



3rd Annual
Mayo Clinic Sports Medicine Summit:
Care for the Athlete
Program Schedule

Friday, February 21, 2020

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| 7:00 a.m. | Registration, Continental Breakfast and Exhibits |
| 8:00 a.m. | Welcome & Introductions
Matthew B. Anastasi, M.D. and Anikar Chhabra, M.D., M.S. |
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Session I: Shoulder – Part I
Moderator: J.T. Tokish, M.D. | |
| 8:10 a.m. | Physical Examination of the Shoulder:
Where's the Evidence?
Matthew B. Anastasi, M.D. |
| 8:30 a.m. | Rotator Cuff Pathology in the Athlete
J.T. Tokish, M.D. |
| 8:50 a.m. | AC Joint Pathology: Current Concepts
Kostas J. Economopoulos, M.D. |
| 9:10 a.m. | Shoulder Instability: Current In-Season Management
Gary L. Waslewski, M.D. |
| 9:30 a.m. | Not All Impingement is Subacromial
Evan S. Lederman, M.D. |
| 9:50 a.m. | Refreshment Break and Exhibits |
| 10:10 a.m. | Live Ultrasound: Shoulder
Arthur J. (Jason) De Luigi, D.O., M.H.A. |
| 10:30 a.m. | Thoracic Outlet Syndrome: Diagnosis and Management
Shanyn C. Lancaster, M.D., F.A.A.F.P. |
| 10:50 a.m. | Case-Based Diagnostic Imaging Pearls of Shoulder
Pathology
Jeremiah R. Long, M.D. |
| 11:10 a.m. | Case Presentations from the Audience and Panel
Discussion
Faculty |
| 11:40 a.m. | Lunch and Exhibits |

Friday, February 21, 2020 *(continued)*

Session II: Shoulder – Part II

Moderator: Matthew B. Anastasi, M.D.

- 12:40 p.m. **Biceps Pathology: Current Management**
Anikar Chhabra, M.D., M.S.
- 1:00 p.m. **What's New in the Evaluation and Treatment of
the Thrower's Shoulder**
J.T. Tokish, M.D.
- 1:20 p.m. **Shoulder Injury Prevention Strategies**
John M. Zajac, P.T., D.P.T., SCS
- 1:40 p.m. **Anterior Shoulder Instability:
Why Arthroscopy is Better than Open**
Anikar Chhabra, M.D., M.S.
- 2:00 p.m. **Anterior Shoulder Instability:
Why Open is Better than Arthroscopy**
Steven J. Hattrup, M.D.
- 2:20 p.m. **In-Season PT Treatment of Shoulder Instability**
Julie L. Pohlada, P.T., C.H.T.
- 2:40 p.m. **Case Presentations from the Audience and
Panel Discussion**
Faculty
- 3:00 p.m. **Refreshment Break and Exhibits**

Session III: Elbow

Moderator: Kostas J. Economopoulos, M.D.

- 3:20 p.m. **Live Ultrasound: Elbow**
Bryan K. Ganter, M.D.
- 3:40 p.m. **Physical Exam of the Elbow: What's the Evidence?**
Steven K. Poon, M.D.
- 4:00 p.m. **Case-Based Diagnostic Imaging Pearls of
Elbow Pathology**
Jeremiah R. Long, M.D.
- 4:20 p.m. **Treatment for Elbow Tendinopathy:
What are My Options?**
Destin Hill, M.D.
- 4:40 p.m. **UCL Tears in the Throwing Athlete:
Current Concepts**
Ken Crenshaw

Friday, February 21, 2020 *(continued)*

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| 5:00 p.m. | Ortho-Biologics and the Athlete's Elbow
J.T. Tokish, M.D. |
| 5:20 p.m. | Elbow Dislocations: Management in the Athlete
Shelden L. Martin, M.D. |
| 5:40 p.m. | Case Presentations from the Audience and
Panel Discussion
Faculty |
| 6:00 p.m. | Adjourn |

Saturday, February 22, 2020

7:00 a.m. **Continental Breakfast and Exhibits**

8:00 a.m. **Opening Comments and Announcements**
Matthew B. Anastasi, M.D. and Anikar Chhabra, M.D., M.S.

Session IV: Concussion – Part I

Moderators: Matthew B. Anastasi, M.D. and Anikar Chhabra, M.D., M.S.

8:10 a.m. **What's the Latest and Greatest in Concussion Testing**
Tamara C. Valovich-McLeod, Ph.D., A.T.C., F.N.A.T.A.

8:30 a.m. **Biomarkers and Concussions:
Are We Making Any Progress**
Javier Cardenas, M.D.

8:50 a.m. **On-Field Evaluation of Concussion**
Arthur J. (Jason) De Luigi, D.O., M.H.A.

9:10 a.m. **RTP After Concussion: What is the Standard of Care?**
Steven Erickson, M.D.

9:30 a.m. **Sequelae of Concussion and Repetitive Head Impact**
Amaal J. Starling, M.D.

9:50 a.m. **Refreshment Break and Exhibits**

Session V: Concussion – Part II

Moderators: Matthew B. Anastasi, M.D. and Anikar Chhabra, M.D., M.S.

10:10 a.m. **Post-Concussion PT**
Daniel P. McGurren, P.T., D.P.T.

10:30 a.m. **Vestibular Assessment and Management**
Jamie M. Bogle, Au.D., Ph.D.

10:50 a.m. **Neuropsychology Evaluation and Assessment**
Jennifer V. Wethe, Ph.D.

11:10 a.m. **Concussion / MTBI Imaging**
Catherine D. Chong, Ph.D.

11:30 a.m. **Concussion Roundtable**
Faculty

12:00 p.m. **Lunch and Exhibits**

Saturday, February 22, 2020 *(continued)*

Session VI: Concussion – Part III

Moderators: Matthew B. Anastasi, M.D. and Anikar Chhabra, M.D., M.S.

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| 1:00 p.m. | NCAA: DoD CARE Consortium / Berlin Concussion Consensus: Points to Ponder
Tamara C. Valovich-McLeod, Ph.D., A.T.C., F.N.A.T.A. |
| 1:20 p.m. | The Evolving Landscape of CTE
Charles H. Adler, M.D., Ph.D. |
| 1:40 p.m. | Age and Gender Differences in Management and Treatment of Sports-Related Concussion
Roger L. McCoy, II, M.D., M.A., C.A.Q.S.M. |
| 2:00 p.m. | Medical-Legal Considerations of Concussion: How to Protect Yourself!
Javier Cardenas, M.D. |
| 2:20 p.m. | The Effectiveness of Head Protection Equipment in Concussion
Michael J. Puchowicz, M.D. |
| 2:40 p.m. | Case Presentations from the Audience and Panel Discussion
Faculty |
| 3:00 p.m. | Closing Comments, Evaluation and Adjourn |