

**6th Annual Mayo Clinic Sports
Medicine Summit: Care for the Athlete
Lower Extremity Update Including Hip,
Knee, and Foot/Ankle
January 19-20, 2023**

Thursday, January 19, 2023 *(Times noted are in Mountain Standard Time)*

12:35 p.m.	Webinar Log-in and Virtual Exhibits
1:20 p.m.	Welcome and Introductions Matthew B. Anastasi, M.D., C.A.Q.S.M. and Anikar Chhabra, M.D., M.S.
SESSION I	Primary Care Update
MODERATOR(S)	
1:30 p.m.	Sports Dermatology Collin M. Costello, M.D.
2:00 p.m.	Chest Pain in the Athlete Satyajit T. Reddy, M.D.
2:30 p.m.	What a Long, Strange Trip It's Been: 2023 COVID Update Maria Teresa (Teresa) A. Seville, M.D. and Robert Orenstein, D.O.
3:00 p.m.	Asthma in Athletes: Recognizing, Diagnosis, and Treatment Matthew Rank, M.D.
3:30 p.m.	Break and Virtual Exhibits
3:50 p.m.	COVID and Cardiac Implications Satyajit T. Reddy, M.D.
4:20 p.m.	The Psychological Aspect of ACL Rehabilitation Kaycee E. Glatke, PhD

Thursday, January 19, 2023 *(continued)*

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| 4:50 p.m. | Sideline Coverage 101
Matthew B. Anastasi, M.D., C.A.Q.S.M. |
| 5:20 p.m. | High Altitude Training: Myths versus Facts
Bruce D. Johnson, Ph.D. |
| 5:50 p.m. | Adjourn |

Friday, January 20, 2023

7:00 a.m. **Webinar Log-in and Virtual Exhibits**

7:30 a.m. **Opening Comments and Announcements**
Matthew B. Anastasi, M.D., C.A.Q.S.M. and
Anikar Chhabra, M.D., M.S.

SESSION II Knee Update

MODERATOR(S)

7:25 a.m. **Physical Exam of the Knee**
Callie M. Davies, M.D.

7:50 a.m. **Ultrasound of the Knee – Demonstration**
Bryan K. Ganter, M.D.

8:15 a.m. **Imaging Pearls of the Knee**
Jeremiah R. Long, M.D.

8:40 a.m. **ACL Update**
Kostas J. Economopoulos, M.D.

9:05 a.m. **ACL Rehab: Where are We in 2023**
Hillaree L. Leif, P.T., D.P.T., SCS

9:30 a.m. **Meniscus, Conservative Management versus Surgery**
Karan A. Patel, M.D.

9:55 a.m. **Articular Cartilage Update**
Meghan Richardson, M.D.

10:20 a.m. **Biologics Update**
Bryan K. Ganter, M.D.

10:45 a.m. **Break and Virtual Exhibits**

SESSION III Hip Update

MODERATOR(S)

11:05 a.m. **Physical Exam of the Hip**
Kalik Y. Skeete, P.T., D.P.T., OCS

11:30 a.m. **Ultrasound of the Hip – Demonstration**
Nirvikar (Nirvi) Dahiya, M.D.

Friday, January 20, 2023 *(continued)*

11:55 a.m.	Imaging Pearls of the Hip David Melville, M.D.
12:20 p.m.	Hip Impingement Recognition and Treatment Options Kostas J. Economopoulos, M.D.
12:45 p.m.	Sports Hernia Overview Vikram Deka, M.D.
1:10 p.m.	Evaluation and Treatment of Lateral Hip Pain Steven (Steve) K. Poon, M.D., C.A.Q.S.M.
1:35 p.m.	“Virtual” Lunch Break and Virtual Exhibits
SESSION IV	Foot/Ankle Update
MODERATOR(S)	
2:05 p.m.	Physical Exam of the Foot and Ankle Aaron C. Thomas, M.D.
2:30 p.m.	Ultrasound of the Foot and Ankle Arthur J. De Luigi, D.O.
2:55 p.m.	Imaging Pearls of the Foot and Ankle Jonathan A. Flug, M.D.
3:20 p.m.	Rehabbing the Acute Ankle Alyssa M. Nocella, P.T., D.P.T., SCS
3:45 p.m.	Running Evaluation Julie L. Pohlada, P.T., C.H.T., D.P.T.
4:10 p.m.	5th Metatarsal Pathology Pearls Karan A. Patel, M.D.
4:35 p.m.	Closing Comments, Evaluation and Adjourn Matthew B. Anastasi, M.D., C.A.Q.S.M. and Anikar Chhabra, M.D., M.S.