

## OBJECTIVES

- Discuss arthritis in the athlete
- Explain throwing guidelines
- Define patella femoral syndrome in the aging athlete
- Describe age-associated sarcopenia and loss of flexibility
- Discuss minimizing orthopedic risks in training

## CREDITS

**Course Number:** CE20230609

Huntsville Hospital is a board approved provider of continuing nursing education in Alabama by the Alabama Board of Nursing. Our approval status is valid through December 12, 2009. Provider Number: ABNP0278.

**Nursing/Respiratory Contact Hours:** 6.5

**Social Workers Contact Hours:** 5.4

**Physical Therapy Contact Hours:** 6.5

**Dietician Contact Hours:** 5.4

## UPCOMING EVENTS

Aug. 8	Pediatric Conference
Aug. 22	Oncology Conference
Aug. 29	Radiology Update
Oct. 3	Infectious Diseases Conference
Nov. 14	Diabetes Conference
TBD	Perinatal Conference

For further information about Huntsville Hospital classes, go to [www.huntsvillehospital.org](http://www.huntsvillehospital.org) or call 256.265.8025.



Huntsville Hospital - Corporate University  
P.O. Box 1167 - Huntsville, Alabama 35807



Huntsville Hospital's Wellness Center  
presents

# 1<sup>ST</sup> ANNUAL SPORTS MEDICINE CONFERENCE: *The Aging Athlete*

*for physical therapists, exercise physiologists,  
athletic trainers, nurses, personal trainers,  
and any other healthcare professionals.*

Saturday, July 25, 2009

7:30 a.m. - 2:35 p.m.

At the Dowdle Center in Huntsville, AL



WELLNESS CENTER  
 HUNTSVILLE  
HOSPITAL

# AGENDA

Huntsville Hospital's Wellness Center is offering a one day continuing education on exercise and sports medicine on Saturday, July 25, 2009.

**Conference will be held at  
HUNTSVILLE HOSPITAL'S CORPORATE UNIVERSITY  
AT THE DOWDLE CENTER  
109 Governors Drive • Huntsville, AL • 256.265.8025  
(Corner of Gallatin St. & Governors Dr. )**

**Note:** The parking lot is now relocated at the corner of Longwood Dr. and Harvard St.  
Visit [www.huntsvillehospital.org](http://www.huntsvillehospital.org) for a map indicating the location of the parking.

7:30am-8:05am	Registration, Continental Breakfast & Exhibits
8:05am-8:30am	Welcome & Announcements <u>The Umbrella of Sports Medicine</u> Lyle Douglass, M.Ed. RCEP, CSCS
8:30am-9:30am	<u>Arthritis in the Athlete</u> John Greco, MD
9:30am-10:30am	<u>Throwing Through the Ages</u> Colleen Durham, DPT
10:30am-10:45am	Break, Exhibits & Door Prize
10:45am-11:45am	<u>Patella Femoral Syndrome in the Aging Athlete</u> - Mark Noble, MS
11:45am-12:30pm	Lunch (provided), Exhibits, & Door Prize
12:30pm-1:30pm	<u>Age-associated Sarcopenia and Loss of Flexibility</u> - Michael Stevenson, ATC
1:30pm-2:30pm	<u>Minimizing Orthopedic Risks in Training</u> Arnold Gamber, M.Ed., ATC
2:30pm-2:35pm	Closing Comments & Evaluations

# SPEAKER INFORMATION

## Lyle Douglass, M.Ed., RCEP, CSCS

Mr. Douglass is a Clinical Exercise Physiologist with Huntsville Hospital Wellness Center. He has over 10 years experience working with a variety of high risk and athletic populations.

## Colleen Durham, DPT

Mrs. Durham is the Program Coordinator at Huntsville Hospital Sports and Therapy Center in Huntsville. She is a board-certified Doctor of Physical Therapy. Her special interests are in sports rehabilitation.

## Arnold Gamber, M.Ed., ATC

Mr. Gamber has worked in professional football and division 1 athletics for the past 20 years. He is the former head athletic trainer for the Auburn University football team and is currently employed at the Hughston Foundation as the Director of Athletic Training.

## John Greco, MD

Dr. Greco is board-certified in orthopedic surgery. He specializes in Sports Medicine and Treatment of Disorders of the Knee and Shoulder. His area of expertise includes arthroscopic surgery, ligament reconstructive surgery, and joint replacement.

## Mark Noble, MS

Mr. Noble has over 30 years experience in performance consultant enhancement. He has been a sports performance consultant for the Duke University Men's Basketball team, as well as multiple Olympic teams.

## Michael Stevenson, MA, ATC

Mr. Stevenson is currently the Athletic Trainer for Butler High School in Huntsville. He has provided athletic training services to the Tennessee Valley Vipers and Alabama A & M.

### Attention Non-Employees of Huntsville Hospital:

You must bring your nursing license number to receive credit for attending. Please present your number at sign-in for the activity. The Alabama Board of Nursing now requires that approved providers submit records of contact hours along with your nursing license number.

# REGISTRATION

Registration deadline for the Sports Medicine Conference is Thursday, July 23, 2009. Partial credit not awarded. No refunds after July 25. Confirmation of registration is not automatically sent to participants; feel free to phone for confirmation.

\_\_\_\_\_  
First Name, Last Name (required)

\_\_\_\_\_  
ABN License Number (required if applicable)

\_\_\_\_\_  
Employee ID# (Huntsville Hospital Employee Only)

RN  RRT  PT  Others \_\_\_\_\_

\_\_\_\_\_  
Address

City State Zip

\_\_\_\_\_  
Phone and/or Email Address

Non-employee	\$70.00
Huntsville Hospital and Athens Limestone employee	\$60.00

### Method of Payment:

Check  Cash  Credit/Debit Card

\_\_\_\_\_  
Card # Exp. Date

\_\_\_\_\_  
Security Code Signature

### Mail registration form and payment to:

Huntsville Hospital • Corporate University  
P.O. Box 1167 • Huntsville, Alabama 35807

Checks payable to Huntsville Hospital, Corporate University

### For more information, please call 256.265.8025

*Please note:* Conference seating is limited. Registrations are processed in the order in which they are received. Attire for the conference is casual. You may want to bring a light sweater or jacket to ensure your comfort in meeting rooms.