



# 6th Annual James A. Nicholas Sports Medicine Symposium: **Innovations in Sports Medicine**

**Friday, November 10, 2017**  
**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

## **NISMAT/Northwell Health faculty**

Benjamin B. Bedford, MD  
Elliott B. Hershman, MD  
Steven J. Lee, MD  
Malachy P. McHugh, PhD  
Matthew Mendez-Zfass, MD  
Michael J. Mullaney, DPT, SCS  
Stephen J. Nicholas, MD  
Timothy F. Tyler, PT, ATC

## **Guest faculty**

Kenneth Akizuki, MD  
Nathaniel P. Cohen, MD  
Mike Reinold, PT, DPT, SCS, CSCS

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

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### Program Agenda

**7:30am**    **Registration and Breakfast**

**8am**        **Opening Remarks**  
Stephen J. Nicholas, MD

**8:05am**    **The Innovations of James A. Nicholas**  
Malachy P. McHugh, PhD

**8:15am**    **Innovations in Elite Baseball: Sorting the Science from the Pseudoscience (Q&A 8:50)**  
Kenneth Akizuki, MD

**9am**        **Internal Bracing in Hand Surgery (Q&A 9:25)**  
Steven J. Lee, MD

**9:30am**    **Coracoclavicular Ligament Reconstruction: The Genesis of a New Surgical Procedure (Q&A 9:55)**  
Stephen J. Nicholas

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**10am**       **Coffee Break**

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**10:15am**   **The Motus Pitching Sleeve: Protecting the UCL (Q&A 10:50)**  
Michael M. Reinold, PT, DPT, SCS, CSCS

**11am**       **A New Test for Posterior Shoulder Tightness: From Concept to Clinical Practice (Q&A 11:25)**  
Timothy F. Tyler, PT, ATC

**11:30am**   **The Nicholas Manual Muscle Tester: A Tool for the Office, the Clinic, and the Sidelines (Q&A 11:55)**  
Michael J. Mullaney, DPT, SCS

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

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**1pm**        **Innovation in Orthopaedic Surgery: Developing an Idea into a Clinical Tool (Q&A 1:30)**  
Nathaniel P. Cohen, MD

**1:35pm**    **Meniscus Deficiency: Innovative Solutions for Overload Syndromes (Q&A 2:05)**  
Elliott B. Hershman, MD

**2:10pm**    **Superior Capsular Reconstruction: A New Approach to an Old Problem (Q&A 2:40)**  
Matthew Mendez-Zfass, MD

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**2:45pm**    **Coffee Break**

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**3pm**        **MPFL Reconstruction: Indications and Outcomes (Q&A 3:25)**  
Benjamin B. Bedford, MD

**3:30pm**    **Phase Change Material Cooling: A New Cryotherapy Technology (Q&A 3:55)**  
Malachy P. McHugh, PhD

**4pm**        **Closing Remarks**  
Stephen J. Nicholas, MD

**4:15pm**    **Adjourn**

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**Course description:** New treatments, devices, and surgical procedures are continually evolving in sports medicine treatment. Some of these advances improve upon the delivery of clinical care and ultimately become the standard, while others fade away as they are shown to be ineffective in clinical practice. The process of acceptance and validation versus rejection as a failed option takes time, as anecdotal evidence of effectiveness is replaced with objective evidence. Few established treatments in sports medicine are based on large randomized clinical trials and thus the practitioner must critically evaluate the rationale and supporting evidence for new treatments, devices, and surgical procedures. This activity will focus on the steps needed in order to take an idea from initial concept to clinical practice. An emphasis will also be placed on the rationale for particular innovations and the associated phases of development and validation. Through didactic lecture, attendees will be able to identify successful innovations and how best to address the gap between initial concept and clinical practice through various application methods discussed in this course.

**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** innovative tests, treatments and procedures to address specific limitations in current clinical practice.
- **Describe** the process of innovation from initial concept to clinical practice.
- **Evaluate** clinical innovations in sports medicine and subsequent rehabilitation components that will enhance the athlete's recovery process.
- **Identify** new devices, treatment strategies and/or surgical procedures based on their respective clinical settings and medical disciplines.
- **Apply** specific tests and objective measures using evidence-based innovations.

**Target audience:** Sports medicine trained orthopaedists and general practitioners, physician assistants, 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 *6.25 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.

### 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 7.5 contact hours.

**Athletic Trainers:** 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 6.25 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

**\$100** for Northwell Health physicians and employees, **\$200** for non-Northwell 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 November 3, 2017. An administrative fee of \$25 will be kept for all cancellations. No refunds will be given after this date or for "no-shows."

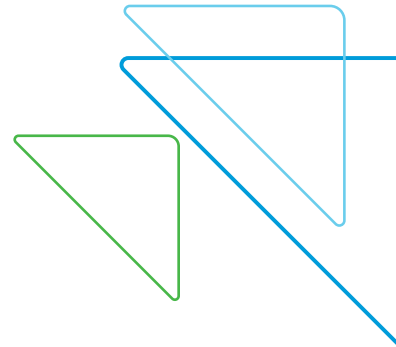


An artist's rendition of James A. Nicholas' career of innovation in sports medicine (with permission of Charles Gianfagna, artist)

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# Registration Form

### 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

### Three ways to register

1. On-line 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 – Sports Medicine") to:

**Northwell Health Office of Continuing Medical Education**

**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 3, 2017. An administrative fee of \$25 will be retained. No refunds will be made after this date or for "no-shows."

## Guest Faculty

**Kenneth Akizuki, MD** — Dr. Kenneth Akizuki is a board certified orthopedic surgeon. He received his medical degree from The George Washington School of Medicine, did his residency with the San Francisco Orthopaedic Residency Program, and completed his fellowship at Lenox Hill Hospital. Since 2000 Dr. Akizuki has been team physician for the San Francisco Giants Baseball Organization and has been an attending physician with the San Francisco Orthopaedic Surgeon's Medical Group, Inc. He is also team physician at the University of San Francisco, San Francisco State University, Skyline College, and Orthopaedic Consultant for the City College of San Francisco and Santa Clara University. Dr. Akizuki is heavily involved in cutting edge technologies. He is a member of the International Cartilage Repair Society and the Medical Advisory Committee for Major League Baseball. He was subcommittee chairman of the NCAA Committee on Competitive Safeguard and Medical Aspects of Sports and was awarded recognition by the National Athletic Trainers Association at their annual Far West meeting in 2004. He lectures at the University of California, San Jose State University, and has presented at the Major League Baseball Winter Meetings, the Genzyme Carticel Speakers Bureau and the American Academy of Orthopedic Surgeons annual meeting.

**Nathaniel P. Cohen, MD** — Dr. Cohen is a Board-Certified orthopedic surgeon and serial entrepreneur. He has founded three early-stage sports medicine companies that have been acquired. He founded two companies that developed suture anchors. He was the CEO of Eleven Blade Solutions that was acquired by ArthroCare in 2013. He was the CMO of Ross Creek Medical that was sold to Stryker in 2009. He was the founder and CEO of Cradle Medical, a shoulder bracing company

## NISMAT/Northwell Health 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.

**Elliott B. Hershman, MD** — Dr. Hershman is the Chairman of the Department of Orthopaedic Surgery at Lenox Hill Hospital. For over 20 years he has been a team orthopaedist for the New York Jets and from 1996-2010 was team orthopaedist for the New York Islanders. Additionally, since 1985 he has provided orthopaedic care for athletes at Hunter College. When the World Cup was played in New York City in 1994, Dr. Hershman was selected as the Sports Medicine Officer for all of the international teams that played at the Meadowlands

that was acquired by DJO in 2012. Dr. Cohen has experience in taking the companies from an initial idea stage through prototyping and regulatory clearance in preparation for transfer to manufacturing. In the case of Cradle, his team manufactured the brace and had limited regional sales before acquisition. In addition, Dr. Cohen has developed an expertise in financing start-ups, as well as dealing with intellectual property issues. Dr. Cohen completed his sports medicine fellowship at Lenox Hill Hospital in New York City and his residency in orthopedic surgery at Columbia University. He holds a BA (cum laude) from Yale University and an MD from Columbia University.

**Mike Reinold, PT, DPT, SCS, CSCS** — Dr. Mike Reinold is currently the co-founder and president of Champion Physical Therapy and Performance, a physical therapy and performance training facility just outside Boston, MA, after having working for the Boston Red Sox for many years as Head Athletic Trainer and Physical Therapist. He was a member of the 2007 World Series Champion team and focused on keeping pitchers healthy and rehabilitating players back to peak performance. As a physical therapist and certified strength and conditioning specialist, Mike uses his background in sport biomechanics, movement quality, muscles imbalances, and manual therapy to specialize in all aspects of human performance. He has worked extensively with a variety of professional athletes with emphasis on the care of throwing injuries in baseball players. Prior to the Red Sox, Mike was formerly the Facility Director of Champion Sports Medicine and the Coordinator of Rehabilitative Research & Clinical Education at the American Sports Medicine Institute in Birmingham, AL.

New York venue (World Cup). He is the author of numerous textbooks and publications in peer review journals.

**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



## NISMAT/Northwell Health Faculty *(continued)*

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.

### 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)

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 J. 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.

**Timothy F. Tyler, PT, ATC** — Tim 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. Tim 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 30 articles in peer-reviewed journals and numerous book chapters. Tim has been the president of the Sport Physical Therapy Section of the American Physical Therapy Association and the American Society of Shoulder and Elbow Therapists since 2010.

**Ryan J. Strong**, Program 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 financial support will be acknowledged on the day of the program.