

## ORTHOPEDIC SYMPOSIUM 2016 HIGHLIGHTS

- ▶ MUSCULOSKELETAL MANIFESTATIONS
- ▶ OVERUSE AND TRAUMATIC INJURIES
- ▶ ARTHRITIS AND ARTHROPLASTY
- ▶ STRENGTH AND CONDITIONING ISSUES
- ▶ ANTI-AGING AGENTS
- ▶ NUTRITION, AGING AND SPORTS
- ▶ MEDICAL CONSIDERATIONS
- ▶ PRP, PROLOTHERAPY AND OTHER INJECTABLES

Attendees have a unique opportunity to interact with leading experts presenting on current evaluation and management options, approaches and controversies impacting the care of athletic older adults.

### Accreditation

NewYork-Presbyterian/Queens is accredited by the Medical Society of the State of New York to provide continuing medical education for physicians.

NewYork-Presbyterian/Queens designates this live activity for a maximum of **6.75 AMA PRA Category 1 Credit(s)**<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Other:

**Physical Therapists: Credits pending**

**Occupational Therapists: Credits pending**

### Disclosure Statement

NewYork-Presbyterian/Queens relies upon planners and faculty participants in its CME activities to provide educational information that is objective and free of bias. In this spirit, and in accordance with the guidelines of MSSNY and ACCME, all speakers and planners for CME activities must disclose any relevant financial relationships with commercial interests whose products, devices or services may be discussed in the content of a CME activity that might be perceived as a real or apparent conflict of interest. Any discussion of investigational or unlabeled uses of a product will be identified.

### Registration Fees

\$50	Physicians
\$25	General Registrants
\$20/person	Group of 5 or more (other than Physicians)
No Fee	Physicians-in-training, NYP/Q Physicians & Staff (copy of NYP/Queens ID required with registration)

**Fee includes continental breakfast, lunch and course materials.**



### Cancellation

Refunds will only be made upon receipt of written notification a minimum of five work days prior to the session.

### Directions

NewYork-Presbyterian/Queens is located on the corner of Booth Memorial Avenue and Main Street in Flushing. *From the Long Island Expressway:* take the Main Street Exit (#23), travel north on Main Street to Booth Memorial Avenue. *From the Whitestone Bridge:* take the Van Wyck Expressway to the College Point Blvd. Exit; turn left on College Point Blvd. and right on Booth Memorial Avenue. Follow Booth Memorial Avenue to Main Street. *From the IRT Flushing Line #7:* train to Main Street (last stop), then Q44 bus southbound on Main Street; stops opposite the Hospital. NewYork-Presbyterian/Queens is located in a residential area with metered parking. Free lock-and-park spaces are available under the Van Wyck Expressway at College Point Blvd. and 58th Road. Shuttle buses to the Hospital run approximately every 10-15 minutes. Limited paid parking is available in our Visitor Parking Lot located on Booth Memorial Avenue opposite the Emergency Room.

### Special Needs

NYP/Queens is accessible for individuals with disabilities or special needs. Participants with special needs are requested to contact the Office of CME at 718-670-1419.

Disclaimer: Photo images for illustrative purposes only. Persons depicted are models.

Design: JBRH 917.399.8440

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56-45 Main Street  
Flushing, NY 11355

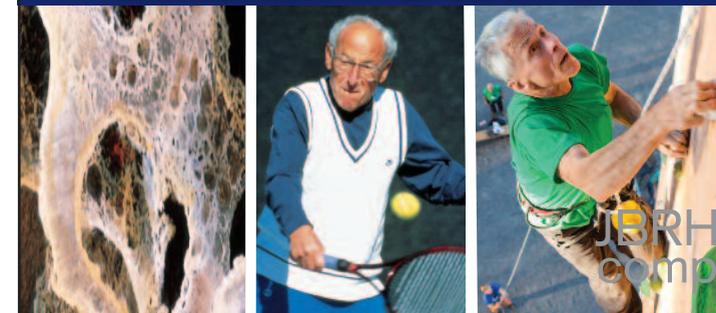
ORTHOPEDIC  
SYMPOSIUM 2016



The Aging Athlete:  
Optimizing Health  
and Performance

10.14.16

## ORTHOPEDIC SYMPOSIUM 2016



# The Aging Athlete: Optimizing Health and Performance



**Friday, October 14, 2016 • 7:00 am-3:45 pm**

Presented by the Department of Orthopedics & Rehabilitation

### Registration

**718-670-1419**

[www.nypqcme.org](http://www.nypqcme.org)

