

28th Annual Mayo Clinic Symposium on Sports Medicine

November 9-10, 2018
Program Schedule

Friday, November 9, 2018	
7:00 AM	Registration and Continental Breakfast
8:00 AM	Welcome and Introduction <i>Jacob Sellon, MD</i>
8:05 AM	ACL Injury in the Ice Hockey Player – Surgical Considerations <i>Michael Stuart, MD</i>
8:20 AM	ACL Reconstruction in the Ice Hockey Player: Key Rehab Concepts <i>Joe Eischen, PT, SCS, ATC</i>
8:40 AM	Psychology of ACL Injury <i>Max Trener, PhD, LP</i>
9:00 AM	Questions & Discussion
9:15 AM	Practical Strength Training <i>Karl Erickson, BS, CSCS, PES, FMS-2</i>
9:35 AM	Evidence-Based Exercise Dosing <i>Paul Yerhot, PT, DPT, SCS</i>
9:55 AM	Questions & Discussion
10:05 AM	Refreshment Break
10:25 AM	Infectious Disease Issues in Sports Medicine <i>David Soma, MD</i>
10:45 AM	Facial Trauma on the Sidelines <i>Kristi Colbenson, MD</i>
11:05 AM	Questions & Discussion
11:15 AM	Keynote Lecture The Patient Focused Approach to Athlete Brain Health <i>Jeffrey Kutcher, MD</i>
12:00 PM	Questions & Discussion
12:15 PM	Announcements

Shoulder Mini-Symposium	
1:10 PM	Announcements & Introduction <i>Jacob Sellon, MD</i>
Moderator: Aaron Krych, MD	
1:15 PM	Live Demo from Lab: Clinical Anatomy of the Shoulder <i>Wojciech Pawlina, MD and Christopher Camp, MD</i>
1:35 PM	Physical Examination of the Unstable Shoulder: What's Clinically Important? <i>Nancy M. Cummings, MD</i>
1:55 PM	Questions & Discussion
2:05 PM	Invited Guest Lecture Glenohumeral Instability in the Athlete <i>John "JT" Tokish, MD</i>
2:35 PM	Imaging Athletes with Shoulder Instability <i>Laurel Littrell, MD</i>
2:55 PM	Questions & Discussion
3:05 PM	Refreshment Break
Moderator: Diane Dahm, MD	
3:25 PM	Preventing Shoulder Injuries in the Overhead Athlete <i>Daniel Christoffer, EdD, ATC, ATR</i>
3:40 PM	Shoulder Pain in the Overhead Athlete (Biceps/SLAP/Internal Impingement) <i>Christopher Camp, MD</i>
3:55 PM	Return to Sport after Shoulder Injury: An Evidenced-Based Approach <i>Aaron Hellem, DPT, OCS, SCS, CSCS</i>
4:10 PM	Questions & Discussion
Moderator: Aaron Krych, MD	
4:25 PM	Live Demo from Lab: Ultrasound-Guided Shoulder Anatomy/Procedures <i>Jay Smith, MD</i>
4:55 PM	Live Demo from Lab: Shoulder Arthroscopy <i>Diane Dahm, MD and Christopher Camp, MD</i>
5:25 PM	Announcements
5:30 PM	Adjourn General Session to Attend Sports Medicine Center Tour/Reception
6:00 PM	Sports Medicine Center Tours (DAHLC 3rd Floor)
6:30 PM	Attendee Reception (DAHLC 7 th Floor)

Saturday, November 10, 2018

7:30 AM	Breakfast
8:00 AM	Announcements & Introduction
8:05 AM	Lumbar Spine Injuries in Athletes <i>Edward Laskowski, MD, FACSM</i>
8:25 AM	Lumbar Spine Rehab in Athletes: A Core-Based Approach <i>Bryan Sorensen, PT, DPT, OCS, SCS</i>
8:45 AM	Questions & Discussion
8:55 AM	Update on Biologic Injections for Osteoarthritis <i>Jacob Sellon, MD</i>
9:15 AM	Ultrasound-Guided Surgery in Sports Medicine <i>Jonathan Finnoff, DO, FACSM</i>
9:35 AM	Questions & Discussion
9:45 AM	Refreshment Break
10:15 AM	It's All in the Hip: Clinical Pearls for Optimizing Neuromuscular Control of the Hip External Rotators in Hip & Knee Rehab <i>Stephanie Lopez, PT, DPT, MS, ATC, SCS</i>
10:35 AM	"When Can I Run Again?" – A Criteria-Based Approach for Return to Running in the Post-Operative Athlete <i>Allison Mumbleau, PT, DPT, SCS</i>
10:55 AM	Questions & Discussion
11:05 AM	Keynote Lecture Breaking2: Engineering the Perfect Marathon <i>Philip Skiba, DO, PhD, MS</i>
11:50 PM	Questions & Discussion
12:00 PM	Closing Remarks and Adjourn

Sports Performance Clinic (Additional Fee Applies)

Saturday, November 10, 2018	
12:35 PM	Registration/Check-In
12:55 PM	Welcome & Introduction <i>Karl Erickson, BS, CSCS, PES, FMS-2</i>
1:00 PM	Principles of Planning for the Endurance Athlete <i>Philip Skiba, DO, PhD, MS</i>
1:45 PM	Insights from an Elite Endurance Athlete <i>Ruth Brennan Morrey, PhD</i>
2:15 PM	Questions & Discussion
2:25 PM	Refreshment Break
2:35 PM	Practical Sports Psychology for the Practitioner <i>Ruth Brennan Morrey, PhD</i>
3:10 PM	Questions & Discussion
3:20 PM	Performance Nutrition for the Endurance Athlete <i>Amanda Gilles, RD, LDN</i>
3:55 PM	Questions & Discussion
4:05 PM	Bulletproofing the Endurance Athlete <i>Corey Kunzer, PT, DPT, SCS</i>
4:50 PM	Questions & Discussion
5:00 PM	Closing Remarks & Adjourn