






# FLORIDA SPORTS SAFETY & SIDELINE MANAGEMENT CONFERENCE

A Collaborative Sports Medicine Sideline Education Training Program

In cooperation with The Florida Orthopaedic Society

## AGENDA

| 7:30 am   | Check in – JW Marriott Bonnet Creek, Orlando                        |  |
|---|---|--|
| <b>2024 FOS Annual Scientific Meeting • FASMed Breakout</b> |   |  |
| TIME  | TOPIC   | PRESENTER  |
| 8:00 – 8:10 am  | Welcome   |  <b>Zachary Stinson, MD</b><br>President, Florida Alliance for Sports Medicine<br>Nemours Children’s Health |
| 8:10 – 8:40 am  | Sudden Cardiac Arrest in the Young Athlete                          |  <b>Gul Dadlani, MD</b><br>Chair, Dept. of Pediatrics<br>University of South Alabama                        |
| 8:45 – 9:15 am  | PPE – Where We Are in 2024?   |  <b>Matt Fazekas, MD</b><br>Medical Director, Sports Medicine<br>Joe DiMaggio Children’s Hospital           |
| 9:20 – 9:50 am  | The Emergency Action Plan (EAP) and Your Role as the Team Physician |  <b>Michael Swartzon, MD</b><br>Miami Orthopedics and Sports Medicine Institute, Miami Dolphins             |
| 9:55 – 10:25 am   | Sports Safety Equipment Challenges for Medical Teams                |  <b>Paul Silvestri, MS, LAT, ATC</b><br>Senior Director Sports Health, Football<br>University of Florida    |








| 10:25 – 10:40 am    | Break   |  |
|---------------------|---|--|
| TIME                | TOPIC   | PRESENTER  |
| 10:40 – 11:25 am    | Overview of key Florida/FHSAA Sports Safety Policies                |  <b>E. Coris, MD</b><br>Chairman, FHSAA Sports Medicine Advisory Committee  |
|                     | Exertional Heat Stroke – A Leading Cause of Death in Florida Sports |  <b>Eric Coris, MD</b><br>Director, Primary Care Sports Medicine<br>University of South Florida<br>Tampa Bay Buccaneers   |
| 11:25 am – 12:10 pm | Game Day  |  <b>Robb S. Rehberg, PhD, ATC, NREMT</b><br>Sr. Medical Advisor and Director of Game Day Medical Operations<br>Player Health and Safety<br>National Football League |

### Preventative Heart Screenings for Youth Athletes


| TIME             | TOPIC   | PRESENTER   |
|------------------|---|---|
| 12:10 – 1:00 pm  | Lunch – Collaborative Preventive Cardiac Screening Discussion |   |
| 12:10 – 12:20 pm | Why Preventative Screenings                                   | <b>Shawn Sima, PA</b><br>Impact Director, Who We Play For |
| 12:20 – 12:30 pm | Who and Where?  | <b>Evan Ernst</b><br>Executive Director, Who We Play For  |
| 12:30 – 12:40 pm | How to Efficiently Interpret the ECG for a Youth Athlete      | <b>Physician Presenter</b><br>Who We Play For             |
| 12:40 – 1:00 pm  | ECG Screening Demo  | <b>Group Screening Program</b>                            |



## Active Learning Breakout Sessions

| TIME   | TOPIC   | PRESENTER   |
|--|---|---|
| 1:00 – 3:00 pm<br><br>(20-30 min rotations)                      | <b>BREAKOUT 1:</b><br>FAST Exam   |  <b>John Kiel, DO, MPH, FACEP, CAQ-SM</b><br>University of South Florida   |
|  | <b>BREAKOUT 2:</b><br>Concussion – On The Sideline  |  <b>Byron Moran, MD</b><br>Tampa Bay Buccaneers<br>University of South Florida   |
|  | <b>BREAKOUT 3:</b><br>Orthopedic injury – On The Field  |  <b>Paul Silvestri, MS, LAT, ATC</b><br>University of Florida  |
|  |   |  <b>Kevin Farmer, MD</b><br>University of Florida  |
|  |   |  <b>Stephanie Pearce, MD</b><br>Director of Sports Medicine<br>Orthopedics & Sports Medicine<br>Nemours Children’s Health |
|  | <b>BREAKOUT 4:</b><br>Exertional Heat Stroke –<br>Your Differential Diagnosis and<br>Your Actions   |  <b>Rebecca Lopez, PhD, ATC, CSCS, FNATA</b><br>University of South Florida  |
| <b>BREAKOUT 5:</b><br>EAP Design, Practice and<br>Implementation |  <b>Michael Swartzon, MD</b><br>Miami Dolphins<br>Baptist Health South Florida |   |

