

# 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<br><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<br><i>Joshua M. Romero, M.D.</i>                                                                      |
| 8:30 AM                  | Return to Sprint in the Basketball Athlete<br><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<br><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<br><i>Kristi M. Colbenson, M.D.</i>                                                                                                      |
| 10:15 AM                 | Questions and Discussion                                                                                                                               |
| 10:25 AM                 | Running Biomechanics<br><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<br><i>Mario Hevesi, M.D., Ph.D.</i>                                                                                  |
| 12:45 PM                 | Clinical Anatomy of the Foot and Ankle (Live Demonstration)<br><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<br><i>Daniel B. Ryssman, M.D. and Alex L. Vlasak, M.D.</i>                                                  |
| 1:25 PM                  | Questions and Discussion                                                                                                                               |
| 1:30 PM                  | Nonsurgical v. Surgical Treatment of Acute Achilles Tendon Ruptures<br><i>Alex L. Vlasak, M.D.</i>                                                     |
| 1:45 PM                  | Rehab for Achilles Tendon Ruptures<br><i>Zach A. Lanier, P.T., D.P.T., C.S.C.S.</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<br><i>Jill Colglazier, M.D.</i>                                                    |

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|---------|-----------------------------------------------------------------------------------------------------------------------|
| 2:40 PM | MRI Imaging of Exertional Leg Pain Conditions (Stress Fractures, MTSS, PAES, CECS)<br><i>Nicholas G. Rhodes, M.D.</i> |
| 2:55 PM | Nonsurgical Treatment of CECS USG Fasciotomy<br><i>Brennan Boettcher, D.O.</i>                                        |
| 3:10 PM | Surgical Management of CECS<br><i>Daniel B. Ryssman, M.D.</i>                                                         |
| 3:25 PM | Questions and Discussion                                                                                              |
| 3:30 PM | Deltoid Ligament Injuries<br><i>Kyle Duchman, M.D.</i>                                                                |
| 3:50 PM | Questions and Discussion                                                                                              |
| 3:55 PM | Break                                                                                                                 |
| 4:15 PM | Ankle Arthroscopy (Live Demonstration)<br><i>Kyle Duchman, M.D.</i>                                                   |
| 4:45 PM | Ultrasound-Guided Ankle Procedures (Live Demonstration)<br><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

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| 7:30 AM  | Breakfast & Exhibits                                                                                                 |
| 8:00 AM  | Announcements and Introduction<br><i>Brennan Boettcher, D.O., Mario Hevesi, M.D., Ph.D. and Shelby Johnson, M.D.</i> |
| 8:05 AM  | Medical Considerations in the Para Athlete<br><i>Shanterian J. King, D.O.</i>                                        |
| 8:25 AM  | Rehab Considerations for Athletes of Adaptive Sports<br><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<br><i>Shelby Johnson, M.D.</i>                                       |
| 9:10 AM  | Operative Hamstring Rupture Indications and Treatment<br><i>Craig H. Bennett, M.D.</i>                               |
| 9:35 AM  | PT -Rehab Following Surgery<br><i>Jason K. Banks, P.T., D.P.T., OCS</i>                                              |
| 10:00 AM | Questions and Discussion                                                                                             |
| 10:10 AM | Refreshment Break                                                                                                    |
| 10:30 AM | Wearables in Sport- What Can We Use?<br><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<br><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

*Additional Registration Fee Required*

Location: Dan Abraham Healthy Living Center, 3<sup>rd</sup> Floor Turf

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|----------|----------------------------------------------------------------------------------------------------------------------------------------|
| 12:30 PM | Registration and Lunch (Registrants Only)                                                                                              |
| 12:55 PM | Welcome and Introduction                                                                                                               |
| 1:00 PM  | Nutrition Considerations for Injury Prevention and Recovery<br><i>Luke Corey, R.D.</i>                                                 |
| 1:50 PM  | Mastering the Early Phase of Post-Operative Knee Rehabilitation<br><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<br><i>Elizabeth Frick, P.T., D.P.T., Joe Wittmann P.T., D.P.T., L.A.T., A.T.C.</i>  |
| 4:00 PM  | Late-Stage Rehab Progression following Knee Surgery<br><i>Elizabeth Frick, P.T., D.P.T., 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<br><i>Andrew J. Johnson, P.T., D.P.T., SCS-ABPTS</i>                                                                   |