Osteopathic Considerations in Sports Medicine
COMBINED with a little golf!
June 10-12, 2011 at CCOM, Downers Grove, IL

Course Description:
This course will outline a manipulative approach to common sports medicine injuries and conditions of the spine, upper extremity and lower extremity. The program will have a balanced content of didactic material and hands-on OMT workshops. For interested participants, there will be a golf outing at the beginning and end of the course.

Objectives:
1. The participant will review diagnosis and treatment of common athletic injuries of the spine and upper and lower extremity.
2. The participant will perfect his/her palpatory diagnosis of somatic dysfunction of the spine and upper and lower extremity.
3. The participant will learn three to five osteopathic manipulative techniques for each region and how and when to utilize them in the athletic population.

Program Chair:
Kurt P. Heinking, DO, FAAO
Dr. Heinking is a 1994 graduate of Chicago College of Osteopathic Medicine and is the current chairman of the Department of OMM at CCOM. He is board certified in Family Medicine, Sports Medicine and Osteopathic Manipulative Medicine, and has a private musculoskeletal practice in Willowbrook, IL.

Faculty:
Mark McKeigue, DO
Dr. McKeigue graduated from Chicago College of Osteopathic Medicine in 1973, and completed internship and residency programs at Chicago Osteopathic Hospital. He is currently in family practice in Orland Park, IL.

CME:
The program anticipates being approved for 20 hours of AOA Category 1-A CME credit pending approval by the AOA CCME.

Course Location:
Chicago College of Osteopathic Medicine
555 31st Street
Downers Grove, IL 60515

The course will include an optional session on Thursday, June 9, 2011. This session will start with one hour of 1-A CME with Drs. Heinking and Mark McKeigue at noon at Cog Hill Golf & Country Club in nearby Lemont, Illinois. Cog Hill is renowned for frequently hosting the Western/BMW Open.

This CME session will review proper warm-up and stretching exercises to teach patients before they golf. Immediately after this review session, participants will have the option to join the instructors for a golf outing at Cog Hill’s Course #3. After finishing your 18 holes, you will have the option to meet with the instructors in the Clubhouse.

Upon completion of the CME program on Sunday, June 12, you will again have the option to join the group for a round of golf at 1 p.m.—this time at Cog Hill’s Course #1.

The only additional costs for the golf outings are your green fees. We must pay these separate from your CME course registration fee. The cost for golf, with cart, on Thursday, June 9 is $53. The cost for golf, with cart, on Sunday, June 12, is $61.

If you wish to participate in one or both outings, please indicate this on your registration form no later than April 15. We will contact those who wish to participate in the outings with payment information for this portion of the weekend.
**Schedule:**

**Friday, June 10, 2011**
- Introduction
- Pre-participation screening exam
- Evaluation of axial spine injuries
- C-spine: burners/stingers; discs/radiculitis; fractures
- Thoracic spine and ribs: sprains; rib fractures; sternal contusions
- Lumbar spine: spondylolysis/listhesis
- Discs/radiculitis: compression fractures
- Choosing appropriate OMM techniques based on orthopedic pathology

**Saturday, June 11, 2011**
- Evaluation of upper extremity injuries
- Shoulder: rotator cuff tears; A/C joint sprains; instability
- Elbow: pronator syndrome; radial head injuries; sprains
- Forearm/wrist: overuse injuries/tendonitis; scaphoid fracture; myofascial strains
- Choosing appropriate OMM techniques based on orthopedic pathology

**Sunday, June 12, 2011**
- Evaluation of lower extremity injuries
- Hip and sacroiliac: trochanteric bursitis/IT band syndrome; labral tears; sacroilitis
- Knee: patellofemoral pain; ACL disruption; quadricep hematoma
- Ankle: inversion sprain; high ankle sprain; posterior tibialis tendonitis
- Choosing appropriate OMM techniques based on orthopedic pathology

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**Cog Hill Golf & Country Club**

12294 Archer Ave., Lemont, IL 60439

http://www.coghillgolf.com/home

_____ Yes, count me in for the June 9 golf outing; I am sending a check in the amount of $53.00.
_____ Yes, count me in for the June 12 golf outing; I am sending a check in the amount of $61.00.
_____ Yes, count me in for both golf outings; I am sending a check in the amount of $114.00.

Make checks payable to Mark McKeigue, 10755 W. 1063rd Pl., Orland Park, IL 60467

Name (please print): ________________________________
E-mail address: ________________________________
Cell phone number for day of event: ___________________________