The 1st Annual Howard Head Sports Medicine Symposium:  
*Best Practices in the Treatment of the Athletic Shoulder*

**Date:** Sept. 30th to Oct. 1st, 2011  
**Location:** Vail Marriott Mountain Resort and Spa – Vail, Colorado  
**Keynote Speaker:** Todd Ellenbecker, DPT, MS, SCS, OCS, CSCS

**Course Description:**  
This evidence-based program will provide rehabilitation professionals cutting edge perspectives in the surgical management, evaluation and treatment techniques for the athletic shoulder and its related injuries. There will be an emphasis on the evaluation, treatment and return to sport of the overhead athlete and will include lecture and lab breakouts for evaluation, treatment, and return to sport progressions.

**Course Learning Objectives:**  
Upon conclusion of this program, participants should be able to:  

- Discuss biomechanics and anatomy of the athletic shoulder.  
- Discuss key components of the examination and diagnosis of the athletic shoulder.  
- Discuss surgical advances of the athletic shoulder.  
- Understand the kinetic chain and the mechanics of the most common overhead sports.  
- Outline treatment techniques for non-operative and post-operative management of the athletic shoulder.  
- Outline a return to sport program for the athlete with a shoulder injury.

*Attendance of this HHSYM Course does not indicate or guarantee competence or proficiency in the performance of any procedures which may be discussed or taught in this course.*

**Course Location:**  
This program will be held at one of the premier Vail resorts, the Vail Marriott Mountain Resort & Spa. Guest rooms have been reserved for attendees and their guests with special course rates. Reservations must be made before the room block is filled. Please identify yourself as a participant of the Howard Head Sports Medicine Symposium when making your reservation.

Spend Friday and Saturday learning something new and stay for another day or two to experience the beauty of fall in Vail. Nestled at the base of Vail Mountain, this resort offers relaxed lodging for both daydreamers and those seeking a little outdoor adventure.

To make your hotel reservation, go to the specialized website for HHSYM Symposium registrants: [https://resweb.passkey.com/go/HowardHead](https://resweb.passkey.com/go/HowardHead)

For more information or to register online, please visit [www.hhsm.com](http://www.hhsm.com).
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Course Schedule:

Friday, Sept 30, 2011 – 12:00 – 1:00 Registration and Check In

Friday, September 30, 2011  1:00 – 6:00 pm
1:00 – 1:15  Welcome & Opening Remarks
1:15 – 2:15  Biomechanics & Anatomy for the Athletic Shoulder
2:15 – 3:15  Evidenced Based Examination and Diagnosis of the Athletic Shoulder Part 1
3:15 – 3:30  Break
3:30 – 4:20  Evidenced Based Examination and Diagnosis of the Athletic Shoulder Part 2
4:20 – 4:30  Break
4:30 – 6:00  Surgical Advances for the Sport Shoulder
6:00   Reception & Special Presentation* 

*Reception to be held at the Vail Marriott Mountain Resort & Spa.

Saturday, October 1, 2011  8:00 am – 5:15 pm
8:00 – 9:30  Post-operative Rehabilitation of the Athletic Shoulder
9:30 – 10:30  Non-operative Rehabilitation of the Athletic Shoulder
10:30 – 10:45  Break
10:45 – 11:45  Examination of the Kinetic Chain in the Overhead Athlete
11:45 – 12:15  Examination and Mechanics of the Tennis, Swimming and Throwing Athlete
12:15 – 1:15  Lunch
1:15 – 1:45  Examination and Mechanics of the Tennis, Swimming and Throwing Athlete (continued)
1:45 – 2:30  Return to Sport in the Overhead Athlete
2:30 – 2:45  Break
2:45 – 4:45  Lab Sessions – Four 30 Minute Rotations
•  Contact and Mountain Sport Athletes
•  MSK Ultrasound
•  Exercise Techniques
•  Manual Therapy Techniques
4:45 – 5:15  Questions and Closing Remarks

This content represents 12.5 Contact Hours and will be worth 12.5 CEUs

Registration:
Complete the attached registration form and return by mail or fax. The registration fee includes tuition, the comprehensive electronic course syllabus and handouts, continental breakfast, break refreshments, and the conference reception. Although it is not our policy to limit the number of registrants for this course, conference room facilities may necessitate closing of enrollment; therefore, early registration is advised. A confirmation e-mail will be sent upon receipt of the registration form and payment.

