



# 16<sup>th</sup> Annual ACL Workshop

Program Schedule

May 24-25, 2018

Mayo Clinic Square

Thursday, May 24, 2018	
12:15 p.m.	Registration
12:50 p.m.	Introduction to Workshop Timothy Hewett, Ph.D.
1:00 p.m.	Mechanisms of ACL Injuries: What 20 Years Has Taught Us Timothy Hewett, Ph.D.
1:30 p.m.	Simulation of Anterior Cruciate Ligament Injuries in the <i>In Vitro</i> Environment Nathaniel (Nate) Bates, Ph.D. and Nathan (Nate) Schilaty, D.C., Ph.D.
2:00 p.m.	Measuring Psychological Effects of ACL Injury Kate Webster, Ph.D.
2:30 p.m.	Unique Sport Considerations in the Post-operative ACL Patient Aaron Hellem, P.T., D.P.T., SCS and Allison Mumbleau, P.T., D.P.T., SCS
3:00 p.m.	Break/Move to Breakout Sessions
<b>Breakout Sessions</b> <b>Participants will attend all three sessions.</b> <ul style="list-style-type: none"><li>• Session 1: 3:10 PM</li><li>• Session 2: 3:45 PM</li><li>• Session 3: 4:25 PM</li></ul>	
<b>Session 1 - Lab (Mondo Corner or Turf)</b>	
<b>Injury Prevention Screening</b> Timothy Hewett, Ph.D. and Takashi Nagai, Ph.D., and Rena Hale, Ph.D.	
<b>Session 2 - Larger Mondo</b>	
<b>Individualized Neuromuscular Training to Target Deficits</b> Nathaniel (Nate) A. Bates, Ph.D.	
<b>Session 3 – Theatre</b>	
<b>Team Approaches to ACL Prevention</b> Eric M. Crowley, A.T.C. and Jennifer Noiles, BSc, BAH, BPHE, SFG1, Instructor, CSCS	
5:00 p.m.	Adjourn
5:00 p.m. – 7:00 p.m.	Tours for participants and faculty

Friday, May 25, 2018	
7:15 a.m.	Breakfast (check in and continental breakfast)
8:00 a.m.	Prevention of Re-Injury after ACL Reconstruction: When and How Should We Intervene? Timothy Hewett, Ph.D.
8:25 a.m.	ACL Reconstruction Outcomes as a Function of Age Kate Webster, Ph.D.
8:50 a.m.	Lateral Extra-Articular Tenodesis/ALL in 2018: What is the Role in my ACL patients? Christopher Camp, M.D.
9:10 a.m.	Meniscus and Articular Cartilage Sequelae after Athletic Knee Injury Aaron Krych, M.D.
9:30 a.m.	Cartilage Injury and Their treatment in Athletes Daniel Saris, M.D., Ph.D.
9:50 a.m.	Rehabilitation Load Progression Maggie Bryant, P.T., D.P.T., SCS
10:10 a.m.	External vs internal cueing throughout the stages of rehabilitation Owen Runion, P.T., D.P.T. and Rob Rodriguez, P.T., D.P.T.
10:30 a.m.	Break/ Move to Breakout Sessions
<b>Breakout Sessions</b> <b>Participants will attend all three sessions.</b> <ul style="list-style-type: none"> <li>• <b>Session 1: 10:40 AM</b></li> <li>• <b>Session 2: 11:15 AM</b></li> <li>• <b>Session 3: 11:55 AM</b></li> </ul>	
<b>Session 1 – Turf</b>	
<b>Knee Exam &amp; Injury Diagnosis</b> Christopher Camp, M.D. and Daniel Saris, M.D., Ph.D.	
<b>Session 2 – Theatre</b>	
<b>Post-ACL Return to Sport Evaluation</b> Eric M. Crowley, A.T.C. and Corey Kunzer, P.T., D.P.T., SCS	
<b>Session 3 – Mondo</b>	
<b>Rehabilitation to Target Return to Sports</b> Joe Eischen, P.T., SCS	
12:30 p.m.	Panel Discussion Moderator: Timothy Hewett, Ph.D.
1:00 p.m.	Adjourn Regular Course
<b>Certification Course*- Coaches Conference Room set for 15, Theatre as back up</b>	
1:00 p.m.	Lunch (provided)
1:30 p.m.- 3:30 p.m.	Didactic Review of Primary and Secondary Concepts Timothy Hewett, Ph.D.
3:30 p.m.- 5:30 p.m.	Course Examination/Certification Timothy Hewett, Ph.D.
5:30 p.m.	Adjourn Certification Course

\*Additional Course Examination Fee Applies