Education Credits

## Physical Therapists

Long Island Jewish Medical Center, a member of Northwell Health, is recognized by the New York State Education Department's State Board for Physical Therapy as an approved provider of physical therapy and physical therapist assistant continuing education. Participants will receive a certificate at the completion of the conference for **8.4** contact hours.

## Athletic Trainers

Northwell Health is recognized by the Board of Certification Inc. to offer continuing education for certified athletic trainers. This program has been approved for a maximum of 7.0 hours of category A continuing education. Certified athletic trainers are responsible for claiming only those hours actually spent participating in continuing education activity. BOC Approved Provider Number: P8350. Number of hours actually participated: **7.0**.

A certificate of attendance will be provided to all professionals.

## Registration fees

**\$100** for Northwell Health physicians and employees, **\$200** for non-Northwell Health physicians, **\$100** for students, **\$150** for all others, **\$250** for on-site registration. Registration fee includes course materials and CME/CEU certificate of attendance.

## Cancellation policy

To receive a refund, all cancellations must be confirmed in writing to the Office of Continuing Medical Education by October 28, 2016. An administrative fee of \$25 will be kept for all cancellations. No refunds will be given after this date or for "no-shows."

# Faculty

## Guest faculty

### **E. Lyle Cain Jr., MD**

Dr. Cain is board certified in orthopaedic surgery and orthopaedic sports medicine and practices at the Andrews Sports Medicine & Orthopaedic Center. He is extensively published in orthopaedic sports medicine and has presented multiple papers and instructional courses for the American Academy of Orthopaedic Surgeons, American Orthopaedic Society for Sports Medicine and The International Society for Arthroscopy and Knee Surgery. A renowned expert on the treatment of ulnar collateral ligament injuries of the elbow in baseball players, Dr. Cain is a member of the Board of Directors of the American Sports Medicine Institute (ASMI) and the American Baseball Foundation (ABF). He is also on the Board of Directors of the American Orthopaedic Society for Sports Medicine (AOSSM). Dr. Cain serves as team physician for the University of Alabama and medical director for the University of West Alabama. He is also an orthopaedic consultant for Birmingham-Southern College and the Birmingham Barons, AA affiliate of the Chicago White Sox. In addition, Dr. Cain is a team physician for several high schools.

### **Michael B. Fox, PT, SCS, MTC**

Mr. Fox is a board certified sports clinical specialist, a certified manual therapist, a Titleist Performance Institute-certified golf fitness instructor, a Hospital for Special Surgery-credentialed advanced hip clinician and an International Rugby board certified first aid in rugby educator. He co-founded STAR (Sports Therapy and Rehabilitation) in 1999. Mr. Fox is a team physical therapist for the USA Eagles men's national rugby team and head physical therapist for the New York Athletic Club rugby team, an adjunct professor at New York University (NYU), and a clinical supervisor at SUNY Stony Brook. He was recently published in James Andrews, MD's renowned medical textbook *The Athlete's Shoulder* and frequently lectures and writes for various professional organizations such as the American Physical Therapy Association and NYU. Mr. Fox previously worked as a senior physical therapist at the Nicholas Institute of Sports Medicine and Athletic Trauma, Lenox Hill Hospital.

### **Kevin E. Wilk, PT, DPT, FAPTA**

Dr. Wilk has been a physical therapist, researcher and educator for over 30 years. He is currently associate clinical director for Champion Sports Medicine (a physiotherapy facility) in Birmingham, Alabama. In addition, he is the director of rehabilitative research at the American Sports Medicine Institute in Birmingham and is adjunct assistant professor in the physical therapy program at Marquette University in Milwaukee, Wisconsin. Dr. Wilk has worked with professional baseball players for 26 years and is the rehabilitation consultant for the Tampa Bay Rays. He has published more than 165 journal articles and 105 book chapters, has lectured at over 750 professional and scientific meetings and has edited eight textbooks. Dr. Wilk has received numerous professional awards, including sports section Blackburn Hall of Fame, APTA Catherine Worthingham Fellowship; Ron Peyton Award for career achievement from the sports physical therapy section of the APTA, and the James Andrews Award for achievement in the area of baseball science. Dr. Wilk was president of the sports section of the APTA from 2007 - 2010.

