

**Physician CME & Athletic Trainer
CEU Approved**

Physician CME:

“WellSpan Health is accredited by the Pennsylvania Medical Society to provide continuing Medical Education for physicians. WellSpan Health takes responsibility for content, quality and scientific integrity of its CME activity.”

“WellSpan Health designates this live activity for a maximum of 3.75 *AMA PRA Category 1 Credit(s)*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.”

“All faculty participating in continuing medical education programs sponsored by WellSpan Health are expected to disclose to the program audience whether they do or do not have any real or apparent conflict(s) of interest or other relationships related to the content of their presentation(s).”

“If you wish to attend this CME activity and have a disability which may require special accommodations, please contact the Department of Orthopedics at (717) 812-4452. Thank you.”

Athletic Trainer CEU:

“WellSpan Orthopedics is approved by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. WellSpan Orthopedics (BOC AP#: P8275) is approved by the Board of Certification, Inc. to provide continuing education to Certified Athletic Trainers. This program is eligible for a maximum of 3.75 Category A/hours/CEUs. ATs should claim only those hours actually spent in the educational program.”



WellSpan Health
45 Monument Rd.
York, PA 17403

Game Changers in Sports Medicine Conference

Physician CME & Athletic Trainer CEU Approved

Friday, March 2, 2018 • 10 a.m. – 4 p.m.
Heritage Hills Conference Center, York, PA



Game Changers in Sports Medicine Conference

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Join WellSpan Sports Medicine experts to observe a simulated doctor-patient, physical therapist-patient and athletic trainer-patient interaction with an athlete suffering from or at risk of certain psychological states. A brief discussion and analysis of the interviewer's success at uncovering and addressing these states will follow.

Keynote: Dr. Michael Sachs
Professor, Department of Kinesiology,
College of Public Health, Temple University



After receiving his Ph.D. in sport psychology from Florida State University, Dr. Michael Sachs became a Professor in the Department of Kinesiology at Temple University. He is a Past-President of both the Association for Applied Sport Psychology (AASP) and Division 47 of the American Psychological Association (APA).

In addition to teaching, Dr. Sachs has co-authored and co-edited numerous books and scientific works, including the recently published *Applied Exercise Psychology: The Challenging Journey From Motivation to Adherence*. His current research focuses on motivation, adherence, "excusercise", exercise addiction, and the psychology of running.

Dr. Sachs resides in Philadelphia, where he enjoys exercising, especially running and swimming. To date, he has participated in two marathons: The Joe Steele Rocket City Marathon (Alabama), and the New York City Marathon.

ABOUT WELLSPAN SPORTS MEDICINE

At WellSpan Sports Medicine, we understand the unique needs of athletes, coaches and active individuals of all ages and abilities—both on and off the playing field. That is why we offer a comprehensive array of services delivered by a multi-disciplinary team. We carefully prepare, treat and rehabilitate athletes and active individuals so they can safely participate in sports and maintain a physically active lifestyle. WellSpan Sports Medicine providers work with area school districts, club teams, colleges and professional teams to provide athletic training services and physician game coverage.

Lectures:

Simulation #1: The Aging Athlete

Topics: *End of Career and Narcissism*

Giselle Aerni, MD, Thomas Hart Family Practice Center

Participants will watch a simulation between an aging athlete and a physical therapist. Following the simulation, Dr. Aerni will discuss proper patient communication, literature to help transition your patient into this new stage of life, and addressing the potential identity crisis of the aging athlete.

Simulation #2: The Wrestler

Topics: *Sexuality and Substance Abuse in Athletes*

Ana Tovar, Ph.D., WellSpan York Hospital

This simulation will explore an interaction between a student-athlete and their athletic trainer. Dr. Tovar will then cover the impact of heteronormativity in sports, creating a safe and encouraging environment with your patient, and understanding how a stressful relationship can increase the risk of substance abuse in athletes

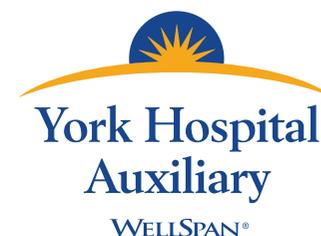
Simulation #3: The Dancer

Topics: *Overbearing Parents and Mood and Eating Disorders*

Mark Lavallee, MD, CSCS, FACSM, WellSpan Sports Medicine

The final simulation will cover the interaction between a patient and physician. Dr. Lavallee will discuss the impact of overbearing parents on an athlete, the differences between a developing eating disorder and disordered eating, and how to address mood issues such as anxiety and depression.

Sponsored in part by the
WellSpan York Hospital Auxiliary



Our highly skilled sports medicine team includes:

- Fellowship-trained, board-certified orthopedic surgeons, sports medicine physicians, neurologists and gynecologists
- Licensed physician assistants and athletic trainers
- Licensed physical and occupational therapists
- Concussion specialists
- Licensed psychologists
- Registered dietitian nutritionists

To see a complete list of our providers, or to learn more about WellSpan Sports Medicine, please visit: WellSpan.org/SportsMedicine

Conference Program

Registration: 10 – 10:30 a.m.

Keynote: 11 – 11:40 a.m.

Lunch: 11:45 a.m. – 12:30 p.m.

Lectures: 12:30 – 4 p.m.

Location

Heritage Hills Conference Center
Terrace Room
2700 Mount Rose Avenue
York, PA 17402

Cost

Free

Registration

Registration for this FREE conference is required by Friday, Feb. 16.

- Register online at WellSpan.org/GameChanger
- Complete the attached form and mail to:
WellSpan Sports Medicine
Attn: Stephanie Bigelow
WellSpan Orthopedics
Apple Hill Medical Center
25 Monument Rd., Suite 290
York, PA 17403

Questions?

Contact Stephanie Bigelow at (717) 812-4452 or sbigelow@wellspan.org for more information.



Game Changers in Sports Medicine Conference Registration Form

Register online at WellSpan.org/GameChanger or complete the form below.

Name (please print – first and last name) _____

MD/DO AT Other _____
(Circle one)

Affiliation/Employer _____

Home Address _____

City _____

State _____ Zip Code _____

Work Phone _____ Home or Cell Phone _____

E-mail Address _____

Specialty/Position _____

Street Address of Employer _____

City _____

State _____ Zip Code _____

- I will need assistance
- I have special dietary requirements

Mail to:

WellSpan Sports Medicine
Attn: Stephanie Bigelow
WellSpan Orthopedics
Apple Hill Medical Center
25 Monument Rd., Suite 290
York, PA 17403