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Scholarships

These organizations provided funding for students and professionals to attend this year's meeting.

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Maribeth Crupi Physical Therapy
Maribeth Crupi, PT

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NHATA
NEW HAMPSHIRE ATHLETIC TRAINERS' ASSOCIATION

25th Annual Symposium

NEW LOCATION!

Sept. 29, 2018 - The Event Center - Nashua, NH
Register Online at www.nhmi.net

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New Hampshire Musculoskeletal Institute
ADVANCING KNOWLEDGE. ADVANCING CARE.



25th Annual Symposium

NEW LOCATION!

Sept. 29, 2018 - The Event Center - Nashua, NH

Register Online
at www.nhmi.net

Program

Faculty

Registration

Fee Includes Course Materials & Breaks

7:00-8:00 Cadaver Workshop: Hip – James Vailas, MD



Members who register for the Symposium can elect to be entered into a drawing and 10 lucky members will be invited to participate in the workshop. James Vailas, MD will use a fresh-frozen specimen to review anatomy and make correlations to injuries and surgical procedures.

8:00-8:10 Welcome Address – Meeting Opens

8:10-10:10 ACL INJURY UPDATES

8:10-8:25 ACL Injury Update: Who Really is at Risk? – Lindsay DiStefano

8:25-8:40 ACL Injury Update: Is Prevention Possible? – Lindsay DiStefano

8:40-8:55 ACL Injury Update: Injury Happened, Now What? – Lindsay DiStefano

8:55-9:55 Surgery Demonstration: ACL Reconstruction Using Quadriceps Tendon – Joseph DeAngelis

9:55-10:10 Panel Discussion – Q & A

10:10-10:40 Break

10:40-11:40 THAWING THE FROZEN SHOULDER

10:40-10:55 Non-Operative Treatment of Frozen Shoulder – Gregory Soghikian

10:55-11:10 PT Intervention Techniques for Shoulder Adhesive Capsulitis – Paul Canavan

11:10-11:25 Surgical Treatment of Frozen Shoulder – Gregory Soghikian

11:25-11:40 Panel Discussion – Q & A

11:40-12:40 DON'T FORGET ABOUT GAIT!

11:40-11:55 Gait Variability as an Objective Marker of Fall Risk in Older Adults – Dain LaRoche

11:55-12:10 Physiologic Metrics of Walking Effort Related to Physical Activity and Sedentary Behavior of Older Adults – Dain LaRoche

12:10-12:25 Shoe Anatomy and Shoe Selection Considerations – Paul Canavan

12:25-12:40 Panel Discussion – Q & A

12:40-1:40 Lunch

1:40-2:40 VESTIBULAR REHABILITATION CONSIDERATIONS FOLLOWING CONCUSSION

1:40-2:25 Assessment and Treatment Ideas for the Concussed Patient – Brigitte Cook

2:25-2:40 Q & A

2:40-2:55 Break

2:55-3:55 PAIN CONTROL FOR ORTHOPAEDIC INJURIES

2:55-3:10 Acupuncture for the Treatment of Pain – Stephen Cina

3:10-3:25 The Role of Manual Therapy in Pain Management – Ross Childs

3:25-3:40 Integrative Pain Management (IPM) for Orthopedic Injuries – Stephen Cina

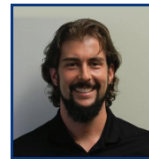
3:40-3:55 Panel Discussion – Q & A

3:55-4:00 Meeting Closes



Paul Canavan, PhD, PT, DPT, ATC, CSCS

Dr. Canavan is currently an Adjunct Professor in the Department of Health Sciences at Eastern Connecticut State University as well as working as a full time clinician at UMass Memorial Hospital in Worcester, MA. Dr. Canavan received his undergraduate degree from Quinnipiac University, his graduate and doctoral degrees from University of Connecticut, and his transitional DPT from Northeastern University. Dr. Canavan's experience has included working with a wide range of patients from pediatric to geriatric. He has worked with athletes from all levels and ages. He was also the Director of Physical Therapy/Rehabilitation at The Pennsylvania State University in State College, PA.



