



*1<sup>st</sup> Annual  
Mayo Clinic Sports Medicine Summit:  
Care for the Athlete  
Program Schedule*

**Friday, April 6, 2018**

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- 7:00 a.m.                    **Registration, Continental Breakfast and Exhibits**
- 7:45 a.m.                    **Welcome and Introductions**  
Anikar Chhabra, M.D., M.S. and David E. Hartigan, M.D.
- SESSION I: KNEE**  
MODERATOR: BRYAN K. GANTER, M.D.
- 8:00 a.m.                    **Controversies in ACL Surgery**  
Anikar Chhabra, M.D., M.S.
- 8:12 a.m.                    **Meniscus: When to Order an MRI and Treatment**  
David E. Hartigan, M.D.
- 8:24 a.m.                    **Treatment of Cartilage Defects in the Knee**  
Anikar Chhabra, M.D., M.S.
- 8:36 a.m.                    **First Time Patellar Dislocations**  
David E. Hartigan, M.D.
- 8:48 a.m.                    **Muscular Dysfunction and Knee Pain:  
Can Dry-Needling Help?**  
Kerilyn M. Graham, P.T., D.P.T., O.C.S.
- 9:00 a.m.                    **Injections in the Knee: When and What**  
Bryan K. Ganter, M.D.
- 9:12 a.m.                    **Ultrasound Diagnosis in the Knee with Live Demonstration**  
Nirvikar Dahiya, M.D.
- 9:35 a.m.                    **Panel Discussion and Q & A**  
Anikar Chhabra, M.D., M.S., Nirvikar Dahiya, M.D.,  
Bryan K. Ganter, M.D., Kerilyn M. Graham, P.T., D.P.T., O.C.S.,  
and David E. Hartigan, M.D.,
- 9:55 a.m.                    **Refreshment Break and Exhibits**

## **SESSION II: HIP**

MODERATOR: ANIKAR CHHABRA, M.D., M.S.

- 10:10 a.m.                    **Femoroacetabular Impingement: Symptoms, Exam, Imaging and Treatment**  
David E. Hartigan, M.D.
- 10:22 a.m.                    **Hip Dysplasia**  
Justin G. Wilcox, P.A.-C., M.S.
- 10:34 a.m.                    **Greater Trochanteric Pain Syndrome**  
Kirsten S. Paynter, M.D.
- 10:46 a.m.                    **Abductor Tendon Tears of the Hip**  
David E. Hartigan, M.D.
- 10:58 a.m.                    **Snapping Hip**  
David E. Hartigan, M.D.
- 11:10 a.m.                    **Physical Therapy for Young Hip Problems: Non-Op and Post-Op**  
Andrea L. Riley, P.T., D.P.T.
- 11:22 a.m.                    **Ultrasound Diagnosis in the Hip with Live Demonstration**  
Nirvikar Dahiya, M.D.
- 11:43 a.m.                    **Panel Discussion and Q & A**  
Nirvikar Dahiya, M.D., Bryan K. Ganter, M.D.,  
David E. Hartigan, M.D., Kirsten S. Paynter, M.D.,  
Andrea L. Riley, P.T., D.P.T., and Justin G. Wilcox, P.A.-C., M.S.
- 12:08 p.m.                    **Lunch and Exhibits**

## **SESSION III: CONCUSSION MANAGEMENT IN 2018**

MODERATORS: DAVID E. HARTIGAN, M.D. AND ANIKAR CHHABRA, M.D., M.S.

- 1:00 p.m.                    **Preseason Concussion Testing: What is the Standard of Care?**  
Tamara C. Valovich McLeod, Ph.D., A.T.C., F.N.A.T.A.
- 1:12 p.m.                    **Current On-Field Practices for Concussion: Making the Diagnosis**  
Javier Cardenas, M.D.
- 1:24 p.m.                    **Current Recommendations for Concussion Treatment After Diagnosis (Including RTP Decisions)**  
Steven Erickson, M.D., F.A.C.P.
- 1:36 p.m.                    **Concussion Rehabilitation (Including Vestibular Therapy, Ocular Therapy and Neuropsychology Treatment)**  
Amy Alexander, P.T., Steven Erickson, M.D., F.A.C.P.,  
and Elizabeth S. McQueary, O.T.R., M.O.T.

2:16 p.m.                   **Panel Discussion and Q & A**  
Amy Alexander, P.T., Javier Cardenas, M.D.,  
Steven Erickson, M.D., F.A.C.P.,  
Elizabeth S. McQueary, O.T.R., M.O.T., and  
Tamara C. Valovich McLeod, Ph.D., A.T.C., F.N.A.T.A.

