

35th Annual Mayo Clinic Symposium on Sports Medicine

Mayo Clinic Siebens Building

Registration, Refreshments and Exhibit Hall: Phillips Hall
Educational Sessions: Leighton Auditorium

Friday, November 6, 2026	
7:00 AM	Registration, Breakfast & Exhibits
8:00 AM	Welcome and Introduction <i>Brennan Boettcher, D.O., Mario Hevesi, M.D., Ph.D. and Shelby Johnson, M.D.</i>
8:10 AM	Diagnosis and Treatment of Thigh Muscle Injuries <i>Joshua M. Romero, M.D.</i>
8:30 AM	Return to Sprint in the Basketball Athlete <i>Kathryn A. Medinger, P.T., D.P.T., OCS</i>
8:50 AM	Questions and Discussion
9:00 AM	Relative Energy Deficiency in Sport- An Update on Terminology, Understanding, Evaluation and Management <i>Audrey A. Potts, M.B., B.Ch., B.A.O.</i>
9:25 AM	Questions and Discussion
9:35 AM	Refreshment Break
9:55 AM	Facial Trauma <i>Kristi M. Colbenson, M.D.</i>
10:15 AM	Questions and Discussion
10:25 AM	Running Biomechanics <i>Bryan Heiderscheit, P.T., Ph.D., FAPTA</i>
11:20 AM	Questions and Discussion
11:35 AM	Announcements and Adjourn
11:40 AM	Lunch
Ankle Mini-Symposium	
12:40 PM	Ankle Mini-Symposium Introduction <i>Mario Hevesi, M.D., Ph.D.</i>
12:45 PM	Clinical Anatomy of the Foot and Ankle (Live Demonstration) <i>Nirusha Lachman, Ph.D., Antonio Rivera-Perez, M.D., and Norman S. Turner, M.D.</i>
1:05 PM	Physical Examination of the Foot and Ankle <i>Daniel B. Ryssman, M.D., Alex L. Vlasak, M.D.</i>
1:25 PM	Questions and Discussion
1:30 PM	Nonsurgical v. Surgical Treatment of Acute Achilles Tendon Ruptures <i>Alex L. Vlasak, M.D.</i>
1:45 PM	Rehab for Achilles Tendon Ruptures <i>TBD</i>
1:55 PM	Questions and Discussion
2:05 PM	Refreshment Break
2:25 PM	Exertional Leg Pain- Updates from a Multi-Specialty Work Group PAES <i>TBD</i>
2:40 PM	MRI Imaging of Exertional Leg Pain Conditions (Stress Fractures, MTSS, PAES, CECS)

	<i>Nicholas G. Rhodes, M.D.</i>
2:55 PM	Nonsurgical Treatment of CECS USG Fasciotomy <i>Brennan Boettcher, D.O.</i>
3:10 PM	Surgical Management of CECS <i>Daniel B. Ryssman, M.D.</i>
3:25 PM	Questions and Discussion
3:30 PM	Deltoid Ligament Injuries <i>Kyle Duchman, M.D.</i>
3:50 PM	Questions and Discussion
3:55 PM	Break
4:15 PM	Ankle Arthroscopy (Live Demonstration) <i>Kyle Duchman, M.D.</i>
4:45 PM	Ultrasound-Guided Ankle Procedures (Live Demonstration) <i>Jacob L. Sellon, M.D.</i>
5:30 PM	Announcements and Adjourn
5:30 PM	Attendee Reception (Pre-Registration is Required)
Saturday, November 7, 2026	
7:30 AM	Breakfast & Exhibits
8:00 AM	Announcements and Introduction Brennan Boettcher, D.O., Mario Hevesi, M.D., Ph.D. and Shelby Johnson, M.D.
8:05 AM	Medical Considerations in the Para Athlete <i>Shanterian J. King, D.O.</i>
8:25 AM	Rehab Considerations in the Para Athlete <i>Stephanie J. Lopez, M.S., P.T., D.P.T., SCS-ABPTS</i>
8:45 AM	Questions and Discussion
8:55 AM	Proximal Hamstring Injuries Across the Spectrum <i>Shelby Johnson, M.D.</i>
9:10 AM	Non-Op Tendinopathy and Partial Tears <i>Jason Banks, P.T., D.P.T.</i>
9:35 AM	Operative Hamstring Rupture Indications and Treatment <i>Craig H. Bennett, M.D.</i>
9:40 AM	PT -Rehab Following Surgery <i>Joe Wittmann, P.T., D.P.T.</i>
10:00 AM	Questions and Discussion
10:10 AM	Refreshment Break
10:30 AM	Wearables in Sport- What Can We Use? <i>John G. Loepfe, P.T., D.P.T., SCS-ABPTS</i>
10:50 AM	Questions and Discussion
11:00 AM	Sports Medicine at the Olympic & Paralympic Games: The Team USA Experience <i>Jonathan Finnoff, D.O.</i>
11:45 AM	Questions and Discussion
11:55 AM	Closing Remarks and Adjourn
Mayo Clinic Hands-On Rehabilitation and Performance Clinic <i>Additional Registration Fee Required</i> Location: Dan Abraham Healthy Living Center, 3 rd Floor Turf	
12:30 PM	Registration and Lunch (Registrants Only)

12:55 PM	Welcome and Introduction
1:00 PM	Nutrition Considerations for Injury Prevention and Recovery <i>Luke Corey, R.D.</i>
1:50 PM	Mastering the Early Phase of Post-Operative Knee Rehabilitation <i>Jon B. Salzman, P.T., D.P.T., SCS-ABPTS</i>
2:40 PM	Questions and Discussion
2:50 PM	Refreshment Break
3:00 PM	Mid Stage Rehab Progression following Knee Surgery <i>Elizabeth Frick, P.T., D.P.T. and Joe Wittmann P.T., D.P.T., L.A.T., A.T.C.</i>
4:00 PM	Late-Stage Rehab Progression following Knee Surgery <i>Elizabeth Frick, P.T., D.P.T. and Joe Wittmann P.T., D.P.T., L.A.T., A.T.C.</i>
4:40 PM	Questions and Discussion
4:55 PM	Closing Remarks <i>Andrew J. Johnson, P.T., D.P.T., SCS-ABPTS</i>