

DREAM BIG



2023 SPORTS INJURY SYMPOSIUM

Advances & Updates









FOR CLINICAL PROVIDERS

TIAA Bank Field • Jacksonville, FL




AGENDA Friday, March 31

7.25 AMA/PRA Category 1 Credits™ • 7.25 Category A CEU
Free to attend. Registration capped at 100 attendees.

5:00 pm	Registration, Check-in – Gallagher Upper East Club at TIAA Bank Field	
TIME	TOPIC	PRESENTER
Program Begins: 5:30 pm	Welcome	 Jennifer Maynard, MD Mayo Clinic Jacksonville, and Chair, JSMP 
		 Kevin Kaplan, MD Jacksonville Orthopaedic Institute, Jaguars Head Team Physician 
 Jeff Ferguson, MS, LAT, ATC Jacksonville Jaguars 		
	Special Welcome	 Allegra Jaros President, Wolfson Children's Hospital 

Cardiac Health for Kids in Sports

Moderator: Kevin Kaplan, MD

TIME	TOPIC	PRESENTER
5:45 pm	The Importance and Challenges of Cardiovascular Screening in Athletes	 <p>Jonathan Drezner, MD University of Washington Seattle Seahawks</p> 
5:55 pm	The Florida Project: School Districts Moving Toward Mandatory Policy on Preparticipation ECG	 <p>Gul Dudlani, MD Nemours Orlando</p> 
6:05 pm	Interpretation of ECG in Athletes	Jonathan Drezner, MD
6:15 pm	The FHSAA, The EL2 and Cardiac Screening Awareness	Jennifer Maynard, MD
6:25 pm	Mass Screening of High School Student-Athletes	 <p>Michael Milligan, MD HSS Florida and FASMed</p> 

Sports-Related Concussion and Trauma On-the-Field

Moderator: Kevin Kaplan, MD

TIME	TOPIC	PRESENTER
6:35 pm	An Update on Concussions	 <p>Bradley Wallace, MD Neurosurgeon, Lyerly Neurosurgery</p> 
6:45 pm	Trauma & Head Trauma: The Assessment	 <p>Justin Deaton, MD Emergency Medicine Specialist, Baptist Health</p> 
6:55 pm	Concussion in High School and Youth Sports	Bradley Wallace, MD
7:05 pm	The FHSAA AT-18 Form and Concussion Protocols	Jennifer Maynard, MD
7:15 pm	Panel Discussion	
7:30 pm	VIP Reception	Speakers, Physicians, Members of the Jacksonville Jaguars and Dream Finders Home
9:00 pm	Program Adjourns for the Evening	

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AGENDA Saturday, April 1

7.25 AMA/PRA Category 1 Credits™ • 7.25 Category A CEU
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7:00 am	Check in – Gallagher Upper East Club at TIAA Bank Field	
	Breakfast Served	
7:30 am	Morning Welcome – Main Assembly Area	
Committee Updates: FHSAA Sports Medicine Advisory <i>Moderator: Tammie Talley</i>		
TIME	TOPIC	PRESENTER
7:35 am	The FHSAA and Our SMAC	 Craig Damon Executive Director FHSAA 
7:45 am	Concussion Policy Updates and AT-18 Enhancements	 Eric Coris, MD USF, Chair SMAC Tampa Bay Buccaneers 
7:55 am	The New "EL2" Change is Good	 Jennifer Maynard, MD Mayo Clinic Jacksonville Chair, JSMP 
8:05 am	The New "EL3" and Policy 42 Updates	 Robert Sefcik, MS, LAT, ATC Executive Director JSMP CEO FASMed 

Cardiac Health and Concussion Follow-up

Moderator: Victor DeRienzo, PT

TIME	TOPIC	PRESENTER
8:15 am	Recognition and Management of SCA in Athletes	 Jonathan Drezner, MD University of Washington Seattle Seahawks 
8:25 am	Baseline or Not, What is Your Plan?	 Michael Yorio, MD Jacksonville Orthopedic Institute 
8:35 am	Who We Play For: Advancing Access to ECG Screenings	 Evan Ernst Executive Director Who We Play For 
8:45 am	Emergency Action Planning in the NFL	 Jeff Ferguson, MS, LAT, ATC Vice President for Player Health and Performance Jacksonville Jaguars 

