



OHIO FOOT AND ANKLE MEDICAL FOUNDATION
Sports Injury Clinic

AT THE PRO FOOTBALL HALL OF FAME • CANTON, OHIO



SPORTS INJURY CLINIC PREMIERE SPONSOR



THE PODIATRY FOUNDATION

Pro Football Hall of Fame Reception, Friday, July 19, 2019
Sports Clinic, Saturday, July 20, 2019 • 8 Category I CME Hours



SATURDAY, JULY 20, 2019 • 8 CATEGORY I CME HOURS

Sports Injury Clinic

This one-day seminar covers many important topics when treating athletes, including lower extremity injuries, nutrition, rehabilitation, and how other health care professionals treat athletes.

Who Should Attend

Podiatric Physicians and Residents, Chiropractors, Physical Therapists, Family Physicians, Athletic Trainers, Sports Medicine Physicians and Orthopedic Physicians

Objectives

- Enhance participant's knowledge of new treatment options for chronic conditions
- Develop an understanding of how sports medicine professionals treat athletes
- Learn how important adequate nutrition is when meeting fitness goals

- Review techniques in various therapies and proactive treatment options

Accreditation

This Seminar has been accredited by the Ohio Foot and Ankle Medical Association Continuing Medical Education Accreditation Committee (certifying agency in Ohio for podiatry). CME credit is established at 8 Category I contact hours for the State Medical Board of Ohio. This program meets the CE requirements for doctors of chiropractic medicine per the Ohio State Chiropractic Board.

Registration

Included with your registration is the Friday evening reception, and on Saturday a continental breakfast and lunch. Register

online at www.ohfama.org; FAX at (614) 457-3375; or mail to: 2019 Sports Injury Clinic, 1960 Bethel Rd Ste 140, Columbus, OH 43220-1815. Make check payable to OFAMF. Registration closes on July 15. Registrations postmarked after that date will be charged the \$25 on-site registration fee without exception. Nondiscrimination: No person shall be denied registration or participation in any continuing education program provided by this Association for reasons of race, religion, gender, national origin or physical ability. This program is ADA Compliant. Please notify OFAMF if you require special accommodation for training or attendance at (614) 457-6269.

Cancellations

A \$25 administration fee will be charged. Cancellations must be received in writing to OFAMF prior to July 12, 2019. No refunds for cancellations will be honored after that date.

On-Site Registrations

Online and faxed registration will be closed on July 15; registration cannot be confirmed after that date. For on-site registration, add \$25 to the appropriate registration fee.

Hotel Accommodations

For those needing hotel accommodations, a discounted room block has been set up at

the Holiday Inn Canton (Belden Village), 4520 Everhard Rd NW, Canton, OH 44718. Please call (330) 494-2770, and mention the Ohio Foot and Ankle room block, king/double rooms are \$115 a night and suites are \$135 a night.

Changes to Lectures or Schedules

OFAMF reserves the right to adjust or change any lecture or schedule due to unforeseen scheduling conflicts. Note: There are limited spaces and registrations are on a first come first served basis.

Faculty Disclosure

Each speaker is required to disclose the existence of any financial and/or other relationships (i.e., employee, consultant, speaker's bureau, grant recipient, research support) she or he might have with (a) manufacturer(s) of any commercial product(s) to be discussed during his/her presentation and/or (b) the commercial contributor(s) of the activity. Any such conflict will be announced by the individual introducing the speaker or by the speaker immediately preceding the lecture.

PHOTO CREDITS: All photos ©. Courtesy of The Pro Football Hall of Fame, Saleem Choudhry, Vice President of Museum/Exhibit Services.

SATURDAY, JULY 20, 2019 • 8 CATEGORY I CME HOURS

Sports Injury Clinic Faculty

Mark Mendeszoon, DPM–Clinic Chairman

Dr. Mendeszoon is a senior partner at Precision Orthopaedic Specialties in Chardon, Ohio and is the co-owner of Achilles Running Shop in Ohio and Pennsylvania. He has been appointed Director of the Advanced Foot & Ankle Surgery Fellowship with University Hospitals Richmond Medical Center. He is also an instructor of surgery at KSUCPM and clinical professor at Ohio University Heritage Medical School. He is team physician for several high schools in Geauga County and consultant to multiple universities and the Spire Institute. In addition to treating athletes of all levels including professionals and Olympians, he is the Director of the Maple Leaf Track Club.

Meghann Featherstun, MS, RD, CSSD, LD

Meghann Featherstun is a licensed, registered dietitian at University Hospitals (UH) in Cleveland and is also a board-certified specialist in sports dietetics (CSSD). Meghann utilizes her passion for health and wellness

as the creator and facilitator of the weight optimization program, UH OptiWeight. She was awarded the Crain's Business Healthcare Hero Award in 2013.

Stephen Dailey, MD

Dr. Dailey is an Assistant Professor with UC Health Orthopaedics and Sports Medicine and Emergency Medicine. He is fellowship trained in Emergency Medicine Primary Care Sports Medicine. Dr. Dailey is a graduate of the Ohio State University College of Medicine, completing his residency training in Emergency Medicine at the University of Cincinnati and his Primary Care Sports Medicine Fellowship at Ohio State University. He also serves as Fellowship Director for the University of Cincinnati Primary Care Sports Medicine Fellowship program.

Patrick DeHeer, DPM

Dr. DeHeer is double board certified by the American Board of Podiatric Surgery in foot surgery, and foot and ankle reconstructive

surgery. He received his Doctor of Podiatric Medicine degree from the Dr. William M. Scholl College of Podiatric Medicine. Dr. DeHeer has been providing podiatric care to team members of the Indiana Pacers and Indiana Fever since 1999 and is in private practice in central Indiana.

Andrew Hospodar IV, DC, MS, Lac

Dr. Hospodar is a graduate of Walsh University, New York Chiropractic College, and Finger Lakes School of Acupuncture & Oriental Medicine. He is triple board certified by the American Chiropractic Board in Acupuncture, Rehabilitation, and Sports Medicine. He is a partner at Ohio Sports & Spine Institute where he practices in Boardman, East Liverpool, and Howland. He oversees the physical therapy department at all three clinic locations. Dr. Hospodar has extensive training in sports medicine, rehabilitation, manual therapy, and is certified in Active Release Technique (ART), Selective Functional Movement Assessment (SFMA) and the McKenzie Method (MDT). He proudly serves as team physician for two high schools in Mahoning County.

Julie Kerr, MD

Dr. Kerr is the Assistant Professor of Clinical Pediatrics at Northeast Ohio Medical

University. She is a graduate of Internal Medicine Residency at University Hospitals of Cleveland and is the University of Akron Team Physician. Dr. Kerr is a sports medicine physician and fellowship director for the sports medicine fellowship at Akron's Children's Hospital. Dr. Kerr is certified by the American Board of Internal Medicine and Sports Medicine.

Amy Masowick, DPM

Dr. Masowick is an Ohio native dual board certified by the American Board of Foot and Ankle Surgery in foot surgery and reconstructive rearfoot and ankle surgery and the American Board of Podiatric Medicine. She graduated from the Scholl College of Podiatric Medicine and completed her residency at a Level I trauma facility in Toledo, Ohio. She currently practices with Cincinnati Foot and Ankle Care and is active in residency training.

Robert Mendicino, DPM

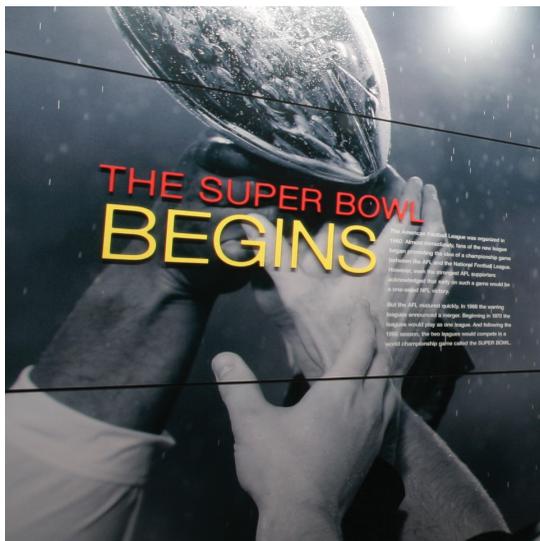
Dr. Mendicino is board certified in foot surgery and rearfoot and ankle reconstructive surgery. He received his podiatric medical degree from Rosalind Franklin University of Medicine and Science, Scholl College of Podiatric Medicine. He has decades

of experience in ankle replacement and reconstruction. He also specializes in arthroscopy of the ankle, deformity correction, foot and ankle surgery, and limb salvage.

Jonathan P. Strychasz, PT, Cert MDT, Cert DN, CWCE

Mr. Strychasz originally hails from Buffalo, New York, but he moved to Cleveland after graduating from Daemen College in 1998.

Jon now proudly calls Cleveland home. He has over twenty years of clinical experience in the field, working for eight years directly with orthopedic surgeons. He spent the past twelve years as part owner of his own private practice and most recently took a job in the population health sector with Marathon Health. Jon holds advanced certifications in the McKenzie Method, Dry Needling, and the administration of Functional Capacity Evaluations.



The Lamar Hunt Super Bowl Gallery chronicles, in dramatic fashion, the exciting history of the game from Super Bowl I to present. The gallery uses one-of-a-kind artifacts, exciting game footage and interactive kiosks to help tell the story of how the Super



Bowl has become a global phenomenon. Super Bowl Theater, a turntable experience, presents the most recent NFL season and Super Bowl in spectacular fashion using the latest technology and the creative works of NFL Films.

LUNCH KEYNOTE PRESENTER

Garrett Ford

Garrett is a Special Olympic World Champion Powerlifter from Pataskala, Ohio. He was part of Team Ohio for the USA Special Olympics in 2018 held in Seattle, Washington and brought home three gold medals in bench press, deadlift, and overall. Due to his domination in Seattle, Garrett was selected as the only Ohio Powerlifter to compete at the 2019 World Special Olympics Games in Abu Dhabi on a USA Team of eight from all over the US. He brought home four gold medals from the World Games 83 kg Junior Class in squat (first time competitive squat at 336 pounds) bench press at 275 pounds, deadlift at 501.5 pounds and winning overall combination. Garrett's passion is to train others and eventually become a personal trainer. He especially hopes to work within the realm of Special Olympics, helping, training, and encouraging other Special Olympic athletes. He is currently an Athlete Leader with Special Olympics Ohio.





FRIDAY, JULY 19, 2019 • PRO FOOTBALL HALL OF FAME • 6:30 – 9:30 PM

Reception

Gold Jacket Lounge Room

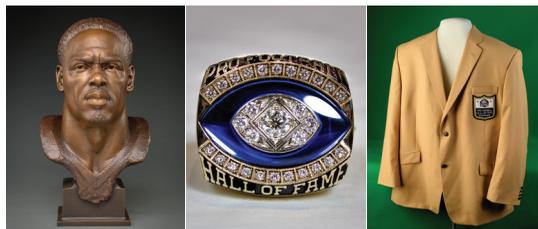
A private reception for clinic registrants and their families will be held on Friday evening from 6:30–9:00 p.m. in the Gold Jacket Lounge. Reception attendees can tour the Hall of Fame throughout the evening at their leisure. Heavy appetizers and refreshments will be served. There is no additional charge

for this reception. Please indicate on the registration form if you are able to attend, and how many guests will be joining you. If you are unable to attend the reception on Friday, any registrant's family may still access the Hall of Fame on Saturday during the CE session. Please indicate this option on your registration form.



THE PODIATRY FOUNDATION

An Evening to Remember — The Gold Jacket Lounge Reception is made possible through the generous sponsorship and support of The Podiatry Foundation and Dr. Nicolanti. This is one event you'll want to attend.



The Bronzed Bust, the Hall of Fame Ring of Excellence and the Gold Jacket represent the elite status of being members of the Pro Football Hall of Fame. The Gold Jacket is presented just prior to their enshrinement.

SATURDAY, JULY 20, 2019 • PRO FOOTBALL HALL OF FAME

Sports Injury Clinic Schedule

PRO FOOTBALL HALL OF FAME • 2121 GEORGE HALAS DR. NW • CANTON, OHIO 44708

7:30 - 8:00 am **Registration**

Functional Assessments and Management of Sports Related Issues

8:00 - 8:10 Welcome and Introduction

8:10 - 8:50 **Lower Extremity Biomechanics in Athletes**
Speaker – Patrick DeHeer, DPM

8:50 - 9:10 **Relative Energy Deficiencies in Sport**
Speaker – Julie Kerr, MD

9:10 - 9:30 **Functional Movement Assessment of Lower Kinetic Chain**
Speaker – Andrew Hospodar, DC

9:30 - 9:50 **Introduction to McKenzie Method**
Speaker – Jonathan Strychasz, PT

9:50 - 10:00 **Questions and Answers**

10:00 - 10:30 **Break**

Injury Recovery Management: From Head to Toe

10:30 - 10:50 **Fad Diets and Athletes**
Speaker – Meghann Featherstun, MS, RD, CSSD, LD

10:50 - 11:10 **Sideline Management of Head and Neck Trauma**
Speaker – Stephen Dailey, MD

11:10 - 11:30 **Management of Ballet Injuries**
Speaker – Amy Masowick, DPM

11:30 - 11:50 **Lateral Ankle Injuries**
Speaker – Robert Mendicino, DPM

11:50 - 12:00 Questions and Answers

12:00 pm - 1:00 **Lunch and Keynote Speaker**
Garrett Ford, World Special Olympic Gold Medalist

Frequent Conditions, Consequences and Trauma of Athletes

1:00 - 1:20 **Overuse Injuries and Pitfalls of Sports Specialization**
Speaker – Julie Kerr, MD

1:20 - 1:40 **Equinus in the Athlete**
Speaker – Patrick DeHeer, DPM

1:40 - 2:00 **Heat Illness**
Speaker – Stephen Dailey, MD

2:00 - 2:20 **Recovery Nutrition**
Speaker – Meghann Featherstun, MS, RD, CSSD, LD

2:20 - 2:40 **Management of Ankle Fractures**
Speaker – Mark Mendezsoon, DPM

2:40 - 3:00 **Achilles Tendon Ruptures**
Speaker – Robert Mendicino, DPM

3:00 - 3:20 Break

Tissue and Joint Use and Misuse Treatment Options

3:20 - 3:40 **Ins and Outs of Figure Skating**
Speaker – Amy Masowick, DPM

3:40 - 4:00 **Dry Needling for Plantar Fasciitis**
Speaker – Jonathan Strychasz, PT

4:00 - 4:20 **Lower Extremity Joint and Soft Tissue Manipulation**
Speaker – Andrew Hospodar, DC

4:20 - 4:40 **Hip and Pelvis Injuries in Athletes**
Speaker – Julie Kerr, MD

4:40 - 5:00 **Olympic Journey**
Speaker – Mark Mendezsoon, DPM

OHIO FOOT AND ANKLE MEDICAL FOUNDATION 2019 SPORTS INJURY CLINIC

Registration

Pro Football Hall of Fame Reception, Friday July 19, 2019 • 6:30 – 9:00 pm

Sports Clinic, Saturday July 20, 2019 • 8:00 am – 5:00 pm

Location: Pro Football Hall of Fame • 2121 George Halas Drive NW, Canton, Ohio 44708

This seminar has been approved for 8 CME Category I Hours

Full Name _____

Preferred First Name _____

Company/Clinic Name _____

Address _____

City _____ State _____ Zip _____

Business Telephone _____ Fax Telephone _____

E-Mail _____ Website _____

Please Complete This Section

I'll be attending the Friday evening Reception I'll be bringing ____ (number) of guests to the Reception with me

I'll NOT attend the Friday evening reception, but have ____ (number) of guests visiting the Hall of Fame on Saturday July 20, 2019

Please mark one (add \$25 late fee after July 15, 2019)

OHFAMA/WVPMA Member: \$150

Non Member – Ohio Podiatrist: \$275

APMA Member Out of State: \$175

Student/Resident/Life Member: \$35

Non Podiatric Physician: \$175

Payment Method: (please mark one)

Check payable to Ohio Foot and Ankle Medical Foundation (preferred payment method)

American Express

Discover Card

MasterCard

VISA

Amount Authorized \$ _____ Account Number _____

Expiration Date _____ Security Code _____

Name (as printed on Credit Card) _____

Billing Address (of Credit Card) _____

Signature _____ Date _____

Please mail or fax form with payment to: 2019 Sports Injury Clinic, 1960 Bethel Rd., Ste. 140, Columbus, OH 43220

Phone: (614) 457-6269; Fax: (614) 457-3375; or email: lridolfo@ohfama.org



Ohio Foot and Ankle Medical Foundation
1960 Bethel Road, Suite 140
Columbus, OH 43220

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A Sports Injury Clinic You Will Remember!

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CANTON, OHIO 44708

Friday, July 19, 2019
**PRO FOOTBALL HALL OF FAME
RECEPTION**

Saturday, July 20, 2019
SPORTS CLINIC
8 Category I CME Hours



Hurry – Register Today!

Mail or Fax the Registration Form to
2019 Sports Injury Clinic

1960 Bethel Rd., Ste. 140, Columbus, OH 43220

Phone: (614) 457-6269; Fax: (614) 457-3375

Email: Iridolfo@ohfama.org