

# 31<sup>st</sup> Annual Mayo Clinic Symposium on Sports Medicine

November 4-5, 2022 | Hilton Rochester Mayo Clinic Area

All times listed as Central Time

<b>Friday, November 4, 2022</b>	
7:00 AM	<i>Registration – 3<sup>rd</sup> Floor Continental Breakfast – 4<sup>th</sup> Floor Ballroom</i>
8:00 AM	<b>Welcome and Introduction</b>
8:10 AM	The First Minute- A Strategy to Approaching the Undifferentiated Collapsed Athlete <i>Kristina Colbenson, MD Neha Raukar, MD, MS</i>
8:55 AM	Questions and Discussion
9:00 AM	Nutrition Considerations for Injury Recovery <i>Luke Corey, RD</i>
9:20 AM	Evidence-Based Dietary Supplement Strategies for Athletic Performance <i>Andrew Jagim, PhD</i>
9:40 AM	Questions and Discussion
9:50 AM	<i>Refreshment Break – 4<sup>th</sup> Floor Ballroom</i>
10:05 AM	Don't Stress It-Cases from the Field to Recovery for Lower Extremity Stress Injuries <i>David Soma, MD Amy Cline, ATC Eric Crowley, ATC</i>
10:50 AM	Questions and Discussion
11:00 AM	KEYNOTE LECTURE: 40 years of Endurance Race Medicine <i>William O. Roberts, MD</i>
11:45 AM	Questions and Discussion
11:55 AM	<b>Announcements and Adjourn</b>
12:00 PM	<i>Lunch – 4<sup>th</sup> Floor Ballroom Poster Viewing Session</i>

Schedule subject to change

<h2>Hip Mini-Symposium</h2>	
<h3>Friday, November 4, 2022</h3>	
1:00 PM	<b>Announcements and Introduction</b>
1:05 PM	Clinical Anatomy of the Hip <i>Nirusha Lachman, PhD</i> <i>Mario Hevesi, MD</i>
1:25 PM	Questions and Discussion
1:35 PM	Physical Examination of the Hip <i>Kelechi Okoroha, MD</i>
1:55 PM	Questions and Discussion
2:05 PM	Gluteal Tendon Repair: Current Rehabilitation Principles <i>Adam Finck, DPT</i>
2:25 PM	Questions and Discussion
2:35 PM	<i>Refreshment Break – 4<sup>th</sup> Floor Ballroom</i> <i>Poster Viewing Session</i>
3:05 PM	Hip Cartilage Injuries: What's New in 2022? <i>Aaron Krych, MD</i>
3:25 PM	Cam Lesions: Why Are They So Important and How Do We Resect Them? <i>Bruce Levy, MD</i>
3:45 PM	Advanced Imaging of the Hip: What You Need to Know <i>Naveen Murthy, MD</i>
4:05 PM	Questions and Discussion
4:20 PM	<i>Refreshment Break – 4<sup>th</sup> Floor Ballroom</i> <i>Poster Viewing Session</i>
4:35 PM	Ultrasound Guided Hip Procedures <i>Jacob Sellon, MD</i>
5:00 PM	Endoscopic Gluteal Tendon Repair: Surgical Demonstration <i>Kelechi Okoroha, MD, and Mario Hevesi, MD</i>
5:25 PM	<b>Announcements and Adjourn</b>
5:30-6:15 PM	<b>Case and Research Poster Presentations</b>
5:30-7:30 PM	<b>Attendee Reception (Hilton Rochester Mayo Clinic Area – 4th Floor Ballroom)</b> Pre-Registration is required, Guests are an additional charge

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<b>Saturday, November 5, 2022</b>	
7:30 AM	<i>Continental Breakfast – 4<sup>th</sup> Floor Ballroom</i>
8:00 AM	<b>Announcements and Introduction</b>
8:05 AM	Patellofemoral Instability in Athletics
	Patellofemoral Instability: Diagnosis and Non-Operative Management <i>Shelby Johnson, MD</i>
	Imaging of Patellofemoral Instability <i>Adam Johnson, MD</i>
	Patellofemoral Instability: Progressive Rehabilitation and Return to Sport <i>Sarah Anderson, PT, DPT, CSCS</i>
	Surgical Options and Outcomes of Patellofemoral Instability <i>Daniel Saris, MD</i>
9:00 AM	Questions and Discussion
9:10 AM	<i>Shoulder Arthritis in the Active Individual</i>
	Non-operative Options for Glenohumeral Osteoarthritis in the Athlete <i>Brennan Boettcher, DO</i>
	Surgical Options for Glenohumeral Osteoarthritis in the Athlete <i>TBD</i>
	Return to Play after Total Shoulder Arthroplasty: One Golfer's Experience <i>Joe Eischen, PT, ATC, SCS</i>
10:05 AM	Questions and Discussion
10:15 AM	<i>Refreshment Break – 4<sup>th</sup> Floor Ballroom</i>
10:30 AM	Objective Concussion Diagnosis and the Effects of a Brain Health Supplement <i>Logan Breuer</i>
10:50 AM	Questions and Discussion
11:00 AM	<b>KEYNOTE LECTURE:</b> Sleep Like a Pro: Optimize Your Sleep to Enhance Performance <i>Cheri Mah, MD</i>
11:45 AM	Questions and Discussion
12:00 PM	<b>Closing Remarks and Adjourn</b>

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