

2005 SPORTS MEDICINE SYMPOSIUM

THE FEMALE
ATHLETE

SATURDAY,
APRIL 2, 2005

Presented by



DES MOINES
ORTHOPAEDIC
SURGEONS P.C.

Orthopaedic & Sports Medicine Centre's



METHODIST
& LUTHERAN

Endorsed by



PURPOSE AND INTENDED AUDIENCE

To provide increased knowledge of Sports Medicine issues relative to the female athlete. Middle school, high school, college, club and volunteer community coaches (of athletes 11 years of age and older), athletic directors and athletic trainers are invited to attend.

OBJECTIVES

- Identify major nutritional needs of the female athlete.
- Recognize appropriate prevention, treatment and rehabilitation of knee ligament injuries and other common sports injuries.
- Understand the unique health needs of athletes with diabetes, asthma, obesity, anemia and more.
- Identify the mechanics of the knee and understand the risks of injury during training. Exercises to strengthen the knee, ankle and hip will be demonstrated.
- Discuss on the field/court safety recommendations; team medical kit material needs and taping guidelines.
- Recognize strategies for more effective coaching the female athlete.

**DES MOINES ORTHOPAEDIC SURGEONS IN CONJUNCTION WITH THE
ORTHOPAEDIC & SPORTS MEDICINE CENTRE'S OF IOWA HEALTH - DES MOINES
INVITE YOU TO ATTEND THE 2005 SPORTS MEDICINE SYMPOSIUM.**

This 7th Biannual event will address sports medicine issues relative to the female athlete. Middle school, high school, college, club and volunteer community coaches (of athletes 11 years of age and older), athletic directors and athletic trainers are invited to attend.

-AGENDA -

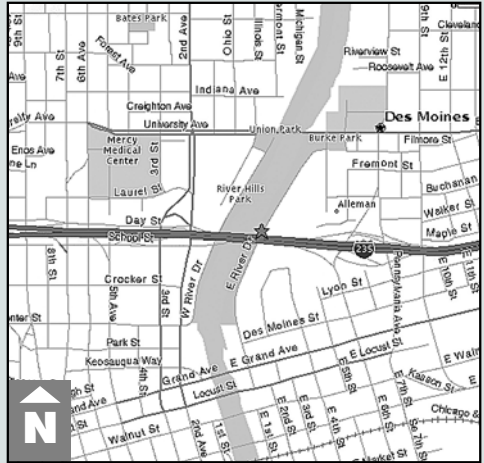
- 8:25 a.m. Welcome
- 8:30 - 9:15 a.m. Knee Ligament Injuries – a medical update and identify how to prevent knee ligament injuries, training recommendations, preseason conditioning, and more.
Ian Lin, MD. - DMOS
- 9:15 - 9:45 a.m. Panel Discussion – ACL Injuries
Discuss the controversies regarding ACL injuries and training programs.
Mike Haden, MS, LAT, ATC, CSCS – Simpson College
Dave Freeseaman, MPT, ATC, LAT, CSCS – OSMC
Rich Green, MS, PT – OSMC
Matthew Weresh, MD – DMOS
- 9:45 - 10:00 a.m. Break
- 10:00 - 11:00 a.m. Nutrition and the Female Athlete: A Winning Combination
Kathy Mullen, RD – University of Iowa
- 11:00 - 11:45 a.m. Coaching with Backbone not Bite – Seven Strategies for Building a High Performance Team
Susan Wilson, MBA, CSP – Executive Strategies
- 11:45 - Noon Break (Lunch will be served)
- Noon-12:30 p.m. Continued Discussion with Susan Williams
During Lunch Break
- 12:30 - 1:20 p.m. Common Sports Injuries – A review of the most common injuries, identify how to prevent, recovery needs and more.
Jeffrey Davick, MD – DMOS
- 1:20 - 1:30 p.m. Break
- 1:30 - 3:00 p.m. Break Out Sessions (see details at right)

Saturday, April 2, 2005
8:30 a.m. – 3:00 p.m.

**Des Moines Botanical Center –
Conference Center**
909 Robert D. Ray Drive
Des Moines, Iowa

EASTBOUND ON I-235:

- Take 2nd Avenue Exit, turn left onto 2nd and continue to University.
- Turn right on University
- Take your first right past the river bridge (East 6th Street)
- Take your first right onto Robert D. Ray Drive (formerly East River Drive)*



WESTBOUND ON I-235:

- Take the Penn Avenue Exit
 - Turn left on University
 - Turn left on East 6th Street
 - Take your first right on to Robert D. Ray Drive (formerly East River Drive)*
- * Mapquest still shows street name as East River Drive, street is labeled Robert D. Ray Drive.

- BREAKOUT SESSIONS -

Select two of the break out sessions to attend. Each topic will be presented two times. First session will be conducted from 1:30 to 2:10 p.m. and the second session will follow at 2:15 to 2:55 p.m.

• Preventative Maintenance

Identify on the field/court safety recommendations, team medical kit needs and learn to tape appropriately

Chris Wiedmann, ATC, LAT – OSMC

Vicki Nieman, MPA, ATC, LAT – OSMC

• Performance Enhancement and the Prevention of ACL Injuries

Identify the mechanics of the knee and understand the risks of injury. Exercises to strengthen the knee, ankle and hip will be demonstrated.

P.J. Walker-Wilson, PT, ATC – OSMC

Stephen Taylor, MD – DMOS

• Medical Issues in the Female Athlete

Explore the health needs of athletes that experience asthma, diabetes, obesity and more. Also understand the hormonal needs/changes many female athletes experience and the impact on performance.

Rob, Lee, M.D. – Lee & Ruisch Family Medicine

Abbie Ruisch, MD – Lee & Ruisch Family Medicine

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Fee

\$15 per person. Payment is required with the registration form.

Registration

Pre-registration is required. Return registration and payment no later than **MARCH 25, 2005** to:

Amy Noble
Des Moines Orthopaedic Surgeons
6001 Westown Parkway
West Des Moines, IA 50266

Cancellation Policy

Cancellations must be received by Monday, March 28, 2005 to receive a full refund. Refunds will not be issued after March 28, 2005. Any questions please contact Amy Noble at (515) 327-5160 or fax at (515) 224-5140.

Name _____
School or Club _____
Address _____
City _____
State _____ ZIP _____
Daytime Phone Number _____

_____ Payment is enclosed in the amount \$ _____
I wish to make payment by credit card. (check one)
 MasterCard VISA

Card Number _____
Expiration Date _____
Amount Paid _____
Signature _____

Office use only: Authorization number _____
Date _____ Initial _____

Please check the age of athletes you coach or work with.
Check all that apply.

- Upper Elementary Middle School
 High School College
 Other _____

Iowa Coaching Authorization: The Board of Education Examiners has approved this symposium for use as one of the five coaching activities for the renewal of the Iowa Coaching Authorization.

Athletic Trainers: NATABOC approval pending for this event.