Orthopedic Injury and Sports Medicine Update

Moderator: Howard Weiss, DO





TIME	TOPIC	PRESENTER
9:00 am	Hip Injuries in Athletes	 Carl Freeman, MD Jacksonville Orthopedic Institute and Team Physician Paxon School for Advanced Studies DCPS 
9:15 am	Orthopedic Injuries After Concussion RTP: Is There Data?	 Kevin Kaplan, MD Head Team Physician Jacksonville Jaguars 
9:30 am	Roundtable Q/A Session	Morning Speakers
9:40 – 9:50 am	Break	

Mental Health and the Role We Play as Sports Medicine Providers


Moderator: Jerry Stevens, LAT, ATC

TIME	TOPIC	PRESENTER
9:50 am	What's Your Role Anyway?	Kathleen M. Stevens, LCSW
10 am	A Positive Mental Health Strategy	Kathleen M. Stevens, LCSW
10:10 am	Your Mental Health Awareness	Kathleen M. Stevens, LCSW
10:20 am	Mental Health Resources in Our Communities	Kathleen M. Stevens, LCSW
10:30 am	Roundtable Q/A Session	Kathleen M. Stevens, LCSW

Working Smarter, Not Harder BREAKOUT 1

TIME	TOPIC	PRESENTER
10:50 – 11:50 am	Red Flags	Cassie Ettel, MA, LAT, ATC 
	Movement is Medicine (Overhead Squat Assessment and Ankle Mobilizations)	Robby Hoenshel PT, DPT, ATC, CSCS, SCS, PES, CES 
	Dive into Documentation (Rehab and Evaluation Templates, Documentation Review)	Jeff Ferguson, MS, LAT, ATC 
	Managing HiPPA as an Athletic Trainer	Charmaine T. M. Chiu 
11:50 am – 12:30 pm	Lunch	

ECG BREAKOUT 2

TIME	TOPIC	PRESENTER
12:30 – 1:30 pm	Training and Screening	Evan Ernst Executive Director Who We Play For 
1:30 pm	Final Announcements, Program Adjourns	

SPEAKER BIOS

Charmaine T. M. Chiu

Charmaine is a member of the firm's, Smith Hulsey & Busey, Board of Directors and is chair of the firm's integrated Healthcare Practice Team. She is one of only 129 attorneys certified by The Florida Bar in healthcare law and has maintained this certification since 2012. Charmaine represents health systems and hospitals, academic medical centers, clinically integrated networks, physician group practices, and other healthcare providers in complex transactions and regulatory matters.

Eric Coris, MD

Eric Coris, MD is a Professor and Chair of Family Medicine, and Professor of Orthopedics and Sports Medicine at The USF Morsani College of Medicine. He currently also serves as Head Team Physician for USF Intercollegiate Athletics, Head Team Physician for USF Football, and as a Team Physician with the Tampa Bay Buccaneers. He completed his residency at St. Vincent's Family Medicine Residency Program in Jacksonville, Florida and a Fellowship in Sports Medicine at The Ohio State University. He served as a Team Physician for The Ohio State University prior to his current role. Dr. Coris has been serving in the Department of Family Medicine at USF and in various roles throughout The USF Morsani College of Medicine since December 2001. He also completed a Faculty Development Fellowship at UNC Chapel Hill and a Grant Writing Fellowship at the University of Missouri-Columbia.

Craig Damon

Damon has a collective 29 years of experience in interscholastic athletics. He has been an FHSAA staff member since September 2013, when he started as a director of athletics before being promoted to associate executive director of eligibility and compliance. Prior to his tenure with the FHSAA, Damon served as a dean, athletic director, teacher and coach at North Marion High School in his hometown of Ocala. Damon holds a master's degree in Educational Leadership from Grand Canyon University.

Justin Deaton, MD

Justin Deaton, MD works in Jacksonville, FL as an emergency medicine specialist. He graduated from University of Tennessee / Memphis / College of Medicine and Surgery.

Jonathan Drezner, MD

Dr. Jonathan Drezner is a Professor in the Department of Family Medicine and Director of the UW Medicine Center for Sports Cardiology at the University of Washington. He serves as Editor-in-Chief of the British Journal of Sports Medicine and Team Physician for the Seattle Seahawks (NFL), OL Reign (NWSL), and the University of Washington. Dr. Drezner is past-President of the American Medical Society for Sports Medicine (AMSSM, 2012-13) and Director of the Division for Cardiac Injury in Sport for the National Center for Catastrophic Sports Injury Research.

