

Continuing Medical Education



FIRST ANNUAL

Fight Medicine Course

Saturday, May 13, 2017

NYU Langone Medical Center
550 First Avenue
Alumni Hall
New York, NY 10016

med.nyu.edu/cme/fightmed



Fight Medicine Course

COURSE CO-DIRECTORS

Laith M. Jazrawi, MD

Associate Professor of Orthopaedics
Chief, Division of Sports Medicine
NYU Hospital for Joint Diseases
New York, NY

Guillem Gonzalez-Lomas, MD

Assistant Professor of Orthopaedics
NYU Hospital for Joint Diseases
New York, NY

COURSE PLANNER

Geraldine L. Pagnotta, PT, MPH

Clinical Instructor of Rehabilitation Medicine

PROVIDED BY

NYU Post-Graduate Medical School

COURSE DESCRIPTION

Combat sports such as mixed martial arts (MMA) has garnered a large following in recent years. Fight Medicine is a full-day Continuing Medical Education (CME) course that will focus on prevention, diagnosis and treatment of injuries in combat athletes, such as boxers and mixed martial artists. Our course takes a multidisciplinary approach to the combat athlete, and will feature 25-minute lectures in orthopaedic and primary care sports medicine, neurology, dermatology, nutrition and rehabilitation. As such, athletic trainers, nutritionists, physical therapists, physicians and any others involved in the treatment of combat athletes can benefit. Time will be built into the schedule to allow for the audience to ask questions about topics that are outside their area of expertise. This offers a broader and more robust perspective of the combat athlete which will ultimately improve patient care.

TARGET AUDIENCE

The potential audience includes orthopaedic surgeons, combat athletes, primary care sports medicine physicians, nurses, physical therapists, physician assistants, nutritionists, exercise physiologists, psychologists, dermatologists and athletic trainers.

EDUCATIONAL OBJECTIVES

After participating in this activity, clinicians should be able to:

- Recognize common injuries at the ringside, evaluate the urgency status of the athlete and temporary stabilizing measures
- Counsel athletes in injury prevention
- Recognize common injuries of the hip, knee, shoulder and hand in combat athletes
- Describe how differential anatomy and age affect the combat athlete
- List the exercises or movements most important for getting the combat athlete back to fighting condition

COURSE FEES

Full: \$275

Reduced*: \$175

NYU Langone/Lutheran Faculty & Staff:** \$125

* Reduced fee applies to NYU School of Medicine alumni, former residents and fellows; physician-in-training; physicians employed by the Department of Veterans Affairs Medical Center; fulltime active military personnel; retired physicians; and all other non-physician healthcare professionals.

** Must provide valid NYU Langone/Lutheran ID.

CME ACCREDITATION STATEMENT

The NYU Post-Graduate Medical School is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

CREDIT DESIGNATION STATEMENT

The NYU Post-Graduate Medical School 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.

PHYSICAL THERAPY CREDIT

NYU Hospitals Center is a New York State Education Department approved provider for physical therapy and physical therapy assistant continuing education. This course is approved for a maximum of 7.5 physical therapy/physical therapy assistant contact hours (0.75 CEUs).

BOC APPROVED PROVIDER STATEMENT



NYU Hospitals Center is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program has been approved for a maximum of 7.3 hours of Category A continuing education. Certified Athletic Trainers are responsible for claiming only those hours actually spent participating in the continuing education activity.

BOC Approved Provider Number: P2540

REGISTRATION

Visit our secure website
med.nyu.edu/cme/fightmed
to submit online registration.

After 12 pm on May 11, 2017, only onsite registration is available, provided the course has not reached capacity. Onsite registrants will incur an additional \$20 charge and will receive a receipt by email in 1–2 weeks. We cannot accept telephone or email registration. Registration is non-transferable.

