



13809 Industrial Road, Omaha, NE 68137

*Registration is now open
for the 8th annual*



2010 Symposium

Winter Sports Injuries

*Saturday, November 13th, 2010
8:00 a.m. - 4:30 p.m.
The Kroc Center, 2825 Y Street
Omaha, Nebraska*

Special thanks to our Title Sponsor

 **METROPOLITAN**
COMMUNITY COLLEGE

Agenda

Morning Session

Evaluation and Treatment of Wrestling Injuries in the Exam Room

Wrestling Evaluation Lab

Rehab Progression Back to the Mat: A Case Study

Differential Diagnosis, Evaluation Strategies, and Current Surgical Concepts for High Ankle Injuries

High Ankle Rehabilitation & BOSU Lab

Afternoon Session

Diagnosing Hip and Groin Injuries in Hockey and Basketball Players

Rehabilitation of the Hip and Groin: The PRI Approach

"Spondies" in the Young Athlete: Current Trends

Rehabilitation and Stabilization for "Spondies"

Core Progressions and Weight Room Lab

Hands on lab sessions will be utilized in both the morning and afternoon sessions. Additional faculty information available at www.osma.us

Faculty

Terry Grindstaff, PhD, PT, ATC, SCS, CSCS*D
Assistant Professor
Creighton University

Matt Boyle, ATC
Assistant Athletic Trainer
University of Iowa

David Inda, MD
Orthopedic Surgeon
GIKK Ortho Specialists

Jeff Zimmerman, PT, MS, OCS, ATC, CSCS
Physical Therapist
Specialized Physical Therapy

Eric Pinkall, PT, PRC
Physical Therapist
Specialized Physical Therapy

Timothy Burd, MD
Orthopedic Spine Surgeon
Nebraska Spine Center

Troy Roehrs, PT, MA, MTC, ATC, CSCS
Physical Therapist
Horizon Spine Center

Mail

Return this form by mail to:

Omaha Sports Medicine Alliance, c/o Athletes' Training Center, 13809 Industrial Road, Omaha, NE 68137.

Fax

Return this form by fax to:

402-932-6878

Attn: OSMA

For registration questions, please call 402-932-7111.

Online

Register and pay online at:

www.osma.us

Registration Information

The general registration fee for the 2010 Omaha Sports Medicine Alliance Symposium is \$150. The registration for 2010 OSMA members is \$125. The deadline for registration is Wednesday, November 3rd, 2010. Registration will be available at the door for \$175. The OSMA Symposium is limited to the first 175 registrants. Registration includes a light breakfast, lunch, and symposium gifts. Make checks payable to Omaha Sports Medicine Alliance.

100% of the registration fee may be refunded with written request prior to Friday, November 5th, 2010. No refunds will be made after November 5th, 2010. Mail written requests for refunds to: Omaha Sports Medicine Alliance, c/o Athletes' Training Center, 13809 Industrial Rd, Omaha, NE 68137.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: (w) _____ (c) _____ (h) _____

Email address: _____

** (required for registration confirmation)*

Credentials (as you would like them to appear on your nametag): _____

Total: OSMA Member \$125 OSMA Non-Member \$150
 Student \$50

Payment: (circle one) Visa Mastercard Check Money Order

Credit Card #: _____

Signature (for credit card orders): _____

X _____

Purpose

The program is designed to present health care professionals with current diagnoses and prevention techniques, along with the latest surgical procedures and rehabilitation progressions for treatment of injuries typically seen during the winter sports season.

Objectives

- Review and show mastery of current examination techniques for evaluation of common wrestling injuries.
- Review the latest rehabilitation techniques specific to high ankle sprains, hip and groin injuries, and injuries to the back.
- Review the latest evaluation techniques specific to common winter sports injuries.
- Demonstrate mastery of rehab techniques through lab sessions.

Target Audience

Physicians, Physician Assistants, Nurse Practitioners, Nurses, Physical Therapists, Physical Therapy Assistants, Occupational Therapists, Athletic Trainers, and other Allied Health Care Professionals.

Continuing Education

- Full credit accepted if the lecture falls under your scope of practice, per Nebraska Licensure Law, for Physical Therapists and Nurses.
- BOC, Inc. 7.5 hours (approved provider #P2947).
- American Academy of Family Physicians: Will apply as necessary for 7.5 hours.
- All other professions please consult your requirements.



About Us

The Omaha Sports Medicine Alliance is a group of healthcare providers who want to share their ideas in order to improve the continuity of patient care in Omaha and the surrounding areas. www.osma.us