Gul Dadlani, MD

Dr. Gul H. Dadlani is a pediatric cardiologist in Orlando, Florida and is affiliated with multiple hospitals in the area, including Nemours Children's Hospital-Florida and Cleveland Clinic Martin Health-Stuart. He received his medical degree from University at Buffalo School of Medicine and has been in practice for more than 20 years.

Evan Ernst, MA

Co-founder and executive director of Who We Play For, an organization that brings heart screenings to communities across the country.

Cassie Ettel, MA, LAT, ATC

Cassie Ettel currently serves as an Associate Athletic Trainer with the Jacksonville Jaguars. She will be entering her 5th season with the team. Prior to the Jaguars, she worked at the University of North Carolina at Chapel Hill with the Women's Volleyball and Lacrosse teams.

Jeff Ferguson, MS, LAT, ATC

Jeff Ferguson currently serves as the Vice President of Player Health and Performance for the Jacksonville Jaguars. Prior to his time with the Jaguars, he spent 13 seasons with the San Francisco 49ers, one year as the vice president of player health and safety for the XFL and, most recently, served as the CEO of WellStrong, an established medical services management company, from 2020-21.

Carl Freeman, MD

Carl Freeman, MD specializes in the treatment of hip, shoulder, and knee disorders in patients of all ages. He is one of a few Hip Preservation Surgeons in the United States. Advanced hip procedures include hip arthroscopy (hip scope), anterior total hip replacement (including robot-assisted), and surgical dislocation of the hip. Advanced shoulder procedures include shoulder arthroscopy for rotator cuff and labral repair, instability surgery, shoulder replacement, reverse shoulder replacement, and latissimus transfer. In addition, Dr. Freeman's practice includes sports medicine and knee surgery. He is board certified by the American Board of Orthopaedic Surgeons.

Robby Hoenshel, PT, DPT, ATC, CSCS, SCS, PES, CES

Robby Hoenshel currently serves as the Director of Rehabilitation for the Jacksonville Jaguars. He will be entering his 10th season as an athletic trainer and physical therapist. Prior to his time with the Jaguars, he spent 4 seasons with the Brooklyn Nets and an additional 10 years as an outpatient orthopedic clinician.

Kevin Kaplan, MD

Dr. Kaplan is an orthopaedic surgeon and sports medicine specialist. He has been the Jacksonville Jaguars head team physician for 10 years while also taking care of local athletes of all ages. Dr. Kaplan continues to be a leader in sports medicine for Jacksonville.

Jennifer Maynard, MD

Dr. Jennifer Roth Maynard completed her medical education at University of Maryland School of Medicine followed by Family Medicine Residency at Christiana Care Health Services in Wilmington, DE in 2008. Dr. Maynard then completed her Primary Care Sports Medicine Fellowship at Mayo Clinic Florida in 2009. She continues as a Family and Sports Medicine Consultant for Mayo Clinic Florida and holds the academic rank of Assistant Professor Family Medicine. Dr. Maynard serves as the Program Director of the Primary Care Sports Medicine Fellowship at Mayo Clinic Florida.

Dr. Maynard is the immediate past Chair of the Florida High School Athletic Association's Sports Medicine Advisory Committee and serves as the Chair for the Executive Board of the Jacksonville Sports Medicine Program.

Dr. Maynard proudly serves as the Medical Advisor for the Women's Tennis Association (WTA). In this role she provides medical guidance and coordinates comprehensive health care for international professional women's tennis players as they travel the globe on the WTA tour.

Michael Milligan, MD

Program Director HSS Florida Primary Sports Medicine and HSS Florida Business Strategy Physician. CAQ Sports Medicine Physician. Previous medical director Andrews Institute for Orthopedics & Sports Medicine providing athletic training and sports medicine services to 23 high schools in the 4 counties of Escambia, Santa Rosa, Okaloosa, and Walton in the Florida Panhandle. Additionally, the program provides athletic training and sports medicine services to 3 colleges, the middle schools of Okaloosa County, and numerous events throughout the region.