CONTACT INFORMATION

NYU Post-Graduate Medical School
Phone: 212.263.5295
Fax: 212.263.5293
Email: cme@nyumc.org

Faculty

AGENDA: Saturday, May 13, 2017

GUEST FACULTY

Marcus P. Davis, ACE, CAN, FIT

Pro Masters Certification
Master Coach
Raleigh, NC

Jonathan D. Gelber, MD, MS

Orthopedic Surgeon
Highline Orthopaedics
New York, NY

Kevin J. Kearns, BS

Master Coach, FMS
University of Massachusetts, Boston
Boston, MA

Gerard Varlotta, DO, FACSM

Associate Professor of Rehabilitation Medicine
NYIT College of Osteopathic Medicine
Old Westbury, NY

Sherry Wulkan, MD

Medical Chair, Association of Boxing Commissions
Medical Chief of MMA and Muy Thai, NJSACB
Trenton, NJ

NYU SCHOOL OF MEDICINE

Erich G. Anderer, MD

Assistant Professor of Neurosurgery
Chief of Neurosurgery, NYU Lutheran

Arie D. Assouline, PT, DSc, MS, CMPT

Senior Physical Therapist

Julia D. Brandt, MEd, ATC

Athletic Trainer, Concussion Center

Alton Barron, MD

Clinical Associate Professor of Orthopaedic Surgery

Dennis A. Cardone, DO

Associate Professor of Orthopaedic Surgery

Roger S. Ho, MD, MS, MPH, FAAD

Assistant Professor of Dermatology

Steven Lamm, MD

Professor of Medicine

Bonnie Marks, PsyD

Senior Psychologist

Harry Pino, PhD, EPC

Senior Clinical Exercise Physiologist

7:00 am Registration and Continental Breakfast

7:30 Introduction

7:40 Guidelines for Safe Pre- and Post-Bout Assessment

Gerard Varlotta, DO, FACSM

ORTHOPAEDIC

8:00 Avoiding Injuries as an MMA Fighter

Jonathan D. Gelber, MD, MS

8:20 Shoulder Injuries in Boxing and MMA

Guillem Gonzalez-Lomas, MD

8:40 Hip injuries in grappling

Guillem Gonzalez-Lomas, MD

9:00 Knee Injuries in Fighters

Laith M. Jazrawi, MD

9:20 Considerations in the Female Fighter

Sherry Wulkan, MD

9:40 Question and Answer

9:50 Coffee Break

MEDICAL

10:00 The Ringside Physician's Medical Bag: How to be Prepared in the Ring and on the Mat

Gerard Varlotta, DO, FACSM

10:20 Supplementation and Performance Enhancing Drugs in MMA and Boxing

Sherry Wulkan, MD

10:40 Skin Conditions and Infections in Combat Sports

Roger S. Ho, MD, MS, MPH, FAAD

11:00 Head and Neck Injuries in Combat Sports: When to Stop a Fight

Erich G. Anderer, MD

11:20 Concussions in Boxing + MMA

Dennis A. Cardone, DO

11:40 Question and Answer

11:55 Lunch Break (on your own)

TRAINING

12:50 pm A Fighter and Trainer's Perspective on MMA Injuries

Marcus P. Davis, ACE, CAN, FIT; Kevin J. Kearns, BS

1:50 Fighting after 40: Conditions Affecting the Aging Fighter

Steven Lamm, MD

2:10 The Athletic Trainer's Guidebook to Managing the Fighting Athlete

Julia D. Brandt, MEd, ATC

2:30 Preparing for a Fight and Coping with Defeat in Boxing and MMA

Bonnie Marks, PsyD

2:50 Optimizing performance in boxing and MMA

Harry Pino, PhD, EPC

3:10 Recovering from a Career Threatening Injury to Fight Again: Pearls of Rehab

Arie Assouline, PT, DSc, MS, CMPT

3:30 Hand Injuries in Striking Disciplines: The Boxer's Fracture and Others

Alton Barron, MD

3:50 Question and Answer

4:00 pm Adjourn

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