### Credit

**6.75 AMA PRA**

**Category 1 Credit(s)**<sup>™</sup>

### Physical Therapists:

Credits pending

### Occupational Therapists:

Credits pending

### Course Chair

**Alexander Golant, MD**

Associate Director of Sports Medicine

Department of Orthopedics & Rehabilitation

NewYork-Presbyterian/Queens

Assistant Professor of Clinical Orthopaedic Surgery

Weill Cornell Medical College

### Location

**NewYork-Presbyterian/Queens**

Theresa and Eugene M. Lang Center

for Research and Education

56-45 Main Street, Flushing, NY

**NewYork-Presbyterian**  
**Queens**

# The Aging Athlete:

## Optimizing Health and Performance

Friday, October 14, 2016

7:00 am-3:45 pm

NewYork-Presbyterian/Queens

Theresa and Eugene M. Lang  
Center for Research and Education  
56-45 Main Street, Flushing, NY



Presented by  
**The Department of Orthopedics  
& Rehabilitation**

### Statement of Need

Today, more people are living longer healthier lives. Statistically, older athletes are more likely to injure themselves and experience a decrease in flexibility, as well as back pain associated with spinal conditions. While older athletes are more likely than younger athletes to experience sports injuries, most of the injuries can be prevented or treated. Physicians require updates on treatment modalities for musculoskeletal conditions associated with aging in order to provide optimal orthopedic and rehabilitative care to active older adults. Topics will include: management of traumatic and overuse injuries, spinal conditions, non-invasive management of arthritis, considerations for arthroscopy, strength and conditioning issues, hormone replacement therapy and supplements, nutrition, medical considerations, PRP, Prolotherapy and other injectables for the aging population. Considerations for conservative treatment versus a surgical treatment plan will also be addressed.

### Target Audience

Orthopedists, Physiatrists, Primary Care Physicians, Residents, Fellows, Interns, Physician Assistants, Physical Therapists, Occupational Therapists, Rehabilitation Therapists, Nurse Practitioners, Nurses, and other Sports Medicine and Healthcare Professionals involved in the care of aging patients.

### Educational Objectives

It is intended that this NYP/Queens CME activity will lead to improved patient care. At the end of this symposium, the participant will be able to:

- ▶ Recognize age-related changes that occurs in the musculoskeletal system and specify non-operative and operative treatment options.
- ▶ Describe and identify overuse injuries in the upper, lower extremities and spine and discuss treatment options in the aging athlete.
- ▶ Identify and discuss traumatic injuries in the aging athlete.
- ▶ Develop a patient specific strength and conditioning program.
- ▶ Discuss the effects of supplements, nutrition and other agents on the aging athlete.
- ▶ Identify various medical conditions that may require evaluation and management in adults who remain very active late in life.

### Registration | Information

Ms. Pamela Williams, Director, Continuing Medical Education

tel: 718-670-1419 • fax: 718-661-7925

email: pgw9001@nyp.org • Online: www.nypqcm.org

[AGENDA]

- 7:00 am Registration/Breakfast
- 7:40 am • **Welcome Remarks**  
**Jaclyn A. Mucaria, MPA**  
President  
NewYork-Presbyterian/Queens  
**Jeffrey E. Rosen, MD**  
Chairman, Department of Orthopedics & Rehabilitation  
NewYork-Presbyterian/Queens  
Associate Professor of Clinical Orthopaedic Surgery  
Weill Cornell Medical College  
**Stephen Rimar, MD, MBA**  
Executive Vice President and Chief Medical Officer  
NewYork-Presbyterian/Queens
- 7:45 am • **Introduction: Injuries and Condition of the Aging Athlete**  
**Course Chair**  
**Alexander Golant, MD**  
Associate Director of Sports Medicine  
Department of Orthopedics & Rehabilitation  
NewYork-Presbyterian/Queens  
Assistant Professor of Clinical Orthopaedic Surgery  
Weill Cornell Medical College
- ▶ **OVERUSE AND TRAUMATIC INJURIES**
- 8:00 am • **Musculoskeletal Manifestations of Aging**  
**Justin A. Classie, MD**  
Medical Director of Sports Medicine  
Department of Orthopedics & Rehabilitation  
NewYork-Presbyterian/Queens  
Assistant Professor of Clinical Orthopaedic Surgery  
Weill Cornell Medical College
- 8:30 am • **Tendinosis and Overuse Conditions of an Aging Athlete**  
**Raymond B. Pahk, MD**  
Attending Orthopedic Surgeon  
Department of Orthopedics & Rehabilitation  
NewYork-Presbyterian/Queens  
**Kevin N. Jiang, MD**  
Attending Orthopaedic Surgeon  
Department of Orthopedics & Rehabilitation  
NewYork-Presbyterian/Queens  
Assistant Professor of Clinical Orthopaedic Surgery  
Weill Cornell Medical College  
**Tony N. Quach, MD**  
Associate Director of Sports Medicine  
Department of Orthopedics & Rehabilitation  
NewYork-Presbyterian/Queens  
Assistant Professor of Clinical Orthopaedic Surgery  
Weill Cornell Medical College
- 9:15 am • **Traumatic Injuries in an Aging Athlete**  
**Elan M. Goldwyn, MD**  
Director of Orthopedic Trauma Service  
Department of Orthopedics & Rehabilitation  
NewYork-Presbyterian/Queens  
Assistant Professor of Clinical Orthopaedic Surgery  
Weill Cornell Medical College  
**Kevin N. Jiang, MD**  
**Tony N. Quach, MD**