Robert Sefcik, MS, LAT, ATC

Executive Director of the Jacksonville Sports Medicine Program (JSMP), in 2006. A graduate of the University of Toledo, in Toledo, OH and Jacksonville University in Jacksonville, FL. Bob has earned over 33 years' experience in various positions in the sports medicine world. Under his leadership the JSMP has become known as the leading advocate for sports injury prevention in Florida. Currently this program partners with the Duval County Public Schools, as well as having close relationships with many other youth sporting groups and schools throughout the region. The JSMP serves to facilitate high quality relationships with local athletic trainers, team physicians and other sports medicine providers through educational events and promotion of best practices for sports medicine.

Mr. Sefcik serves the Florida High School Athletic Association (FHSA) as a member and former Chairman of the Sports Medicine Advisory Committee and is the chief administrative officer for the Florida Alliance for Sports Medicine (FASMed). He is a member of the National Athletic Trainers Association, the Southeast Athletic Trainers Association and the Athletic Trainers Association of Florida. Mr. Sefcik is an adjunct professor at the University of North Florida and Jacksonville University. Sefcik is licensed as an athletic trainer in Florida and Ohio.

(continued)

SPEAKER BIOS *(continued)*

Kathleen M. Stevens, LCSW

Kathleen M. Stevens received her Bachelor of Science degree in Elementary Education, Summa Cum Laude, from Kent State University after attending Miami University for three years and competing on the Miami University Equestrian Team. She was born in North Carolina but raised in New York, Indiana and Ohio

before moving to Florida. After earning her MSW from FSU in 1993, Magna Cum Laude, Kathleen worked at Jewish Family & Community Services where she developed First Coast Adoption Professionals and worked as the Adoption Director for eighteen years. Kathleen currently works at Beaches Therapy, DBT and Mindfulness Center. Here Kathleen provides therapy to individuals, couples and families. Ages range from children to older adults. A large percentage of her clients are high school students, many are high achieving students as well as athletes.

Bradley Wallace, MD, PhD

Neurosurgeon Baptist Health Lyerly Neurosurgery: A certified Diplomate of the American Board of Neurological Surgeons, Dr. Wallace has benefitted from international training, having earned his doctorate degree in neuroscience in Grenoble, France and his medical degree in Little Rock, Arkansas. He completed his neurological surgery residency at the University of Florida in Gainesville and his fellowship in functional and stereotactic neurosurgery in France. Dr. Wallace is one of the first in the country to use Mazor Robotics for Deep Brain Stimulation.

Michael Yorio, MD

Michael Yorio is in his sixth season as the team's internal medicine physician. He is responsible for all matters dealing with illnesses and non-orthopaedic injuries.

PLANNING COMMITTEE

Jeff Ferguson, MS, LAT, ATC

Bob Sefcik, MS, LAT, ATC

Cassie Ettel, MS, LAT, ATC

Robby Hoenshel, PT, DPT, ATC, CSCS, SCS, PES, CES

Questions:

Program Coordinator:

Robert Sefcik, 904.202.4332

email: robert.sefcik@bmcjax.com

ACCREDITATION

Credits

Total 7.25 BOC Category A Hours



Domains of Athletic Training

- Injury and Illness Prevention and Wellness Promotion
- Healthcare Administration and Professional Responsibility
- Examination, Assessment, and Diagnosis

Level of Difficulty

Essential Level

To Register

www.JAXSMP.COM

Certificate of Credit

*This is a total 7.25 hour BOC Category CEU approved educational program. **Jacksonville Sports Medicine Program (BOC AP# P3634) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of 7.25 Category A hours/CEUs. ATs should claim only those hours actually spent in the educational program. Participants who attend the program will be mailed a Certificate of Credit following submitting a program evaluation.***

Baptist Health

CME ACCREDITATION STATEMENT



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CANCELLATION

Cancellation Policy

Cancellations/Refunds for registration fees will be granted under the guidelines listed below. All requests for refunds must be made in writing to the JSMP Executive Director (emails will be accepted as written documentation). Four weeks prior to the start of the scheduled meeting – full refund minus \$25.00 processing fee. Three weeks prior to the start of the scheduled meeting – 50% refund, plus 10% of total price processing fee. Less than two weeks prior to the start of the meeting – 0% refund.

