



Sports help kids succeed.
Safety is the first step!



Sports keep kids safer because they're less likely to try drugs, attempt suicide, be absent from school or be suspended or expelled. But kids can only reap these benefits if their sports participation is safe.

The Safe Sports Network offers free athletic healthcare for young athletes of Greater Manchester, NH. Services include outreach to nine local high schools, access to a free injury assessment clinic, and coach and community education.

28th Annual Symposium

September 25, 2021
The Event Center
Nashua, NH

Register Online at www.nhmi.net

New Hampshire Musculoskeletal Institute
35 Kosciuszko St.
Manchester, NH 03101

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New Hampshire
Musculoskeletal Institute
ADVANCING KNOWLEDGE. ADVANCING CARE.



In-Person
and
Home Study
Options
Available

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Program*

7:00-8:00	MEMBERS ONLY: Cadaver Workshop: Knee – Scott Evans, PA-C
8:00-8:10	Welcome and Opening Remarks
8:10-9:10	Controversies and Indications for ACL Repair – Peter Eyvazzadeh, MD
9:10-9:40	Current Concepts of Upper Extremity Nerve Entrapment – Terry Pratt, PT, MS, OCS, COMT, FAAOMPT
9:40-10:10	BREAK
10:10-10:40	Understanding High Ankle Sprains & Implications for Rehabilitation – Eric Nussbaum, MEd, LAT, ATC
10:40-11:10	The Principles of Knee Reconstruction: Lateral Side – Mark Lemos, MD
11:10-11:40	Reverse Total Shoulder Arthroplasty 2021: Have Indications Evolved? – Mark Lemos, MD
11:40-12:40	LUNCH
12:40-1:10	Shoulder Impingement: Managing the Mirage of Diagnosis and Treatment – Terry Pratt, PT, MS, COMT, FAAOMPT
1:10-1:40	What's New in Fascial Research? – Meredith Stephens, DPT, MS, PT, LMT, ATSI, BCSI
1:40-2:10	Rehabilitation Considerations for Tibial Bone Stress Injuries in Adolescents – Eric Nussbaum, MEd, LAT, ATC
2:10-2:25	BREAK
2:25-2:55	Is it Fibrosis or Densification? – Meredith Stephens, DPT, MS, PT, LMT, ATSI, BCSI
2:55-3:25	Type 1 Diabetes and Sport – Kathryn Ackerman, MD, MPH, FACSM (Virtual Presentation)
3:25-3:55	Nutrition Considerations for the Female Athlete – Kathryn Ackerman, MD, MPH, FACSM (Virtual Presentation)
3:55-4:00	Closing Remarks

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

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://registeronlineatwww.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 17, 2021.

Name & Credentials _____
Employer & Job Title _____
Address _____ City / State / Zip _____
Phone (_____) _____ Fax (_____) _____
Email _____

Our vendors/exhibitors help to make the Fall Symposium possible and affordable for attendees. Will you allow your contact information to be shared with vendors/exhibitors? ☐ Name Only ☐ Name & Email ☐ No

[Credit Card Information](#) (Visa or MasterCard)

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Types of Registration

NHMI Members: ☐ In-Person Physician - \$150 ☐ In-Person Non-Physician - \$120
☐ Virtual On-Demand Physician - \$75 ☐ Virtual On-Demand Non-Physician - \$60

Attendees who are not members but would like to receive the member rate can select to pay NHMI membership below with their registration.

NHMI Membership: ☐ \$20

Early Bird: ☐ In-Person Physician - \$200 ☐ In-Person Non-Physician - \$150
By 8/31/21 11:59p EDT ☐ Virtual On-Demand Physician - \$125 ☐ Virtual On-Demand Non-Physician - \$85

Non-Member: ☐ In-Person Physician - \$250 ☐ In-Person Non-Physician - \$170
After 8/31/21 11:59p EDT ☐ Virtual On-Demand Physician - \$125 ☐ Virtual On-Demand Non-Physician - \$85

DISSECTION WORKSHOP RAFFLE ☐ Enter me in the dissection drawing (MEMBERS ONLY)**

**If you are not a member, join now and select NHMI Membership above.

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.

MEETING OBJECTIVES: Registration fee includes meals and digital access to course handouts. We encourage attendees to print available handouts or bring an electronic device to view handouts during presentations.

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 is pending approval to offer CCUs for 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: The Event Center (Courtyard by Marriott) 2200 Southwood Dr, Nashua, NH 03063
Directions are available online and will be included in the registration confirmation.

DISSECTION LAB: To help defray the cost of the specimen, a \$35 fee will be charged to participants in this activity. The drawing to determine who will participate will take place on Thursday, September, 16. 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 – Course Director. NH Orthopaedic Center. No financial conflicts to disclose.
Amy Hollingworth, RN, ATC – Planner. NHMI Executive Director. No financial conflicts to disclose.
Cassandra Snow, MS, ATC – Planner. NHMI Program Director. No financial conflicts to disclose.

DISCLOSURES: It is the policy of NH Musculoskeletal Institute that faculty, course directors, and planners disclose to the audience real or apparent conflicts of interest relating to the topics of this educational activity NH Musculoskeletal Institute has established policies that identify and resolve conflicts prior to this educational activity. Visit www.nhmi.net for faculty disclosures.

Sponsors



Scholarships

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

