

PHYSICIAN FACULTY

Frank R. Noyes, MD | Cincinnati, OH
Conference Co-Director; President, Cincinnati SportsMedicine Research and Education Foundation; Orthopaedic Surgeon, Cincinnati SportsMedicine and Orthopaedic Center – Mercy Health, Prof. of Orthopaedic Surgery (Emeritus), Dept. of Orthopaedic Surgery, University of Cincinnati

Matthew L. Busam, MD | Cincinnati, OH
Orthopaedic Surgeon, Cincinnati SportsMedicine and Orthopaedic Center – Mercy Health; Clinical Faculty, Cincinnati SportsMedicine Research and Education Foundation. Chief Medical Officer, FC Cincinnati; Assistant Orthopaedic Physician, Cincinnati Bengals

Jeffrey R. Dugas, MD | Birmingham, AL
Fellowship Director, ASMI; Managing Partner, Andrews Sports Medicine and Orthopaedic Center

Samer S. Hasan, MD, PhD | Cincinnati, OH
Orthopaedic Surgeon, Cincinnati SportsMedicine and Orthopaedic Center – Mercy Health; Clinical and Research Faculty, Cincinnati SportsMedicine Research and Education Foundation; Volunteer Instructor, Department of Orthopaedic Surgery, University of Cincinnati

Thomas N. Lindenfeld, MD | Cincinnati, OH
Orthopaedic Surgeon, Cincinnati SportsMedicine and Orthopaedic Center – Mercy Health; Clinical and Research Faculty, Cincinnati SportsMedicine Research and Education Foundation

Michael P. Palmer, MD | Cincinnati, OH
Orthopaedic Surgeon, The Christ Hospital; Adjunct Clinical Faculty, Cincinnati SportsMedicine Research and Education Foundation

Shital Parikh, MD | Cincinnati, OH
Co-Director, Orthopaedic Sports Center, Division of Pediatric Orthopaedics, Cincinnati Children's Hospital; Associate Professor, University of Cincinnati Department of Orthopaedic Surgery

James Andrews, MD | Birmingham, AL
Chairman and Medical Director, The American Sports Medicine Institute; Medical Director, the Andrews Institute; President and Chairman, Andrews Research and Education Foundation

Ankit Bansal, MD | Cincinnati, OH
Orthopaedic Surgeon, Mercy Health; Adjunct Faculty, Cincinnati SportsMedicine Research and Education Foundation

Mahmoud Almasri, MD | Cincinnati, OH
Director, Cincinnati Hip Preservation Center, Mercy Health – Cincinnati SportsMedicine and Orthopaedic Center; Orthopaedic Surgeon, Mercy Health – Cincinnati SportsMedicine and Orthopaedic Center; Faculty, Cincinnati SportsMedicine and Orthopaedic Center Sports Medicine Fellowship

Brian Chillelli, MD | Cincinnati, OH
Orthopaedic Surgeon, Mercy Health – Cincinnati SportsMedicine and Orthopaedic Center; Faculty, Cincinnati SportsMedicine and Orthopaedic Center Sports Medicine Fellowship; Faculty, Cincinnati SportsMedicine Research and Education Foundation

Edward Marcheschi, MD | Cincinnati, OH
Chair, Biologic Orthopaedic Committee, Mercy Health; Adjunct Faculty, Cincinnati SportsMedicine Research and Education Foundation

REHABILITATION FACULTY

Timothy P. Heckmann, PT | Cincinnati, OH
Conference Co-Director; Rehabilitation Supervisor, The Jewish Hospital Orthopaedics and Sports Rehabilitation; Clinical Instructor, College of Mount St. Joseph; Clinical and Research Faculty, Cincinnati SportsMedicine Research and Education Foundation

George J. Davies, DPT, MED, PT, SCS, ATC, LAT, CSCS, PES, FAPTA | Savannah, GA
Professor, Georgia Southern University – Armstrong Campus; Assistant Director, Biodynamics and Human Performance Center; Associate Editor, Sports Health: A Multidisciplinary Approach

Julie Jasontek, PT | Cincinnati, OH
Rehabilitation Supervisor, The Jewish Hospital Orthopaedics and Sports Rehabilitation; Clinical Faculty, Cincinnati SportsMedicine Research and Education Foundation

Russell M. Paine, PT | Houston, TX
Director of Rehabilitation and Sports Medicine, Department of Orthopedic Surgery at McGovern Medical School, The University of Texas Health Science Center at Houston; Rehabilitation Consultant, Houston Astros, Houston Rockets, and NASA

