



St. Elizabeth
HEALTHCARE

SEVENTH ANNUAL

2023



**SPORTS
MEDICINE
UPDATE**



*KY PT CEU's
are pending.



AGENDA

8:30 - 9 a.m. **Registration and light breakfast**

9 - 9:10 a.m. **Opening remarks**

Dr. Adam Metzler OrthoCincy Orthopaedics & Sports Medicine

9:10 - 9:40 a.m. **Clinical Anatomy of the Hip**

Dr. John Fritch OrthoCincy Orthopaedics & Sports Medicine

9:40 - 10:10 a.m. **Physical Examination of the Hip**

Dr. Kevin Bonfield St. Elizabeth Physicians, Sports Medicine

10:10 - 10:40 a.m. **Advanced Imaging of the Hip**

Dr. Amit Rattan Radiology Associates of Northern Kentucky

BREAK 10:40 - 11 a.m.

11- 11:30 a.m. **Hip Labrum Repair**

Dr. Matthew S. Grunkemeyer OrthoCincy Orthopaedics & Sports Medicine

11:30 - noon **Physical Therapy Considerations for the Hip**

Kathy Boehmer & Stephanie James St. Elizabeth Healthcare

noon - 12:30 p.m. **Panel Discussion/Q & A**

All presenters

12:30 p.m. **Adjourn**



PRESENTERS



Dr. Kevin Bonfield St. Elizabeth Physicians, Sports Medicine

Dr. Kevin Bonfield is a primary care sports medicine physician with St. Elizabeth Physicians. He received his medical education at the University of Kentucky. He completed his residency in Internal Medicine & Pediatrics at the University of Kentucky and his primary care sports medicine fellowship at Vanderbilt University. He currently divides his time in the primary care setting in Alexandria and in the St. Elizabeth Sports Medicine clinic. He works with Bishop Brossart High School and their athletics program.



Dr. John Fritch OrthoCincy Orthopaedics & Sports Medicine

Dr. Fritch received his MD from the University of Cincinnati and completed his residency in Orthopaedic Surgery at UC. Dr. Fritch completed a sports medicine fellowship at the University of Cincinnati Medical Center. He then attended the University of Chicago where he is board eligible. Dr. Fritch has served as the Assistant Team Physician for University of Cincinnati Bearcats Football, Loveland High School Football and Lacrosse, Chicago Bears NFL Team and the Chicago Sky Women's NBA Team. He also served as the Team Doctor for the University of Chicago Athletics.

Dr. Fritch has interests in robotic-assisted surgery, proximal hamstring repair, arthroscopic hip labral repair and reconstruction, knee reconstruction, total shoulder and reverse total shoulder replacement and upper and lower extremity fractures. Dr. Fritch enjoys spending time with his wife and two children and his hobbies include golf, running, scuba diving and traveling.



Dr. Matthew S. Grunkemeyer OrthoCincy Orthopaedics & Sports Medicine

Dr. Matthew S. Grunkemeyer grew up in suburban Cincinnati, but he studied pre-med and Spanish at the University of Kentucky. He completed his medical training at Baylor Medical Center in Houston, Texas, graduating with honors, followed by orthopaedic surgery residency at the University of Texas-San Antonio Health Science Center. He joined OrthoCincy in 2006.

Dr. Grunkemeyer specializes in general orthopaedic surgery and treats both pediatric and adult patients. He tackles everything from fracture care and joint replacement surgery to sports medicine surgery. He is trained in MAKOplasty robotic-assisted surgery, and he serves as the Team Physician for Conner High School. He also speaks Spanish fluently.

PRESENTERS



Dr. Adam Metzler OrthoCincy Orthopaedics & Sports Medicine

A native of Fairfield, Ohio, Dr. Metzler received his MD from the University of Cincinnati College of Medicine where he was Valedictorian of his medical school class. He subsequently completed his residency in Orthopaedic Surgery at UC where he earned the Peter J. Stern, MD, Chief Resident Leadership Award, the Chief Resident of the Year Peer Award and the Pediatric Orthopaedic Surgery Chief Resident of the Year.

Dr. Metzler completed a sports medicine fellowship and was team physician for the University of Kentucky and UK athletics. Since completing his fellowship, Dr. Metzler is continuing his support of local athletes by serving as the team physician for Holy Cross High School, St. Henry High School and Simon Kenton High School. He is board certified by the American Board of Orthopaedic Surgery.

Dr. Metzler is able to stay current with the latest Sports Medicine and Orthopaedic Surgery techniques through his continued shoulder and knee research. He serves as associate faculty at the University of Cincinnati Department of Orthopaedic Surgery, where he helps teach fourth year residents about sports medicine surgery. He is a clinical instructor in Orthopaedic Surgery for the St. Elizabeth Family Practice Residency Program and helps educate many of the physicians in our community. He helped author an iBook for other physicians, "Anatomic ACL Reconstruction," an interactive technique guide reviewing the latest innovations in anatomic ACL reconstruction.



Dr. Amit Rattan Radiology Associates of Northern Kentucky

Dr. Rattan is a Musculoskeletal Radiologist with the Radiology Associates of Northern Kentucky. He is in his eighth year of practice and serves as the Director of Musculoskeletal Imaging. Dr. Rattan is associated with St. Elizabeth Healthcare and OrthoCincy, where he serves as MRI Medical Director. After completing medical school at the University of Cincinnati, Dr. Rattan completed his diagnostic residency at Indiana University followed by a Musculoskeletal Radiology Subspecialty Fellowship at the University of Iowa Hospitals and Clinics. Dr. Rattan serves as a University of Kentucky COM-NKY radiology/anatomy instructor, a position he has held since 2019. He lives in northern Kentucky with his wife and young son and is an avid golfer.

PRESENTERS



Kathy Boehmer St. Elizabeth Healthcare

Kathy Boehmer is a physical therapist and certified athletic trainer who works with a team of specialists to diagnose and treat individuals with injuries to their muscles and bones and works with individuals in the prevention of sports injuries. Her areas of interest include treating hip and knee injuries, sports hernias and athletic low back pain. As a Board Certified Clinical Specialist in Sports Physical Therapy, she is passionate about working with recreational, high school, college and professional athletes. Throughout her 27 years of practice, she has provided educational opportunities for the community and staff at St. Elizabeth Healthcare. She also contributes health information and has been published in Healthy Headlines, In Touch and Healthy Neighbors Newsletters.



Stephanie James St. Elizabeth Healthcare

Stephanie began as an Assistant Athletic Trainer at NKU in 2011 and joined the St. Elizabeth family in 2016. She works primarily with the women's soccer and track & field teams at NKU. She is in charge of coordinating all student-athlete medical records, pre-participation medical forms, and assisting with CPR and First Aid training for the athletic department and local high school coaches. She is also preceptor and clinical supervisor in the Athletic Training Education Program.

Stephanie completed her undergraduate degree at Northern Kentucky University in 2007, earning a bachelor's in athletic training. She received a master's from the University of Central Florida in 2009, earning a degree in sport and fitness. After graduate school, she worked as an assistant athletic trainer at the University of North Carolina Wilmington. She is also a certified American Heart CPR and First Aid Instructor.

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