Join local and national sports medicine experts for an afternoon of valuable information about some of the latest developments in sports medicine. You'll learn about the management of sports-related concussions, the goals and purpose of arthroscopic shoulder procedures, and the risks associated with using performance enhancing drugs.

Management of Sports Concussion, 
Michael Collins, PhD
The management of sports-related concussions is currently one of the most hotly-debated topics in sport medicine. At the center of the debate is the question of when to safely return an athlete to participation following a concussion. In this presentation, you'll learn about the early recognition signs/symptoms of injury, and the benefits of an individualized and data-driven approach to concussion management rather than use of a “grading system” approach. Dr. Collins will discuss the utility of computerized neuropsychological testing to help facilitate safe return-to-play decisions and review new research findings examining recovery from concussion in high school and college athletes.

Arthroscopic Treatments of the Shoulder, 
Kenneth Westerheide, MD
Learn about shoulder injuries and conditions, and how physical examination findings differentiate various shoulder injuries from one another. Treatment options will be reviewed. In this discussion, you'll learn to appreciate the use of arthroscopic techniques to treat shoulder injuries and the impact of such techniques on rehabilitation.

Performance Enhancing Drugs, 
Steven Brezny MD
Learn about the risks and the long-term effects of anabolic steroids and supplements, and how to identify the behaviors of athletes at-risk for using them. Dr. Brezney will identify common herbal and nutritional supplements used by athletes and provide information on safe alternatives to steroids and supplements.

CEUs: Application has been made for athletic trainer units.

ABOUT OUR PRESENTERS

Michael Collins, PhD
Michael Collins, PhD, a nationally - renowned sports concussion clinician and researcher, has authored two major multi-site studies involving the effects of concussion and return-to-play evaluation methods. Both studies were published in the *Journal of the American Medical Association*. Dr. Collins received a doctoral degree in clinical psychology from Michigan State University. He completed a clinical neuropsychology internship at University of Florida and a neuropsychology residency at Henry Ford Health System in Detroit. He is a clinician and researcher with the University of Pittsburgh Sports Medicine Program.

Kenneth Westerheide, MD
Dr. Westerheide completed a fellowship with the renowned Southern California Orthopedic Institute in Los Angeles. His advanced training included arthroscopic and minimally-invasive surgery of the shoulder, knee, and ankle. He has presented numerous orthopedic research articles at national meetings in subjects such as long-term ACL reconstruction and arthroscopic shoulder reconstruction. A member of the American Orthopaedic Society for Sports Medicine, Dr. Westerheide is in practice with Cardinal Orthopaedic Institute.

Steven Brezny, MD
Dr. Steven Brezny, a family physician, is in private practice at Family Physicians at Wedgewood in Powell, Ohio. He received the Excellence in Medicine Award from the AMA Leadership Foundation and serves as a Delegate to the AMA House of Delegates. Dr. Brezney is an instructor of Patient Centered Medicine at The Ohio State University.