## Keynote Speaker

|                |                     |  |
|----------------|---------------------|--|
| 3:00 – 3:30 pm | Life After Football |  <b>Ahmad Brooks</b><br>Former NFL All-Pro Linebacker<br>for the Bengals, 49ers and Packers |
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## ACL Tears and Shoulder Dislocations in 2024: From On-Field Injury Management to Return to Play

*Moderator: Stephanie Pearce, MD*

| TIME           | TOPIC   | PRESENTER  |
|----------------|---|--|
| 3:30 – 3:45 pm | In-Season Management of Shoulder Instability  |  <b>Kevin Farmer, MD</b><br>University of Florida           |
| 3:45 – 4:00 pm | Arthroscopic Repair of Bankart Tears and Return to Play                                 |  <b>Lyle Cain, MD</b><br>University of Alabama              |
| 4:00 – 4:15 pm | Treatment of Failed Bankart Repairs   |  <b>Lyle Cain, MD</b><br>University of Alabama              |
| 4:15 – 4:30 pm | ACL Tears – On-Field Evaluation, Surgical Indications and Timing                        |  <b>Ryan Roach, MD</b><br>University of Florida            |
| 4:30 – 4:45 pm | Surgical Treatment Options<br>Graft Choices and Return to Play<br>for Primary ACL Tears |  <b>Lyle Cain, MD</b><br>University of Alabama            |
| 4:45 - 5:00 pm | Revision ACL Reconstruction   |  <b>Daryl Osbahr, MD</b><br>Rothman Orthopaedic Institute |
| 5:00 – 5:30 pm | Panel Discussion and/or<br>Case Presentations   | <b>Kevin Farmer, MD</b><br><b>Lyle Cain, MD</b><br><b>Ryan Roach, MD</b><br><b>Daryl Osbahr, MD</b>  |

## CANCELLATION

This event registration is managed by the Florida Orthopedic Society. All cancellation and refunds are handled through FOS on an individual basis by contacting the organization in writing prior to the event on Friday, May 17, 2024 at [cjackson@cobbmanagement.com](mailto:cjackson@cobbmanagement.com).

## SPEAKER BIOS

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### **Zachary Stinson, MD**

Dr. Stinson specializes in pediatric orthopedic surgery with an emphasis on sports medicine injuries. He grew up in San Antonio and earned a Bachelor of Science degree at Texas A&M University, where he graduated Summa Cum Laude, and then a medical degree at The University of Texas Medical Branch, where he was selected to the Alpha Omega Alpha honor society. He then completed an orthopedic surgery residency at The University of Texas Health Science Center in San Antonio and remained in San Antonio to receive further training in a sports medicine fellowship under the direction of Dr. Jesse DeLee. After a brief period of private practice in San Antonio, Dr. Stinson felt drawn to pediatric orthopaedics and chose to complete an additional year of subspecialty training in pediatric orthopaedic surgery in Houston, Texas at Texas Children's Hospital and Shriners Hospitals for Children. He is a diplomate of the American Board of Orthopaedic Surgery. Taking care of young athletes became a natural extension of Dr. Stinson's desire to make sure all kids have the opportunity to participate in athletics and do so in a safe and healthy manner. He promotes the implementation of injury prevention efforts and utilizes a conservative approach to managing all injuries when they occur. When necessary, Dr. Stinson utilizes all of the most advanced open and arthroscopic surgical techniques and stays up to date with innovations on the horizon through his involvement in organizations like the American Orthopaedic Society for Sports Medicine and the Pediatric Orthopaedic Society of North America.

