

Memorial

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TWELFTH ANNUAL
GUERRY AND MICHELLE SUGGS

Memorial

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 4550 W. Illes Ave.
 Springfield, IL 62711

**SPORTS
 MEDICINE
 SYMPOSIUM**

*Featured Speaker:
 Barefoot Ken Bob Saxton,
 President of the Los Angeles
 Barefoot Runners Society*

FRIDAY, AUGUST 3, 2012
Wedeborg Conference Center
 Memorial Medical Center
 701 North First St.
 Springfield, Illinois

MemorialMedical.com

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Registration Form: **SUGGS SPORTS MEDICINE SYMPOSIUM**

Name _____ Position/Department _____
 Employer _____
 Work Address _____
 City _____ State _____ ZIP _____
 Work Phone _____ Fax _____
 E-Mail Address _____
 ATC Certification# _____
 PT/PTA License# _____

Fee: \$75 (Registration fee includes lectures, educational materials, continental breakfast, refreshment breaks, lunch and a certificate of attendance. A telephone call will confirm your reservation. If you do not receive a confirmation, please call Liz at 217.862.0444.)

- \$75 By Check Check # _____
- \$75 By Credit Card

Credit Card Registration

Visa MasterCard

Account Number _____

Exp. Date _____

Signature of Card Holder _____

PLEASE MAKE CHECK PAYABLE TO:
Memorial SportsCare

MAIL COMPLETED REGISTRATION FORM
 ALONG WITH YOUR REGISTRATION FEE TO:
Memorial SportsCare
Suggs Sports Medicine
Symposium
701 N. First St.
Springfield, IL 62781

FOR ADDITIONAL INFORMATION,
Call Liz at 217.862.0444
Fax: 217.546.3584

REFUND AND CANCELLATION POLICY:
 A REFUND WILL BE MADE IF NOTICE OF WITHDRAWAL IS
 RECEIVED BY JULY 27. MEMORIAL SPORTSCARE RESERVES THE
 RIGHT TO CANCEL OR SUBSTITUTE TOPICS, SPEAKERS OR BOTH.

Seating is limited. Registration is available for
 130 participants.

SPORTSCARE SUGGS SPORTS MEDICINE SYMPOSIUM

PRESENTERS

Ben Stevens, MD, Foot & Ankle Reconstruction, Orthopedic Surgeon, Springfield Clinic

Devin S. Spears, MS, ATC, PES, Lead Athletic Trainer, Memorial SportsCare

Bill O'Connor, PT, SCS, CSCS, Physical Therapist and Clinical Coordinator, Memorial SportsCare

Amanda Wilson, PT, DPT, ATC, Physical Therapist and Athletic Trainer, Memorial SportsCare

Aaron Whitlock, C.Ped, Orthotic and Prosthetic Associates of Central Illinois/ Hangar Clinic

Doug Cantrall, C.Ped, Orthotic and Prosthetic Associates of Central Illinois/ Hangar Clinic

Daniel Adair, MD, Orthopedic Surgeon, Springfield Clinic/Memorial SportsCare

Brett Wolters, MD, Orthopedic Surgeon, Springfield Clinic/Memorial SportsCare

Rodney Herrin, MD, Orthopedic Surgeon, Orthopedic Center of Illinois/ Memorial SportsCare

John Watson, MD, Non-Operative, Spine Care Pain Management, Electrodiagnosis, Orthopedic Center of Illinois/Memorial SportsCare

Ken Bob Saxton, President of the Los Angeles Barefoot Runners Society

INTENDED AUDIENCE AND GOALS

Memorial SportsCare is hosting a one-day symposium on sports medicine. The information presented is intended for an audience of athletic trainers, physical therapists, PTAs, primary-care physicians, coaches, athletic directors and parents with an interest in sports injuries. The goal of the symposium is to provide a review of the fundamentals in sports medicine as well as present the latest information on advances in these areas. This will be an excellent opportunity for ATCs, PTs and primary-care physicians interested in athletes to refresh their knowledge on a broad variety of topics. The general public, who may be interested in sports-related topics, is also invited.

MEMORIAL SPORTSCARE

Established in 1985, SportsCare is a multidisciplinary sports medicine clinic. Prevention of sports injuries is our ultimate goal. We accomplish this by providing sports-medicine services to participating schools in our outreach program. However, if someone should sustain a sports-related injury, our specially-trained staff is there for you. Our staff consists of physicians, athletic trainers, physical therapists, occupational therapists and dietitians. Our commitment to community education extends to parents, coaches, athletes and booster clubs through presentations on specific topics and panel discussions. Our clinic library has videotapes and books on injuries, rehabilitation, nutrition and training techniques available for school projects and patient education.

