



2019 MAJOR LEAGUE SOCCER
MEDICAL SYMPOSIUM

Saturday, January 5, 2019



ORLANDO
HEALTH®

2019 MLS Symposium Agenda

6:30 am – 7:30 am

THIS WORKSHOP IS NOW FULL

Breakout: The use of Ultrasound in Hip, Knee, & Ankle (Optional Workshop)

Evaluation and injection techniques and considerations

Harrison Youmans, MD; Mike Khadavi, MD

7:35 am – 7:40 am

Introduction & Welcome

Amanda Martin, DO, MLS Symposium Activity Director

7:40 am – 7:55 am

Cardiac Care of the Professional Soccer Athlete: Getting to the Heart of it All

Major League Soccer state of Screening and how does it compare to other professional organizations

Mathew Martinez, MD, Cardiac Consultant Major League Soccer

7:55 am – 8:10 am

Something is Wrong? But the Testing is Normal!

Robert Myers, MD, Toronto FC Sports Cardiologist

8:10 am – 8:25 am

Is Screening Enough?

The risk of failing to plan for cardiac event

Matthew Martinez, MD, Cardiac Consultant Major League Soccer

8:25 am – 8:40 am

Panel Discussion Cardiac Program of MLS & Other Professional Sports Organizations

Are we leading the way or falling behind?

Mathew Martinez, MD; Robert Myers, MD

8:40 am – 8:50 am

The Medically Ill Player: What Should You Do & What Do You Do?

Margot Putukian, MD, FACSM

- 8:50 am – 9:10 am Roundtable Discussion & Case Presentation with Panel Discussion**
 - *Upper respiratory illness evaluation*
 - *N/V/diarrhea*
 - *Training room supplies and planning on the road*
Moderator: Margot Putukian, MD, FACSM
Harrison Youmans, MD; Russ Steves, M.Ed., PT, ATC NYRB; Steve Huydma, ATC Philadelphia Union; Ivan Pierra, Head ATC LA Galaxy
- 9:10 am – 9:25 am BREAK**
- 9:25 am – 9:50 am Stem Cell Treatment 2020 & Beyond: Are We in the Game? What's the Score?**
Panel discussion: BMAC, PRP, Cartilage “What are they getting and from Whom?”
 - *Medicolegal considerations for non-FDA approved treatments*
 - *Post-operative PRP injection protocols and experience*
Moderator: Michael Gerhardt, MD
Chris Ahmad, MD New York FC; Brian Forsythe, MD Chicago Fire; Michael Khadavi, MD Sporting Kansas City; Bert Mandelbaum, MD, DHL (hon) Team Physician LA Galaxy, US Soccer Assistant Medical Director Major League Soccer
- 9:50 am – 10:05 am Sports Hernia: How Our Club Addresses the Injury from Presentation Through Return to Play**
Case Presentation: Christopher Ahmad, MD
- 10:05 am – 10:25 am FAI Combo With Sports Hernia: Order of Evaluation and Treatment**
Hutchinson, MD
- 10:25 am – 10:30 am MLS Panel: Discussion of Treatment Order**
 - *Are we overtreating?*
 - *Return-to-play considerations 2020 and beyond*
Hutchinson, MD; Michael Gerhardt, MD
- 10:30 am – 10:45 am BREAK**
- 10:45 am – 12:05 pm The Academy Player: Medical Considerations in the Adolescent Soccer Population**
- 10:45 am – 11:05 am Recognition Evaluation & Treatment of Concussion in the Adolescent Footballer**
Are they just small adults?
Case Presentation: Margot Putukian, MD, FACSM
- 11:05 am – 11:25 am Reinjury Risk in the Adult & Adolescent Population**
Karin Gravare Silbernagel, PT, ATC, PHD

