

2024 SPORTS INJURY SYMPOSIUM

Advances & Updates

FOR CLINICAL PROVIDERS










Saturday, April 6, 2024

9:00 am – 3:30 pm • EverBank Stadium



AGENDA

5.5 AMA/PRA Category 1 Credits™ • 5.5 Category A CEU

8:30 am	Check in – Gallagher Upper West Club at EverBank Stadium		
	Breakfast sponsored by 		
Welcome			
TIME	TOPIC	PRESENTER	
Program Begins: 9 am	JSMP Chair Welcome		Jennifer Maynard, MD Mayo Clinic Jacksonville Chair, JSMP 
	Special Welcome to our Program Speakers and Guests		Kevin Kaplan, MD Jacksonville Orthopaedic Institute, Jaguars Head Team Physician 
	The Mission of Player Health and Safety and the Mission of JSMP		Jeff Ferguson, MS, LAT, ATC Vice President of Player Health and Performance at Jacksonville Jaguars 
	JSMP Celebrating 40 Years! 1984–2024 <i>Dedicated to youth sports safety through awareness, advocacy and injury prevention.</i>		Robert Sefcik, MS, LAT, ATC Executive Director JSMP CEO FASMed 

JSMP SUSTAINING
PARTNERS:









Sports Safety Consensus Updates and Emergency Preparedness

Moderator: Kevin Kaplan, MD

TIME	TOPIC	PRESENTER	
9:15 am	SCA Stats, Screenings: Where Are We On Consensus?		Asif Ali, MD Houston Cardiology Consultants Houston, TX 
10:00 am	The First Minute: "The Collapsed Athlete"		Jim Ellis, MD, FACEP Medical Director Emergency Preparedness NFL Player Health and Safety Greenville, SC 
10:45 am	Consensus Update – Relative Energy Deficiency in Sport (REDs)		Emilie Burgess MS, RDN, CSSD, LDN Laura Moretti Nutrition, LLC San Diego, CA 
11:15 am	Sports Concussion Consensus Updates		Zach Houck, PhD, Brooks Rehabilitation Jacksonville, FL 
11:45 am	Morning Speaker Roundtable		
12– 12:30 pm	Lunch		
12:30 – 1:00 pm	Fireside Chat with Guest Speakers		FACILITATOR: Heather Crawford First Coast News Jacksonville, FL 
1:15 – 1:45 pm	Sports Science Application in the Real World		Chris Bach Jaguars Director of Performance Science 



Active Learning Breakout Sessions

TIME	TOPIC	PRESENTER
2:00 – 3:30 pm	BREAKOUT 1: Common On-The-Field and In-The-Clinic Ortho Assessments	Kevin Kaplan, MD Jacksonville Orthopaedic Institute, Jaguars Head Team Physician 
	BREAKOUT 2: On-The-Field Emergency Response and Your EAP	Jim Ellis MD National Football League  Brad Elias, MD Jacksonville Fire and Rescue Dept.  Jeff Ferguson, MS, LAT, ATC Jacksonville Jaguars 
	BREAKOUT 3: Clinical Rehab and RTP Considerations for Orthopedic Injuries and Concussion	Tava Buck, PT, DPT Mayo Clinic  Robby Hoenshel, PT, DPT, ATC, CSCS, SCS, PES, CES Jacksonville Jaguars 
3:30 – 5:00 pm	Post-Event Reception for Speakers and Attendees	



Planning Committee:

Jeff Ferguson, MS, LAT, ATC
 Bob Sefcik, MS, LAT, ATC
 Devin Driscoll, MS, LAT, ATC
 Michelle Boling, PhD, LAT, ATC

Questions:

Program Coordinator:
 Robert Sefcik, 904.202.4332
 email: robert.sefcik@bmcjax.com

SPEAKER BIOS

Asif Ali, MD

Dr. Asif Ali, MD is a Clinical Associate Professor of Cardiovascular Medicine at The University of Texas Medical School at Houston, and a partner at Houston Cardiology Consultants. A native Houstonian, Dr. Ali received his BS in Biology from Trinity University in San Antonio and completed his MD at the University of Texas Health Science Center in Houston. He went on to complete his Residency in Internal Medicine and a Fellowship in Cardiovascular Medicine and advanced cardiovascular imaging before joining private practice. Dr Ali holds several administrative duties, including Chief Medical Officer, Chief of Education, and Chief of Cardiology in Houston area hospitals. He was elected as a member of the Health Technology Advisory Group of the American Heart Association (AHA) and is a member of the AI committee and Cardiovascular Metabolic Renal committee and business lead for the AHA health technology and innovation.