### **Gul Dadlani, MD**

Gul H. Dadlani, M.D., a leader in pediatric cardiology and an advocate for health pre-screenings for young athletes, was recently named chair of the Department of Pediatrics at USA Health and a professor in the Frederick P. Whiddon College of Medicine at the University of South Alabama. Since 2015, Dadlani has served as the vice chair of the Cardiac Center and chief of pediatric cardiology at Nemours Children's Hospital in Orlando, Fla. From 2008 to 2015, he served as the chief of pediatric cardiology at Johns Hopkins All Children's Hospital in St. Petersburg, Fla.

### **Matt Fazekas, MD**

Dr. Matthew Fazekas is a board-certified pediatrician with fellowship training and board certification in pediatric, adolescent and young adult sports medicine. He graduated summa cum laude from the Honors Program at the University of Georgia with a Bachelor of Business Administration. He subsequently earned his medical degree from the Medical College of Georgia, and then completed a pediatric residency at Monroe Carell Jr. Children's Hospital at Vanderbilt University in Nashville, Tennessee. Dr. Fazekas then completed a sports medicine fellowship through Harvard Medical School in Boston, Massachusetts, at Boston Children's Hospital.

### **Michael Swartzon, MD**

Michael Swartzon, MD, is a sports medicine physician with a dual board certification in family and sports medicine. Dr. Swartzon is an associate professor for Florida International University as well as an affiliate professor for Nova Southeastern University and program director for Baptist

Health's primary care sports medicine fellowship program. He is published in several medical journals and regularly presents at national conferences focused on sports medicine research.

He has significant experience with professional athletes as a team physician for the Miami Dolphins, Florida Panthers, the jockeys at Gulfstream Park Racetrack and a tournament physician for the Miami Open. He is the co-medical director for the Miami Marathon & Half Marathon. Additionally, he cares for a variety of collegiate teams such as Florida International University, Barry University and St. Thomas University.

### **Paul Silvestri, MS, LAT, ATC**

Paul Silvestri enters his 10th season with the Gators, having been promoted to director of sports health in 2022 following the hiring of football head coach Billy Napier. Silvestri, who has been on staff at Florida since 2013, oversees the football athletic training room, working alongside associate director Tony Hill. A native of Boca Raton, Fla., Silvestri played a key role in navigating the obstacles presented by the COVID-19 pandemic during the 2020 and 2021 football seasons. Silvestri started his career with Florida Atlantic, where he spent three seasons (2003-05) as an athletic trainer. He then served as an assistant athletic trainer at Kentucky from 2007 to 2008. Prior to the 2008 football season, Silvestri was hired as Utah's head athletic trainer for football and spent five seasons in Salt Lake City before joining the Gators. Silvestri graduated from the University of Florida with a bachelor's degree in exercise and sports science in 2000, and with Master of Science in kinesiology from the University of Kentucky in 2003.

### **Eric Coris, MD**

Eric Coris, MD is a Professor and Chair of Family Medicine, and Professor of Orthopedics and Sports Medicine at The USF Morsani College of Medicine. He currently also serves as Head Team Physician for USF Athletic Medicine, Head Team Physician for USF Football, and as a Team Physician with the Tampa Bay Buccaneers. He completed his residency at St. Vincent's Family Medicine Residency Program in Jacksonville, Florida; and a Fellowship in Sports Medicine at The Ohio State University. He served as a Team Physician for The Ohio State University prior to his current role. He has been serving in the Department of Family Medicine, and in various roles throughout The USF Morsani College of Medicine, since December 2001. He also completed a Faculty Development Fellowship at UNC Chapel Hill, and a Grant Writing Fellowship at University of Missouri-Columbia.

