



# 7th Annual James A. Nicholas Sports Medicine Symposium: Injury Prevention

Friday, November 9, 2018  
7:30am – 4:15pm

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

## Co-Course Directors

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

Malachy P. McHugh, PhD, Director of Research  
Nicholas Institute of Sports Medicine and Athletic Trauma (NISMAT)  
at Lenox Hill Hospital

This symposium is made possible by a gift from the family of Leon Hess.

## Course faculty

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

## Guest faculty

W. Ben Kibler, MD  
Lynn Snyder-Mackler, PT, ATC, Sc.D, SCS,  
FAPTA



## 7th Annual James A. Nicholas Sports Medicine Symposium: Innovations in Sports Medicine

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### Program Agenda

- 8am**      **Opening Remarks: The Process of Injury Prevention**  
Malachy P. McHugh, PhD
  
- 8:15am**    **The Concept of Linkage: The Legacy of James A. Nicholas**  
Stephen J. Nicholas, MD
  
- 8:30am**    **Current Concepts of Scapular Function and Dysfunction: Implications for Injury Risk, Treatment and Prevention**  
W. Ben Kibler, MD
  
- 9:15am**    **Do Intraarticular Surgical Procedures of the Hip Prevent Osteoarthritis?**  
Gregory J. Galano, MD
  
- 9:45am**    **Does ACL reconstruction prevent osteoarthritis of the knee?**  
Matthew Mendez-Zfass, MD
  

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- 10:15am**    **15 Minute Break**
  

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- 10:30am**    **Prevention of Groin Strains in Sports**  
Timothy F. Tyler, PT, ATC
  
- 11am**      **Prevention of Ankle Sprains in Sports**  
Michael J. Mullaney, DPT, SCS
  
- 11:30am**    **Prevention of Hamstring Strains in Sports**  
Benjamin B. Bedford, MD
  

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- 12pm**      **Lunch (light lunch will be provided)**
  

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- 1pm**        **Prevention of Reinjuries After ACL Reconstruction**  
Lynn Snyder-Mackler , PT, ATC, Sc.D, SCS, FAPTA
  
- 1:45pm**    **Sports Specific Performance Demand and Injury Risk**  
Takumi Fukunaga, DPT, ATC, CSCS
  
- 2:15pm**    **Athlete Load Management in Injury Treatment and Prevention**  
Brandon Schmitt DPT, ATC
  

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- 2:45pm**    **15 Minute Break**
  

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- 3pm**        **Prevention of Golf Injuries**  
Steven J. Lee, MD
  
- 3:30pm**    **To Stretch or Not to Stretch: The Role of Stretching in Injury Prevention**  
Malachy P. McHugh, PhD
  
- 4pm**        **Closing Remarks**  
Stephen J. Nicholas, MD
  
- 4:15pm**    **Adjourn**

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**Course description:** The primary role of sports medicine clinicians is to treat injuries. However, clinicians also play a role in injury prevention for the uninjured athletes they care for, as well as preventing injury recurrences or additional injuries in the patients they are treating. Across a wide range of sports injuries, the biggest risk factor for injury is previous injury. Many clinicians do not have specific training and experience in the process of injury prevention. Clinicians need to be educated on the process of injury prevention through specific examples in the healthy uninjured athlete populations and the goals associated with the prevention of reinjury and subsequent related injuries for athletes receiving clinical care.

**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:

- **Implement** effective treatment approaches to avoid subsequent related problems in patients with intraarticular hip injuries, ACL reconstructions and shoulder problems.
- **Utilize** evidence-based treatment strategies to prevent injury recurrences in patients with ankle sprains, shoulder injuries, muscle strains and ACL injuries.
- **Apply** evidence-based processes for assessing injury risk factors and implementing injury prevention strategies across a range of potential injuries.
- **Differentiate** between factors that are a consequence of the injury being treated versus factors that are a cause of the injury being treated.
- **Implement** in practice interventions to reduce the risk of new, recurrent and associated injuries.

**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 *6.75 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.

**Physical Therapy Credit Designation:** 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 8.1 contact hours.

**Athletic Trainer Credit Designation:** Northwell Health Rehabilitation Network (BOC AP#: P8350) is approved by the Board of Certification, Inc. to provide continuing education to Certified Athletic Trainers. This program is eligible for a maximum of 6.75 Category A hours/CEUs. ATs should claim only those hours actually spent in the educational program.

A Certificate of Attendance will be provided to all professionals.

### Registration fees

**\$200** for physicians

**\$100** for Northwell Health employees

**\$100** for students

**\$150** for all others

Registration fee includes course materials and CME/CEU Certificate of Attendance.

