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Scholarships

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



Bob Worden, PTA, ATC, MBA



**Cornerstone
Physical Therapy
Associates, LLC**
Dedicated One-on-One Professional Care

26th Annual Symposium

September 28, 2019

DoubleTree by Hilton Manchester Downtown
Manchester, NH

Register Online at www.nhmi.net



**New Hampshire
Musculoskeletal Institute**
ADVANCING KNOWLEDGE. ADVANCING CARE.



**NEW
LOCATION!**

26th Annual Symposium

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Manchester, NH

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Program*

| | |
|-------------|---|
| 7:00-8:00 | SPECIAL SESSION FOR NHMI MEMBERS ONLY Cadaver Workshop: Knee – 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 |
| | FOOT AND ANKLE UPDATES |
| 8:10-8:25 | Freeing the Foot: Enhancing Lower Extremity Rehabilitation Strategies Through the Foot Core System – Patrick McKeon |
| 8:25-8:40 | The ACL of the Ankle, Part I: What’s the problem? – Jennifer McKeon |
| 8:40-8:55 | Perceptual Interdependence: A New Framework for Foot and Ankle Rehabilitation – Patrick McKeon |
| 8:55-9:10 | The ACL of the Ankle, Part II: What next? – Jennifer McKeon |
| 9:10-10:10 | Surgery Demonstration: Ankle Instability – Marc Michaud |
| 10:10-10:25 | Panel Discussion – Q & A |
| 10:25-10:55 | Break |
| | SHOULDER UPDATES |
| 10:55-11:10 | Superior Capsular Reconstruction Procedures and Outcomes – Joshua Baumfeld |
| 11:10-11:25 | Rehabilitation Following Superior Capsular Reconstruction – Paul Ghostlaw |
| 11:25-11:40 | Functional Return to Play Guidelines After Anterior Bankart Repair – Brian Busconi |
| 11:40-11:55 | Panel Discussion – Q & A |
| 11:55-12:55 | Lunch |
| | HIP AND KNEE UPDATES |
| 12:55-1:10 | Rehabilitation of Patients with Acetabular Labral Tear Managed Non-Operatively – Dawn Rogers |
| 1:10-1:25 | Post-Operative Rehabilitation of Patients S/P Hip Arthroscopy – Dawn Rogers |
| 1:25-1:40 | Gluteus Medius and Minimus Rehab Protocol After Repair – Brian Busconi |
| 1:40-1:55 | Rehabilitation of Gluteal Tendinopathy – Dawn Rogers |
| 1:55-2:10 | Break |
| 2:10-2:25 | Medial Patellofemoral Ligament Reconstruction – Brian Busconi |
| 2:25-2:40 | Multi-Ligament Knee Injuries – Joshua Baumfeld |
| 2:40-2:55 | Panel Discussion – Q & A |
| | CERVICAL UPDATES |
| 2:55-3:10 | Cervicothoracic Differentiation and Thoracic Manipulation for Neck Pain – Brian Swanson |
| 3:10-3:25 | Cervicogenic Headache – Brian Swanson |
| 3:25-3:40 | Rehabilitation S/P Anterior Cervical Discectomy and Fusion – Brian Swanson |
| 3:40-3:55 | Q & A |
| 3:55-4:00 | Closing Remarks |

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

Faculty

Visit www.nhmi.net for course faculty disclosures.



Joshua Baumfeld, MD

Dr. Joshua Baumfeld practices as an orthopedic surgeon at Lahey Hospital and Medical Center. He is a graduate of Northwestern University Feinberg School of Medicine and completed his internship and residency at the Mayo Clinic Graduate School of Medicine. Dr. Baumfeld did his fellowship at the University of Virginia. His clinical interests include knee ligament reconstructions, arthroscopic knee and shoulder repairs, cartilage restoration and meniscal transplantation, shoulder instability, and sports medicine.



Brian Busconi, MD

Dr. Brian Busconi is the Chief of Sports Medicine and Fellowship Director of the Sports and Arthroscopy Fellowship at UMass Memorial Medical Center. He is a graduate of Harvard University and the Tufts University School of Medicine and completed his residency at the University of Massachusetts Medical School. He did his fellowship in at the University of Massachusetts Medical School. He has special interest in pediatric sports medicine and has been on the forefront of hip arthroscopy for over a decade. He is a fellow of the AAOS, Subspecialty certified in Orthopaedic Sports Medicine and is a retired Colonel in the United States Army National Guard.