## NISMAT/Lenox Hill Hospital/ Northwell Health Faculty

### **Benjamin B. Bedford, MD**

Dr. Bedford is a fellowship-trained orthopaedic surgeon specializing in sports medicine and is currently practicing at Lenox Hill Hospital and NY Orthopedics. Dr. Bedford completed a sports medicine fellowship at the American Sports Medicine Institute in Birmingham, Alabama, under the direction of James R. Andrews, MD. He has presented research and instructional lectures at numerous orthopaedic conferences. Additionally, Dr. Bedford has authored research articles in topics related to orthopaedics and sports medicine. He currently performs clinical research at the Nicholas Institute for Sports Medicine and Athletic Trauma.

### **Takumi Fukunaga, DPT, SCS, ATC, CSCS**

Dr. Fukunaga is the manager of rehabilitation services and research assistant at the Nicholas Institute of Sports Medicine and Athletic Trauma. Dr. Fukunaga is a board-certified sports clinical specialist,

certified athletic trainer, certified strength and conditioning specialist, and holds an academic appointment as assistant professor in the Department of Physical Medicine and Rehabilitation at the Hofstra Northwell School of Medicine. He has also been the athletic trainer for the NYU men's ice hockey team (2015 ACHA D2 national champions) since 2008.

### **Steven J. Lee, MD**

Dr. Lee is a board-certified orthopaedic surgeon and a fellow of the American Academy of Orthopaedic Surgeons. Dr. Lee completed a hand and upper extremity fellowship at NYU/Hospital for Joint Diseases and a sports medicine fellowship at Lenox Hill Hospital. He is the chief of hand and upper extremity surgery at Lenox Hill Hospital. During his training, Dr. Lee participated in the care of the New York Jets, Islanders and Rangers, and served as team physician for the New Jersey Red Dogs/ Gladiators and Hofstra University. He is also a consultant for the PGA tour. Dr. Lee is widely published in peer-reviewed journals and has presented at numerous national meetings.

### **Malachy P. McHugh, PhD**

Dr. McHugh is the director of research at the Nicholas Institute of Sports Medicine and Athletic Trauma (NISMAT) at Lenox Hill Hospital, where he leads a multidisciplinary research team. Dr. McHugh is a fellow of the American College of Sports Medicine, an associate member of the American Orthopaedic Society for Sports Medicine, and a member of the Orthopaedic Research Society. He is an adjunct professor in the Department of Physical Therapy at New York University and has also held teaching positions in the Department of Physical Therapy at Stony Brook University and the Department of Physical Education at Hunter College in New York City. Dr. McHugh has been a consultant with the New York Rangers since 2000. He is on the editorial board for the *Scandinavian Journal of Medicine and Science in Sports* and has more than 100 publications in peer-reviewed journals.

### **Matthew Mendez-Zfass, MD**

Dr. Mendez-Zfass is a fellowship-trained orthopaedic surgeon who focuses on both

## Faculty

operative and non-operative management of sports-related injuries, musculoskeletal injuries and arthritis. Dr. Mendez-Zfass served as a resident at the University of Miami at Jackson Memorial Hospital where he participated in the care of athletes from the University of Miami and the Miami Marlins.

Following residency, Dr. Mendez-Zfass completed a sports medicine fellowship at Lenox Hill Hospital. During his fellowship he concentrated on minimally invasive and advanced arthroscopic techniques for the treatment of sports-related injuries and participated in the care of athletes from the New York Jets, New York Islanders, Manhattanville College, Hunter College, and various New York City high school teams. Dr. Mendez-Zfass has authored a variety of research articles and book chapters on a variety of topics in the field of orthopaedics and sports medicine.

### **Michael J. Mullaney, DPT, SCS**

Dr. Mullaney is a clinical research consultant at the Nicholas Institute of Sports Medicine and Athletic Trauma (NISMAT) at Lenox Hill Hospital. He has a board certification as a sports certified specialist and established Mullaney & Associates Physical Therapy, LLC in Matawan, New Jersey, in 2007. Dr. Mullaney is extensively published in peer-reviewed sports medicine journals, has presented at multiple sports medicine conferences, and co-authored several book chapters. He is a past chairman for the shoulder special interest group of the sports physical therapy section of the APTA.