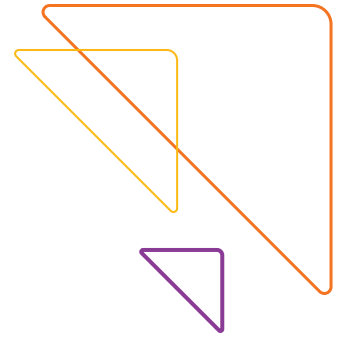
**Cancellation policy:** To receive a refund, all cancellations must be confirmed in writing to the Office of Continuing Medical Education by November 2, 2018. An administrative fee of \$25 will be kept for all cancellations. No refunds will be given after this date or for "no-shows."



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# Registration Form

### Registration fees

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\$100 for students

\$150 for all others

### Three ways to register

1. Online at [northwell.edu/CME](http://northwell.edu/CME)

2. Fax this form to **(516) 465-8204** with credit card information

3. Mail this form with credit card information, or check (made payable to "NISMAT – Injury Prevention") to:

**Northwell Health Office of CME**

**175 Community Drive, 2nd Floor**

**Great Neck, NY 11021**

### Registration Information (Please print clearly)

Name \_\_\_\_\_ Credentials (MD, DO, PhD, PA, RN, etc.) \_\_\_\_\_

Address \_\_\_\_\_

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

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

Email \_\_\_\_\_

Affiliation \_\_\_\_\_

Specialty \_\_\_\_\_

### Please indicate

MD  DO  PA  PT  PTA  ATC  Other (please specify) \_\_\_\_\_

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

Credit card # \_\_\_\_\_ Expiration date \_\_\_\_\_

Please list all 16 digits from your credit card expiration date.

Authorizing signature \_\_\_\_\_ Today's date \_\_\_\_\_

A confirmation letter will be sent.

### Cancellation Policy

To receive a refund, all cancellations must be confirmed in writing to the Office of Continuing Medical Education by November 2, 2018. An administrative fee of \$25 will be retained. No refunds will be made after this date or for "no-shows."



## Guest Faculty

**W. Ben Kibler, MD** — Dr. Kibler is a board-certified orthopedic surgeon specializing in sports medicine and shoulder and elbow conditions with the Lexington Clinic in Kentucky. Dr. Kibler has been involved in spring training medical education for all levels of the Houston Astros' sports medicine staff. He has been active in research efforts to improve treatment of shoulder and sports injuries, has published over 100 peer-reviewed articles, and lectures nationally and internationally on shoulder injuries. A fellow in the American College of Sports Medicine, Dr. Kibler is also a member of the American Shoulder & Elbow Society and The American Orthopedic Society for Sports Medicine. Dr. Kibler received his MD from Vanderbilt University, where he additionally did his residency. A star on and off the field, Dr. Kibler was an All-SEC outfielder for the Commodore baseball team, while in school.

**Lynn Snyder-Mackler, PT, ATC, Sc.D, SCS, FAPTA** — Dr. Snyder-Mackler is a board certified sports physical therapist and certified athletic trainer who is an international leader in the field of sports and orthopedic rehabilitation research. Dr. Snyder-Mackler has earned numerous prestigious awards in her field, including the University of Delaware College of Arts and Sciences Outstanding Scholar (2003), American Physical Therapy Association Marian Williams Award for Research in Physical Therapy (2004), University of Delaware University Doctoral Mentoring Award Winner (2004), Steven J. Rose Award for Excellence in Orthopaedic Research (2004, 2009 and 2011), and the John HK Maley Award for Contribution to Physical Therapy Research (2009). She was named a Catherine Worthingham Fellow of the American Physical Therapy Association in 2003, the Association's highest honor. Dr. Snyder-Mackler is a member of the American Physical Therapy Association, Orthopaedic Research Society, National Athletic Trainers Association, American College of Sports Medicine, American Orthopaedic Society for Sports Medicine, and Osteoarthritis Research Society International (OARSI). She has over 200 peer-reviewed publications.

## Course Faculty

**Benjamin B. Bedford, MD** — Dr. Bedford is a fellowship trained orthopaedic surgeon specializing in sports medicine and 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. Dr. Bedford has presented research and instructional lectures at numerous orthopaedic conferences. Additionally he 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, ATC, CSCS** — Tak is the manager of rehabilitation services and research physical therapist at the Nicholas Institute of Sports Medicine and Athletic Trauma (NISMAT). He is a licensed physical therapist, board-certified specialist in sports physical therapy, certified athletic trainer, and certified strength and conditioning specialist. Tak holds an academic appointment at the Zucker School of Medicine at Hofstra/Northwell as assistant professor in the Department of Physical Medicine and Rehabilitation. He is a master clinician for the Department of Physical Therapy at New York University. He is a member of the American Physical Therapy Association, Orthopedic and Sports Physical Therapy Sections. Tak has served as an athletic trainer for intercollegiate athletics at New York University, and currently is the athletic trainer for the NYU men's ice hockey team.

