LACROSSE SPORTS MEDICINE:
Taking Care of America's Fastest Growing Sport

Date/Location: Friday, March 11, 2011 • Sheraton Inner Harbor Hotel, Baltimore, MD

Background and Purpose: Lacrosse is the oldest, and currently the fastest growing team sport in America. Unique versions of the sport are played by girls/women and boys/men from age 6 to 60 who compete in youth leagues and scholastic, collegiate, professional, club and masters levels of play. The differences between the rules, culture and style of men's and women's lacrosse result in unique sets of injuries, and there is a growing body of lacrosse-specific sports medicine knowledge concerning the mechanisms, treatments, and prevention of these injuries. It is our goal to provide a comprehensive, national level conference on men's and women's lacrosse-specific sports medicine for the medical and lacrosse communities.

Format: Full day of interactive lectures and panel discussions. Registration will include a ticket to attend the 2011 Faceoff Classic at M&T Bank (Ravens) Stadium on Saturday, March 12, featuring the following men's games: Syracuse-Georgetown, Virginia-Cornell, Johns Hopkins-UMBC.

Sponsors: US Lacrosse, the sport's national governing body, and MedStar Sports Health / Union Memorial Sports Medicine.

Audience: This conference will have a wide appeal and we expect a multidisciplinary audience including team physicians, orthopaedic surgeons, primary care specialists, athletic trainers, physical therapists, injury epidemiologists, other allied health professionals, and lacrosse administrators and coaches.

Course Credit: Physicians – This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of Union Memorial Hospital and US Lacrosse. Union Memorial Hospital is accredited by MedChi, The Maryland State Medical Society to provide continuing medical education for physicians. Union Memorial Hospital designates this live educational activity for a maximum of 8 AMA PRA Category 1 Credits® . Physicians should claim only the credit commensurate with the extent of their participation in the activity.

ATCs - NATABOC approved for 8 CEUs.
PTs - approved by the Maryland State Board of Physical Therapy for 0.4 CEUs
The US Lacrosse Coaching Education Program will reward Certified Coaches 5 CEOs for attending; the clinic will report the roster to USL and your database will reflect the credits within two weeks of the event

Speakers: Members of the US Lacrosse Sports Science & Safety Committee, nationally recognized experts in orthopaedics and sports medicine, and leaders in the national lacrosse community.

Goals and Objectives:

1. Participants will appreciate the historical context of lacrosse, its rapid growth, priority issues, and injury prevention strategies being employed by both the men's/boys' and women's/girls' games.

2. Participants will be exposed to the current growing body of lacrosse specific sports medicine knowledge including research, injury prevention programs, and treatment options.

3. Participants will understand and be able to discuss the general epidemiology of lacrosse injuries including injury types, mechanisms, and rates.

4. Participants will have an improved ability to recognize, appropriately manage, and prevent lacrosse related head/face/eye injuries.

5. Participants will have an improved ability to recognize and appropriately manage commonly occurring orthopaedic, medical, and on field lacrosse specific conditions.

6. Participants will gain an understanding of how youth participation can be optimized to enhance fun and prevent burnout.

Schedule: Friday March 11, 2011

Registration:

7:15 – 7:55: Registration, Continental Breakfast, and Vendor Review

Introductory Topics:

7:55 – 8:00: Welcome and Conference Overview
Richard Hinton, MD, MPH

8:00 – 8:15: US Lacrosse and America's Team Sport: Overview of Lacrosse's Growth from Native American Ritual to the Country's Fastest Growing Sport.
Steve Stenersen, President & CEO, US Lacrosse

8:15 – 8:30: US Lacrosse's Sports Science and Safety Committee: Structure, Function, and Ongoing Projects
Margot Putukian, MD

8:30 – 8:45: The Women's Game: What Makes it Unique, Priority Issues and Injury Prevention Strategies
Ann Carpenetti, Managing Director, Game Administration US Lacrosse

8:45 – 9:00: The Men's Game: Priority Issues, and Injury Prevention Strategies
Steve Stenersen, President & CEO, US Lacrosse

