

THE 3RD ANNUAL

Blue Ridge Sports Medicine Symposium

APRIL 29, 2022



DESCRIPTION

Please join **EmergeOrtho/Blue Ridge Region**, in collaboration with **MAHEC Primary Care Sports Medicine Fellowship**, for the third annual **Blue Ridge Sports Medicine Symposium 2022**.

This exciting event will cover a variety of subjects and provide an opportunity for you to learn more about the treatment of athletes. Our topics include:

- Emerging Trends in Tendinopathy
- Sports Cardiology
- Ankle Sprains and Ligament Reconstructions
- Stress Fractures
- Disordered Eating and Mental Health in the Athlete
- Shoulder Instability in the Athlete
- Triangular Fibrocartilage Complex Injuries

Symposium presenters will include **EmergeOrtho** sub-specialists and a Sports Medicine and Orthopedic Care specialist from **MAHEC**. The keynote address will be given by **David Berkoff, MD**, of the University of North Carolina School of Medicine.

This symposium will be offered in the traditional in-person format on **MAHEC's** campus in Asheville, NC. However, we will also provide the option to attend virtually from the comfort of your own home via live webinar (**Webex** platform).

AUDIENCE

Target audience includes physicians, advanced practice providers, school nurses, registered nurses, OT/OTAs, PT/PTAs, students, athletic trainers, athletic directors, coaches, and all other interested individuals.

[REGISTER ONLINE](#)

Location	Live via webinar or in person at MAHEC Education Building 121 Hendersonville Road Asheville, NC 28803
Date	Friday, April 29, 2022
Registration	9:00 am–9:30 am <i>(light breakfast on-site only)</i>
Program	9:30 am–3:00 pm <i>(lunch on-site only)</i>

EARLY FEES AVAILABLE THROUGH 4/22/2022

\$50.00	General Registration Fee
\$20.00	Athletic Trainers, Directors, Coaches, and Students <i>(valid student ID may be requested in order to qualify)</i>
FREE	MAHEC Employees <i>(must register in order to attend; no drop-ins permitted)</i>

PROVIDED BY



IN COLLABORATION WITH



and MAHEC Primary Care Sports Medicine Fellowship

OBJECTIVES

Upon completion, participants will be able to:

- Discuss current concepts in shoulder instability in the athlete
- Identify emerging trends in tendinopathy
- Review ankle sprains and ligament reconstructions
- Describe patient presentation with TFCC injury
- State the importance of sports cardiology for the athlete
- Identify causes and treatments for stress fractures
- Discuss updates from the IOC on screening for mental health issues in the athlete—who, how, and why

AGENDA

- 9:00–9:30** Registration, Webex Connection, and Light Breakfast (*provided on-site only*)
- 9:30–9:45** Course Overview
— Ronnie Metcalf, EdD, RN-BC, ONC
— Robert Boykin, MD
- 9:45–10:45** Emerging Trends in Tendinopathy
— David Berkoff, MD
- 10:45–11:00** Break
- 11:00–11:30** Shoulder Instability in the Athlete: Current Concepts
— Robert Boykin, MD
- 11:30–12:00** Stress Fractures
— Patrick King, MD, CAQSM
- 12:00–12:45** Lunch (*provided on-site only*)
- 12:45–1:15** Screening Is Not Just for Primary Care: Disordered Eating and Mental Health in the Athlete
— Jessica Knapp, DO, CAQSM
- 1:15–1:45** Triangular Fibrocartilage Complex (TFCC) Injuries
— Aimee Riley, DO
- 1:45–2:00** Break
- 2:00–2:30** Sports Cardiology
— Mike Shea, MD
- 2:30–3:00** Ankle Sprains and Ligament Reconstructions: Arthroscopic vs. Open Lateral and Medial Ligament Reconstruction
— Pete Mangone, MD

CREDIT

Continuing Medical Education

Accreditation: MAHEC is accredited by the NC Medical Society (NCMS) to provide continuing medical education for physicians.

Credit Designation: MAHEC designates this live activity for a maximum of **4.25** AMA PRA Category 1 Credit(s)[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Disclosure Statement: MAHEC adheres to the ACCME Standards regarding industry support to continuing medical education. Disclosure of faculty and commercial support relationships, if any, will be made known at the time of the activity.

4.25 Nursing Contact Hours

MAHEC is approved as a provider of nursing continuing professional development by the North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Participants must attend 80% of the activity to receive credit.



Athletic Trainers: NC AHEC is recognized by the Board of Certification, Inc., to offer continuing education for Certified Athletic Trainers. This program has been approved for a maximum of **4.25** hours of Category

A continuing education. Certified Athletic Trainers are responsible for claiming only those hours actually spent participating in the continuing education activity.

Occupational Therapists and Assistants: As of July 1, 2018, the NCBOT no longer accepts applications for pre-approval of CCAs. OT practitioners need to make sure they are completing activities that comply with Section .0800 of the NCBOT Rules. **4.25** CCAs. Please select contact hours for your certificate.