- 11:25 am – 11:45 am** **Panel Discussion: Team-based Care from a World Away: “Whose injury is it and who’s taking care of it?”**
- On road evaluation, triage, treatment, and coordination of care upon return to home.
 - Discussion of controversies and pearls learned from the road: Are we preparing them to win in the future?
 - Coordination of injury recognition, diagnosis on the road, coordination of care upon return.
- Moderator: Amanda Martin, DO, FAOAO, Chair MLS Medical Symposium**
- Margot Putukian MD FACSM, Patrick Tanner Head ATC Orlando FC, Constantine Demetriadis asst ATC Orlando FC, Karin Gravare Silbernagel PT, ATC, PHD**
- 11:45 am – 12:05 pm** **Return to Play After Concussion: Beware of the Vulnerable Window**
- John DiFiori, MD, FACSM**
- 12:05 pm – 12:55 pm** **LUNCH**
- 12:55 pm – 1:00 pm** **Welcome & Video of Injuries**
- 2017-2018 MLS Players and on field evaluation featuring MLS STAFF*
- 1:00 pm – 1:35 pm** **The Aging Professional Athlete**
- Moderator: Christopher Ahmad, MD**
- 1:00 pm – 1:20 pm** **Cartilage Repair Surgeries in Elite Athletes: What Do We Know About Their Future Arthritis?**
- Brian Forsythe, MD**
- 1:20 pm – 1:35 pm** **Case Presentation: The Arthritic MLS Player**
- Russell Steves, M.Ed., PT, ATC**
- 1:35 pm – 2:00 pm** **Panel Discussion: What We Do & What We Should Do at Our Club, *The MLS Experience***
- What do you inject and when?
 - In-season considerations, Pre-& Post season
 - Workload
 - Trainer pearls
- PANEL: Russell Steves, M.E.d., PT, ATC; Brian Forsythe, MD; Christopher Ahmad, MD**
- 2:00 pm – 2:15 pm** **BREAK**

- 2:15 pm – 2:55 pm** **Inside the Training Room: 2020 & Beyond**
 How Our Club Uses Blood Flow Restriction in The Soccer Population:
 Rehabilitation of the Injured Athlete Soccer Specific Modalities & Techniques
Is a hands-on approach best?
A Panel and Audience participation discussion of evidence based techniques and preferences
Moderador: MARIO F. CRUZ, DPT, SCS, ATC HEAD ATHLETIC TRAINER
Ron Shinault, MS, ATC, Director of Performance, San Jose Earthquakes; Kurt Andrews, Director Sports Medicine, Head Athletic Trainer Sporting Kansas City
- 2:55 pm – 4:00 pm** **Sports Science: The Role of Sports Science and the Overlap Within a Team Based Model**
- 2:55 pm – 3:20 pm** **How Can Sports Science Data Contribute to Monitoring the Training Load?**
Ryan Alexander, PhD, Sports Physiology, Director of Sports Science Atlanta United FC
- 3:20 pm – 3:40 pm** **A Team Based Approach. The Experience of One Major League Soccer Team**
What works for us in coordinating care of athletes, team roles and structures
Mario Cruz, PT, DPT, SCS, ATC; Erick Zarandy, Peter Symbas, MD, Ryan Alexander, MD
- 3:40 pm – 4:00 pm** **Panel Discussion of the MLS Medical Team: Roles, Organization Structure, & Overlap**
Who's on First? Identifying, coordinating, and refereeing the Medical team in the training room, on the road, and in the game environment
Lawrence Lemak, MD, CMO MLS; Ryan Alexander, Atlanta United FC; Mario Cruz, PT, DPT, SCS, ATC; Erick Zarandy, Peter Symbas, MD
- 4:00 pm – 4:10 pm** **BREAK**
- 4:10 pm – 4:30 pm** **Nutrition**
What is the role of nutrition in the overall health, prevention, and recovery of professional soccer athletes with review of the UEFA Nutrition Consensus?
Rikki Keen, MS, RD, LD, CSSD, CSCS
- 4:30 pm – 5:30 pm** **Lead, Follow, or Get Out of The Way**
Is Major League Soccer Leading Medical Care in Professional Athletes?
A panel discussion among professional team physicians comparing, contrasting, and highlighting opportunities to improve delivery of care within the soccer population
Moderator: Brian Forsythe, MD
Bert Mandelbaum, MD; Chris Ahmad, MD; John DiFiori, MD; Matthew Martinez, MD
- 5:30 pm – 7:00 pm** **NETWORKING RECEPTION**