

## NHMI 28<sup>th</sup> Fall Symposium

Upon completion of this live educational activity, learners should be able to:

### Meeting Overall

- Synthesize applicable management concepts into clinicians' practices to enhance patient care based on concepts and skills presented.
- Assess and apply non-surgical treatments and rehabilitation protocols for the management of conditions germane to the practice of musculoskeletal rehabilitation.
- Discuss key concepts with colleagues.

### Talks

Controversies and Indications for ACL Repair – Peter Eyvazzadeh, MD

- Discuss the history of surgical treatment for ACL repair.
- Describe the indications and controversies for ACL repair.
- Develop post-operative ACL repair rehabilitation plans.

Current concepts of Upper Extremity Nerve Entrapment Assessment and Management – Terry Pratt, PT, MS, COMT, FAAOMPT

- List major and minor contributing factors predisposing patients to nerve entrapment.
- Describe evidence-based test clusters for identifying nerve entrapment.
- Describe evidence-based therapies for the treatment of nerve entrapment.

Understanding High Ankle Sprains; Implications for Rehabilitation – Eric Nussbaum, MEd, LAT, ATC

- Describe the relevant anatomy of the ankle syndesmosis.
- Summarize current literature and treatment recommendations.
- Discuss implications for rehabilitation and return to activity.

Principles of Knee Reconstructions: Lateral Side – Mark Lemos, MD

- Describe physical exam findings.
- Explain the benefits of reconstruction vs repair.
- Describe PLC reconstruction procedure and outcomes.

Reverse TSA 2021: Have Indications Evolved? – Mark Lemos, MD

- Describe the evolution of reverse TSA.
- Identify indications and complications of reverse TSA.
- Discuss reverse TSA controversies.

Shoulder Impingement: Managing the Mirage of Diagnosis and Treatment - Terry Pratt, PT, MS, COMT, FAAOMPT

- List major and minor contributing factors predisposing patients to shoulder “impingement”.
- Describe evidence-based test clusters for identifying structures contributing to shoulder pain and discomfort.
- Describe evidence-based therapies for the treatment of shoulder impingement.

What’s new in fascial research? – Meredith Stephens, DPT, MS, PT, LMT, ATSI, BCSI

- Differentiate between the research and functional definitions of fascia and the relevance of the distinction to practice.
- Describe the cells in fascia and their function, fascia’s role in force transmission and evidence for myofascial continuities.
- Discuss the role of fascia in injury, pain, stiffness and inflammation and current research into treatments.

Rehabilitation Considerations for Tibial Bone Stress Injuries in Adolescents – Eric Nussbaum, Med, LAT, ATC

- Review current literature associated with tibial bone stress injuries.
- Discuss treatment options for the adolescent athlete.
- Consider implications for rehabilitation and return to activity.

Is it fibrosis or densification? – Meredith Stephens, DPT, MS, PT, LMT, ATSI, BCSI

- Describe the relevant anatomy and physiology associated with fascial planes, tissue glide and the importance of maintaining glide.
- Discuss the causes and symptoms associated with increased densification and assessments to identify affected areas.
- Give examples of treatments and strategies to restore and maintain glide in tissues.

Type 1 Diabetes and Sport – Kathryn Ackerman, MD

- Describe expected changes in blood glucose with different types of training.
- Describe pitfalls of insulin dosing and exercise in athletes with Type 1 Diabetes.
- Describe a sports participation plan for an athlete with Type 1 Diabetes.

Nutrition Considerations for the Female Athlete – Kathryn Ackerman, MD

- Discuss tasks for female athlete sports nutrition recommendations to date.
- Describe important considerations for accurate female sports and nutrition research.
- Discuss general female athlete nutrition advice.