

29th Annual Mayo Clinic Symposium on Sports Medicine

November 8-9, 2019 | Hilton Rochester Mayo Clinic Area | Program Schedule

Friday, November 8, 2019	
7:00 AM	<i>Registration – 3rd Floor Ballroom</i> <i>Continental Breakfast – 4th Floor Ballroom</i>
8:00 AM	Welcome and Introduction Jake Sellon, MD
8:10 AM	Hip Arthroscopy: The Right Patient for the Right Reasons Bruce Levy, MD
8:30 AM	Questions and Answer
8:35 AM	A Pain in the Butt: Evaluation and Treatment in Athletes Karen Newcomer, MD
8:55 AM	Questions and Answer
9:00 AM	Pelvic Floor Disorders in Athletes Niki Cookson, PT, DPT, WCS
9:20 AM	The Pregnant Athlete Ellie Jelsing, MD
9:40 AM	Questions and Panel Discussion
9:50 AM	<i>Refreshment Break – 3rd Floor Atrium</i>
10:10 AM	Sideline Assessment of Chest and Abdominal Trauma Kristi Colbenson, MD
10:30 AM	Sports Dermatology Cases David Soma, MD
10:50 AM	Questions and Panel Discussion
11:00 AM	INVITED GUEST LECTURE Top 3 Things Every Sports Medicine Clinician Should Know About Adaptive Athletes Jason DeLuigi, DO, MHA
11:45 AM	Questions and Panel Discussion
11:55 AM	<i>Announcements and Adjourn</i>
12:00 PM	<i>Lunch – 4th Floor Ballroom</i>

Foot / Ankle Mini-Symposium	
Friday, November 8, 2019	
1:00 PM	Announcements and Introduction Jake Sellon, MD
1:05 PM	Clinical Anatomy of the Foot / Ankle (Live Demo – Stabile 9) Dave Krause, PT, DSC
1:25 PM	Questions and Discussion
1:30 PM	Physical Exam of the Foot / Ankle (Live Demo – Hilton Lecture Hall) Dan Ryssman, M.D.
1:50 PM	Questions and Discussion
1:55 PM	KEYNOTE LECTURE Update on Sports Foot / Ankle Injuries in the Elite Athlete Bob Anderson, MD
2:40 PM	Questions and Discussion
2:50 PM	<i>Refreshment Break – 3rd Floor Atrium</i>
3:05 PM	Advanced Imaging of Ankle/Hind-foot Sports Injuries: Interactive Cases Mark Collins, MD
3:25 PM	Mechanical Loading for Plantar Fasciitis Paul Yerhot, DPT, PT, SCS
3:45 PM	Questions and Panel Discussion
3:55 PM	KEYNOTE LECTURE Taking Care of Elite Athletes: Stories from the Trenches Bob Anderson, MD
4:20 PM	Questions and Discussion
4:25 PM	<i>Refreshment Break – 3rd Floor Atrium</i>
4:35 PM	Ultrasound-Guided Foot / Ankle Procedures (Live Demo – Stabile 9) Jay Smith, MD
5:00 PM	Ankle Arthroscopy (Live Demo – Stabile 9) Dan Ryssman, MD
5:25 PM	<i>Announcements and Adjourn</i>
5:30 PM - 7:30 PM	Attendee Reception (Hilton Rochester Mayo Clinic Area – 4 th Floor Ballroom) <i>Pre-Registration is required. Guests are an additional \$50.</i>

Saturday, November 9, 2019	
7:30 AM	<i>Continental Breakfast – 3rd Floor Atrium</i>
8:00 AM	Announcements and Introduction Jake Sellon, MD
8:05 AM	Exercise is Medicine, But Are We Taking It? Ed Laskowski, MD, FACSM
8:25 AM	Questions and Panel Discussion
8:35 AM	Current Concepts in Tendinopathy Rehab Owen Runion, PT, DPT, SCS
8:55 AM	Shockwave Therapy – Sports Medicine Applications Megan Semon, PT, DPT, SCS
9:15 AM	Questions and Panel Discussion
9:25 AM	The Future of Cartilage Restoration Daniel Saris, MD, PhD
9:45 AM	Pain Management After Knee Surgery Mike J. Stuart, MD
10:05 AM	Questions and Panel Discussion
10:15 AM	<i>Refreshment Break – 3rd Floor Atrium</i>
10:30 AM	Emerging Roles for the Clinic Athletic Trainer in Sports Medicine Practice Kate Taber, MEd, LAT, ATC
10:50 AM	Running Shoe Types: Does It Matter for Injury Prevention? Kaylan Groen, LAT
11:10 AM	Questions and Panel Discussion
11:20 AM	KEYNOTE LECTURE Are You Doing Everything You Can to Reduce Injury Risk in Young Athletes? Neeru Jayanthi, MD
12:05 PM	Questions and Panel Discussion
12:15 PM	<i>Closing Remarks and Adjourn</i>

DAHLC Sports Performance Clinic <i>(Additional Fee Applies)</i>	
Saturday, November 9, 2019	
<i>1:00 PM</i>	<i>Registration and Check-In</i>
1:25 PM	Introduction and Announcements Karl Erickson, CSCS
1:30 PM	Case Study: A Volleyball Athlete Returning with an ACL-Deficient Knee Paul Yerhot, DPT, PT, SCS; and Leah Putzier, SPT
1:40 PM	Advanced Methods for Producing Powerful Athletes Cal Dietz, MS
2:25 PM	Triphasic Training for the Rehab Setting Joe Eischen, PT, SCS, AT, CSCS
2:55 PM	Questions and Panel Discussion
<i>3:05 PM</i>	<i>Refreshment Break</i>
3:15 PM	Power Development: When is the Rehabilitating Athlete Ready? Paul Yerhot, DPT, PT, SCS; Leah Putzier, SPT
3:35 PM	Rotational Power: What is it? How Do I Program It? Jenny Noiles, CSCS, XPS
4:05 PM	The Transfer of Power Development to the Sports Field Cal Dietz, MS
4:50 PM	Questions and Panel Discussion
<i>5:00 PM</i>	<i>Closing Remarks and Adjourn</i>