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

Thursday, January 18, 2024

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
Pete W. Strang, P.A.-C.

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

9:10 a.m.  Thumb UCL Update in Athletes
Presented by: Pete W. Strang, P.A.-C.
Content by: Kevin J. Renfree, M.D.

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

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)

11:30 a.m.  Hand Injuries of the Athlete
Ashley Methipara, C.H.T., O.T., O.T.D.

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., C.A.Q.S.M.

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.  Approach to the Distal Biceps in the Athlete
Jeff D. Hassebrook, M.D.

4:40 p.m.  Adjourn
Friday, January 19, 2024

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. Leftwich, P.T., D.P.T., A.T.C.

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
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., CAQSM

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.