Non-discrimination Statement

The Jacksonville Sports Medicine Program (JSMP) does not discriminate on the basis of race, color, national origin, religion, sex, disability, military status, sexual orientation, or age. JSMP is committed to accessibility and non-discrimination in all aspects of its continuing education activities. Participants who have special needs are encouraged to contact program organizers so that all reasonable efforts to accommodate these needs can be made.

Conflict of Interest

In compliance with continuing education requirements, all presenters must disclose any financial or other associations with the manufacturers of commercial products, suppliers of commercial services or commercial supporters as well as any use of unlabeled product(s) or product(s) under investigational use.

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The Florida Alliance of Sports Medicine (FASMed) is a volunteer organization dedicated to high school sports safety in Florida. The group is registered as an IRS C-6 non-profit organization. Information on Membership and Sponsorship can be directed to: CEO Mr. Robert Sefcik: Robert.sefcik@bmcjax.com

The Jacksonville Sports Medicine Program (JSMP) is a charitable organization dedicated to the prevention of youth sports injury through awareness, advocacy and prevention. The program is based out of Jacksonville, FL convenient to serve the entire northeast Florida region. In addition, our leadership and programming does span the entire state of Florida and reaches into southeast Georgia. A volunteer based organization consisting of physicians, certified athletic trainers, physical therapists, emergency medical services and others interested in reducing sports related injury and keeping our children safe in their athletic activities.

OBJECTIVES

General Objectives

- Participants will develop proficiency in recognition, evaluation, and treatment of sudden cardiac arrest.
- Participants will develop and utilize an evidence-based model for sideline concussion evaluation.
- Participants will identify specific orthopedic trauma selecting the proper evaluation tests and their management.
- Participants will identify signs and symptoms and develop strategies for recognition and treatment of various mental health concerns.

Session Specific Course Objectives

Concussion & Airway Management

- Participants will outline and utilize an evidence-based model for concussion evaluation. Comprehend the NFL & Berlin Models for concussion.
- Participants will be able to describe, evaluate, and recite within 2-3 minutes, signs and symptoms that would disqualify one from further participation.
- Participants will demonstrate proficiencies in VOMS and Balance testing techniques.
- Comprehend use of the FHSAA AT-18 form for safe return to play.
- Develop and action plan for safe return to play
- Participants will describe and practice a standardized evaluation tool to identify compromised airway.
- Participants will select the proper instrument and techniques to restore airway & breathing.
- Effectively manage a compromised airway to restore proper respirations.

Orthopedic Trauma & Injury Updates

- Participants will demonstrate proficiency in recognition, evaluation and proper referral of acute orthopedic trauma utilizing hands on and evidence-based techniques.
- Participants will identify takeaways for effective in & off-season rehabilitation.
- Participants will develop an outline of care from a case study following orthopedic trauma.
- Participants will comprehend and identify abnormality of the hip joint.
- Provide measurable data & / or functional tests to determine safe and functional return to play.

Sudden Cardiac Arrest

- Participants will recognize sudden cardiac response and initiate proper care within 1-3 minutes.
- Participants will demonstrate a basic knowledge of ECG interpretation in athletes.
- Participants will be proficient in all aspects of the revised FHSAA PPE EL2
- Participants will identify and list 3 risk factors or cardiac conditions which require additional studies prior to clearance to participate.
- Participants will identify the value of ECG's and how to implement a ECG program in their high school.

Mental Health

- Participants will demonstrate their role and intervention skills in-light of recognition of mental health risk factors of signs displayed.
- Participants will identify awareness factors that elicit a response from a health care provider that a person or persons are at risk to self-harm or harm others.
- Participants will identify several positive outliers that will create a positive self-image that promote positive self-care.
- Participants will identify several resources available to mitigate mental health crisis, chronic challenges or eminent danger.

FHSAA Update

- Participants will recognize the role of the SMAC in creating safety policy and guidelines.
- Participants will comprehend the role of the FHSAA.
- Participants will comprehend the role of the medical profession in relation to the SMAC.
- Participants will comprehend the future goals of the SMAC and its place within the FHSAA.

CME Evaluation

For Physicians and Advanced Practitioners

To claim CME credits for participation in this educational program, scan the QR code below or visit the link listed to complete our program survey:

Activity Code: **JSMPS23**



<http://survey.e-baptisthealth.com/opinio/s?s=16652>

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2023 Sports Injury Symposium Partners