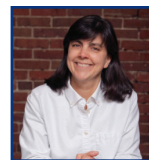
Ross Childs, PT, DPT, OCS, CSCS

Dr. Childs is currently an adjunct faculty member in the Physical Therapy program at Franklin Pierce University and an instructor for Medical Mind in Motion. He received his DPT degree from Franklin Pierce University, and his undergraduate degree Salem State College. He has obtained the board certification in Orthopedics (OCS) through the APTA and is a Certified Strength and Conditioning Specialist (CSCS) through the National Strength and Conditioning Association. His combined treatment approach includes the Selective Functional Movement Assessment, manual therapy, pain science education and corrective exercise with an emphasis on motor control and movement efficiency.



Stephen Cina, MAOM, Lic. Ac., ATC, NASM CES

Mr. Cina specializes in integrating Eastern and Western medical approaches for the treatment of orthopedic conditions and pain disorders. For the past 16 years he has treated numerous patients, from professional athletes to those with chronic and debilitating pain conditions. Stephen served as the team acupuncturist for the Boston Bruins and New England Patriots, acupuncturist researcher at Massachusetts General Hospital's Athinoula Martino's Center for Biomedical Imaging, guest lecturer at Tufts University School of Medicine and its Pain, Research and Educational Policy Program. Stephen also serves as a member of the Academic Collaborative for Integrative Health, Clinical Working Group, a member of MCPHS University's Interprofessional Education Committee.



Brigitte Cook, PT

Ms. Cook is a partner and clinician at Foothills Physical therapy in Concord, New Hampshire and is a 1987 graduate of Russell Sage College in Troy, New York. Her clinical interests are in orthopedics with a specialty in vestibular rehabilitation and manual therapy. She is on faculty at the Vestibular Rehabilitation Course held yearly at Emory University in Atlanta and truly enjoys working with "dizzy people."



Joseph DeAngelis, MD

Dr. DeAngelis serves as the Director of Research for Sports Medicine at Beth Israel Deaconess Medical Center, investigating clinical outcomes, biomechanics, and the influence of healthcare policy in Massachusetts. He is an Assistant Professor at Harvard Medical School and works with the Harvard Combined Orthopaedic Residency Program. Dr. DeAngelis is a graduate of the University of Massachusetts School of Medicine. He completed his residency at the University of Connecticut and a fellowship in Sports Medicine and Shoulder Surgery at Vanderbilt University.



Lindsay DiStefano, PhD, ATC

Dr. DiStefano is an Associate Professor in the Department of Kinesiology at the University of Connecticut. She completed her undergraduate degree at Boston University and her graduate and doctoral degrees at the University of North Carolina at Chapel Hill. Dr. DiStefano is extremely active with conducting research to determine the best ways to promote physical literacy and reduce the risk of youth sports-related injuries, such as ACL injuries, in children. She is currently engaged with large research studies to identify best practices for implementation and dissemination of interventions to improve safe physical activity participation, especially in children.



Dain LaRoche, PhD, FACSM

Dr. LaRoche is an Associate Professor in the Department of Kinesiology at the University of New Hampshire and is a Fellow of the American College of Sports Medicine. He received his undergraduate degree from the University of New Hampshire, his graduate degree from the University of Massachusetts – Amherst, and his doctoral degree from the University of Utah. His research interests include the role of physical activity in the preservation of neuromuscular function in aging, determinants of walking ability and fall risk in the elderly, as well as aspects of endurance and winter sport performance.



Gregory Soghikian, MD

Dr. Soghikian is an orthopaedic surgeon at NH Orthopaedic Center and specializes in arthroscopic knee surgery and ligament reconstruction, and ACL injury prevention. A Magna Cum Laude graduate of Harvard University, he graduated medical school from Southwestern Medical School, University of Texas. He interned at Massachusetts General Hospital. Dr. Soghikian did his residency at George Washington University Medical Center and did his fellowship in sports medicine at Tahoe Fracture Clinic.