9:00 – 9:15: Questions

Epidemiology of Lacrosse Injuries:

9:15 – 9:30: Basic Concepts, Lacrosse Priorities, and Available Databases
Richard Hinton, MD, MPH

9:30 – 10:00: The Epidemiology of Scholastic and Collegiate Men's and Women's Lacrosse Injuries:
Andy Lincoln, ScD, MS

10:00 – 10:15: Establishing a Lacrosse Injury Surveillance System: The Fairfax Co. Experience
Jon Almquist, ATC

10:15 – 10:30: Questions

10:30 – 10:45: Refreshment Break and Vendor Review

Head, Face, and Eye Injuries in Lacrosse:

10:45 – 11:15: Head, Face, and Eye Injuries in Lacrosse: Issues for the Men's and Women's Games
Randy Dick

11:15 – 11:45: Round Table Discussion and Audience Questions: Head, Face, and Eye Protection in Women's Lacrosse.
Margot Putukian, MD

11:45 – 12:15: Concussions in Lacrosse
Margot Putukian, MD

12:15 – 12:30: Neuropsychometric Testing: Overview and Practical Applications
Andy Tucker, MD

12:30 – 1:30: Lunch and Vendor Review

1:30 – 1:45: Lacrosse Specific Conditioning
Jay Dyer, CSCS

1:45 – 2:15: Round Table Discussion and Audience Questions: Lacrosse Related Concussions: Evaluation, Treatment, Return to Play
Moderator: Doug McKeag, MD

Medical and Orthopaedic Conditions:

2:15 – 2:30: Infections in the Athletic Environment
Wayne Campbell, MD

2:30 – 2:45: Commotio Cortis: Current Concepts and Lacrosse Related Incidents
Jeff Mandak, MD

2:45 – 3:15: Round Table Discussion and Audience Questions: Taking Care of Common Lacrosse Orthopaedic, and On Field Conditions
Moderator: Richard Hinton, MD

Youth Lacrosse: Optimizing the Experience

3:15 – 3:45: Promoting Fun, Preventing Burnout
Richard Ginsburg, PhD

3:45 – 4:00: US Lacrosse Coaching Education Programs
Erin Smith, Director of Education & Training, US Lacrosse

4:00 – 4:15: Questions

Injury Prevention in Lacrosse:

4:15 – 4:30: Optimizing Hydration and Nutrition for Lacrosse
Jackie Berning, PhD, RD, CSSD

4:30 – 4:45: Biomechanical Concepts in Lacrosse Injury Prevention
Trey Crisco, PhD

4:45 – 5:00: Dental Protection: Current Options in Fitting and Protection
Michael Messina, DDS

5:00 – 5:15: Questions

Concluding Remarks

Faculty

Course Chairpersons:
* Richard Hinton MD, MPH: Director Sports Medicine Fellowship Union Memorial Hospital, Assistant Professor Orthopaedic Surgery Johns Hopkins, US Lacrosse Sports Science and Safety Committee (USL SSSC), U.S. Women's National Team Physician

* Margot Putukian MD: Director Sports Medicine Princeton University, Chairperson USL SSSC, U.S. Men's National Team Physician

* Steve Stenersen: President and CEO, US Lacrosse

Course Directors:
Joshua Christian: Managing Director of Sport Development, USL

Teresa Collins: Union Memorial Sports Medicine Program Development

Faculty:
* Jon Almquist, ATC: Director Fairfax County Athletic Training Services, Chair NATA Secondary School Committee, USL SSSC.

Hugh Baugher, MD: Curtis National Hand Center. Associate, Team Physician UMBC

*Amiel Bethel, MD: Baltimore Neurosurgical Associates, USL SSSC.

* Jackie Berning, PhD: Associate Professor and Nutritional Consultant University of Colorado at Colorado Springs, Former Director of Nutrition US Olympic Swim Team, USL SSSC

Wayne Campbell, MD: Director Infectious Disease Union Memorial Hospital

Michael Cantele, ATC: Head Trainer, US Women's National Team

*Ann Carpenetti: Managing Director, Game Administration, USL

* Trey Crisco III, MD: Bioengineering Laboratory Department of Orthopaedics Brown Medical School and Rhode Island Hospital, USL SSSC.

