

30th Annual Mayo Clinic Symposium on Sports Medicine

November 5-6, 2021 | Hilton Rochester Mayo Clinic Area

All times listed as Central Time

Friday, November 5, 2021	
7:00 AM	<i>Registration – 3rd Floor Ballroom Continental Breakfast – 4th Floor Ballroom</i>
8:00 AM	Welcome and Introduction <i>Jacob Sellon, MD</i>
8:10 AM	Role of the Athletic Trainer during the Pandemic <i>Amanda Williams, MEd, LAT, ATC and Kaylan Groen, MS, LAT, ATC</i>
8:30 AM	Questions and Discussion
8:35 AM	Mastering the Virtual MSK Exam <i>Ed Laskowski, MD, FACSM</i>
9:00 AM	Questions and Discussion
9:05 AM	Return to Sport Post-COVID <i>Paul Yerhot, PT, DPT, SCS</i>
9:25 AM	Long COVID in Athletes <i>Chad Asplund, MD</i>
9:45 AM	Questions and Discussion
9:55 AM	<i>Refreshment Break – 4th Floor Ballroom</i>
10:10 AM	Concussion Assessment and Management in Adaptive Sports <i>Kristin Garlanger, DO and Amy Rabatin, MD</i>
10:30 AM	Keeping an Athlete’s Shoulders in the Game During Adaptive Sports <i>Stephanie Lopez, PT, DPT, MS, ATC, LAT</i>
10:50 AM	Questions and Discussion
11:00 AM	KEYNOTE LECTURE Advances in the Care and Protection of the Throwing Athlete <i>Jason L. Zaremski, MD, CAQSM, FACSM, FAAPMR – University of Florida</i>
11:45 AM	Questions and Discussion
11:55 AM	Announcements and Adjourn
12:00 PM	<i>Lunch – 4th Floor Ballroom</i>

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Elbow Mini-Symposium	
Friday, November 5, 2021	
1:00 PM	Announcements and Introduction <i>Christopher Camp, MD</i>
1:05 PM	Clinical Anatomy of the Elbow (live demo) <i>Mark Morrey, MD and Nirusha Lachman, PhD</i>
1:25 PM	Questions and Discussion
1:30 PM	Physical Exam of the Elbow (live demo) <i>Jonathan Barlow, MD</i>
1:50 PM	Questions and Discussion
1:55 PM	Rehabilitation Guidelines and Treatment Approaches for Elbow Injuries in the Overhead Athlete <i>John Zajac, DPT, OCS, SCS – Mayo Clinic Arizona</i>
2:40 PM	Questions and Discussion
2:50 PM	<i>Refreshment Break – 4th Floor Ballroom</i>
3:05 PM	Sports Elbow Injuries in Kids <i>David Soma, MD</i>
3:25 PM	Capitellar OCD of the Elbow: Everything You Need to Know from Diagnosis to Treatment <i>Christopher Camp, MD</i>
3:45 PM	Imaging of Common Sports-Related Elbow Injuries <i>Adam Johnson, MD</i>
4:05 PM	Questions and Discussion
4:20 PM	<i>Refreshment Break – 4th Floor Ballroom</i>
4:35 PM	Ultrasound-Guided Elbow Procedures (live demo) <i>Jacob Sellon, MD</i>
5:00 PM	Medial Ulnar Collateral Ligament Repair and Reconstruction (live demo) <i>Christopher Camp, MD,</i>
5:25 PM	Announcements and Adjourn
5:30 PM – 7:30 PM	Attendee Reception (Hilton Rochester Mayo Clinic Area – 4th Floor Ballroom) Pre-Registration is required Guests are an additional \$50

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Saturday, November 6, 2021	
7:30 AM	<i>Continental Breakfast – 4th Floor Ballroom</i>
8:00 AM	Announcements and Introduction <i>Jacob Sellon, MD</i>
8:05 AM	Calcific Tendinopathy of the Shoulder <i>Brennan Boettcher, DO</i>
8:25 AM	Questions and Discussion
8:30 AM	Endoscopic Gluteus Medius Repair <i>Kelechi Okorooha, MD</i>
8:50 AM	Hip Arthroscopy Rehabilitation: Lessons in Controlled Loading <i>Jason Banks, PT, DPT, OCS</i>
9:10 AM	Questions and Discussion
9:20 AM	Approach to Dislocations on the Sideline <i>Kristi Colbenson, MD</i>
9:40 AM	5 Sideline Injuries That You Don't Want to Miss and How to Identify Them <i>Heather Verdick, LAT, ATC</i>
10:00 AM	Questions and Discussion
10:15 AM	<i>Refreshment Break – 4th Floor Ballroom</i>
10:30 AM	KEYNOTE LECTURE Navigating a Professional Sports Organization through the COVID Pandemic <i>Kathryn McElheny, MD – New York Mets, Hospital for Special Surgery</i>
11:15 PM	Questions and Discussion
11:25 AM	Women in Professional Sports Roundtable <i>Kate Taber, MEd, LAT, ATC (moderator)</i> <i>Kathryn McElheny, MD – New York Mets, Hospital for Special Surgery</i> <i>Erin Sierer, LAT, ATC, PT, DPT – Minnesota Timberwolves</i> <i>Maggie Bryant, PT, DPT, OCS, SCS, FAFS – Los Angeles Clippers</i> <i>Ciara Dargahi, MS, LAT, ATC – Colorado Rapids</i>
11:55 PM	Questions and Discussion
12:00 PM	Closing Remarks and Adjourn

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