

**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 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 Luis R. Scott, M.D.
4:20 p.m.	The Psychological Aspect of ACL Rehabilitation Kaycee E. Glattke, PhD

Thursday, January 19, 2023 *(continued)*

- 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**

7:20 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.