Michelle Daniels, ATC: Assistant Director of Sports Medicine, University of Maryland, Baltimore County

* Randall Dick, MS FACSM: Former Coordinator NCAA Injury Surveillance System, USL SSSC.

Jay Dyer, CSCS: Head Conditioning Coach Johns Hopkins Lacrosse

Jennifer Eames, Women's Game Chair, US Lacrosse

*Richard Ginsburg, PhD: Co-Director, Mass General Hospital Sport Psychology Program, PACES Institute - Harvard Medical School, usl SSSC.

Gerald A Gioia, PhD: Chief, Division Of Pediatric Neuropsychology; Director, Safe Concussion Outcome, Recovery & Education (SCORE) Program; Children's National Medical Center

* Andy Lincoln, ScD, MS: Director MedStar Orthpaedic and Sports Medicine Research, USL SSSC, Specialty Epidemiology and Health Policy, Faculty Johns Hopkins Bloomberg School of Public Health and Uniform Services University of Health Services.

* Jeff Mandak, MD, FACC: Moffitt Heart and Vascular Group, USL SSSC

Leslie Matthews, MD, MBA: Director Orthopaedic Residency Union Memorial Hospital, Former Head Team Physician US Men's National Lacrosse Team

Marty McGinty, ATC: Head Athletic Trainer Curley High School

*Douglas McKeag, MD, MS, FACSM: IU Center for Sports Medicine, USL SSSC.

* Michael Messina, DDS, FASD: Sunset Hills Dental Group, USL SSSC.

*George O'Neil: Head Athletic Trainer Princeton University, USL SSSC

Erin Smith: Director of Education and Training, US Lacrosse

Andrew Tucker, MD: Medical Director Sports Medicine Union Memorial Hospital, Head Team Physician Baltimore Ravens, President NFL Physician Society, NFL Advisory Committee on Minimal Traumatic Brain Injury.

**** - US Lacrosse Sports Science and Safety Committee member***

Bibliography:

Recent lacrosse sports medicine articles published by faculty

1. Hinton RY, Lincoln AE, et al: Epidmeiology of lacrosse injuries in high school aged girls and boys: a three year prospective study. Am J sports Med. 2005 Sep 33, 9, 1305 – 14.

2. Lincoln AE, Hinton RY et al: Head, face, and eye injuries in scholastic and collegiate lacrosse: a four year prospective study. Am J Sports Med. 2007 Feb, 35, 2, 207 – 15.

3. Dick R, Lincoln AE, et al: Descriptive epidemiology of collegiate women's lacrosse injuries: NCAA ISS, 1988 through 2004. J Athl Train. 2007, Apr – Jun 42, 2, 262 – 9.

4. Dick R, Romani WA, et al: Descriptive epidemiology of collegiate Men's lacrosse: NCAA ISS, 1988 through 2004. J Athl Train. 2007 Apr – Jun 42, 2, 255 – 61.

5. Matthews, Hinton, Burke: "Lacrosse" Chapter 31 in Sports Injuries: Mechanisms, Prevention, Treatment. F Fu and D Stone Editors

6. Hinton, R.Y., Sutton, K.M., McCollum J. "Sports tips: Lacrosse injuries." AOSSM STOP Sports Injuries. September 14, 2010 http://www.stopsportsinjuries.org/sports-injury-prevention/sports-specific-resources.aspx.

7. Carter EA, Westerman BJ, Lincoln AE, Hunting KL. Common game injury scenarios in men's and women's lacrosse. Int J Inj Contr Saf Promot. 2010 Feb 16:1-8.

8. Lincoln AE, Caswell SV, Almquist JA, Dunn RE, Norris J, Hinton RY. Trends in concussion incidence in high school sports: A prospective 11-year study. In press: American Journal of Sports Medicine.

9. Hinton RY. Lacrosse Injuries. The American Orthopaedic Society for Sports Medicine; Sports Medicine Update. March/April 2009.