### **Stephen J. Nicholas, MD**

Dr. Nicholas is the director of the Nicholas Institute of Sports Medicine and Athletic Trauma at Lenox Hill Hospital and director of the sports medicine fellowship program at Lenox Hill Hospital. Dr. Nicholas is the founder and current director of NY Orthopedics, a full-service practice committed to providing personalized and expert care for all types of orthopaedic injuries and conditions. He has served as the orthopaedic team physician for the New York Jets Football Club, the New York Islanders Hockey Team, Hofstra University, the New Jersey Gladiators and the New Jersey Rockin' Rollers. He also served as a member of the

mayor's New York City Sports Commission. Dr. Nicholas has been recognized as "One of New York's Best Doctors" by *New York Magazine* for the last 10 years. He is a member of the American Orthopaedic Association and the American Orthopaedic Society for Sports Medicine and is extensively published in the sports medicine literature.

### **Jose R. Rodriguez, MD**

Dr. Rodriguez is the vice chairman of the Department of Orthopaedics and the director of the Arthroplasty Fellowship Program at Lenox Hill Hospital. He is a fellowship-trained orthopaedic surgeon who specializes in the treatment of traumatic and developmental conditions of the hip and knee. Dr. Rodriguez is skilled in arthroscopy, total joint replacement and revisions, as well as fracture surgery. He has published numerous scientific articles including those pertaining to surgery for rheumatoid arthritis, total hip and knee reconstructions and the treatment of adolescent hip disorders. Dr. Rodriguez is involved in ongoing scientific research investigating the mechanisms of wear of the articulating surfaces of total hip replacements, the process of bony adaptation to implants and the arthroscopic treatment of conditions of the hip. He serves on the editorial boards of the *Journal of Arthroplasty* and the *HSS Journal*.

### **Timothy F. Tyler, PT, ATC**

Mr. Tyler is a clinical research consultant at the Nicholas Institute of Sports Medicine and Athletic Trauma at Lenox Hill Hospital. In 2001, he established PRO Sports Physical Therapy of Westchester, a private practice in Scarsdale, NY. Mr. Tyler is also head athletic trainer at Scarsdale High School in Westchester. He is a member of the American Physical Therapy Association, American Orthopaedic Society for Sports Medicine, National Athletic Trainers' Association and serves on the editorial board of *The Journal of Sport Rehabilitation* and *The International Journal of Sports Physical Therapy*. He has published more than 40 articles in peer-reviewed journals and numerous book chapters. Mr. Tyler was the president of the sport physical therapy section of the American Physical Therapy Association from 2010 to 2016.

## Planning committee

**Benjamin B. Bedford, MD**, Consultant  
Nicholas Institute of Sports Medicine and Athletic Trauma (NISMAT)

**Janet Christenson, MHA**, Administrative Director  
Nicholas Institute of Sports Medicine and Athletic Trauma (NISMAT)

**Malachy McHugh, PhD**, Director of Research  
Nicholas Institute of Sports Medicine and Athletic Trauma (NISMAT)

**Patric McQuade, MS, PT**, Assistant Vice President  
Northwell Health Rehabilitation Service Line

**Stephen J. Nicholas, MD**, Director  
Nicholas Institute of Sports Medicine and Athletic Trauma (NISMAT)

**Ryan J. Strong**, Program Manager,  
Conference Coordinator  
Northwell Health Rehabilitation Service Line

### Conference coordinated by:

#### **Northwell Health Rehabilitation Network**

**Janet Christenson, MHA**, Administrative Director  
Nicholas Institute of Sports Medicine and Athletic Trauma (NISMAT)

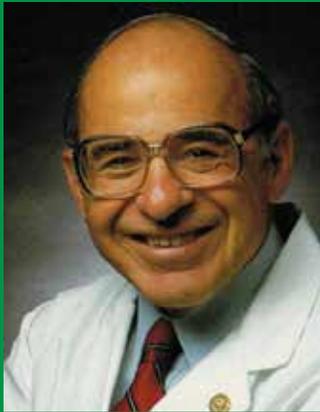
**Malachy McHugh, PhD**, Director of Research  
Nicholas Institute of Sports Medicine and Athletic Trauma (NISMAT)

**Patric McQuade, MS, PT**, Assistant Vice President  
Northwell Health Rehabilitation Service Line

**Ryan J. Strong**, Program Manager,  
Conference Coordinator  
Northwell Health Rehabilitation Service Line

## Acknowledgments

All educational/financial support will be acknowledged on the day of the program.



