

## SPEAKER BIOGRAPHIES

**Craig H. Bennett, MD**, a practitioner of orthopaedic sports medicine for 21 years, is a cofounder of the LifeBridge Sports Medicine Institute. After graduating from Brown University, he earned a medical degree from the University of California at San Francisco. He completed an orthopaedic surgery residency at Emory University and a sports medicine fellowship at the University of Pittsburgh, where he remained on staff for 5 years and served as physician for the basketball team, as well as associate physician for the Pittsburgh Steelers.

Dr. Bennett was head orthopaedic surgeon for the University of Maryland (UM) Terrapins and chief of orthopaedic sports medicine at the UM School of Medicine. He has also served as the head orthopaedic surgeon for the Baltimore Ravens. A graduate of the Leadership Fellowship Program of the American Academy of Orthopedic Surgeons (AAOS), he was the orthopaedic keynote speaker at the 2018 National Medical Association Meeting and was elected by the NBA Players' Association as a consulting physician. He has been honored as a Baltimore Magazine Top Doc and mentor of the year at Towson University.

**Anil Bhawe, PT**, is the clinical director of Orthopedic Rehabilitation and director of the Wasserman Gait Laboratory at the Rubin Institute of Orthopedics (RIO), at Sinai Hospital. A practicing physical therapist for 40 years, he evaluates and treats patients with extremity dysfunctions (e.g., stiffness, weakness, joint contractures) that result from conditions such as total joint replacement, limb-lengthening surgery, and trauma. He has developed and patented dynamic casting and bracing techniques for treatment of stiffness and contractures.

Mr. Bhawe has published significant work in peer-reviewed journals and delivered more than 300 lectures nationally and internationally. He is a recipient of the Jacqueline Perry, MD, award of the AAOS and the Lynn Staheli, MD, award of the Pediatric Orthopedic Society of North America.

**Kala Flagg, MPT, PT, ATC, CSCS**, graduated from the Howard University (HU) Dept. of Physical Therapy. Although she has held positions in various settings (outpatient, inpatient, nursing homes, pediatrics), she gained most of her experience in nontraditional environments. Ms. Flagg was the first-ever PT to work directly within the athletic department of UM, College Park, where she helped to establish a multidisciplinary approach to patient/athlete treatment and, working closely with Dr. Bennett, developed ACL protocols and specific long-term rehabilitation programs for athletes. She is a member of a PT team that travels with the Alvin Ailey American Dance Theater of NYC.

Currently, Ms. Flagg is a faculty member at HU. She owns TEAM Sports Injury Consulting, which focuses on educating and treating young athletes and their families, consulting with professional athletes and performers, and coaching healthcare providers who wish to pursue nontraditional entrepreneurship options.

**Simeon Mellinger, PT, DPT, OCS**, joined the RIO upon earning a doctorate in physical therapy from UM, Baltimore, in 2015. Since then, he has been certified in trigger-point dry needling, Astym, and selective functional movement assessment. Mr. Mellinger recently became the sports rehab and research specialist at RIO and earned orthopaedics specialist certification from the American Board of Physical Therapy Specialties in 2018. With Ms. Neurohr, he published "Evidence-Based Treatment Options for Common Knee Injuries in Runners" in the Annals of Translational Medicine. Mr. Mellinger focuses on incorporating current best research into assessment and treatment in the orthopedic PT practice.

**Grace "Annie" Neurohr, PT, DPT**, received a doctorate in physical therapy from the UM, Baltimore, in 2016. Currently working at the RIO as the running and biomotion specialist, she coordinates the running program at Sinai Hospital and is involved with running rehabilitation and biomechanical research. Ms. Neurohr is a board-certified dry-needling therapist and is trained in Astym therapy, blood flow restriction therapy, movement-analysis technology, and custom orthotic fabrication. She is an avid runner and can be found jogging all over Baltimore, usually with her reluctant dog Adler.