### **Robb Rehberg, PhD, ATC, NREMT**

Dr. Robb Rehberg currently serves as Professor and Coordinator of Clinical Education for the Athletic Training and Sports Medicine Program at William Paterson University in Wayne, NJ. He is a founder/owner of The Rehberg Konin Group, and is also the founder, President and CEO of Sport Safety International. Dr. Rehberg also serves as the subject matter expert for first aid and emergency preparedness for the National Safety Council, and is a medical consultant to the National Football League.

## SPEAKER BIOS

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### **John Kiel, DO, MPH, FACEP, CAQ-SM**

Dr. Kiel completed his Bachelor of the Arts in Psychology at the University of Maine, Masters in Public Health at Emory University Rollins School of Public Health and Doctorate in Osteopathic Medicine at University of New England College of Osteopathic Medicine. He completed a residency in Emergency Medicine at the University of Buffalo in Buffalo, NY and a Primary Care Sports Medicine Fellowship at the University of Kentucky in Lexington, KY. He previously worked for the University of Florida College of Medicine in Jacksonville, FL. Currently, Dr Kiel is an Associate Professor of both Emergency Medicine and Sports Medicine for the USF Morsani College of Medicine in Tampa, FL. His clinical interests include the intersection of emergency medicine and sports medicine, MSK Ultrasound, orthopedic trauma and resident education. Personal passions include CrossFit, cycling and spending time with his family and dog's Remmy and Huey. He is also a major in the Florida Army National Guard.

### **Byron Moran, MD**

Byron Moran, MD, is an Internal Medicine based Sports Medicine physician and see patients of all ages for orthopedic or sports medicine complaints. His practice is non-surgical, so he evaluates orthopedic or athletic medical concerns and complaints of all types and refers to surgeons or other specialists as appropriate. Dr. Moran is the Medical Director of the USF Concussion Center and evaluates head injuries or other concussion related concerns for any patient. He serves as head team physician for the Tampa Bay Buccaneers and as the team physician for University of South Florida Athletics as well as Saint Leo University Athletics. Dr. Moran participates in the education of medical students, residents and fellows at the University of South Florida.

### **Kevin Farmer, MD**

As a former high school All-American athlete and collegiate baseball player, I recognized how important sports and exercise were to people. I decided to enter the field of orthopaedics and sports medicine because I became intrigued by helping patients get back to doing the activities they love. Currently, I am a professor in the University of Florida Department of Orthopaedics and Sports Medicine and a team physician for the UF Athletic Association. I earned my medical degree from the Johns Hopkins University School of Medicine in 2003 before going on to complete a residency in orthopaedic surgery at The Johns Hopkins Hospital. Following residency, I completed a fellowship in sports medicine and arthroscopy at the University of Miami Sports Medicine Institute (formerly the Uribe, Hechtman, Zvijac Sports Medicine Institute) and a fellowship in shoulder and elbow reconstruction at the University of Florida.

### **Stephanie Pearce, MD**

Stephanie S. Pearce, MD, is a dual-fellowship trained sports medicine surgeon and pediatric orthopaedic surgeon, who focuses on complex knee, elbow, shoulder, and hip injuries and conditions, as well as cartilage preservation. Her aim is to return youth and competitive athletes back to play and sport. Dr. Pearce is an invited lecturer on the topic of "The

Growing Athletic Child," and she was an accomplished soccer player herself, earning a division I scholarship in the Big East Conference at the University of South Florida prior to transitioning her studies to Human Nutrition with a concentration in Sports Medicine at the University of Florida.