CONTINUING EDUCATION CREDITS

As an IPTA- and BOC-approved provider, this symposium is worth 7.5 Continuing Education Credits (CEUs).

PROGRAM SCHEDULE

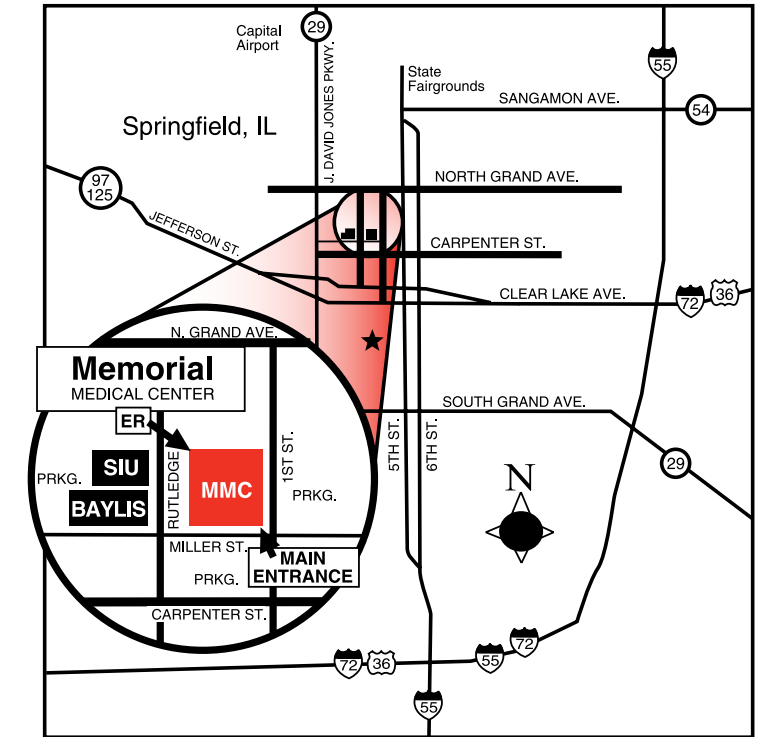
8-8:15am	Introduction
8:15-9am	Educational and Structural Mechanics of Barefoot and "Vibram" Running
9-9:45am	Common Lower Body Injuries Encountered by Athletic Trainers
9:45-10am	Break
10am-11:15am	Running Analysis – From a Slow Motion Viewpoint
11:15am-12pm	Force Platform – Foot and Gait Analysis
12pm-1pm	Lunch
1-1:30pm	Common Knee Injuries Caused by Poor Stride Mechanics
1:30-2pm	Diagnostic Analysis of the Hip Through Ultra Sound
2-2:30pm	Lower Back Injuries – From the Ground Up
2:30-2:45pm	Break
2:45-4:15pm	Feature Speaker – Barefoot Running Step by Step
4:15-4:45pm	Travel to SportsCare
4:45-5:15pm	Barefoot Running Demonstration

LEARNING OBJECTIVES

1. Understand the mechanics of barefoot and "vibram" sole running.
2. Understand the techniques of barefoot and "vibram" sole running.
3. Understand the signs and symptoms related to common lower extremity injuries that are encountered in athletic training.
4. Explain the techniques used in slow motion running analysis.
5. Understand running analysis from a slow motion viewpoint.
6. Understand the use of a Force Platform in regards to foot mechanics and gait analysis.
7. Understand knee injuries as they relate to improper stride mechanics.
8. Understand the use of Ultrasound as a diagnostic tool.
9. Observe an Ultrasound Demo of the hip.
10. Understand the relationship of Low Back injuries as they relate to lower extremity mechanics.
11. Understand the history, techniques and philosophy of Barefoot Running.

DIRECTIONS

The Wedeberg Conference Center is on the lower level of Memorial Medical Center down the stairs or elevators by the main entrance. Free parking is available directly south and east of the main entrance of Memorial Medical Center at the corner of First and Miller streets.



For additional maps and directions, visit www.memorialmedical.com.

ACCOMMODATIONS

Courtyard by Marriott

3462 Freedom Drive
Springfield, IL 62704
217.793.5300

Hampton Inn and Suites

2300 Chuckwagon Drive
Springfield, IL 62711
217.793.7670

This symposium is made possible thanks to the Guerry and Michelle Suggs Fund for Athletic Medicine, which supports athletic medicine programs provided by Memorial Health System. For more information, please contact the Memorial Medical Center Foundation at 217.788.4700.

NOTE: Topics are subject to change at discretion of course directors. Dress code is casual attire. Participants will need to wear loose fitting clothing.