**SINAI HOSPITAL**  
A LifeBridge Health Center

**CARE BRAVELY**  
Rehabilitation Center  
2401 W. Belvedere Ave.  
Baltimore MD 21215

17<sup>th</sup> Annual Fall Series

## COMPREHENSIVE MANAGEMENT OF ATHLETIC KNEE INJURIES: WHAT YOU "KNEED" TO KNOW



**FRIDAY, NOVEMBER 1, 2019**  
**8:30 am–5:00 pm**

### PRESENTERS

**CRAIG BENNETT, MD**  
**ANIL BHAVE, PT**

**KALA FLAGG, PT, MPT, ATC, CSCS**  
**SIMEON MELLINGER, PT, DPT, OCS**  
**GRACE "ANNIE" NEUROHR, PT, DPT**

**Zamoiski Auditorium**  
**Sinai Hospital of Baltimore**  
**2401 West Belvedere Avenue**  
**Baltimore MD 21215**

## COURSE DESCRIPTION

The knee joint is one of the strongest and most important joints in the human body. However, for the competitive and recreational athlete, it is exceedingly susceptible to injury. Iliotibial band friction syndrome, patellar tendinopathy, patellofemoral pain syndrome, and anterior cruciate ligament (ACL) injuries may require extensive rehabilitation management. Options range from conservative rehabilitation to surgical intervention and postoperative rehabilitation. With advances in research, technology, and practice, innovations in comprehensive knee-injury management continue to develop.

The Sinai Rehabilitation Center is offering a one-day course that will present attendees with a multidisciplinary approach for evidence-based evaluation and invasive and noninvasive treatment of common overuse knee injuries and traumatic knee injuries.

## LEARNING OBJECTIVES

At the conclusion of this course, participants will be able to:

1. Explain the underlying pathophysiology for the most common running injuries, including iliotibial band friction syndrome, patellar tendinopathy, and patellofemoral pain syndrome.
2. Describe the movement dysfunctions and biomechanics that may contribute to these knee conditions.
3. Review the current literature on successful treatment of each condition, including manual therapy, therapeutic exercises, biofeedback techniques, and effective modalities.
4. Discuss the current literature of neuromuscular electrical stimulation, blood flow restriction, and bracing as they pertain to quad function.
5. Determine best practice for return to sport after ACL injury.
6. Examine the latest surgical techniques and outcomes for ACL reconstruction.

## TARGET AUDIENCE

- ◆ Physical therapists
- ◆ Physical therapist assistants
- ◆ Physical therapy students

## COURSE AGENDA

- 8:30–9:00 Registration and Breakfast**
- 9:00–10:15 Biomechanics and Bracing**  
*Anil Bhave, PT*
- 10:15–10:30 Break**
- 10:30–12:00 Comprehensive Evaluation & Treatment of Overuse Knee Injuries**  
*Simeon Mellinger, PT, DPT, OCS*  
*Grace “Annie” Neurohr, PT, DPT*
- 12:00–1:00 Lunch (provided)**
- 1:00–1:30 Neuromuscular Electrical Stimulation and Blood Flow Restriction Therapy**  
*Anil Bhave, PT*
- 1:30–2:45 Return to Sport after ACL Reconstruction**  
*Kala Flagg, MPT, PT, ATC, CSCS*
- 2:45–3:00 Break**
- 3:00–4:30 Recent Concepts in ACL Surgery**  
*Craig Bennett, MD*
- 4:30–5:00 Question & Answer Session and Wrap Up**

## CONTINUING EDUCATION CREDIT

This course has been submitted to the Maryland Board of Physical Therapy Examiners for approval of 6.0 continuing education units.

## COURSE FEES

- Early-bird Registration \$225**  
(before 10/18/19)
- After 10/18/19 \$250**

***Lunch and parking are included.***

## REGISTRATION OPTIONS

***Payment can be made with Visa or Mastercard or check made payable to Sinai Rehabilitation Center.***

- ① **Online:** [www.lifebridgehealth.org/FallSeries](http://www.lifebridgehealth.org/FallSeries)
- ② **Phone:** Monday–Friday, 8 am–4:30 pm
- ③ **Fax:** Monday–Friday, 8 am–4:30 pm
- ④ **Email or postal mail (see information below)**

If you are registering by email or postal mail, please use this registration form and send it to the address below. Please print all information clearly and as you would like it to appear on your course certificate.

Name: \_\_\_\_\_

Profession: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Email (for confirmation): \_\_\_\_\_

Special needs (please specify): \_\_\_\_\_

### Method of Payment

Check (enclosed)  Visa\*  Mastercard\*

\*Acct#: \_\_\_\_\_

Exp Date: \_\_\_\_\_

Signature: \_\_\_\_\_

### Registration Coordinator

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**Sinai Rehabilitation Center**  
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