CEUs: MAHEC designates this live CE activity as meeting the criteria for **0.4** CEUs as established by the National Task Force on the Continuing Education Unit.

Contact Hours: MAHEC designates this live CE activity as meeting the criteria for **4.25** contact hours.

MAHEC assumes permission to use audio, video, and still images from this program for promotional and educational purposes. Please speak with a staff member if you have any concerns.

DIRECTIONS

MAHEC Education Building
Mary C. Nesbitt Biltmore Campus
121 Hendersonville Road, Asheville, NC 28803

From I-40 E: Take Exit 50 and turn left onto Hendersonville Road.

From I-40 W: Take Exit 50B and merge onto Hendersonville Road.

At the first light, turn left into the DoubleTree Hotel complex. Turn left (away from the hotel). You will see a steep driveway on your right. Turn right and go up that driveway to the MAHEC Biltmore Campus.

From 19-23 (I-26): Take 240 East to Exit 5B (Charlotte Street). Exit right onto Charlotte Street. At the 4th light, make a left onto Biltmore Avenue. Proceed through 8 traffic lights. At the 9th light, turn right into the DoubleTree Hotel complex. Turn left (away from the hotel). You will see a steep driveway on your right. Turn right and go up that driveway to the MAHEC Biltmore Campus.

MEDICAL COURSE DIRECTOR

Robert Boykin, MD
EmergeOrtho/Blue Ridge Region, Asheville, NC

PLANNING COMMITTEE

Robert Boykin, MD
EmergeOrtho/Blue Ridge Region, Asheville, NC

Kyle Judkins, DO
Pardee Family and Sports Medicine, Mills River, NC

Jessica Knapp, DO, CAQSM
MAHEC Primary Care Sports Medicine Fellowship,
Asheville, NC

Ronnie Metcalf, EdD, RN-BC, ONC
MAHEC, Asheville, NC



REGISTRATION

Early registration deadline: April 22, 2022

Program fees include administrative costs, educational materials, a light breakfast, and lunch (*meals provided in person at MAHEC only*). If your registration is received after the early registration deadline listed above, the total fee will be the registration fee + \$15.00.

MAHEC has a pay-up-front policy for all CE programs. The only exceptions will be for pre-approved programs where an individual payment plan is appropriate. Registrations that are received without accompanying payment will not be processed and participants who have not paid the course fee will not be admitted into the program.

Unless otherwise noted in course materials, the following cancellation policy applies to all programs:

- Cancellations must be in writing (via fax, email, or mail)
- Cancellations received more than 2 weeks prior to the event will receive 100% refund
- Cancellations received between two weeks and two full business days prior to the first day of the event are refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee
- No refunds or credits will be given for cancellations received less than two full business days prior to the event
- No vouchers will be issued in lieu of a refund
- Transfers/substitute(s) are welcome (please notify us in advance of the program)

HAVE A QUESTION?



Special Services

828-257-4778

Program Planner

Ronnie Metcalf, EdD, RN-BC, ONC
828-257-4478 | ronnie.metcalf@mahec.net

Registration Phone

828-257-4475

Email

registration@mahec.net

Registration Fax

828-257-4768

Mail

MAHEC Registration
121 Hendersonville Road
Asheville, NC 28803

Online Registration
www.mahec.net/cpd

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REGISTRATION FORM

Updated contact information Event #67501

Name _____

Credentials _____

Social Security # _____ (last 4 digits required)

Occupation _____

Email Address _____

Program announcements will be sent to your email unless you opt out from receiving MAHEC emails. We never share our mailing lists.

Please remove me from the MAHEC mailing list

Home Address _____

City _____ State _____ ZIP _____

Home County _____

Home # _____ Work # _____

Employer _____

Department _____

Employer's Address _____

City _____ State _____ ZIP _____

Work County _____

Send completed registration to: MAHEC Registration
121 Hendersonville Road, Asheville, NC 28803

Fax completed registration to: 828-257-4768

ATTENDANCE SELECTION

in person at MAHEC* live via webinar

**In-person seating is limited, please register early*

Meal Preference (if attending in person)

Vegetarian Gluten-free Vegan

PAYMENT SELECTION

General Registration Fee

\$50.00 \$65.00 if paying after 4/22/2022

Athletic Trainers, Directors, Coaches, and Students*

\$20.00 \$35.00 if paying after 4/22/2022

**Valid student ID may be requested in order to qualify*

MAHEC Employees

FREE (enter discount code) _____

Full payment must accompany all submitted registrations unless a payment plan has been approved in advance. Registrations received without accompanying payment will not be processed.

Check is enclosed Credit card information below

Visa MasterCard Discover Card AmEx

Account # _____

Expiration Month/Year _____ / _____

Verification Code _____ (3 or 4-digit number)

Name on Card _____

Signature _____