James Vailas, MD

Dr. Vailas is an orthopaedic surgeon at NH Orthopaedic Center and serves as Team Physician for the Manchester Monarchs, St. Anselm College, and Southern New Hampshire University. He attended Dartmouth Medical School and did his residency at George Washington University Medical Center. He completed his fellowship in sports medicine at Kerlan-Jobe Orthopaedic Clinic. Dr. Vailas is President of the Board of Directors of the New Hampshire Musculoskeletal Institute, which he co-founded in 1993.

SPACE IS LIMITED – REGISTER EARLY!

To pay by Visa or MasterCard, complete and fax or mail this form, or [register online at www.nhmi.net](http://www.nhmi.net).
To pay by check, complete and mail form to: NHMI, 35 Kosciuszko St., Manchester, NH 03101;
Fax: 603-627-0880. Registration deadline: September 19, 2018.

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Name on Credit Card _____ Card Type _____
Card Number _____ Exp Date _____
Amount to Charge _____

Types of Registration

_____ Early Bird (by August 31) & Member - \$175
_____ Non-Member (after August 31) - \$200
_____ Registration plus Member Dues - \$195
_____ Student (Space Limited) - \$100

DISSECTION WORKSHOP RAFFLE

_____ Enter me in the dissection drawing (MEMBERS ONLY)**
**If you are not a member, join now and select Registration plus Member Dues.

Important Program Information

TARGET AUDIENCE: This live activity is designed to highlight areas of practice advances relevant to physical therapy professionals, athletic trainers, practicing physicians, physician assistants and nursing professionals.

MEETING OBJECTIVES:

- Synthesize applicable management concepts into clinicians' practices to enhance patient care based on concepts and skills presented.
- Assess and apply non-surgical treatment protocols for the management of conditions germane to the practice of musculoskeletal rehabilitation.
- Describe expected outcomes from various approaches to management.

CANCELLATION POLICY: Refunds except for \$25 administrative fee will be made before deadline. After deadline, fee is non-refundable. We reserve the right to cancel the meeting. Full fee will be refunded.

CONTINUING EDUCATION: NH Musculoskeletal Institute is accredited by the New Hampshire Medical Society Council on Education to provide continuing medical education for physicians. This activity has been planned and implemented in accordance with the essential areas and policies of the Accreditation Council for Continuing Medical Education. The NH Musculoskeletal Institute designates this live activity for a maximum of 6 AMA PRA Category 1 Credit(s)[™]. Physicians should claim only the credit commensurate with the extent of his/her participation in the activity.

NHMI (BOC AP# P966) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of 6 EBP Category hours/CEUs. ATs should claim only those hours actually spent in the educational program.

This program has been submitted for CCU approval to the Vermont Chapter of the APTA, a State of Vermont Office of Professional Regulation Approved Provider. Information provided should always be used within scope of practice and in accordance with State Practice Act.

LOCATION: The Event Center, 2200 Southwood Dr, Nashua, NH.
Directions are available online and will be included in the registration confirmation.

DISSECTION LAB: To help defray the cost of the specimen, a \$25 fee will be charged to participants in this activity. The drawing to determine who will participate will take place on Thursday, September 20. Winners will be notified immediately and asked to confirm participation and pay the additional fee. If there are winners who are unable to participate, alternates will be drawn until the workshop is full.

PLANNING COMMITTEE:

James Vailas, MD – NH Orthopaedic Center. No financial conflicts to disclose.
Laura Decoster, ATC – NHMI Executive Director. No financial conflicts to disclose.
Cassandra Snow, MS, ATC – NHMI Assistant Director of Continuing Education. Member of Cramer Advisory Council.



* Visit www.nhmi.net for detailed program information. We reserve the right to change speakers and/or topics.