

***7<sup>th</sup> Annual Mayo Clinic Sports Medicine  
Summit: Care for the Athlete  
Concussion/Sports Spine/Upper Extremity Update  
January 18-19, 2024***

**Thursday, January 18, 2024**

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7:00 a.m.                    **Registration, Continental Breakfast and Exhibits**

8:00 a.m.                    **Welcome and Introductions**  
Matthew B. Anastasi, M.D., C.A.Q.S.M. and  
Anikar Chhabra, M.D., M.S.

**SESSION I:                    Hand / Wrist Review**

**MODERATOR:**                Matthew B. Anastasi, M.D., C.A.Q.S.M.

8:10 a.m.                    **Physical Exam of the Hand / Wrist**  
TBD

8:40 a.m.                    **Common Office Hand / Wrist  
Injections**  
Callie Davies, M.D.

9:10 a.m.                    **Thumb UCL Update in Athletes**  
Kevin Renfree, M.D.

9:40 a.m.                    **Can't Miss Hand / Wrist Sideline Cases**  
Aaron Thomas, M.D.

10:10 a.m.                   **Refreshment Break and Exhibits**

**SESSION II:                   Hand / Wrist Review**

**MODERATOR:**                Anikar Chhabra, M.D., M.S.

10:30 a.m.                   **Live Ultrasound Demonstration Hand / Wrist**  
Bryan K. Ganter, M.D.

11:00 a.m.                   **Imaging Pearls for Hand / Wrist**  
David Melville, M.D.

**Thursday, January 18, 2024** *(continued)*

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- 11:30 a.m.            **Rehabbing Acute Hand / Wrist Injuries**  
Ashley Methipara, C.H.T., O.T.
- 12:00 p.m.            **Lunch and Exhibits**
- SESSION III:            Elbow Review**
- MODERATOR:**        Matthew B. Anastasi, M.D., C.A.Q.S.M.
- 12:50 p.m.            **Physical Exam of the Elbow**  
Steve K. Poon, M.D.
- 1:20 p.m.            **Chronic Tendinopathy: What's the Evidence?**  
Bryan Ganter, M.D.
- 1:50 p.m.            **The Adolescent Elbow**  
John Zajac, P.T., D.P.T.
- 2:20 p.m.            **The UCL Epidemic in Youth Sports**  
Dan McGurren, P.T., D.P.T., OCS
- 2:50 p.m.            **Refreshment Break and Exhibits**
- SESSION IV:            Elbow Review**
- MODERATOR:**        Anikar Chhabra, M.D., M.S.
- 3:10 p.m.            **Live Ultrasound Demonstration Elbow**  
Arthur J. (Jason) De Luigi, D.O., M.H.A.
- 3:40 p.m.            **Imaging Pearls for Elbow**  
Jonathan Flug, M.D.
- 4:10 p.m.            **Rehabbing Elbow Tendinopathies**  
Dan McGurren, P.T., D.P.T., OCS
- 4:40 p.m.            **Adjourn**

## **Friday, January 19, 2024**

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- 7:00 a.m.                    **Continental Breakfast and Exhibits**
- 8:00 a.m.                    **Opening Comments and Announcements**  
Matthew B. Anastasi, M.D., C.A.Q.S.M. and  
Anikar Chhabra, M.D., M.S.
- SESSION V:                    Elbow Review**
- MODERATOR:**             Matthew B. Anastasi, M.D., C.A.Q.S.M.
- 8:10 a.m.                    **Ulnar Collateral Ligament: Past, Present, Future**  
Christopher L. Camp, M.D.
- 8:40 a.m.                    **Biologics in the Elbow**  
Steve K. Poon, M.D.
- 9:10 a.m.                    **Osteochondral Defects in the Elbow**  
Jeff D. Hassebrock, M.D.
- 9:40 a.m.                    **On-Field Assessments of Acute Upper Extremity  
Injuries**  
Megan N. Leftwisch, P.T., D.P.T.
- 10:10 a.m.                   **Refreshment Break and Exhibits**
- SESSION VI:                    Shoulder Review**
- MODERATOR:**             Anikar Chhabra, M.D., M.S.
- 10:30 a.m.                   **The Swimmer's Shoulder**  
Keenan Robinson, A.T.C.
- 11:00 a.m.                   **Shoulder Instability in Athletes**  
Kostas J. Economopoulos, M.D.
- 11:30 a.m.                   **Rotator Cuff / Biceps / SLAP Tears**  
Karan A. Patel, M.D.
- 12:00 p.m.                   **Lunch and Exhibits**

## **Friday, January 19, 2024 (continued)**

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**SESSION VII:                   Shoulder Review**

**MODERATOR:**               Matthew B. Anastasi, M.D., C.A.Q.S.M.

12:50 p.m.                   **PT Approach to the Throwing Athlete**  
Max Esposito, P.T., D.P.T., A.T.C.

1:20 p.m.                   **Load Management in the Throwing Athlete**  
Andrew Pipkin, P.T., D.P.T., S.C.S.

1:50 p.m.                   **Adhesive Capsulitis Update**  
Meghan Richardson, M.D.

2:20 p.m.                   **OrthoBiologics and the Rotator Cuff**  
Shane Shapiro, M.D.

2:50 p.m.                   **Refreshment Break and Exhibits**

**SESSION VIII:               Shoulder Review**

**MODERATOR:**               Anikar Chhabra, M.D., M.S.

3:10 p.m.                   **Live Ultrasound Demonstration Shoulder**  
Callie M. Davies, M.D.

3:40 p.m.                   **Imaging Pearls Shoulder**  
Jeremiah R. Long, M.D.

4:10 p.m.                   **Shoulder Reductions 101**  
Aaron Thomas, M.D.

4:40 p.m.                   **Closing Comments, Evaluation and Adjourn**  
Matthew B. Anastasi, M.D., C.A.Q.S.M. and  
Anikar Chhabra M.D., M.S.