Paul Ghostlaw, PT

Paul Ghostlaw practices as a physical therapist at Beantown Physio, Inc, which he started in 2001. He received his undergraduate degree from Ithaca College, and has focused his entire career on orthopedic and sports medicine physical therapy. Paul’s clinical interests are the rehabilitation and management of post-surgical and non-surgical knee, shoulder, spine, ankle, and hip dysfunction. Paul enjoys giving back to his profession by giving educational presentations, both nationally and internationally.



Jennifer McKeon, PhD, ATC, CSCS

Jennifer McKeon is an Assistant Professor within the School of Health Sciences and Human Performance at Ithaca College. She received her undergraduate and doctoral degrees from Pennsylvania State University. Her academic and research interests include functional anatomy and pathoanatomy, biomechanics, sports injury epidemiology and time-to-event analysis, evidence-based practice, and clinical analysis of risk factors associated with lower extremity injury. Jennifer’s professional research goal is to generate clinically useful, valid tools for improving patient care.



Patrick McKeon, PhD, ATC, CSCS

Patrick McKeon currently serves as an Athletic Training faculty member at Ithaca College. He received his undergraduate degree from Springfield College and his doctoral degree from the University of Virginia. Patrick’s research focuses on functional alterations associated with lower extremity joint injury, specifically ankle instability. He incorporates patient-, clinician-, and laboratory-oriented outcomes to evaluate these alterations due to injury and rehabilitation.



Marc Michaud, MD

Dr. Marc Michaud is an orthopaedic surgeon at NH Orthopaedic Center. He is a graduate of Tufts University School of Medicine and completed an internship at Fitzsimons Army Medical Center. Dr. Michaud did his residency at Madigan Army Medical Center and fellowship in foot and ankle at the Mayo Clinic. He currently specializes in disorders of the foot and ankle, knees, shoulders, and sports medicine.



Dawn Rogers, PT, DPT, OCS

Dawn Rogers practices as a physical therapist at Brigham and Women’s Hospital in Boston, MA. She also acts as a clinical instructor for students at Brigham and Women’s Hospital and as a lab instructor at Massachusetts General Hospital Institute of Health Professions. Dawn received her undergraduate degree from The University of Arizona and her doctoral degree from Massachusetts General Hospital Institute of Health Professions. She earned her Orthopedic Clinical Specialist designation from the American Board of Physical Therapy Specialties. Her primary areas of interest include lumbo-pelvic and hip rehabilitation, and pelvic floor dysfunction and rehabilitation.



Brian Swanson, PT, DSc, OCS, FAAOMPT

Brian Swanson is currently a faculty member of the Physical Therapy Program at the University of Hartford, and a faculty member for the Select Medical Orthopedic Physical Therapy residency program. He received his undergraduate degree from Quinnipiac University and doctoral degree from Andrews University. Brian has over 20 years of clinical experience. He is a Board-Certified Clinical Specialist in Orthopaedic Physical Therapy (OCS), and a Fellow in the American Academy of Orthopaedic Manual Physical Therapists (FAAOMPT).



James Vailas, MD

Dr. Vailas is an orthopaedic surgeon at NH Orthopaedic Center and serves as Medical Director for the Safe Sports Network and Team Physician for 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.

Registration

Fee includes course materials & breaks.

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 18, 2019.

Name _____
Employer _____
Profession and Credentials _____
Address _____
City / State / Zip _____
Phone () _____ Fax () _____
Email _____

Credit Card Information (Visa or MasterCard)

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

Types of Registration

____ NHMI Members and Early Bird by August 31: \$185 ____ Certified Student Registration (space limited): \$125
____ Non-Member after August 31: \$210 ____ Non-Certified Student Registration (space limited): \$50
____ Registration plus Member Dues: \$205

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 & PARKING: DoubleTree by Hilton Manchester Downtown, 700 Elm St, Manchester, NH. Directions are available online and will be included in the registration confirmation. Parking is available in the parking garage attached to the hotel.

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 19. 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 Continuing Education Coordinator. Cramer Advisory Council: Consultant.