Kevin E. Wilk, DPT | Birmingham, AL
Associate Clinical Director, Champion Sports Medicine, Physiotherapy Associates Clinic; Rehabilitation Consultant, Tampa Bay Rays, St. Petersburg, FL; Associate Clinical Professor, Programs in Physical Therapy, Marquette University, Milwaukee, WI

Matthew Gingras, DPT | Cincinnati, OH
Staff Physical Therapist, The Jewish Hospital Orthopaedics and Sports Rehabilitation; Adjunct Professor, University of Cincinnati, Doctor of Physical Therapy Program

SPORTS MEDICINE FELLOW AND RESEARCH FACULTY

Dane Bolton, DO | Cincinnati, OH
Clinical Fellow, Cincinnati SportsMedicine and Orthopaedic Center – Mercy Health

Zubair Chaudry, MD | Cincinnati, OH
Clinical Fellow, Cincinnati SportsMedicine and Orthopaedic Center – Mercy Health

Daniel Johnson, MD | Cincinnati, OH
Clinical Fellow, Cincinnati SportsMedicine and Orthopaedic Center – Mercy Health

Andrew Kalthoff, DO | Cincinnati, OH
Clinical Fellow, Cincinnati SportsMedicine and Orthopaedic Center – Mercy Health

Carolyn Meder, ATC | Cincinnati, OH
Sportsmetrics™ Athletic Trainer; Cincinnati Ballet

Stephanie L. Smith, MS | Cincinnati, OH
Sportsmetrics™ Program Manager, Cincinnati SportsMedicine and Orthopaedic Center – Mercy Health

WHY YOU SHOULD ATTEND THIS COURSE:

- **SURGEONS:** Hear the latest information on clinical advances and rehabilitation for your patients
- **SPORTS MEDICINE PHYSICIANS:** Learn cutting edge treatment and advances in all aspects of sports injuries
- **REHABILITATION: PT's and ATC's** learn specific rehabilitation techniques and protocols for non-operative and operative care
- **PHYSICIAN ASSISTANTS:** Learn advanced treatments to treat your patients after sports medicine injuries
- **ALLIED HEALTH & COACHES:** Hear from the experts on sports injuries and prevention options





**Cincinnati SportsMedicine Research
& Education Foundation**

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Cincinnati OH 45242

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35TH ANNUAL VIRTUAL ADVANCES ON THE KNEE, SHOULDER, HIP AND SPORTS MEDICINE

*This course is a must for you
and your colleagues.*

2021 ADVANCES ON THE KNEE, SHOULDER, HIP & SPORTS MEDICINE MAY 28-29, 2021: **COURSE REGISTRATION**

Attendee's name: _____ Credentials _____

Address: _____

City: _____ State/Country: _____ Zip: _____

Home phone: _____ Work phone: _____ Mobile phone: _____

Email: _____

PT Lic # & State: _____ N.A.T.A. Cert #: _____ NSCA #: _____

Please select: M.D./D.O. Resident/Fellow NP Physical Therapist Athletic Trainer Physician Assistant
 P.T. Assistant NSCA Student Other (please specify) _____

At the conclusion of this virtual course, each registered attendee will receive a certificate of attendance/completion. Cincinnati SportsMedicine Research and Education Foundation does not assume responsibility for prior CEU approval.

REGISTER EARLY for your chance to win a copy of Dr. Noyes' textbook.
The first 500 people to register for this virtual course will be entered into the drawing.

REGISTRATION OPTIONS

Online www.csmoevents.com | Fax 513-792-3230 | Phone 513-794-8461
dlhartwig@csmoc.com or dlhartwig@mercy.com

Mail to CSMREF: Debbie Hartwig,
10663 Montgomery Road, Cincinnati, OH 45242

Cincinnati SportsMedicine Research and Education Foundation
Mercy Health — Cincinnati SportsMedicine & Orthopaedic Center

35TH ANNUAL

ADVANCES

ON THE

KNEE, SHOULDER, HIP AND SPORTS MEDICINE

Surgery, Rehabilitation, Clinical Outcomes

A world class conference providing education for all.

**FREE
VIRTUAL
MEETING**

MAY 28-29, 2021

**FRIDAY, MAY 28, 2021
5:00 – 9:00 PM**

**SATURDAY, MAY 29, 2021
8:00 AM – 2:00 PM**

10 CMEs/CEUs

*CSMREF does not assume responsibility
for prior CEU approval.*

WHY YOU SHOULD ATTEND THIS COURSE:

- **FREE Virtual Meeting**
- **Hear internationally recognized experts on the knee, shoulder, elbow and hip present their preferred techniques and clinical outcomes**
- **Superb nationally and internationally recognized surgeons and rehabilitation faculty**



2021 Advances on the Knee, Shoulder, Hip and Sports Medicine VIRTUAL CONFERENCE

COURSE AGENDA SESSIONS

FRIDAY, MAY 28

5:00 PM Introduction and Welcome
Frank Noyes, MD and Timothy Heckmann, PT, ATC

Session 1: Shoulder Advances

5:05 PM Shoulder Exam – What You Need to Know:
James Andrews, MD and Kevin Wilk, DPT

5:18 PM Treating the Throwing Shoulder – Non-Operative and
Operative Pearls: James Andrews, MD

5:26 PM Rehabilitation of the Throwing Shoulder – Where are We
Today with Our Program: Kevin Wilk, DPT

5:34 PM Importance of Range of Motion Measurements in the
Shoulder: Thomas Lindenfeld, MD

5:42 PM Case Presentations: **Moderator: Samer Hasan, MD, PhD;**
Panel: Ankit Bansal, MD; Thomas Lindenfeld, MD;
Zubair Chaudry, MD; Kevin Wilk, DPT

Session 2: Rotator Cuff Tears: Non-Operative vs. Operative

5:59 PM Rotator Cuff Disease in the Throwing Athlete:
Jeffrey Dugas, MD

6:07 PM Treatment of the Massive & Irreparable Rotator Cuff Tear –
2021 Update: Samer Hasan, MD, PhD

6:15 PM What Works for Rehabilitation After Rotator Cuff Surgery:
Kevin Wilk, DPT

6:23 PM Case Presentations: **Moderator: Thomas Lindenfeld, MD;**
Panel: Jeffrey Dugas, MD; Samer Hasan, MD, PhD;
Andrew Kalthoff, DO; Russell Paine, PT; Kevin Wilk, DPT

Session 3: Shoulder and Elbow Instability in the Athlete

6:40 PM Diagnosis, Treatment and Indications – Non-Operative vs
Operative Treatment: Matthew Busam, MD

6:48 PM Advances in Surgical Treatment of Shoulder Instability:
Samer Hasan, MD, PhD

6:56 PM Pearls for Shoulder Rehabilitation – Effective Techniques
that Work: Russell Paine, PT

7:04 PM UCL Surgery – UCL Reconstruction vs Internal Brace
Repair: Jeffrey Dugas, MD

7:12 PM Rehabilitation after UCL Surgery and Return-to-Sport
Criteria: Kevin Wilk, DPT

7:20 PM Case Presentations: **Moderator: Samer Hasan, MD, PhD;**
Panel: Matthew Busam, MD; Jeffrey Dugas, MD;
Thomas Lindenfeld, MD; Dane Bolton, DO;
Russell Paine, PT; Kevin Wilk, DPT



Practical Session 1

7:36 PM Practical Session 1: Rehabilitation Pearls and Pitfalls,
Scapular Dyskinesia, and Functional Progression
Faculty: George Davies, DPT; Timothy Heckmann, PT;
Russell Paine, PT; Kevin Wilk, DPT

Practical Session 2

8:18 PM Practical Session 2: Objective Return-to-Sports Criteria
Faculty: George Davies, DPT; Timothy Heckmann, PT;
Russell Paine, PT; Kevin Wilk, DPT

SATURDAY, MAY 29

8:00 AM Introduction and Welcome
Frank Noyes, MD and Timothy Heckmann, PT, ATC

Session 4: Advances in Treating Hip Disorders in 2021

8:02 AM The Athlete's Hip: Diagnosis and Treatment of the
Young Adult: Sanjeev Bhatia, MD

8:10 AM Treatment of Hip Labral Tears and FAI:
Mahmoud Almasri, MD

8:18 AM Hip Arthroscopy in the Setting of Dysplasia:
Ankit Bansal, MD

8:26 AM Posterior Hip and Gluteus Hip Pain – Diagnosis and
Treatment: Michael Palmer, MD

8:34 AM Pearls for Rehabilitation Before and After Hip Surgery:
Julie Jasontek, PT

8:42 AM Case Presentations: **Moderator: Mahmoud Almasri, MD;**
Panel: Ankit Bansal, MD; Sanjeev Bhatia, MD;
Michael Palmer, MD; Daniel Johnson, DO; Julie Jasontek, PT

Session 5: Patellofemoral Instability in the Athlete

8:51 AM Patellofemoral Rehabilitation to Avoid Surgery:
Russell Paine, PT

8:59 AM Patellofemoral Subluxation and Dislocation in the Adult:
Frank Noyes, MD

Session 6: Meniscus Repair and Transplantation

9:08 AM Cincinnati SportsMedicine Studies on Meniscus Repairs:
Frank Noyes, MD

9:16 AM Meniscus Root Tears – Clinical Experience and Techniques:
Brian Chillemi, MD