**Gregory J. Galano, MD** — Dr. Galano is a board-certified orthopaedic surgeon with specialty training in the area of shoulder and sports medicine. Dr. Galano completed a sports medicine fellowship at the Hospital for Special Surgery in New York City and specializes in shoulder, knee, and hip arthroscopy, femoroacetabular impingement (FAI) surgery, hip labral surgery, ACL and meniscal surgery, rotator cuff surgery, shoulder labral and instability surgery, cartilage restoration and joint preservation surgery, shoulder, elbow, and knee joint replacement surgery and fracture care in adults, adolescents and children. He has published in a variety of sports medicine areas and current research interests include intraarticular hip injuries.

## Planning Committee

**Janet Christenson, MHA**, Senior 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)

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

**Ryan J. Strong**, Senior Administrative Manager  
Northwell Health Orthopaedic Service Line  
Northwell Health Rehabilitation Service Line

**Timothy F. Tyler, PT, ATC**, Clinical Research Consultant  
Nicholas Institute of Sports Medicine and Athletic Trauma (NISMAT)

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



## Course Faculty *(continued)*

**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. Dr. Lee is the Chief of Hand and Upper Extremity Surgery at Lenox Hill Hospital. During this training, he participated in the care of the NY Jets, Islanders and Rangers and has 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 a visiting professor at Northumbria University Faculty of Health and Life Sciences, 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. Dr. McHugh 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 is a fellowship trained orthopedic surgeon who focuses on both operative and non-operative management of sports-related injuries, musculoskeletal injuries and arthritis. Dr. Mendez is a graduate of the University of Virginia, received his M.D. degree at Emory University School of Medicine, completed his residency at the University of Miami at Jackson Memorial Hospital and completed his sports medicine fellowship at Lenox Hill Hospital. During his tenure at the University of Miami, Dr. Mendez participated in the care of athletes from the University of Miami and the Miami Marlins. 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. He currently serves as the team physician for Queens College and York College. Dr. Mendez has authored a variety of research articles and book chapters on a variety of topics in the field of orthopedics and sports medicine.

**Michael J. Mullaney, DPT, SCS** — Mike is a clinical research consultant at the Nicholas Institute of Sports Medicine and Athletic Trauma at Lenox Hill Hospital. He has a board certified as a Sports Certified Specialist and established Mullaney & Associates Physical Therapy, LLC in Matawan, NJ in 2007. Michael is extensively published in peer-reviewed sports medicine journals, has presented at multiple sports medicine conferences, and co-authored several book chapters. Michael is a past Chairman for the Shoulder Special Interest Group of the Sports Physical Therapy Section of the APTA. In 2015 Mike received the APTA Sports Physical Therapy Section Outstanding Service Award for contributions to sports physical therapy.

**Stephen Nicholas, MD** — Dr. Nicholas is the director of the Nicholas Institute of Sports Medicine and Athletic Trauma (NISMAT). He is also the Chief of Sports Medicine at Lenox Hill Hospital and the founder, and current director of NY Orthopedics. Over the years, Dr. Nicholas has dedicated a great deal of time to treating professional, collegiate and amateur athletes. He has served as the orthopedic team physician for the New York Jets, New York Islanders and the athletes at Hofstra University. 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 ten years. He is a long-time member of the American Orthopaedic Association, which signifies honor and accomplishment in orthopedics and a commitment to active leadership in the specialty. Dr. Nicholas is a graduate of Harvard University, received his medical degree from New York Medical College followed by a residency at the Hospital for Special Surgery and a fellowship in sports medicine at Lenox Hill Hospital.

**Brandon Schmitt, DPT, ATC** — Brandon is a graduate of Slippery Rock University with degrees in athletic training and a doctorate in physical therapy. Brandon is a physical therapist at PRO Sports Physical Therapy of Westchester and the head athletic trainer at Scarsdale High School. He is Pilates Mat level 1 certified. Brandon has published in multiple international journals, has written multiple Home Study Course Chapters, and presented nationally on topics including hamstring muscle injury, barefoot running, ankle sprains, and concussion management. Brandon is a member of the American Physical Therapy Association and Sports Physical Therapy Section. He currently serves as the Knee Special Interest Group Vice Chair of the Sports Physical Therapy Section. He has recently been selected as a member of the prestigious ICCUS Society. He serves on the Editorial Board of The International Journal of Sports Physical Therapy and is a reviewer for a number of other journals.

**Timothy F. Tyler, PT, ATC** — Tim is a clinical research consultant at the Nicholas Institute of Sports Medicine and Athletic Trauma (NISMAT) at Lenox Hill Hospital. In 2001, he established PRO Sports Physical Therapy of Westchester, a private practice in Scarsdale, NY. Tim is also athletic trainer at Scarsdale High School and Manhattanville College 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 50 articles in peer-reviewed journals and numerous book chapters. Tim is a past president of the Sport Physical Therapy Section of the American Physical Therapy Association and the American Society of Shoulder and Elbow Therapists.