

Marina Spine Center presents

Saturday, June 9, 2018

CERTIFIED ATHLETIC TRAINER AND PHYSICAL THERAPIST CONFERENCE

The Spine Injured Athlete: FROM INJURY TO RETURN TO PLAY



Keynote Speakers:

Robert Watkins III, MD

Robert Watkins IV, MD

David Chang, MD

Ziya Altug, PT, DPT, MS, CSCS

Timothy Davis, MD

Brett Fischer, PT, ATC, CSCS, DN, Cert. ASTYM

DOUBLETREE by Hilton

6161 Centinela Ave.

Culver City, CA 90230

CE Credits: 6.0 Contact Hours

Marina
Spine Center 

Marina Del Rey Hospital



CEDARS-SINAL[®]
MARINA DEL REY HOSPITAL

The Program

THIS CERTIFIED ATHLETIC TRAINER AND PHYSICAL THERAPIST CONFERENCE, SPONSORED BY THE MARINA SPINE CENTER AT MARINA DEL REY HOSPITAL, IS DESIGNED TO UPDATE PRACTICING ATHLETIC TRAINERS AND PHYSICAL THERAPISTS ON SOME OF THE MOST RECENT CLINICAL TECHNIQUES AND THERAPEUTIC MODALITIES FOR SPINAL INJURY AND DISEASE. THE PRESENTATIONS WILL ENHANCE TREATMENT METHODS FOR PREVENTION OF INJURY AND POST-INJURY CONDITIONS, ALONG WITH ADDRESSING OVERALL TRUNK STABILIZATION AND CORE STRENGTHENING FOR MUSCLE IMBALANCE PATTERNS. ALSO COVERED WILL BE PROCEDURAL ASPECTS AND POST-OPERATIVE REHABILITATION FOR THE ATHLETE WITH MINIMALLY INVASIVE SPINE SURGERY.

SPEAKERS

Robert Watkins III, MD
Co-Director, Marina Spine Center
Spinal Consultant: U.S.C. Athletic Department and L.A. Kings

Robert Watkins IV, MD
Co-Director, Marina Spine Center
Vice Chief of Staff, Cedars-Sinai Marina Del Rey Hospital
Spinal Consultant: L.A. Rams, Dodgers and Clippers

David Chang, MD
Chairman, Surgery Committee
Cedars-Sinai Marina Del Rey Hospital

Ziya Altug, PT, DPT, MS, CSCS
Physical Therapist/Performance Specialist
Head to Toe Physical Therapy/Z Mind Body

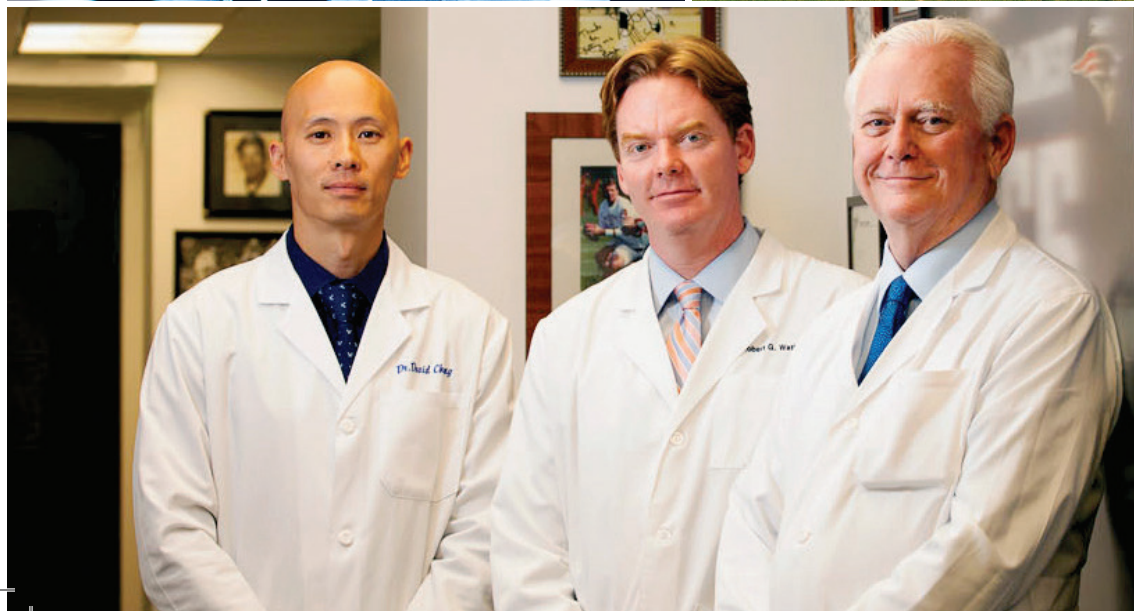
Timothy Davis, MD
Medical Director
Orthopedic Pain Specialists, Santa Monica, CA

