

## Orthopedic Specialty Clinic

We are your local orthopedic specialists and leaders in our specialty. Our doctors are Board Certified. Drs. Larson, Chung, Kirchmier, Krushinski and Waverly have not only completed the required orthopedic training, but also one year fellowships in their designated areas of expertise. Dr. Larson completed fellowships at UCLA in joint replacement and sports medicine. He performs all types of knee, hip, and shoulder surgery. Dr. Krushinski completed his fellowship training at Union Memorial Hospital and specializes in sports medicine and arthroscopy. He serves as the Team Physician for University of Mary Washington. Dr. Chung and Dr. Kirchmier are experts in their respective fields of hand and spinal disorders. Mark Ford has served with numerous athletic teams, including US Olympics and specializes in Sports Medicine. Our Physician Assistants and Physical Therapists also hold certifications and have extensive training in the field of Sports Medicine. Please visit our website to learn more about us. [www.orthospecialty.com](http://www.orthospecialty.com)



Orthopedic Specialty Clinic  
2800 Wellford St., Suite 100  
Fredericksburg, VA 22401

**Orthopedic Specialty Clinic (BOC AP# P3624) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of 3 EBP Category hours/CEUs and up to 5 Category A hours.CEUs. ATs should claim only those hours actually spent in the educational program.**



Fredericksburg Regional Sports  
Medicine Symposium

December 1, 2018  
8:00 am to 5:00 pm  
John Fick Conference Center  
MWH Complex



# Learning Objectives

Following this event, attendees will be able to:

- Summarize new evidence based treatment protocols for the shoulder;
- Critique up to date shoulder guidelines with traditional protocols;
- Identify common methods of injury for sports injuries about the hip;
- Develop rehab and return to play guidelines after treatment of hip injuries;
- Summarize how a low carb, high fat diet influences strength and endurance outcomes in athletes;
- Choose appropriate shoulder exercises to maximize muscle activation;
- Use proper fundamentals when palpating and evaluating patients with shoulder injuries;
- Illustrate the utilization of exercise modification and periodization/strength and conditioning theories may be woven into the rehabilitation of competitive athletes;
- Explain why performance enhancement training and injury prevention are vital to the athlete once formal rehabilitation is completed;
- Explain specific anatomy of the hind foot;
- Summarize the recommendation grades of evidence based medicine:



8:00-9:00am: New Updates on the Management of Shoulder Injuries, *Erik Krushinski, MD*

9:00-10:30 am: Current Treatment of Non-FAI Pathology about the Hip, *Ryan Miyamoto, MD*

10:30am-12:00pm: You Aren't What You..., *Sasha Digges, DPT, ATC* (BOC EBP Approval Pending)

12:00-1:00pm: Lunch

1:00-2:30pm: Shoulder Care for the AT: Palpation, Special Tests, Muscle Activation, and Rehabilitation, *Kash Eagleton, DPT, SCS*

2:30-4:00pm: Transitional Exercise: Bridging the Gap between Rehabilitation and Human Performance *Michael Higgins, PhD, ATC, PT, CSCS* (BOC Approved EBP Session)

4:00-5:00pm: Heel Pain, Revised Guidelines, *Anders Brandt, DPT and Michele Shegogue, MSPT*



# Faculty

Staff is augmented by Physicians, Podiatrists, Athletic Trainers, Physical Therapists.

Erik Krushinski, MD  
Mark Ford, PA-C  
Kim Pritchard, PhD,  
LAT, ATC



## ONLINE REGISTRATION

Visit us [www.orthospecialty.com](http://www.orthospecialty.com)  
Look for the Symposium Banner  
Registration: \$53.00, PAY ONLINE

Audience: Certified Athletic Trainers,  
Physical Therapists

Refund/cancellation policy: Full refund  
15 days written notice or course  
cancellation due to weather. Please  
register by November 25th, 2018

Contact us: [info@oscspportsmed.com](mailto:info@oscspportsmed.com)