SPONSORSHIP LEVELS

PRESENTING SPONSORSHIP
•  $10,000 Sponsorship
•  Full Page Recognition Ad in Symposium Course Handbook
•  Website Recognition
•  Recognition During the Reception
•  8 Admissions to Symposium

SILVER SPONSORSHIP
•  $5,000 Sponsorship
•  1/2 Page Recognition Ad in Symposium Course Handbook
•  Website Recognition
•  Recognition During the Reception
•  4 Admissions to Symposium

BRONZE SPONSORSHIP
•  $2,500 Sponsorship
•  1/4 Page Recognition Ad in Symposium Course Handbook
•  Recognition During the Reception
•  2 Admissions to Symposium

EXHIBITOR SPONSORSHIP
•  $1,000 Sponsorship
•  Exhibitor Space at Symposium (includes a Table and 2 Chairs)
•  NOTE: Limited Space Available. On a First Come, First Serve Basis.

For more information about Sponsorship Opportunities, contact Steve Stalzer at (970) 479-5134.
Cancellation Policy:
If you cancel your participation in this course, your registration fee, less a $50 administrative fee, will be refunded when written notification is received before September 15, 2011. No refunds will be made on or after this date. Cancelled registrations are non-transferable.

Travel:
Vail is approximately a two hour drive from the Denver International Airport or approximately a 45 minute drive from the Eagle County Regional Airport. Colorado Mountain Express will offer a 20% discount for shuttle services from both airports. Call 1-800-525-6363 to make your reservation, mention “Howard Head” to receive the discount.

Keynote Speaker: Todd Ellenbecker, DPT, MS, SCS, OCS, CSCS
Todd Ellenbecker is a physical therapist and clinic director of Physiotherapy Associates Scottsdale Sports Clinic in Scottsdale, Arizona, and is the director of sports medicine for the ATP tour. In 2008 he received the Educational Merit Award from the International Tennis Hall of Fame.

Todd received his degree in physical therapy from the University of Wisconsin-LaCrosse in 1985, a master’s degree in exercise physiology from Arizona State University in 1989, and his doctorate in physical therapy from Massachusetts General Hospital-Institute of Health Professions in 2006. In addition, he is a certified sports clinical specialist, and orthopedic clinical specialist with the American Physical Therapy Association.

He is a certified strength and conditioning specialist and was awarded the Sports Medicine Professional of the Year in 2003 by the National Strength and Conditioning Association. He is a certified USPTA Professional, and is chairman of the USTA National Sport Science Committee.

Guest Speakers:
• Tom Hackett, MD, The Steadman Clinic
• Peter J. Millett, MD, MSc, The Steadman Clinic

Faculty Speakers:
• Ellen Shanley, PhD, PT, OCS, CSCS, Proaxis Therapy
• Chuck Thigpen, PhD, PT, ATC, Proaxis Therapy
• Nico Brown, PT, MS, HHSM Edwards
• Shannon Irish, PT, DPT, OCS, HHSM Vail
• Dirk Kokmeyer, PT, SCS, COMT, HHSM Denver
• Paul Westgard, PT, DPT, OCS, SCS, HHSM Vail
Our 2010 Research Accomplishments

Book Chapters (4)


Shanley E, Harris H (Authors) Pediatric Hip Considerations in Garrison JC, Bolgla L(Ed). Hip Home Study Course. APTA Sports Physical Therapy Home Study Course.


Manuscripts (9)


Kokmeyer D, Wahoff M, Functional Rehabilitation in Alpine Skiing after ACL Reconstruction Surgery, JOSPT (Accepted Pending Edits).

Wilson K, Wilcox R, Kokmeyer D, Millett PJ. Rehabilitation of Latissimus Tendon Transfer. JOSPT. (Accepted Pending Edits).

Abstracts/Presentations (9)


Shanley, E; Rauh MJ, Michener, LA; Ellenbecker T. Incidence of Injury in High School Baseball and Softball Players: A one-year study ACSM Annual Conference June 2010

Switzer BA, Thigpen CA, Shanley E Stranges G, Hawkins RJ, Wyland DJ, Noonan TJ Professional Pitchers with a History of SLAP Repair have Less Glenoid Retroversion AOSSM 2010

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**September 30 – October 1, 2011**

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#### REGISTRATION FORM

**Mail Option - Pay by Check:**

Dina Proietti  
Howard Head Sports Medicine  
999 18th Street, Suite 250  
Denver, CO 80202

**Fax Option - Pay by Credit Card:**

(303) 297-3021

**Online Option - Register at:**

https://proaxisu.learn.com/education

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| Name of Registrant – first name, middle name or initial, and last name: | Degree – select all that apply  
PT, PTA, OT, OTA, ATC: |
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**Registration Fee:**

- ____ Early Bird: $199 (Register by 8/15)  
- ____ Advanced: $225 (Register by 9/23)  
- Active Military: Receive a $50 Discount

- ____ Check is enclosed in the amount shown at right  
make checks payable to **Howard Head Sports Medicine**

- Payment Amount:  
- How did you hear about the Symposium?

- Credit Card – select one:  
  - ____ MasterCard  
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