He has authored books with McGraw Hill International, and articles with UpToDate, and published numerous papers on cardiovascular diseases. His expertise has been featured on the Dr. Oz Show, Channel 8: Bill of Health, Local Channel 2 News, FOX News, Channel 26, and on AM radio medical talk shows. Beyond his academic achievements, Dr. Ali is also seasoned in the Med tech space having advised a multitude of national startup companies. He sits on the board of the Texas Collaboration Center, the HITs committee for the Harris County Medical center, an alternate delegate for the Texas Medical Association and an advisor to the American Heart Association Center for Health Technology and Innovation. Dr. Ali enjoys spending time with his wife and three children ranching and traveling to explore the outdoors.

Christopher W. Bach, PhD, CSCS, CPSS

Chris currently serves as the Director of Performance Science. He is entering his third year with the Jaguars. Prior to the Jaguars Chris worked at the University of Nebraska as the Director of Nebraska Athletic Performance Laboratory.

Tava Buck, PT, DPT

Tava Buck, PT, DPT is a Doctor of Physical Therapy, and the supervisor of outpatient rehab at Mayo Clinic Florida. She actively treats patients with musculoskeletal conditions and post-concussion syndrome and supports a team of 28 – including physical therapists, occupational therapists, and rehab techs. She is the program director for the Mayo Clinic Florida Orthopaedic Physical Therapy Residency program and holds academic rank as an instructor in Physical Therapy from the Mayo Clinic Alix College of Medicine and Science. She also supports the employees at Mayo Clinic Florida as the chair of the Disability Employee Resource Group.

Emilie Burgess, MS, RDN, CSSD, LDN

Emilie Burgess is a board-certified specialist in Sports Dietetics specializing in sports performance, low energy availability, disordered eating, and eating disorders in athletes. She currently works as a sport & eating disorder dietitian at Laura Moretti Nutrition LLC, co-chair for the 2025 Female Athlete Conference, and a contract dietitian for USA Track and Field.

Emilie was most recently the Athletics Sports Dietitian for 34 varsity teams at Brown University in Providence, Rhode Island, and served as the Exhibitor Chair for the 2023 Female Athlete Conference.

As a dietitian, Emilie has worked at St. Elizabeth's Medical Center in Boston, Cambridge Eating Disorder Center, and at Home Base Program, a Boston Red Sox and Massachusetts General Hospital program. During the pandemic, she transitioned to Boston Hope, a COVID-19 field hospital where she helped co-lead and build the food service department.

Emilie has also worked as a clinical nutrition specialist in the Division of Sports Medicine and Female Athlete Program at Boston Children's Hospital, Massachusetts Institute of Technology Recreation, and completed a sports nutrition fellowship program at the University of Washington through the Gatorade Sports Nutrition Immersion Program.

Emilie earned a BS in Dietetics at the University of Connecticut, where she competed as a Division I tennis player. She went on to earn a MS in Nutrition and Food Science, and completed a dietetic internship at West Virginia University.

Bradley Elias, MD

Bradley Elias, MD is an emergency medicine specialist in Jacksonville, FL and has over 26 years of experience in the medical field. He graduated from Rutgers New Jersey Medical School in 1997. He is affiliated with Baptist Medical Center Jacksonville.

Dr. Elias serves as the Medical Director of the Jacksonville his duties include medical oversight for a major metropolitan Fire Rescue Department, with over 92K patient transports annually. Responsible for developing Standard Operating Guidelines, quality improvement, training, and assistance to the Health and Safety Officer along with providing consultation for City of Jacksonville related to legal issues, on scene medical control at special events and facilitating hospital relations.