Brett Fischer, PT, ATC, CSCS, DN, Cert. ASTYM
Physical Therapist, Arizona Cardinals
Fischer Institute, Phoenix, AZ

Schedule

The Spine Injured Athlete: FROM INJURY TO RETURN TO PLAY

8:00 a.m.	Registration, Continental Breakfast and Exhibits	12:00 p.m.	Lunch/Exhibits
8:30 a.m.	Welcome and Introductions Robert Watkins IV, MD Co-Director, Marina Spine Center Spinal Consultant: L.A. Rams, Dodgers and Clippers	1:00 p.m.	Tough Decisions in Athletes with Spinal Pathology Robert Watkins III, MD Co-Director, Marina Spine Center Spinal Consultant: U.S.C. Athletic Department and L.A. Kings
8:40 a.m.	Biologic Injections and Pain Procedures in Spinal Care Timothy Davis, MD Medical Director Orthopedic Pain Specialists, Santa Monica, CA	1:45 p.m.	Q & A
9:20 a.m.	Q & A	2:00 p.m.	Integrative Spine Care Ziya Altug, PT, DPT, MS, CSCS Physical Therapist/Performance Specialist Head to Toe Physical Therapy/Z Mind Body
9:35 a.m.	Does Spine Surgery Work? Evidence-Based Analysis David Chang, MD Chairman, Surgery Committee Cedars-Sinai Marina Del Rey Hospital	2:45 p.m.	Q & A
10:15 a.m.	Q & A	3:00 p.m.	How to Avoid Spine Surgery: A Comprehensive Program Robert Watkins IV, MD Co-Director, Marina Spine Center Spinal Consultant: L.A. Rams, Dodgers and Clippers
10:30 a.m.	Break/Exhibits	3:45 p.m.	Q & A
11:00 a.m.	Key Ingredients to Successful Spinal Rehabilitation Brett Fischer, PT, ATC, CSCS, DN, Cert. ASTYM Physical Therapist, Arizona Cardinals Fischer Institute, Phoenix, AZ	4:00 p.m.	Closing Remarks/Adjourn Robert Watkins IV, MD
11:45 a.m.	Q & A		



At the conclusion of this program, attendees should be able to:

- Recognize emergent and significant injuries on the field, post-competition and delayed onset.
- Assist in the management of the spine-injured athlete on the field and post-competition.
- Implement overall trunk stabilization and core strengthening in terms of muscle imbalance patterns directed at rehabilitation for elite and recreational athletes.
- Understand and implement post-operative rehabilitation for athletes after minimally invasive surgery.
- Describe and understand the roles and coordination of the athletic trainers, physical therapists, and strength conditioning coaches as they relate to spine-injured athletes.
- Recognize and screen for injuries of the cervical and lumbar spine.
- Understand the pitfalls in recognition and diagnosis of athletic spine injuries.
- Understand how to transport injured athletes from the field of play.
- Demonstrate in-depth understanding of rehabilitation of the spine-injured athlete.
- Establish a sports specific rehabilitation program for spine-injured athletes directed at return to play.

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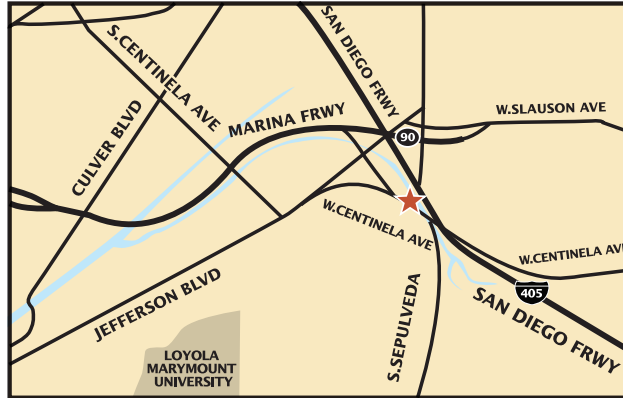
Saturday, June 9, 2018
8:00 a.m. – 4:00 p.m.

DOUBLETREE by Hilton
6161 West Centinela Ave.
Culver City, CA 90230
310.649.1776

Parking:
Hosted **SELF**-parking across
from hotel (Parking will be
validated at registration)

Continuing Education Credit:
Pending approval by CPTA for 6.0 CE contact hours.
Eligible for Category D: Non-BOC Approved Programs credit.
CE certificates will be sent via e-mail by August 31, 2018.

Thank you to our sponsors:



Register

Register online at:
<https://www.marinahospital.com/events/at-pt-conference>

You will receive an email confirming your registration once your payment has been processed.

EARLY BIRD REGISTRATION: \$75

Deadline: May 31, 2018

GENERAL REGISTRATION: \$125

June 1 – June 9, 2018

Registration prior to the conference is required as space is limited.

The registration fee includes CE credits, self-parking, breakfast and lunch.

Registration is non-refundable.

For conference or registration questions, please contact Agnes Huff at ahuff@ahuffgroup.com or **310.641.2525**.