### **Rebecca Lopez, PhD, ATC, CSCS, FNATA**

Dr. Rebecca Lopez received her B.S. and M.S. in athletic training at Florida International University and completed her Ph.D. in exercise science from the University of Connecticut. Dr. Lopez is a certified athletic trainer through the National Athletic Trainers' Association (NATA) Board of Certification. She is also a certified strength & conditioning specialist through the National Strength & Conditioning Association and a certified exercise physiologist through the American College of Sports Medicine. Dr. Lopez joined USF in 2010 and is currently a Professor in the Athletic Training Program within the School of Physical Therapy & Rehabilitation Sciences and the Morsani College of Medicine. She is the School of Physical Therapy & Rehabilitation Sciences Assistant School Director for Diversity, Equity, and Inclusion, and she is currently serving as Co-Chair of the NATA's DEIA Task Force. Dr. Lopez is also a board member on the Medical & Science Advisory Board for the Korey Stringer Institute. Her clinical athletic training experiences include working in the high school setting, women's professional football, and mass medical events. Dr. Lopez's research interests include exertional heatstroke and other heat illnesses, hydration, youth sports injury, preventing sudden death in sports, and creating an inclusive environment in athletic training. Her passion is educating athletic training students, certified athletic trainers, and other clinicians on the evidence-based prevention, recognition, and treatment of exertional heatstroke.

### **E. Lyle Cain, Jr., MD**

E. Lyle Cain, Jr., MD specializes in arthroscopy and treatment of sports-related injuries, as well as open arthroscopic treatment of the knee, shoulder and elbow injuries. In addition, he is certified to treat cartilage injuries in the knee with articular cartilage implantation and meniscal transplantation.

Dr. Cain is board certified in orthopaedic surgery and orthopaedic sports medicine. Dr. Cain's research interest involves the evaluation and prevention of injuries in youth sports, as well as the treatment of adult injuries in the shoulder, elbow and knee, including cartilage and meniscal transplantation. Dr. Cain also has a special interest in the emerging field of biological treatment options, including bone-marrow aspirate and growth factors associated with healing.

### **Ryan Roach, MD, MS**

Ryan Roach, MD, MS, is an assistant professor in UF Health's department of orthopaedic surgery and sports medicine. Dr. Roach attended Purchase College for his undergraduate degree prior to earning his master's degree in cell and molecular biology and medical degree at Tulane University. He then completed his residency at the NYU Langone Orthopedic Hospital, where he served as executive chief resident. Prior to joining UF Health, Dr. Roach completed his fellowship in sports

## SPEAKER BIOS

medicine and arthroscopy at the American Sports Medicine Institute. He is a member of multiple professional organizations, including the American Board of Orthopedic Surgeons, American Academy of Orthopaedic Surgeon and Alpha Omega Alpha honor society.

### Daryl C. Osbahr, MD

Daryl C. Osbahr, MD, is an internationally renowned Orthopaedic Sports Medicine Surgeon that serves as Chief of Orthopaedic Surgery and Managing Partner for Rothman Orthopaedics Florida as well as the Chair & Executive Medical Director for the AdventHealth Orthopedic Institute, Program

Director for the AdventHealth Florida Orthopedic Surgery Residency. Medical Director for Orthopedic Sports Medicine for the AdventHealth Orthopedic Institute and the Orthopedic Residency Director for AdventHealth. Dr. Osbahr is the Co-Chief Medical Officer for USA Baseball and Co-Medical Director for United States Tennis Association. He is also a Team Physician and/or Orthopaedic Consultant for the US Soccer Men's National Team, Orlando Magic, World Wrestling Entertainment (WWE), Philadelphia Phillies, Professional Golf Association (PGA), Ladies Professional Golf Association (LPGA), Symetra Tour, Stetson University, and Eastern Florida State College.

## ACCREDITATION

### Credits

Total 8.25 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 8.25 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 8.25 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.**

## CME ACCREDITATION STATEMENT

This activity has been planned and implemented in accordance with the Essentials Areas and Policies of the Accreditation Council for Continuing Medical Education through the joint providership of the Dade County Medical Association and The Florida Orthopaedic Society. The Dade County Medical Association is accredited by the Florida Medical Association to provide continuing medical education for physicians.

The Dade County Medical Association designates this "FASMed session" live activity for a maximum of 8.25 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### Notice: Reporting of MOC Credit

Many specialty Boards will allow their diplomates to self-report the credit earned. However, the DCMA is required to report the MOC credit claimed for the following boards using the diplomate's Board ID # and Date of Birth (month



and day): Anesthesiology, Pathology, Surgery, Orthopaedic Surgery, and Thoracic Surgery. This information must be supplied accurately on the evaluation form to ensure credit can be reported.

