Overview

This course is designed for physicians, physician assistants, physical therapists, physical therapy assistants, and athletic trainers to better assist with the diagnosis and management of patients presenting with hip pain.

Educational Objectives

Upon completion of the course, attendees should be able to:

• Identify and discuss common causes of non-arthritic hip pain, including femoroacetabular impingement, labral tears, and soft tissue injuries
• Utilize subjective history, physical examination, and radiographic interpretation skills to differentiate between the causes of non-arthritic hip pain
• Implement evidence-based treatment strategies for the conservative management of non-arthritic hip pain
• Determine when patients should be referred for evaluation for surgical management of non-arthritic hip pain
• Discuss the most commonly utilized surgical techniques to better assist with pre-operative education and post-operative care
• Understand and implement post-operative physical therapy protocols
• Perform return to sport testing on patients with non-arthritic hip pain

Continuing Education Credit

The University of Pittsburgh School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Pittsburgh School of Medicine designates this live activity for a maximum of 6.25 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity. Other health care professionals are awarded 0.6 continuing education units (CEU’s) which are equal to 6.2 contact hours.

Meeting Location

UPMC St. Margaret
15 Freeport Rd.
Pittsburgh, PA 15215

Program Schedule

7:30 a.m.  Registration and Breakfast
8:00 a.m.  Welcome
Craig Mauro, MD
Ashley Young Disantis, PT, OCS, CSCS
Session I: Examination of the Non-Arthritic Hip
Moderator: Andrew Lynch, PT, PhD
8:05 a.m.  Evaluation Principles
RobRoy Martin, PT, PhD
8:20 a.m.  Role of Imaging
Edmond Russ, MD
Session II: Femoroacetabular Impingement and Labral Tears
Moderator: Carola van Eck, MD, PhD
8:35 a.m.  Non-Operative Management
Ashley Young Disantis, PT, OCS, CSCS
8:50 a.m.  Role of Injections
Daniel Lueders, MD
9:05 a.m.  Operative Management
Craig Mauro, MD
9:20 a.m.  Post-Operative Rehabilitation
Michael Calabrese, PT
9:35 a.m.  Discussion and Q&A (Moderator: Carola van Eck, MD, PhD)
9:55 a.m.  BREAK

continued on page 4
<table>
<thead>
<tr>
<th>Session III:</th>
<th>Soft Tissue Injuries</th>
<th>Moderator: Craig Mauro, MD</th>
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<tr>
<td><strong>HAMSTRING INJURIES</strong></td>
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<td>10:05 a.m.</td>
<td>Surgical Management</td>
<td>James Bradley, MD</td>
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<td>10:20 a.m.</td>
<td>Non-Operative Rehabilitation</td>
<td>John Norwig, ATC</td>
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<td>10:30 a.m.</td>
<td>Post-Operative Rehabilitation</td>
<td>Greg Campbell, PT</td>
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<td><strong>CORE MUSCLE INJURIES</strong></td>
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<tr>
<td>10:35 a.m.</td>
<td>Surgical Management</td>
<td>Brian Zuckerbraun, MD</td>
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<td>10:50 a.m.</td>
<td>Operative and Non-Operative Rehabilitation</td>
<td>Steve Hoffman, PT, ATC, SCS</td>
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<td>11:05 a.m.</td>
<td>Femoroacetabular Impingement and Core Muscle Injuries</td>
<td>Eric Kropf, MD</td>
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<td><strong>HIP FLEXOR INJURIES</strong></td>
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<td>11:20 a.m.</td>
<td>Rehabilitation of Hip Flexor Tendonitis</td>
<td>Ashley Young Disantis, PT, OCS, CSCS</td>
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<td>11:30 a.m.</td>
<td>Surgical Considerations for Patients with Hip Flexor Pain</td>
<td>Craig Mauro, MD</td>
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<td>11:35 a.m.</td>
<td>Discussion and Q&amp;A</td>
<td>(Moderator: Craig Mauro, MD)</td>
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<td>11:55 a.m.</td>
<td>LUNCH</td>
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**Session IV:**  
**Hip Instability**  
Moderator: Dharmesh Vyas, MD, PhD

| 12:40 p.m. | Surgical Management of Hip Instability | Michael McClincy, MD |
| 12:55 p.m. | Post-Operative Rehabilitation | Marielle Bonaroti, PT |

**Session V:**  
**The Persistently Painful Hip**  
Moderator: Ashley Young Disantis, PT, OCS, CSCS

| 1:10 p.m. | What to do When Your Patient isn’t Progressing... | Pete Draovitch, PT, OCS, CSCS |
| 1:25 p.m. | Labral Reconstruction | Michael Salata, MD |
| 1:45 p.m. | The Early Arthritic Hip | Michael O’Malley, MD |
| 1:55 p.m. | Discussion and Q&A | (Moderator: Dharmesh Vyas, MD, PhD) |

**Session VI:**  
**Return to Sport**  
Moderator: Mark Mortland, PT, ATC

| 2:25 p.m. | General Considerations for Return to Sport | Andrew Lynch, PT, PhD |
| 2:35 p.m. | A Surgeon’s Perspective on Return to Sport | Dharmesh Vyas, MD, PhD |
| 2:45 p.m. | Final Stages of Rehab: High Level Therapeutic Exercise for Return to Sport | Ashley Haag Johnson, PT |
| 2:55 p.m. | Bridging the Gap from Physical Therapy to Recreational Activity | Beth Fedorowich, MPT, CEP, CSCS |
| 3:10 p.m. | Discussion and Q&A | (Moderator: Mark Mortland, PT, ATC) |
| 3:25 p.m. | Wrap-up | |
| 3:30 p.m. | Conference Adjournment | |
Course Directors