As part of this role, Dr. Elias has become a regular attendee and participant in educational events sponsored by the JSMP and works to establish strong relationships with sideline healthcare providers including team physicians and athletic trainers to enhance the continuity of care among providers providing best practice care for student athletes.

Jeff Ferguson, MS, LAT, ATC

Jeff Ferguson currently serves as the Vice President of Player Health and Performance for the Jacksonville

Jaguars. Prior to his time with the Jaguars, he spent 13 seasons with the San Francisco 49ers, one year as the vice president of player health and safety for the XFL and, most recently, served as the CEO of WellStrong, an established medical services management company, from 2020-21.

Zach Houck, PhD

Dr. Zac Houck is a neuropsychologist with primary clinical interests in traumatic brain injury, neurodegenerative disease, and stroke. He was born and raised in the Jacksonville area, and went on to play baseball at Jacksonville University. Dr.

ACCREDITATION

Houck completed his PhD at the University of Florida. Clinical and research interest during graduate training was sport-related concussion, and he was mentored by professors within neuropsychology, neurology, and sports medicine. Dr. Houck participated in concussion clinics focused on athletes, the normal student population, and the general population. The clinics served included patients at varying post-injury time points (e.g., acute care within the Student Health Care Center to those with protracted recoveries). Clinically, Dr. Houck focuses on specific symptom trajectories following concussion and prescribing associated treatments that would allow for patients to return to their normal level of functioning. Dr. Houck moved back to the Jacksonville area after graduate school to complete fellowship training at Brooks Rehabilitation where he has been since 2020. He is married to a brilliant family medicine Physician Assistant and has two boys that are actively involved in sports.

Robby Hoenshel, PT, DPT, ATC, CSCS, SCS, PES, CES

Robby Hoenshel currently serves as the Director of Rehabilitation for the Jacksonville Jaguars. He will be entering his 10th season as an athletic trainer and physical therapist. Prior to his time with the Jaguars, he spent 4 seasons with the Brooklyn Nets and an additional 10 years as an outpatient orthopedic clinician.

Kevin Kaplan, MD

Dr. Kaplan is an orthopaedic surgeon and sports medicine specialist. He has been the Jacksonville Jaguars head team physician for 10 years while also taking care of local athletes of all ages. Dr. Kaplan continues to be a leader in sports medicine for Jacksonville.

Jennifer Maynard, MD

Dr. Jennifer Roth Maynard completed her medical education at University of Maryland School of Medicine followed by Family Medicine Residency at Christiana Care Health Services in Wilmington, DE in 2008. Dr. Maynard then completed her Primary Care Sports Medicine Fellowship at Mayo Clinic Florida in 2009. She continues as a Family and Sports Medicine Consultant for Mayo Clinic Florida and holds the academic rank of Assistant Professor Family Medicine. Dr. Maynard serves as the Program Director of the Primary Care Sports Medicine Fellowship at Mayo Clinic Florida.

Dr. Maynard is the immediate past Chair of the Florida High School Athletic Association's Sports Medicine Advisory Committee and serves as the Chair for the Executive Board of the Jacksonville Sports Medicine Program.

Dr. Maynard proudly serves as the Medical Advisor for the Women's Tennis Association (WTA). In this role she provides medical guidance and coordinates comprehensive health care for international professional women's tennis players as they travel the globe on the WTA tour.

Credits

Total 5.5 BOC Category A Hours



Domains of Athletic Training

- Injury and Illness Prevention and Wellness Promotion
- Healthcare Administration and Professional Responsibility
- Examination, Assessment, and Diagnosis

Level of Difficulty

Essential Level

To Register

www.JAXSMP.COM

Certificate of Credit

*This is a total 5.5 hour BOC Category CEU approved educational program. **Jacksonville Sports Medicine Program (BOC AP# P3634) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of 7.25 Category A hours/CEUs. ATs should claim only those hours actually spent in the educational program. Participants who attend the program will be mailed a Certificate of Credit following submitting a program evaluation.***

Baptist Health

CME ACCREDITATION STATEMENT

Baptist Health is accredited by the Florida Medical Association to provide continuing medical education for physicians. Baptist Health designates this live educational activity for a maximum of 5.5 (five and one-half) AMA/PRA Category 1 Credit(s)[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.