2:40 p.m.                   **Refreshment Break and Exhibits**

**SESSION IV: MEDICAL ISSUES IN SPORTS**

MODERATOR: ANIKAR CHHABRA, M.D., M.S.

2:55 p.m.                   **Pre-Season Cardiac Work-Up**  
Luis R. Scott, M.D.

3:07 p.m.                   **Hypertrophic Cardiomyopathy or a Normal Athlete's Heart:  
Is it Safe to Play?**  
Luis R. Scott, M.D.

3:20 p.m.                   **Skin Issues in Sports**  
Steven A. Nelson, M.D.

3:32 p.m.                   **Heat Illness: Diagnosis, Prevention and Treatment**  
Bryan K. Ganter, M.D.

3:44 p.m.                   **Blood Flow Restriction (BFR) Training:  
Risks and Benefits**  
Brett Burton, P.T., D.P.T., S.C.S., A.T.C., C.S.C.S.

3:56 p.m.                   **Panel Discussion and Q & A**  
Brett Burton, P.T., D.P.T., S.C.S., A.T.C., C.S.C.S.,  
Bryan K. Ganter, M.D., Steven A. Nelson, M.D.,  
and Luis R. Scott, M.D.

4:15 p.m.                   **Adjourn**

## Saturday, April 7, 2018

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

7:55 a.m.                    **Opening Comments**

### **SESSION V: UPPER EXTREMITY**

MODERATOR: DAVID E. HARTIGAN, M.D.

8:00 a.m.                    **Shoulder Instability in Athletes**  
David E. Hartigan, M.D.

8:12 a.m.                    **Biceps Pathology**  
Anikar Chhabra, M.D., M.S.

8:24 a.m.                    **Distinguishing Neck from Shoulder Pathology**  
Ibrahim A. Aksoy, M.D., Ph.D.

8:36 a.m.                    **The Thrower's Shoulder**  
Justin G. Wilcox, P.A.-C., M.S.

8:48 a.m.                    **Ultrasound Diagnosis of Shoulder Pathology**  
Nirvikar Dahiya, M.D.

9:00 a.m.                    **Ultrasound-Guided Shoulder Injections**  
Bryan K. Ganter, M.D.

9:12 a.m.                    **Physical Therapy for Common Sports  
Shoulder Injuries in Athletes**  
Julie L. Pohlada, P.T., C.H.T.

9:24 a.m.                    **Rotator Cuff Pathology in Athletes**  
Steven J. Hattrup, M.D.

9:36 a.m.                    **Common Hand Injuries in Athletes**  
Shelley S. Noland, M.D.

9:48 a.m.                    **Therapeutic Management of Common  
Sports-Related Hand Injuries**  
Brian A. Laney, C.H.T., O.T.

10:00 a.m.                    **Live Shoulder Ultrasound Demonstration**  
Nirvikar Dahiya, M.D. and Bryan K. Ganter, M.D.

10:20 a.m.                    **Panel Discussion and Q & A**  
Ibrahim A. Aksoy, M.D., Ph.D., Anikar Chhabra, M.D., M.S.,  
Nirvikar Dahiya, M.D., David E. Hartigan, M.D.,  
Steven J. Hattrup, M.D., Bryan K. Ganter, M.D.,  
Brian A. Laney, C.H.T., O.T., Shelley S. Noland, M.D.,  
Julie L. Pohlada, P.T., C.H.T., and Justin G. Wilcox, P.A.-C., M.S.

10:35 a.m.                    **Refreshment Break and Exhibits**

**SESSION VI: BIOLOGICS IN SPORTS MEDICINE**

MODERATOR: ANIKAR CHHABRA, M.D., M.S.

- 10:55 a.m.                    **Platelet-Rich Plasma (PRP) and Stem Cells:  
What's All the Fuss?**  
John A. Freeman, D.O.
- 11:07 a.m.                    **Biologics Utilization in Arthritis: Is it Warranted?**  
Bryan K. Ganter, M.D.
- 11:19 a.m.                    **Biologic Augmentation of Surgical Repairs/Reconstruction**  
Donald L. Dulle, III, P.A.-C.
- 11:31 a.m.                    **Rehabilitation Protocols for Office Biologics Procedures**  
Sara F. Goetzinger, P.T., D.P.T., O.C.S.
- 11:43 a.m.                    **Panel Discussion and Q & A**  
Donald L. Dulle, III, P.A.-C., John A. Freeman, D.O.,  
Bryan K. Ganter, M.D., and Sara F. Goetzinger, P.T., D.P.T., O.C.S.
- 12:08 p.m.                    **Closing Comments, Reflection and Evaluation**
- 12:10 p.m.                    **Adjourn**