

## Course Description

Management of ligamentous knee injuries has evolved over the years in regards to surgical considerations and techniques, as well as rehabilitative management. This one-day course will cover a variety of topics related to treatment approaches for ligamentous knee injuries including surgical considerations, rehabilitation principles in both operative and non-operative patients, and how to bridge the gap from clinic-based care back to sport. The course will also discuss the mental health component of ligamentous knee injuries in our athletes and how these can be best managed throughout their recovery.

## Objectives

The Aurora BayCare Sports Medicine Symposium will provide attendees with the opportunity to develop an understanding of:

1. Surgical management and rehabilitation considerations associated with ligamentous knee injuries.
2. Variations of medical management and rehabilitation for prepubescent athletes with ligamentous knee injuries.
3. Non-operative medical management and rehabilitation considerations of ligamentous injuries.
4. Referral sources and interdisciplinary principles in managing athletes from the time of injury then back to playing environment.

## Target Audience

This course is intended for physicians primarily in orthopedics, physical therapists and assistants, athletic trainers, personal trainers, and strength and conditioning specialists that assist in management of ligamentous knee injuries.

## Vendors

We would like to thank our vendors for their support of the Aurora BayCare Current Concepts in Sports Medicine Symposium. You will be able to chat in-person with our vendors during breaks and lunch.

## Lecture Notes

Presentation links will be available electronically the day of the symposium. Early access will not be available.

## Register Online

[ce.advocatehealth.org](http://ce.advocatehealth.org)  
Search: Current Concepts

Course Fees	(Through Oct 2)	(Oct 3 - Oct 18)
MD/DO	\$200	\$250
Allied Health	\$125	\$175
Students	\$25	\$25

Online registration payment by credit card only.

## For More Information

For registration questions contact Jackie Goddard at 920-932-6011 or email [jacklyn.goddard@aah.org](mailto:jacklyn.goddard@aah.org)

Advocate Health subscribes to the articles of Title III of the Americans with Disabilities Act of 1990. Should you or anyone accompanying you require special assistance, please notify us by contacting 920-932-6011.

## Cancellations

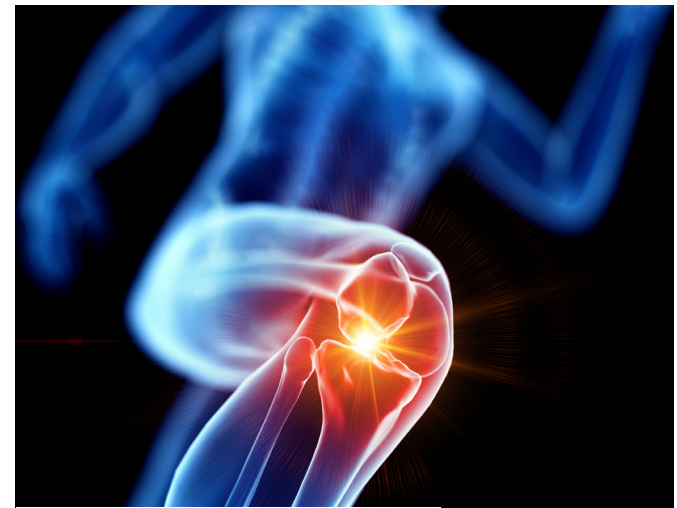
Refund requests must be made in writing and sent to [tracy.reynolds@aah.org](mailto:tracy.reynolds@aah.org) by October 3, 2024. No refunds will be made after that time or in the case of non-attendance. Refunds for cancellations will be processed after the symposium.

The symposium reserves the right to cancel the event due to insufficient attendance, weather or any other unforeseen event. In case of cancellation, a refund will be made after the event.

## Location

Virtually through Microsoft Teams & In-Person at Aurora BayCare Medical Center Campus - 1160 Building 1160 Kepler Dr. • Green Bay, WI 54311 • 920-288-5491

*Advocate Health ensures balance, independence, objectivity, and scientific rigor in all of its accredited continuing education. All participating faculty, course directors, and planning committee members are required to disclose to the program audience any financial relationships related to the subject matter of this program. Disclosure information is reviewed in advance in order to manage and mitigate any relevant financial relationships with ineligible companies. All faculty and planning committee members have attested that their financial relationships do not affect their ability to present well-balanced evidence-based content for this activity. Specific disclosure information for each course faculty will be shared with the audience prior to the faculty's presentation.*



Friday, October 18, 2024

# Aurora BayCare Current Concepts in Sports Medicine Symposium: Ligamentous Knee Injury Management

Aurora BayCare Medical Center Campus  
1160 Building  
Green Bay, WI

Aurora BayCare  
Sports Medicine

## Accreditation

### Accreditation Statement



In support of improving patient care, Advocate Health is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

### Credit Statements

#### American Medical Association (AMA)

Advocate Health designates this live activity for a maximum of 7.25 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The following continuing education units (CEUs) or contact hours of continuing education are approved according to the guidelines set forth and agreed upon by each of the following accrediting groups. It is the participant's responsibility to submit proof of attendance to the accrediting groups for continuing education credit.

#### American Physical Therapy Association

This course is approved by the APTA for 7.25 contact hours. Physical therapists are responsible for claiming only those hours actually spent participating in the CE activity. **Course # CEUL135103**

#### Certified Athletic Trainers



Aurora BayCare is approved by the Board of Certification Inc. to offer continuing education for certified athletic trainers.

This program is approved for a maximum of 7.25 hours of Category A continuing

education credits. Certified athletic trainers are responsible for claiming only those hours actually spent participating in the CE activity. **BOC approved provider No. P3482.**

#### NSCA



National Strength and Conditioning Association (NSCA) approved 0.3 CEU(s) in Category A for certified individuals attending this event. **Activity Code: L1057-E2410**

# Program Agenda

7:45 – 8:00 a.m.

8:00 – 8:10 a.m.

8:10 – 8:40 a.m.

8:40 – 9:00 a.m.

9:00 – 9:20 a.m.

9:20 – 10:00 a.m.

10:00 – 10:30 a.m.

10:30 – 11:00 a.m.

11:00 – 11:20 a.m.

11:20 – 11:30 a.m.

11:30 – 12:10 p.m.

12:10 – 12:30 p.m.

12:30 – 1:00 p.m.

1:00 – 1:20 p.m.

1:20 – 1:50 p.m.

1:50 – 2:10 p.m.

2:10 – 2:40 p.m.

2:40 – 3:00 p.m.

3:00 – 3:45 p.m.

3:45 – 4:30 p.m.

### Welcome/Course Overview

Jon Henry, MD & John Awowale, MD - Orthopedic and Sports Medicine BayCare Clinic

### Case Study Introduction

Michael Hegewald, PT, DPT, SCS - Aurora BayCare Sports Medicine

### Multi-ligamentous Knee Injuries

Harold J Schock, MD - Orthopedic and Sports Medicine BayCare Clinic

### Graft Choice - Is There a Perfect Graft?

Geoffrey Baer, MD, PhD - University of Wisconsin-Madison and UW Health

### Break and Vendor Exhibits

### What's the Pop? Knee Evaluation and Examination

Molly Day, MD - University of Wisconsin-Madison and UW Health

### Pediatric Ligamentous Knee Injuries

Scott Van Valin, MD - Children's Wisconsin

### Panel Discussion

Moderated by John Awowale, MD - Orthopedic and Sports Medicine BayCare Clinic

### Clinical Pearls - What not to miss!

Joseph Wolcott, PT, DPT, SCS - Aurora BayCare Sports Medicine

### Case Study Update

Michael Hegewald, PT, DPT, SCS - Aurora BayCare Sports Medicine

### Lunch and Vendor Exhibits

### MPFL

Molly Day, MD - University of Wisconsin-Madison and UW Health

### Non-operative Ligamentous Rehabilitation

Dan Reznichuk, PT, DPT, LAT, SCS - Aurora BayCare Sports Medicine

### Medical Management of Depression and Anxiety with Athletes

Alec Wilhelmi, MD - Aurora Health Care

### Imagery in Rehab for ACL

Derrick Mason, MS - Aurora BayCare Sports Medicine

### Case Study - Rehab

Michael Hegewald, PT, DPT, SCS - Aurora BayCare Sports Medicine

### Panel Discussion

Moderated by John Awowale, MD - Orthopedic and Sports Medicine BayCare Clinic

### Break and Vendor Exhibits

### Lab - Training Reactionary Movement

Katelyn Peterson, PT, DPT, OCS - Aurora BayCare Sports Medicine  
Michael Hegewald, PT, DPT, SCS - Aurora BayCare Sports Medicine

### Lab - Transitional Rehab for Knee Injuries

Dan Reznichuk, PT, DPT, LAT, SCS - Aurora BayCare Sports Medicine