Disclaimer: Views and conclusions expressed in this program are those of the presenter(s) and not necessarily those of the employees, administration, or medical staff of Baptist Health. All material presented in this program is provided for information only and may not be construed as professional advice. Any use of Baptist Health's facilities for this presentation does not imply endorsement of any product, service, or opinion discussed.

Disclosure: All planners, activity directors, and faculty participating in continuing medical education activities sponsored by Baptist Health are required to disclose to the audience all relevant financial relationships with any ineligible company.

CANCELLATION

Cancellation Policy

Cancellations/Refunds for registration fees will be granted under the guidelines listed below. All requests for refunds must be made in writing to the JSMP Executive Director (emails will be accepted as written documentation). Four weeks prior to the start of the scheduled meeting – full refund minus \$25.00 processing fee. Three weeks prior to the start of the scheduled meeting – 50% refund, plus 10% of total price processing fee. Less than two weeks prior to the start of the meeting – 0% refund.

Non-discrimination Statement

The Jacksonville Sports Medicine Program (JSMP) does not discriminate on the basis of race, color, national origin, religion, sex, disability, military status, sexual orientation, or age. JSMP is committed to accessibility and non-discrimination in all aspects of its continuing education activities. Participants who have special needs are encouraged to contact program organizers so that all reasonable efforts to accommodate these needs can be made.

Conflict of Interest

In compliance with continuing education requirements, all presenters must disclose any financial or other associations with the manufacturers of commercial products, suppliers of commercial services or commercial supporters as well as any use of unlabeled product(s) or product(s) under investigational use. JSMP, event committee and the

presenters for this seminar do not have financial or other associations with the manufacturers of commercial products, suppliers of commercial services or commercial supporters. This presentation does not involve the unlabeled use of a product or product under investigational use. This program has received financial support and/or in-kind support from The Jacksonville Orthopedic Institute, Jaguars Foundation & PREP / Dream Finders Homes, DJO Global, FASMed, Baptist Health, and Henry Schein.

The Florida Alliance of Sports Medicine (FASMed) is a volunteer organization dedicated to high school sports safety in Florida. The group is registered as an IRS C-6 non-profit organization. Information on Membership and Sponsorship can be directed to: CEO Mr. Robert Sefcik: Robert.Sefcik@bmcjax.com

The Jacksonville Sports Medicine Program (JSMP) is a charitable organization dedicated to the prevention of youth sports injury through awareness, advocacy and prevention. The program is based out of Jacksonville, FL convenient to serve the entire northeast Florida region. In addition, our leadership and programming does span the entire state of Florida and reaches into southeast Georgia. A volunteer-based organization consisting of physicians, certified athletic trainers, physical therapists, emergency medical services and others interested in reducing sports related injury and keeping our children safe in their athletic activities.

Congrats to Jeff Ferguson, VP of Player Health and Performance for the Jacksonville Jaguars, for receiving the Fain Cain Memorial Award, presented by the NFL Physician's Society to an outstanding NFL athletic trainer each year.



OBJECTIVES

General Objectives

- Recognize common emergent conditions among student-athletes.
- Clinically Implement Consensus Updates on Concussion in Sport.
- Clinically Implement Consensus Updates on Relative Energy Deficiency.
- Utilize functional screening techniques to assess student-athletes suffering Concussion.
- Apply manual therapy techniques for orthopedic injuries and conditions.
- Plan and implement techniques to manage emergent orthopedic injuries and general medical conditions.
- Understand current trends in player performance science.

Session Specific Course Objectives

SCA Stats, Screenings: Where Are We On Consensus?

- Analyze the pros and cons of preventative ECG screening for youth athletes.
- Describe, evaluate, and discuss challenges to a community ECG screening program.
- Demonstrate proficiencies in PPE Screening of student-athletes.
- Comprehend the dangers associated with incomplete PPE exams.
- Develop an action plan for sudden athlete collapse.
- Implement a comprehensive emergency action plan.
- Identify and list three risk factors or cardiac conditions which require additional studies prior to clearance to participate.