9:24 AM 2021 Update on Meniscus Transplantation:
Frank Noyes, MD

COURSE AGENDA SESSIONS *(continued)*

- 9:32 AM 2021 Update on Knee Articular Cartilage Restoration Techniques: Brian Chillelli, MD
- 9:40 AM Rehabilitation Pearls After Meniscus and Cartilage Restoration: Timothy Heckmann, PT
- 9:48 AM Case Presentations: **Moderator: Brian Chillelli, MD;**
Panel: Frank Noyes, MD; Zubair Chaudry, MD;
Timothy Heckmann, PT

Session 7: Neuromuscular Training, Functional Testing, and Return-to-Sports Objective Testing

- 9:57 AM Scientific Basis and Development of Sportsmetrics Neuromuscular Training Program: Frank Noyes, MD
- 10:05 AM Demonstration of Sportsmetrics Programs and Implementation: Stephanie Smith, MS
- 10:13 AM Demonstration of Objective Return-to-Sport Tests and Apps: Carolyn Meder, AT
- 10:21 AM Case Presentations: **Moderator: Frank Noyes, MD;**
Panel: Carolyn Meder, AT; Stephanie Smith, MS

Memorial Day Tribute

- 10:30 AM Memorial Day Tribute: George Davies, DPT

Session 8: Modern Concepts in Treating ACL Injuries

- 10:46 AM Role of Non-Operative Treatment and Solutions for “Copers”: Russell Paine, PT
- 10:54 AM Pediatric ACL Injuries and Surgical Techniques: Shital Parikh, MD
- 11:02 AM 2021 Update on ACL Graft Selection and Surgical Techniques in the Athlete: Brian Chillelli, MD
- 11:10 AM Risk Factors for ACL Surgical Failure: Frank Noyes, MD
- 11:18 AM How to Select the Proper Rehabilitation Program After ACL Surgery: Timothy Heckmann, PT
- 11:26 AM Functional Progression Strategies for Return-to-Sport: George Davies, DPT
- 11:34 AM Case Presentations: **Moderator: Frank Noyes, MD;**
Panel: Brian Chillelli, MD; Shital Parikh, MD;
George Davies, DPT; Timothy Heckmann, PT;
Russell Paine, PT

Session 9: Complex Knee Instabilities and Arthritis

- 11:43 AM Tendinopathy – Biologic and Mechanical Treatment Options: Edward Marcheschi, MD
- 11:51 AM Diagnosis and Treatment of PCL and Posterolateral Ligament Injuries: Frank Noyes, MD
- 11:59 AM Rehabilitation After Complex Knee Surgery to Avoid a Stiff Knee: Timothy Heckmann, PT
- 12:07 PM Blood Flow Restriction – Modern Concepts and Implications: Matthew Gingras, DPT
- 12:15 PM Knee Arthritis and Orthobiologics – What is Available and What Works: Edward Marcheschi, MD



- 12:23 PM Robotic Partial Knee Replacement – A Game Changer for Younger Arthritic Patients: Frank Noyes, MD
- 12:31 PM Case Presentations: **Moderator: Frank Noyes, MD;**
Panel: Brian Chillelli, MD; Edward Marcheschi, MD;
Andrew Kalthoff, DO; Timothy Heckmann, PT

Practical Session 1

- 12:39 PM Practical Session 1: ACL Rehabilitation, Neuromuscular Control, Avoiding a Stiff Knee, Cognitive Training
Faculty: George Davies, DPT; Timothy Heckmann, PT;
Russell Paine, PT; Kevin Wilk DPT

Practical Session 2

- 1:19 PM Practical Session 2: Objective Tests and How to Determine the Safe Return to Sports to Avoid Reinjury
Faculty: George Davies, DPT; Timothy Heckmann, PT;
Russell Paine, PT; Kevin Wilk DPT

Course Adjourns: 2:00 PM



SAVE THE DATE!

Join us **MAY 28–31, 2022** as we return to the Sonesta Resort and Hilton Head Island for our 36th Annual Advances on the Knee, Shoulder, Hip, and Sports Medicine Conference!!



NOTE: photos are from the 2019 Advances Course and reflect what our 2022 Advances Course will return to. Please join us.

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2021 COURSE DATES:

May 14-15

June 25-26

July 23-24

August 27-28

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Frank R. Noyes, MD, internationally-renowned knee surgeon and sports medicine specialist. Unparalleled resource on the diagnosis, management, and physical therapy of knee disorders.

