



**30th Annual Cabarrus
County Sports
Medicine Symposium**
January 19th, 2019
Concord, NC

**On Behalf of Dr. Kevin Burroughs, Scott Barringer & the 30th Annual Symposium
Planning Committee,**

You are invited to the:

[30th Annual Sports Medicine Symposium](#) on Saturday **January 19th
at the Carolinas HealthCare System NorthEast in Concord, NC.**

Registration is NOW OPEN: <http://www.cvent.com/d/0bqn2p/1Q>

<http://www.cvent.com/events/30th-annual-cabarrus-county-sports-medicine-symposium/event-summary-6a009d7a6ad44b159494ad52712ce95f.aspx>

**Please share with this event information with the students as well as anyone that
you feel would be interested in this event.**

Registration for the Sports Medicine Symposium is Complimentary for Students!

30th Annual Cabarrus County Sports Medicine Symposium

January 19, 2019

Carolinas HealthCare System NorthEast

Hamrick Theater

- 7:00-7:45 Registration / Continental Breakfast
- 7:45-8:00 Opening Remarks – Tri Tang, Vice President Carolinas Healthcare System-NorthEast;
Lynn Rhymer, Assist. Superintendent of Cabarrus County Schools;
Kevin E. Burroughs, MD, Director of Sports Medicine, Cabarrus Family Medicine Residency/Fellowship
- 8:00-10:00 Concussion
- 1) Assessment –Josh Bloom, MD, Carolina Sports Medicine, Cary, NC
 - 2) Medication – Brent Messick, MD, CAQSM SMIC Concord, NC
 - 3) Focused Rehab: Vestibular/Oculomotor/Cervicogenic – Johna Register-Mihalik, PhD, LAT, ATC
 - 4) Panel Discussion
- 9:30-10:00 Break / Visit Exhibitors
- 10:00-11:30 Shoulder Injuries in the Overhead Athlete
- 1) Anatomy & Evaluation - Kevin Burroughs, MD, CAQSM SMIC Concord, NC
 - 2) Surgical Treatment – TBD
 - 3) Focused Rehab - Matthew Minard, PT, Carolinas Rehabilitation, Charlotte, NC
 - 4) Panel Discussion
- 11:30-12:15 Lunch

Concurrent Sessions

	<u>MD Track</u>		
Time	Hamrick Theater	Betty Steele Conference Room	MAB Classrooms 1,2,3
12:15-1:15	2 Hr. EBP Evidence-Based Assessment of Hamstring Injuries, Intervention and Prevention Strategies Rod Walters, EdD, ATC, LAT (Continued Below)	Building a Gameday Strategy Sports Nutrition Tips Patricia Azra, RD	Core Assessment: Interventions & Exercises Joan Miller, PT
1:15-2:15	(Continuation) Evidence-Based Assessment of Hamstring Injuries, Intervention and Prevention Strategies Rod Walters, EdD, ATC, LAT	Emergency Evaluation of the Athlete Jana Upshaw, MD Sports Medicine Fellow	Core Assessment: Interventions & Exercises Joan Miller, PT
2:15-2:45	Break	Break	Break
2:45-3:45	RTP Post-Total Marc Ward, MD Piedmont Orthopedics	"From the Sideline to the Office" Clinical Concussion Evaluation Nate Sowle, LAT, ATC Jason Brafford, LAT, ATC	1 Hr. EBP (Pending Approval) "The Hydration Debate: Making Sense of Mixed Message" Robert W. Kenefick, Ph.D., FACSM
3:45-4:45	Unhinged – Elbow Injuries in Athletes T. Moorman, MD President Musculoskeletal Institute	Casting/Splinting Lab Nate Sowle, LAT, ATC Jason Brafford, LAT, ATC	1 Hr. EBP (Pending Approval) "The Hydration Debate: Making Sense of Mixed Message" Robert W. Kenefick, Ph.D., FACSM

CPR Re-certification Class – Radiology Classroom

4:45 Closing Remarks

Credit: Carolinas HealthCare System NorthEast designates this educational activity for a maximum of 7.5 AMA PRA Category I Credit(s)™. Physicians should claim only credit commensurate with the extent of their participation in the activity.

If you have any questions, contact the CHS NorthEast Physician Education Department at PhysicianEdAtriumNortheast@atriumhealth.org