

25th Annual Mayo Clinic Symposium on Sports Medicine

November 13-14, 2015
Program Schedule

| Friday, November 13, 2015 | |
|---------------------------|---|
| 7:00 AM | Registration and Continental Breakfast |
| 8:00 AM | Welcome and Introduction <i>Jacob Sellon, MD</i> |
| 8:05 AM | New Frontiers in Sports Concussion <i>Jonathan T. Finnoff, DO, FACSM</i> |
| 8:25 AM | Cutting Edge Concussion Assessment and Rehabilitation <i>Eric M. Crowley, ATC</i> |
| 8:45 AM | Questions & Discussion |
| 8:55 AM | Ulnar Sided Wrist Pain in the Athlete <i>Sanjeev Kakar, MD</i> |
| 9:15 AM | Ethical Issues in Sports Medicine <i>Nancy M. Cummings, MD</i> |
| 9:35 AM | Questions & Discussion |
| 9:45 AM | Refreshment Break |
| 10:15 AM | Prevention of Primary and Secondary ACL Injuries <i>Timothy E. Hewett, PhD</i> |
| 10:30 AM | ACL Reconstruction 2015: Tips to Optimize Outcome <i>Michael J. Stuart, MD</i> |
| 10:45 AM | Return to Play Preparation Following ACL Reconstruction: Implications for the Hockey Player <i>Joe J. Eischen, PT, SCS, ATC</i> |
| 11:00 AM | Questions & Discussion |
| 11:15 AM | Invited Guest Lecture: Mechanisms of Patellofemoral Joint Dysfunction: What Have We Learned Over the Last 20 Years? <i>Christopher M. Powers, PT, PhD</i> |
| 12:00 PM | Questions & Discussion |
| 12:10 PM | Announcements |
| 12:15 PM | Lunch |

| Hip Mini-Symposium | |
|---------------------------|---|
| 1:15 PM | Announcements & Introduction |
| 1:20 PM | Physical Exam of the Hip (live demo) <i>Aaron J. Krych, MD</i> |
| 1:40 PM | Essential Radiographic, MRI and CT Assessment of Femoroacetabular Impingement <i>Mark S. Collins, MD</i> |
| 2:00 PM | Questions & Discussion |
| 2:10 PM | Athletic FAI: From Surgery to Back on the Field <i>Aaron J. Krych, MD and Emily B. Beyer, PT, DPT, SCS</i> |
| 2:35 PM | Hip Arthroscopy in the Weekend Warrior <i>Bruce A. Levy, MD</i> |
| 2:45 PM | Mobilization Techniques Following Hip Arthroscopy <i>Joe J. Eischen, PT, SCS, ATC</i> |
| 3:00 PM | Questions & Discussion |
| 3:15 PM | Refreshment Break |
| 3:45 PM | Ultrasound Guided Procedures for Hip Tendinopathy <i>Jacob L. Sellon, MD</i> |
| 4:00 PM | Clinical Anatomy of the Hip (live demo) <i>Wojciech Pawlina, MD</i> |
| 4:15 PM | Ultrasound-Guided Hip Procedures (live demo) <i>Jay Smith, MD</i> |
| 4:45 PM | Hip Arthroscopy (live demo) <i>Aaron J. Krych, MD and Bruce A. Levy, MD</i> |
| 5:15 PM | Announcements |
| 5:20 PM | Adjourn |
| 6:00 PM | Dan Abraham Healthy Living Center (DAHLC) Tour Meet on 7 th Floor |
| 6:30 PM | Attendee Reception Dan Abraham Healthy Living Center, 7 th Floor |

| Saturday, November 14, 2015 | |
|------------------------------------|---|
| 7:30 AM | Breakfast |
| 8:00 AM | Announcements & Introduction |
| 8:05 AM | High Intensity Interval Training: Where Does H.I.I.T. Fit In Your Program? <i>Edward R. Laskowski, MD, FACSM</i> |
| 8:20 AM | Early Sports Specialization: What Parents Should Know <i>Karen L. Newcomer, MD, FACSM</i> |
| 8:35 AM | Questions & Discussion |
| 8:45 AM | The Lower Trapezius in Overhead Athletes: Implications for Rehabilitation and Performance <i>Aaron R. Hellem, PT, DPT</i> |
| 9:00 AM | Adaptations of the Muscle-Tendon Complex in Response to Mechanical Loading <i>Adam R. Maronde, MS, CSCS</i> |
| 9:15 AM | Recovery: Current Concepts in Performance Training and Rehabilitation (live demo) <i>Richard C. Larsen, PT, OCS, Charles R. Barta, ATC, Calin Butterfield, BS, CSCS, Gregg Farnam, ATC</i> |
| 9:35 AM | Questions & Discussion |
| 9:50 AM | Refreshment Break |
| 10:05 AM | Cycling Analysis and Bike Fitting for the Medical Professional <i>Corey M. Kunzer, PT, ATC</i> |
| 10:20 AM | <i>Running Considerations During and after Pregnancy</i> <i>Jeffrey D. Strauss, PT, DPT and Kaylan Q. Groen, ATR, ATC</i> |
| 10:35 AM | Performance Nutrition: Fueling the Endurance Athlete <i>Luke Corey, RD</i> |
| 10:50 AM | Questions & Discussion |
| 11:05 AM | Cardiovascular Collapse in Athletes <i>Kristina M. Colbenson, MD</i> |
| 11:20 AM | Keynote Lecture: Challenging Return to Play Decisions: Heat Stroke, Exertional Rhabdomyolysis and Sick Cell Trait <i>Fran O'Connor, MD</i> |
| 12:05 PM | Questions & Discussion |
| 12:30 PM | Closing Remarks and Adjourn |