

7th Annual Mayo Clinic Sports Medicine for the Clinician 2023
March 3-5, 2023
Waldorf Astoria Orlando

Friday, March 3, 2023	
7:00 a.m.	Registration / Continental Breakfast / Exhibit Hall
7:45	Introduction / Pre-Test
Moderator: George G.A. Pujalte, MD The “Medicine” in Sports Medicine: Taking Care of Athletes with Medical Conditions	
8:00	The Heart Goes On: Guiding Patients with Heart Conditions to Activity and Sports <i>Prajwal (Praj) Reddy, MD</i>
8:30	Fighting Cancer with Fitness: A Sports Medicine Approach to Help Patients with Cancer <i>Raul A. Rosario-Concepcion, MD</i>
9:00	It’s Back! Urgent and Emergent Care of Lumbar Spine Injuries and Conditions <i>Meredith A. Maguire, APRN, MSN</i>
9:30	Air of Superiority: Sports and Athletes with Lung Conditions <i>Margaret M. Johnson, MD</i>
10:00	Q&A Panel
10:15	Paper Poster Presentations/ Exhibit Hall / Break
10:30	Hitting the Sweet Spot: Guiding Patients with Diabetes to Exercise and Activity <i>Shon E. Meek, MD, PhD</i>
11:00	Kidney Problems in Endurance Athletes <i>Sara E. Filmlalter, MD</i>
11:30	Above the Weather: Getting Back to Sports and Exercise After Common Infectious Conditions <i>Lisa Brumble, MD</i>
Noon	All Gain Despite Pain: Exercise and Activity for Chronic Pain Patients <i>Mark Friedrich B. Hurdle, MD</i>
12:30 p.m.	Q&A Panel
12:45 p.m.	Paper Poster Presentations/ Exhibit Hall / Adjourn General Session
Workshops – Additional Fee	
1:15 – 2:15 p.m.	Common Musculoskeletal Injections: a Hands-On Workshop <i>Daniel P. Montero, MD</i>
2:15 – 3:15 p.m.	Game and Event Coverage Essentials: What to Bring and Do <i>Kristina F. DeMatas, DO and Jeffrey P. Nadwodny, DO</i>
3:15 – 5:15 p.m.	The History, Physical Examination, and Treatment of Concussed Athletes, Step-by-Step <i>Jennifer R. Maynard, MD and Tava R. Buck, PT, DPT</i>
4:15 - 5:15 p.m.	Running Workshop for Runners and Those Who Take Care of Them <i>Jessica N. Pelkowski, APRN, DNP and Irvin S. (Scott) Haak, PT, DPT</i>
5:15 p.m.	Adjourn Workshops

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Saturday, March 4, 2023	
7:00 a.m.	Continental Breakfast / Exhibit Hall / Paper Poster Session
7:55	Introduction
Moderator: Daniel P. Montero, MD Acute and Urgent Care in Sports Medicine	
8:00	First to Fix: the Management of Common Hand Fractures/Injuries Seen in Urgent Care Clinic <i>Keith T. Aziz, MD</i>
8:30	Only What's "Kneaded": the Acutely Painful and Swollen Knee <i>Kristina (Kristi) M. Colbenson, MD</i>
9:00	Shouldering On: Urgent Care of the Intensely Painful Shoulder <i>Kristina F. DeMatas, DO</i>
9:30	Sprained Chances: Sports, Exercise, Acute Ankle Sprains, and Foot Fractures <i>Edward T. Haupt, MD</i>
10:00	Q&A Panel
10:15	Paper Poster Presentations/ Exhibit Hall / Break
10:30	Pain in the Neck: Approach to Sudden, Debilitating Neck Pain <i>Leslie V. Simon, DO</i>
11:00	Supplementing in Sports: What's the Evidence? <i>Adam I. Perlman, MD</i>
11:30	Not the Face! Acute Facial Injuries in Sports Medicine <i>Jeffrey P. Nadwodny, DO</i>
Noon	Hocus POCUS: the Magic of Ultrasound for Acute Injuries <i>Michael P. Boniface, MD</i>
12:30 p.m.	Q&A Panel
12:45 p.m.	Paper Poster Presentations / Exhibit Hall / Adjourn General Session
Workshops – Additional Fee	
1:15 – 2:15 p.m.	The Very Basics of Using Ultrasound as an Adjunct in Clinic (Free Workshop) <i>Raul A. Rosario-Concepcion, MD and Wesley D. Troyer, DO</i>
2:15 – 3:15 p.m.	The Physical Exam of the Upper Extremity of Athletes and Active Individuals <i>Ryan C. McCoy, PT, DPT, OCS and Jeffrey D. Wight, PhD</i>
3:15 – 4:15 p.m.	How to do an Evidence-Based Physical Examination of the Lower Extremities <i>Sara E. Filmlalter, MD, Irvin S. (Scott) Haak, PT, DPT, and Amanda L. Williams, LAT, ATC</i>
4:15 - 5:15 p.m.	The Sports-Specific Neck and Lower Back Exam: Challenges and Considerations <i>Wesley D. Troyer, DO and Jeffrey P. Nadwodny, DO</i>
5:15 p.m.	Adjourn Workshops

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Sunday, March 5, 2023	
7:00 a.m.	Continental Breakfast / Exhibit Hall / Paper Poster Session
7:55	Introduction
Moderator: Wesley D. Troyer, DO, CAQSM Procedural Options for Moving Parts: Talking Points for Patients	
8:00	Leveraging the Presence of a Clinical Athletic Trainer <i>Amanda L. Williams, LAT, ATC</i>
8:30	Guidance Needed: Explaining Advanced Ultrasound-Guided Procedures in Basic Terms <i>Brennan J. Boettcher, DO</i>
9:00	Considerations on Rehabilitation After Ultrasound-Guided Therapy <i>Wesley D. Troyer, DO</i>
9:30	Parts Replacing Parts? How to Explain PRP and Stem Cell Procedures to Patients <i>Shane A. Shapiro, MD and Jennifer R. Arthurs, APRN</i>
10:00	Q&A Panel
10:15	Paper Poster Presentations/ Exhibit Hall / Break
10:30	Hip Pain in the Young Athlete <i>Luke S. Spencer Gardner, MD</i>
11:00	Knee Cartilage: Explaining Expectations in Basic Terms <i>Matthew M. Crowe, MD</i>
11:30	Tears for Fears: Frequently Asked Questions on Surgery of Rotator Cuff and Labral Tears <i>Bradley S. Schoch, MD</i>
12:00 pm	Q&A Panel and Post-Test
12:20	Adjourn General Session

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