

26th Annual Mayo Clinic Symposium on Sports Medicine

November 11-12, 2016
Program Schedule

Friday, November 11, 2016	
7:00 AM	Registration and Continental Breakfast
8:00 AM	Welcome and Introduction <i>Jacob L. Sellon, M.D.</i>
8:05 AM	Key Points in Caring for Athletes with Disabilities <i>Cara C. Prideaux, M.D.</i>
8:20 AM	Disabled Hockey: Advancing the Sport for EveryBODY <i>Michael J. Stuart, M.D.</i>
8:35 AM	Questions & Discussion
8:45 AM	Diagnosis and Management of Acute Proximal Hamstring Tendon Injuries <ul style="list-style-type: none"> • History and Exam - <i>Aaron J. Krych, M.D.</i> • Imaging - <i>Mark S. Collins, M.D.</i> • Surgical Repair - Indications and Outcomes - <i>Aaron J. Krych, M.D.</i> • Non-operative & Post-operative Rehab - <i>Jeffrey D. Strauss, P.T., D.P.T.</i>
9:30 AM	Questions & Discussion
9:40 AM	Managing PCL Injuries <i>Bruce A. Levy, M.D.</i>
9:55 AM	Cutting ACL Injury Risk with Finely Sharpened Tools <i>Timothy Hewett, Ph.D.</i>
10:10 AM	Refreshment Break
10:30 AM	Concussion: Does it Cause Neurodegenerative Disease? <i>Rodolfo Savica, M.D., Ph.D.</i>
10:50 AM	Invited Guest Lecture Mental Health in Sport <i>Dr. Justin Anderson, Psy.D., L.P.</i>
11:10 AM	Questions & Discussion
11:25 AM	Keynote Lecture Challenges as a Team Physician <i>James R. Andrews, M.D.</i>
12:10 PM	Questions & Discussion
12:25 PM	Announcements
12:30 PM	Lunch

Hand/Wrist Mini-Symposium

1:30 PM	Announcements & Introduction <i>Jacob L. Sellon, M.D.</i>
1:35 PM	Clinical Anatomy of the Hand/Wrist (live demo – Stabile 9) <i>Wojciech Pawlina, M.D.</i>
1:55 PM	Physical Exam of the Hand/Wrist (live demo – Heritage Hall) <i>Sanj Kakar, M.D.</i>
2:15 PM	Essential Imaging of the Hand/Wrist <i>Kimberly K. Amrami, M.D.</i>
2:35 PM	Questions & Discussion
2:45 PM	Sports Hand/Wrist Cases: What Did I Do? <i>Sanj Kakar, M.D.</i>
3:15 PM	Sports Hand/Wrist Rehab Pearls <i>Sonja M. Kranz, O.T.R./L., C.H.T.</i>
3:35 PM	Questions & Discussion
3:45 PM	Refreshment Break
4:15 PM	Ultrasound-Guided Hand/Wrist Procedures (live demo – Stabile 9) <i>Jay Smith, M.D.</i>
4:40 PM	Wrist Arthroscopy (live demo – Stabile 9) <i>Brian T. Carlsen, M.D.</i>
5:05 PM	Announcements
5:10 PM	Adjourn
6:00 PM	Sports Medicine Center Tour (DAHLC 3rd Floor)
6:30 PM	Attendee Reception (DAHLC 7 th Floor)

Saturday, November 12, 2016	
7:30 AM	Breakfast
8:00 AM	Announcements & Introduction
8:05 AM	A Pain in the Neck: Sports Related Cervical Spine Conditions <i>Edward R. Laskowski, M.D., F.A.C.S.M.</i>
8:20 AM	Working with the Retired Golfer: Can an Old Dog Learn New Tricks? <i>Joe J. Eischen, P.T., S.C.S., A.T.C.</i>
8:40 AM	Questions & Discussion
8:50 AM	Managing Shoulder Posterior Labral Tears and Instability <i>Diane L. Dahm, M.D.</i>
9:10 AM	Treatment of the Swimmers' Shoulders <i>Corey M. Kunzer, P.T., D.P.T., S.C.S., A.T.C.</i>
9:25 AM	Questions & Discussion
9:35 AM	Refreshment Break
9:50 AM	Atypical Causes of Exertional Leg Pain <ul style="list-style-type: none"> • Neurogenic – <i>Jacob L. Sellon, M.D.</i> • Vascular – <i>Kevin P. Cohoon, M.D.</i>
10:30 AM	Questions & Discussion
10:40 AM	Using Accommodating Resistance to Enhance Injury Recovery <i>Jamia Erickson, M.Ed., C.S.C.S., R.S.C.C.*D.</i>
10:55 AM	Performance Nutrition: Foods for Recovery and Inflammation <i>Jill A. Merkel, M.S., R.D., L.D.</i>
11:10 AM	Questions & Discussion
11:20 AM	Invited Guest Lecture Dry Needling in Sports Medicine: Is There a Role in Your Practice? <i>Sue Falsone, P.T., M.S., S.C.S., A.T.C., C.S.C.S., C.O.M.T., R.Y.T.®</i>
12:05 PM	Questions & Discussion
12:15 PM	Closing Remarks and Adjourn

Sports Performance Clinic (Additional Fee Applies)

Saturday, November 12, 2016	
1:00 PM	Registration & Check-In
1:25 PM	Welcome & Introduction <i>Jamia Erickson, M.Ed., C.S.C.S., R.S.C.C.*D., U.S.A.W., C.E.S., F.M.S.-2</i> Mayo Clinic Sports Performance
1:30 PM	Return to Running: Bridging the Gap from Rehab to Performance <i>Sue Falsone, P.T., M.S., S.C.S., A.T.C., C.S.C.S., C.O.M.T., R.Y.T.®</i> Structure & Function
2:15 PM	Questions & Discussion
2:30 PM	Psychology of Coaching Topic <i>Nicole LaVoi, Ph.D.</i> University of Minnesota School of Kinesiology/The Tucker Center
3:00 PM	Plyometric Progression (Hands-On) <i>Karl Erickson, B.S., C.S.C.S., P.E.S., F.M.S.-2</i> & <i>Casey Clark, B.S., C.S.C.S., P.E.S., F.M.S.-2</i> Mayo Clinic Sports Performance & EXOS
3:30 PM	Long-Term Athletic Development <i>Larry Meadors, Ph.D., C.S.C.S.*D., R.S.C.C.*E., USAW-National Coach</i> Burnsville High School
4:15 PM	Questions & Discussion
4:30 PM	Nutrogenomics: What Do Your Genes Say About Your Nutrition? <i>Luke Corey, R.D., R.D.N., X.P.S.</i> EXOS
5:00 PM	Kettlebells for Performance and Clinical Practice (hands on) <i>Jenny Noiles, B.S., B.A.H., B.P.H.E., C.S.C.S., S.F.G.-1,</i> & <i>Shawn Vinz, B.S., C.S.C.S.</i> EXOS & Mayo Clinic Sports Performance
5:30 PM	Closing Remarks & Adjourn