Sports Concussion Consensus Updates

- Demonstrate proficiency in recognition, evaluation and proper referral of acute concussion evaluation utilizing hands on and evidence- based techniques.
- Identify takeaways for effective baseline screening for concussion.
- Develop an outline of care from a case study following a concerning head injury.
- Comprehend and identify updates presented in the 2022 consensus document.
- Utilize measurable data & / or functional tests to determine safe and functional return to play.

The First Minute: "The Collapsed Athlete"

- Recognize sudden collapse and the potential differential diagnosed involved.
- Demonstrate an advanced knowledge of crisis mobility.
- Discuss case studies involving athlete collapse and to defend strategies used to evaluate and respond to the collapse.
- Analyze their individual emergency plans currently in place and identify potential pitfalls.

Consensus Update – Relative Energy Deficiency in Sport (RED)

- Demonstrate the clinician's role and intervention skills for athletes at risk or suffering RED in sport.
- Recognize awareness factors that elicit a referral to a healthcare provider in regard to RED.
- Summarize several positive outliers that will create a positive self-image that promote positive self-care.
- Identify several resources available to direct student-athletes for nutritional needs and diet preparation.

Sports Science Application in the Real World

- Recognize the role of sports science as a critical injury prevention catalyst.
- Describe the role strength training has in the development and safety of the youth athlete.
- Explain the science behind sports performance.
- Summarize the support that can be provided by sports science experts.

Breakout 1: Common on-the-field and in-the-clinic orthopedic assessment and evaluation:

- Demonstrate on-the-field assessment of various orthopedic injuries.
- Analyze differential diagnoses of common sports injuries and discuss clinical algorithms.

Breakout 2: On-the-field Emergency Response and your EAP

- Break down EAP policies and procedures.
- Discuss case stories of EAP execution and highlight critical review.
- Analyze how policies and procedures align with fire and rescue standards.

Breakout 3: Clinical Rehab and RTP Considerations for both orthopedic and concussive injury

- Apply various orthopedic rehab techniques for common orthopedic injuries.
- Discuss how vestibular rehab plays a critical role in preparing an athlete to return to play following concussion.

CME Evaluation

For Physicians and Advanced Practitioners

To claim CME credits for participation in this educational program, use the link or QR code below to complete the CME evaluation on your smartphone, PC, I-pad, or other electronic device. Be sure to enter the activity code to receive proper credit.



Activity Code: **JSMPIS24**

<https://forms.office.com/r/db7YV3Atz6>

CME ACCREDITATION STATEMENT

Baptist Health is accredited by the Florida Medical Association to provide continuing medical education for physicians. Baptist Health designates this live educational activity for a maximum of 5.5 (five and one-half) AMA/PRA Category 1 Credit(s)[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Disclaimer: Views and conclusions expressed in this program are those of the presenter(s) and not necessarily those of the employees, administration, or medical staff of Baptist Health. All material presented in this program is provided for information only and may not be construed as professional advice. Any use of Baptist Health's facilities for this presentation does not imply endorsement of any product, service, or opinion discussed.

Disclosure: All planners, activity directors, and faculty participating in continuing medical education activities sponsored by Baptist Health are required to disclose to the audience all relevant financial relationships with any ineligible company.



Board of Certification Certificate of Credit

Jacksonville Sports Medicine Program (BOC AP# P3634) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of 5.5 Category A CEUs. ATs should claim only those hours actually spent participating in the CE activity.

Disclaimer: Views and conclusions expressed in this program are those of the presenter(s) and not necessarily those of the employees, administration or JSMP. All material presented in this program is provided for information only, and may not be construed as professional advice.

Disclosure: All faculty participating in continuing education activities sponsored by JSMP are required to disclose to the audience whether or not they do or do not have any real or apparent conflict(s) of interest or other relationships to the content of their presentation(s).

*The Planners/Activity Directors of this activity do not have any real or apparent conflict(s) of interest or other relationships to the content of the presentations.



SPECIALTY PARTNER:



2024 Sports Injury
Symposium Partners:

