



PARDON
Sports Medicine
INTERRUPTION

Guests: *Pat Leary, Josh Tuck*
Host:

The graphic features the title 'PARDON Sports Medicine INTERRUPTION' in a bold, stylized font. 'PARDON' and 'INTERRUPTION' are in black, while 'Sports Medicine' is in a 3D, red-to-white gradient. Below the title, the names of the guests and host are listed in a yellow, italicized font. The entire graphic is set against a dark red background.





Joshua A. Tuck DO, M.S. LECOM Health Orthopedic Sports Medicine Surgeon

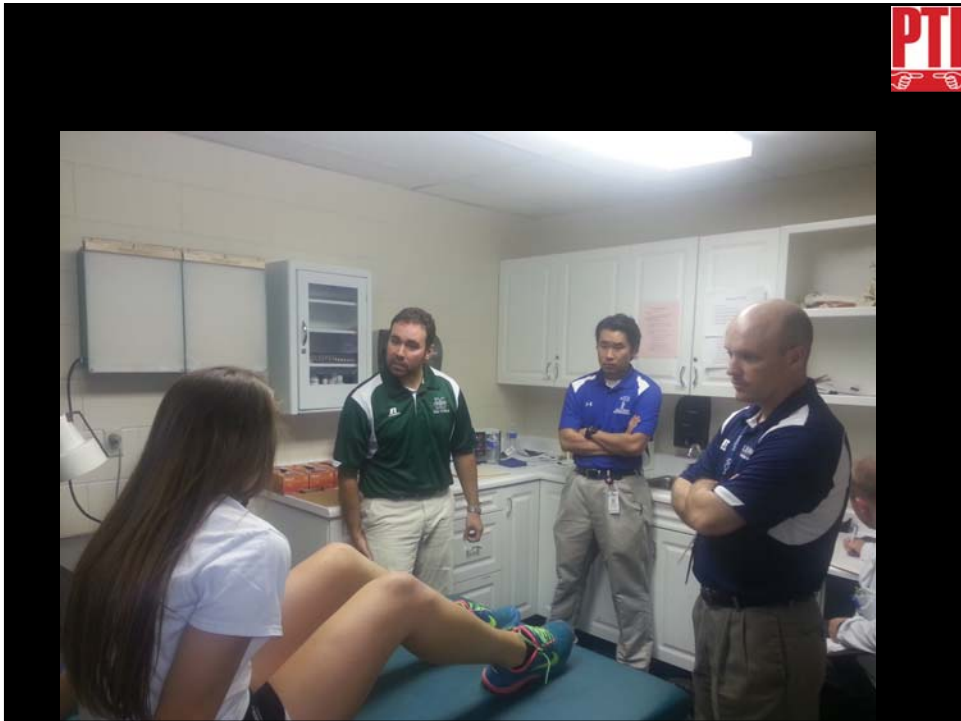
- Orthopedic Surgeon – treating wide variety of operative / non-op MSK.
- Dual fellowship: Umass Sports medicine / arthroscopy
- Prior medical staff / Boston Red Sox organization
- NASA Shuttle Medical Response Team
- Former U.S. Navy LCDR / Flight Surgeon
- LECOM / MCH orthopedic surgery residency core faculty / trainer
- LECOM Adjunct Clinical Assistant Professor – Surgery / Orthopedic
- Board Certified in Orthopedic Surgery
- M.S. in Medical Education
- Author of several articles / text book chapters.
- Overall awesome guy

Patrick F. Leary DO LECOM HEALTH Sports Medicine Program Director

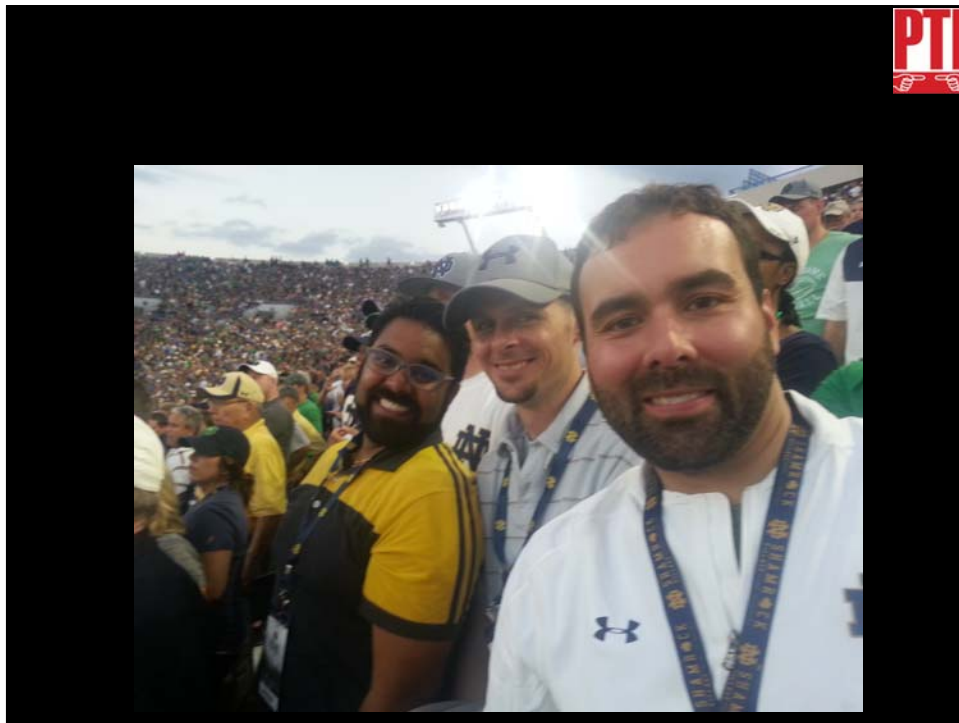
- ▣ Ultrasound Guided Injections of Steroid, Visco, Prolotherapy, PRP, Stem Cells
- ▣ MSK Ultrasound Instructor
- ▣ Fellow of ACOFP, AOASM, ACSM, AAFP
- ▣ Primary Care Sports Medicine Program Director
- ▣ Trained 17 Fellows LECOM, 16 Fellows Notre Dame
- ▣ Author/Editor 5th PPE Monograph
- ▣ 35 years experience
- ▣ Board Certified Family Medicine
- ▣ CAQ Sports Medicine & Geriatrics
- ▣ Masters of Science Education
- ▣ Immediate Past President AOASM
- ▣ PIAA Sports Advisory Committee
- ▣ ACSM Team Physician Consensus Panel
- ▣ NCAA Cardiac Task Force

OVERVIEW

- ▣ Different approaches
- ▣ Different Conditions (MM, ACL, TKR)
- ▣ Specialties
- ▣ Training
- ▣ Experience
- ▣ Expectations
- ▣ Evidence Base
- ▣ Outcomes









		 1:00 
		RUNDOWN
		WELLNESS 5
		SLEEP
		NUTRITION
		EXERCISE
		MENTAL HEALTH
		SUBSTANCE ABUSE
Integrative Medicine		3:00 2:00 30sec Pause Stop GO!




1:00 **PTI**

RUNDOWN

Are steroid injections worthwhile?

3:00 2:00 30sec Pause Stop GO!



1:00 **PTI**

RUNDOWN

Bone Stimulator?

3:00 2:00 30sec Pause Stop GO!



1:00 **PT**

RUNDOWN

?

surgery

nsaids

PT

Injections

 **NSAIDS?**

3:00 2:00 30sec Pause Stop GO!



1:00 **PT**

RUNDOWN

Chris Columbus?

 **When and Why do we scope?**


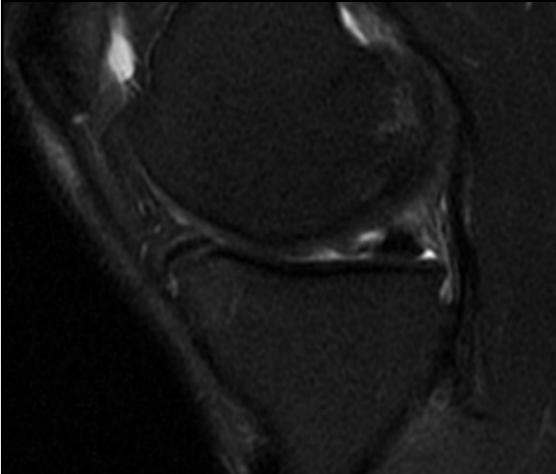
3:00 2:00 30sec Pause Stop GO!



New England Journal of Medicine
September 11, 2008
Kirkley, Pope, Feagan


- ▣ 2 Year review of 178 moderate arthritics

Medicine and rehab vs arthroscopic surgery and rehab.
Same result, same pain



1:00

RUNDOWN



REMOVE OR REPAIR?

3:00 | 2:00 | 30sec | Pause | Stop | GO!



0:30



THE BIG FINISH

You're Grounded!

Pumping Iron

Sickle Cell Trait

NSAIDs

Youth Running

Energy Drinks

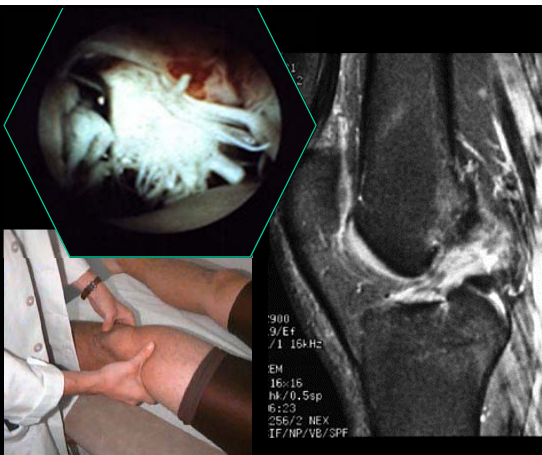
Glucosamine

Ripped


Contact

RETURN TO PLAY/PERFORM

3:00 2:00 30sec Pause Stop GO!



2:00




RUNDOWN

But it's my senior year!

Under what circumstances would you allow an adolescent athlete return to play with an ACL tear?

3:00 2:00 30sec Pause Stop GO!




2:00 **PTI**

RUNDOWN

?

FIFA 11
PEP Program
SPORTSMETRICS

 **ACL REDUCTION PREVENTION**

3:00 2:00 30sec Pause Stop GO!






1:00 **PTI**

RUNDOWN

 **50 of Vicodin with 5 refills and a narcan kit**


3:00 2:00 30sec Pause Stop GO!



1:00 

RUNDOWN

- Platelet Rich Plasma
- Amnionic Fluid
- Cord Blood
- Placental Matrix
- Adipose
- Bone Marrow

 What is your position on using PRP and stem cell injections?

3:00 2:00 30sec Pause Stop GO!





1:00 

RUNDOWN


- Bariatric surgery before or after
- TKR

 Weight Loss?

3:00 2:00 30sec Pause Stop GO!




1:00




RUNDOWN



- Vitamins
- D3
- Garlic
- Turmeric
- Ginger




Supplements?




3:00 2:00 30sec Pause Stop GO!



1:00




RUNDOWN



VISCOSUPPLEMENTATION?

3:00 2:00 30sec Pause Stop GO!



1:00

PTI


RUNDOWN

Berkoff 95% vs 78%

Jackson Survey


Jones

KNEE SUPRAPATELLAR INJECTION

 **Ultrasound Guidance**

- Berkoff et al. in a literature review noted ultrasound guidance of knee injections more accuracy than did anatomical guidance ($P, 0.001$).³

3:00 2:00 30sec Pause Stop GO!



1:00


PTI


RUNDOWN

OA Lite

 **Bracing**


3:00 2:00 30sec Pause Stop GO!




1:00 


RUNDOWN

Numb?

 **Physical Therapy**

3:00 2:00 30sec Pause Stop GO!



1:00 

RUNDOWN

Scar


ligaments

entheses


pes

itb

Patellar tendon

 **Prolotherapy**

3:00 2:00 30sec Pause Stop GO!



1:00
PTI
RUNDOWN

Do you recommend NSAIDs after an acute fracture? Why or why not?

3:00 2:00 30sec Pause Stop GO!

This slide features an X-ray of a knee joint on the left. On the right, there is a timer set to 1:00, a PTI logo, and the word 'RUNDOWN' above a series of yellow horizontal bars. At the bottom left, a hand icon points to the question: 'Do you recommend NSAIDs after an acute fracture? Why or why not?'. At the bottom right, there is a control bar with buttons for 3:00, 2:00, 30sec, Pause, Stop, and GO!



1:00
PTI
RUNDOWN

What is your intra-articular steroid mixture and why?

3:00 2:00 30sec Pause Stop GO!

This slide features an anatomical diagram of a shoulder joint on the top left, with labels for 'Transducer', 'Bursa', 'Syringe', and 'Shoulder joint'. To its right is a photo of a person's shoulder being marked with a blue marker. Below these is a photo of three people sitting at a table, smiling. On the right, there is a timer set to 1:00, a PTI logo, and the word 'RUNDOWN' above a series of yellow horizontal bars. At the bottom left, a hand icon points to the question: 'What is your intra-articular steroid mixture and why?'. At the bottom right, there is a control bar with buttons for 3:00, 2:00, 30sec, Pause, Stop, and GO!






 **1:00** 

THE BIG FINISH

 **Kinesio taping: Fact or Fiction?**


3:00 2:00 30sec Pause Stop GO!



 **1:00** 

RUNDOWN

?
Bad Qi
Toxins
Flow

 **CUPPING**

3:00 2:00 30sec Pause Stop GO!



Voltaren® Emulgel®
Topical anti-inflammatory
50 g Emulgel 1%
For external use only.
Relieves pain and reduces swelling.
For aches and pains, back, neck and shoulder pain.

Flector EP
TENSORON®
Contains diclofenac sodium 1% w/w
(as diclofenac diethylamine).

PENNSAID
FOR EXTERNAL USE ONLY
Pain relief with anti-inflammatory action

1:00 **PTI**

THE BIG FINISH

 **Emollients**

3:00 2:00 30sec Pause Stop GO!





1:00 **PTI**

THE BIG FINISH

 **Nutrition**

3:00 2:00 30sec Pause Stop GO!



www.FriedmanArchives.com

1:00

PTI

THE BIG FINISH

TKR Doubled last 10 years

Quadruple in next ten

28K

3:00 2:00 30sec Pause Stop GO!



1:00

PTI

THE BIG FINISH

OR vs TR

3:00 2:00 30sec Pause Stop GO!

Importance of
vitamin
D
for Athletes
REALFOODFORFUEL.COM



 Mind Body Spirit

 **1:00** 

THE BIG FINISH

STATE OF MIND

3:00 2:00 30sec Pause Stop GO!



 Corrections, Errors,
and Comments

 **1:00** 

THE BIG FINISH

3:00 2:00 30sec Pause Stop GO!



Thank You Drs. Tuck and Leary!





A promotional poster for the AOASM conference. At the top left is the Harrah's logo. To its right is the American Osteopathic Association (AOA) logo. In the center is a large, stylized sign that reads "AOASM IN Fabulous LAS VEGAS NEVADA". Below this sign, the text says "SAVE THE DATES", "May 3-6, 2017", "Annual Conference", and "May 1-2, 2017", "Pre-Conference Workshops". At the bottom, it says "Betting on Osteopathic Sports Medicine". In the top right corner of the poster is a small red logo with the letters "PTI".