**James A. Nicholas, MD**



Dr. James A. Nicholas on sidelines with New York Jets quarterback Joe Namath.

## 5th Annual James A. Nicholas Sports Medicine Symposium: Return to Play November 4, 2016

### Program Agenda

7:30am	<b>Registration / breakfast</b>	
8:00am	<b>Opening remarks</b>	Stephen J. Nicholas, MD
8:10am	ACL Reconstruction: How do we balance biological versus performance factors in return to play decisions?	Kevin E. Wilk, PT, DPT, FAPTA
9:00am	Arthroscopic Bankhart Repair in the Contact Athlete: How long do we need to wait before return to play?	Stephen J. Nicholas, MD
9:30am	Return to Play with Hand Injuries: My doctor said I cannot play!	Steven J. Lee, MD
10:00am	<b>Coffee break</b>	
10:15am	UCL Repair versus Reconstruction: Is return to play quicker and safer with repair?	E. Lyle Cain, Jr., MD
11:00am	Fear Avoidance and Return to Play: Are we missing something in the ACL rehabilitation?	Takumi Fukunaga, DPT, SCS, ATC, CSCS
11:30am	Return to Play After Multi-Ligament Knee Injury: What is the treatment algorithm and time frame?	Benjamin B. Bedford, MD
12:00pm	<b>Lunch</b> (Light Lunch will be provided)	
1:00pm	Achilles Repair: Is stretch out of the repair a consideration in return to play?	Michael J. Mullaney, DPT, SCS
1:30pm	Adductor Strains: What clinical signs and tests dictate return to play?	Timothy F. Tyler, PT, ATC
2:00pm	Total Joint Arthroplasty: What sports can athletes expect to return to play?	Jose R. Rodriguez, MD
2:30pm	<b>Coffee break</b>	
2:45pm	Return to Play after Lumbar Microdiscectomy: How can we decrease the risk of re-injury?	Michael B. Fox, PT, SCS, MTC
3:15pm	Concussions: Does the stepwise return to play process fit all athletes?	Matthew Mendez-Zfass, MD
3:45pm	Return to Play and Re-Injury: Do we have effective prevention strategies?	Malachy P. McHugh, PhD
4:15pm	<b>Closing remarks</b>	Stephen J. Nicholas, MD
4:30pm	<b>Adjourn</b>	

# Registration Form

## Fees

\$100 for Northwell Health physicians and employees  
\$200 for non-Northwell Health physicians  
\$100 for students  
\$150 for all others  
\$250 for on-site registration

Three ways to register:

- Online at [northwell.edu/NISMATreturntoplay2016](http://northwell.edu/NISMATreturntoplay2016)
- Fax this form with credit card information to (516) 465-8204
- Mail this form with a check made payable to “NISMAT – Sports Medicine”  
to Northwell Health Office of CME, 175 Community Drive, 2nd Floor, Great Neck, NY 11021

## Registration information (Please print clearly)

Name: \_\_\_\_\_

Credentials: \_\_\_\_\_

Address: \_\_\_\_\_

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

Phone (Days): \_\_\_\_\_ Cell: \_\_\_\_\_

Email: \_\_\_\_\_

Affiliation: \_\_\_\_\_ Specialty: \_\_\_\_\_

Please Indicate: MD DO PA PT PTA ATC

Other \_\_\_\_\_

Charge \$ \_\_\_\_\_ to my  VISA  Mastercard  AMEX  Discover

Credit Card #: \_\_\_\_\_

Exp. Date: \_\_\_\_\_

(PLEASE LIST ALL 16 DIGITS FROM YOUR CREDIT CARD AND EXPIRATION DATE)

Authorizing Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**A confirmation letter will be sent.**

## Cancellation policy

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