[AGENDA]

- 10:00 am • **Spine Conditions**  
**Jason Hu, MD**  
Attending Physiatrist  
Director of Physical Medicine and Rehabilitation  
Department of Orthopedics & Rehabilitation  
NewYork-Presbyterian/Queens  
Instructor in Clinical Rehabilitation Medicine  
Weill Cornell Medical College  
**Kevin I. Pak, MD, FAAPMR**  
Attending Physiatrist  
Department of Orthopedics & Rehabilitation  
NewYork-Presbyterian/Queens
- 10:30 am **Coffee Break**
- ▶ **ARTHRITIS AND ARTHROPLASTY**
- 10:40 am • **Management of Arthritis in an Aging Athlete: Non-invasive Treatment Modalities**  
**Jeffrey E. Rosen, MD**
- 11:00 am • **Special Considerations for Arthroplasty**  
**Aditya M. Derasari, MD**  
Attending Orthopedic Surgeon  
NewYork-Presbyterian/Queens
- 11:20 am • **Return to Sports after Arthroplasty**  
**Alexander Golant, MD**
- 11:50 am • **Q&A for Morning Session**
- 12:00 pm **Lunch**
- ▶ **MISCELLANEOUS TOPICS**
- 1:00 pm • **Strength and Conditioning Issues in a Senior Athlete**  
**Robert Panariello, MS, PT, ATC, CSCS**  
Founding Partner and Chief Clinical Officer of Professional Orthopedic and Sports Physical Therapy, P.C.
- 1:30 pm • **"Anti-aging" Agents: Hormone Replacement Therapy and Supplements**  
**Libi Galmer, DO**  
Attending Physiatrist, Department of Orthopedics & Rehabilitation, NewYork-Presbyterian/Queens
- 2:00 pm • **Nutrition, Aging, and Sports**  
**Mary Grace Webb, MA, RD, CDN, CDE, FAND**  
Assistant Director for Clinical Nutrition  
NewYork-Presbyterian/Queens
- 2:30 pm • **Medical Considerations for the Aging Athlete**  
**Justin A. Classie, MD**
- 3:00 pm • **PRP, Prolotherapy, and Other Injectables**  
**Libi Galmer, DO**
- 3:30 pm • **Q&A for Afternoon Session**
- 3:40 pm • **Concluding Remarks**
- 3:45 pm **Adjourn**

REGISTRATION

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**The Aging Athlete:**  
Optimizing Health and Performance

Friday, Oct. 14, 2016  
7:00 am-3:45 pm  
NYP/Queens, Lang Center  
56-45 Main Street  
Flushing, NY

### THREE EASY WAYS TO REGISTER:

- 1 **Online:** Go to website: [www.nypqcm.org](http://www.nypqcm.org) and pay via credit card
- 2 **Fax:** This form with credit card information to: **718.661.7925**
- 3 **Mail:** This form with a check made payable to:  
**NYP/Queens Continuing Medical Education**  
Mail to: Pamela Williams, Dir., Continuing Medical Education  
NewYork-Presbyterian/Queens  
56-45 Main Street, Flushing, NY 11355

**REGISTRATION FEE-Please check one.** Questions? **718-670-1419**

\$50/Physician  \$25/General Registrant

\$20/person-Group of 5 or more (other than Physicians)

**No Fee/Physicians-in-training, NYP/Queens Physicians & Staff** (copy of ID required, pre-registration requested)

Last Name \_\_\_\_\_

First Name \_\_\_\_\_

MD \_\_\_\_\_ General Registrant \_\_\_\_\_

Mailing Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_ Fax \_\_\_\_\_

E-mail \_\_\_\_\_

Affiliation \_\_\_\_\_

**Yes. I wish to pay by credit card. Card holder name ▼**

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