Craig S. Mauro, MD
Clinical Associate Professor, Department of Orthopaedic Surgery
Burke and Bradley Orthopedics
Associate Program Director
Orthopedic Sports Medicine Fellowship Program
Department of Orthopaedic Surgery
Assistant Team Physician, Pittsburgh Steelers

Ashley Young Disantis, PT, OCS, CSCS
UPMC Centers for Rehab Services
UPMC Rooney Sports Complex

Distinguished Guests

Pete Draovitch, PT, OCS, SCS, CSCS
Hospital for Special Surgery
Clinical Rehab Supervisor
New York Rangers
Assistant Strength and Conditioning Coach
Physical Therapist

Eric Kropf, MD
Associate Professor and Chair
Temple Orthopaedics and Sports Medicine
Director, Sports Medicine
Team Physician, Temple Athletics

Michael Salata, MD
Director of Preservation and Cartilage Restoration Center
University Hospitals of Cleveland
Associate Professor
Case Western University School of Medicine
Associate Team Physician, Cleveland Browns

Invited Faculty

Marielle Bonaroti, PT
East Suburban Sports Medicine Center

James Bradley, MD
Clinical Professor, Department of Orthopaedic Surgery
University of Pittsburgh School of Medicine
Head Orthopedic Surgeon, Pittsburgh Steelers

Michael Calabrese, PT
UPMC Centers for Rehab Services Chapel Harbor
Sports Medicine Coordinator

Greg Campbell, PT
Fox Chapel Physical Therapy

Beth Fedorowich, MPT, CEP, CSCS
Principle, Fitness Essentials LLC

Ashley Haag Johnson, PT
UPMC Centers for Rehab Services Latrobe/Eastgate
Facility Director
Sports Director

Steve Hoffman, PT, ATC, SCS
Owner, North Hills Orthopedic and Sports Physical Therapy

Daniel Lueders, MD
Assistant Professor, Department of Physical Medicine and Rehabilitation
University of Pittsburgh School of Medicine

Andrew Lynch, PT, PhD
Research Assistant Professor
Department of Physical Therapy
University of Pittsburgh
UPMC Centers for Rehab Services
UPMC Rooney Sports Complex

continued on page 8
Michael McClincy, MD  
Fellow, Boston Children's Hospital Hip Preservation Center

RobRoy Martin, PT, PhD  
Professor, Duquesne University

Mark Mortland, PT, ATC  
Owner, Mortland Physical Therapy and Sports Medicine

John Norwig, ATC  
Head Athletic Trainer, Pittsburgh Steelers

Michael O'Malley, MD  
Assistant Professor, Department of Orthopedic Surgery  
University of Pittsburgh School of Medicine

Jamie Powers, PT  
UPMC Centers for Rehab Services Chapel Harbor

Edmond Russ, MD  
Chair, Department of Radiology and Medical Imaging  
Clinical Assistant Professor, University of Pittsburgh School of Medicine

Carola van Eck, MD, PhD  
Assistant Professor, Department of Orthopaedic Surgery  
University of Pittsburgh School of Medicine  
Team Physician, Robert Morris University  
Team Physician, Pittsburgh Passion Women's Football

Dharmesh Vyas, MD, PhD  
Assistant Professor, Department of Orthopaedic Surgery  
University of Pittsburgh School of Medicine  
Medical Director and Head Team Physician, Pittsburgh Penguins

Brian Zuckerbraun, MD  
Chief, Division of General/Trauma and Acute Care Surgery  
Professor, Department of Surgery  
University of Pittsburgh School of Medicine

Registration Information

Online Registration is accepted until May 4, 2018. After this date, registration must be on site. Registering online is the quickest and easiest way to reserve your space at CCEHS conferences.

> Visit our online registration at https://ccehs.upmc.com
> Click on Upcoming Events
> Scroll to Management of Non-Arthritic Hip Pain
> Click the Registration button and enter all requested information
> After registering, an electronic confirmation will be sent to the email address you provided us when you registered.

Register by Fax or Mail

If you are unable to register online and would like to register by fax or email, contact Barbara Murray, RN, ONC, at 412-784-5773. You will receive a confirmation letter via your preferred method (fax, mail, or email) if registration is completed by the registration deadline.

Please note: You must bring this confirmation with you to the conference. Registration is not complete until you receive this confirmation. If you do not receive this letter within one week of registration, please contact Barbara Murray, RN, ONC, at 412-784-5773.

If you register online, you will receive an immediate email confirmation message.

Cancellation/Refund

All cancellations must be in writing and sent to us via U.S. mail, email or fax (see contact information on page 10). Tuition for cancellations postmarked or date stamped before May 4, 2018 will be refunded in full. After May 4, 2018, a $20 administrative fee will be assessed, the remaining amount refunded, and no refunds will be made after May 11, 2018.

Registration Categories and Fees

Registration is $50 for all participants.

Registration includes:

> Continuing medical education credit
> Registration and course material
> Continental breakfast, refreshments, and lunch

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continued on page 10
Contact Information

Barbara Murray, RN, ONC
UPMC Burke and Bradley Orthopedics
200 Delafield Road, Suite 4010
Murrayb3@upmc.edu
412-784-5773

Special Needs

Participation by all individuals is encouraged. Advance notification of any special needs will help us provide better service. Please notify us of your needs at least two weeks in advance of the program by calling Barbara Murray, RN, ONC, at 412-784-5773.

The UPMC Center for Continuing Education in the Health Sciences

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