The DCMA is unable to report MOC credit claimed for the following boards that no longer offer self-reporting at this time: Internal Medicine, Otolaryngology - Head & Neck Surgery, and Pediatrics.

By claiming the MOC credit on the Evaluation form, you are giving the DCMA permission to use this information/data to report your participation to these Boards via the ACCME Program and Activity Reporting System (PARS).

### ABOS MOC Recognition Statement

Successful completion of this CME activity, which includes participation in the evaluation component, enables the learner to earn credit toward the CME of the American Board of Orthopaedic Surgery's Maintenance of Certification program. It is the CME activity provider's responsibility to submit learner completion information to ACCME for the purpose of granting ABOS credit.

# OBJECTIVES

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## ***Sudden Cardiac Arrest in the Young Athlete***

- Analyze the pros and cons of preventative ECG screening for youth athletes.
- Identify and list 3 risk factors or cardiac conditions which require additional studies prior to clearance to participate.
- Describe, evaluate, and discuss challenges to a community ECG screening program.

## ***PPE – Where We Are in 2024?***

- Comprehend the dangers associated with incomplete PPE exams.
- Discuss FHSAA Standardized PPE forms strengths and Weaknesses.
- Demonstrate proficiencies in PPE Screening of student-athletes.

## ***The Emergency Action Plan (EAP) and Your Role as the Team Physician***

- Develop an action plan for sudden athlete collapse.
- Recognize sudden collapse and the potential differential diagnosed involved.
- Implement a comprehensive emergency action plan.
- Analyze the importance of rehearsing the EAP and hosting a pre-game timeout.

## ***Sports Safety Equipment Challenges for Medical Teams***

- Recognize and describe important sports safety equipment fitting and emergency removal techniques.
- Summarize consensus standards for safety equipment removal after sports injury.

## ***Overview of Key Florida/FHSAA Sports Safety Policies***

- Explain Florida high school sports safety standards and discuss what goes into being number one.
- Highlight expected changes and updates for fall 2024

## ***Exertional Heat Stroke – A Leading Cause of Death in Florida Sports***

- Analyze the key diagnostic measures for exertional heat stroke
- Discuss the Zachary Martin act in Florida and explain how this law is protecting student athletes.

## ***Game Day and Your Standards as a Team Physician***

- Identify key standards that are expected of physicians who supervise sporting events.
- Describe a comprehensive care plan and how communication is key.

## ***Collaborative Preventative Cardiac Screening***

### ***Discussion***

- Challenge the need for youth cardiac screenings as part of well-child studies for youth athletes
- Highlight the community resources and standards in place for youth cardiac screenings
- Detail the ECG interpretation process for the athletic heart
- Showcase mass ECG screening model

### ***Hands – On Sessions***

#### ***FAST Exam***

- Demonstrate exam skills using portable MS ultrasound equipment.

#### ***Concussion in the Game and on the Sideline***

- Summarize key diagnostic and evaluation techniques for sideline exam of concussion.
- Comprehend when in doubt sit them out

#### ***Orthopedic Injury***

- Demonstrate on-the-field assessment of various orthopedic injuries.
- Analyze differential diagnoses of common sports injuries and discuss clinical algorithms.  
Exertional Heat Stroke
- Identify key components to injury prevention
- Summarize differential diagnosis and the recognition of EHS
- Demonstrate CWI the gold standard

#### ***EAP***

- Discuss the need for EAP
- Identify critical components of a comprehensive EAP
- Implement practice scenarios for an EAP

## ***ACL Tears and Shoulder Dislocations in 2024: From On-Field Injury Management to Return to Play***

- Discuss management of in-season should instability.
- Debate the risks for non-op management of shoulder instability in-season.
- Argue who is at risk for failing non-op management in-season
- Review the causes of ACL graft failure.
- Analyze and interpret ACL graft failure imaging.
- Highlight the strategies in 1-Stage vs. 2-Stage revision ACL reconstruction surgery