

# 33<sup>rd</sup> Annual Mayo Clinic Symposium on Sports Medicine

November 15-16, 2024 | Hilton Rochester Mayo Clinic Area

All times listed as Central Time

Friday, November 15, 2024	
7:00 AM	Registration – 3 <sup>rd</sup> Floor Ballroom Continental Breakfast – 4 <sup>th</sup> Floor Ballroom
8:00 AM	Welcome and Introduction – 3 <sup>rd</sup> Floor Ballroom <i>Mario Hevesi, MD, PhD and Jacob Sellon, MD</i>
8:10 AM	Abdominal and Chest Trauma on the Sidelines <i>Kristi Colbenson, MD</i>
8:30 AM	Face and Neck Trauma on the Sidelines <i>Shauna Hoff, MS, LAT, ATC</i>
8:50 AM	Questions and Discussion
9:00 AM	Management of Kinesiophobia in the Athlete <i>John Loepfe, PT, DPT</i>
9:25 AM	Questions and Discussion
9:35 AM	Refreshment Break – 4 <sup>th</sup> Floor Ballroom
9:55 AM	The Pre-participation Sports Physical - What Do I Need to Know? <i>David Soma, MD</i>
10:15 AM	Questions and Discussion
10:25 AM	<b>Edward R. Laskowski, MD Keynote Lecture</b> Scapular Control: Implications for Health and High Performance <i>Eric Cressey, MA, CSCS</i>
11:20 AM	Questions and Discussion
11:35 AM	Announcements and Adjourn
11:40 AM	Lunch -- 4 <sup>th</sup> Floor Ballroom

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<b>Shoulder Mini-Symposium</b>	
<b>Friday, November 15, 2024</b>	
12:40 PM	Announcements and Introduction <i>Adam Tagliero, MD, and Jacob Sellon, MD</i>
12:45 PM	Clinical Anatomy of the Shoulder (live demonstration) <i>Nirusha Lachman, PhD and Mario Hevesi, MD, PhD</i>
1:05 PM	Questions and Discussion
1:10 PM	Physical Examination of the Shoulder (live demonstration) <i>Adam Tagliero, MD</i>
1:25 PM	Questions and Discussion
1:30 PM	Shoulder Injuries in the Overhead Athlete <i>Christopher Camp, MD</i> Return to Throwing Program <i>Chad Cherny, PT, DPT, SCS</i>
1:55 PM	Questions and Discussion
2:05 PM	Refreshment Break – 4 <sup>th</sup> Floor Ballroom Hands-on Shoulder Physical Examination - Ask the Experts <i>Christopher Camp, MD</i> <i>Adam Tagliero, MD</i> <i>Kelechi Okoroha, MD</i>
2:25 PM	Shoulder Instability Panel <i>Christopher Camp, MD (moderator)</i>  Shoulder Instability: Non-Op Management and Reduction Techniques <i>Kristi Colbenson, MD</i> Treatment of the In-Season Athlete following a Shoulder Instability Event <i>Andrew Johnson, PT, DPT, SCS-ABPTS</i> Management of Shoulder Instability without Bone Loss <i>Adam Tagliero, MD</i> Shoulder Instability with Bone Loss <i>Kelechi Okoroha, MD</i>
3:20 PM	Questions and Discussion
3:30 PM	Shoulder Imaging Review <i>Naveen Murthy, MD</i>
3:50 PM	Questions and Discussion
3:55 PM	<i>Refreshment Break</i>
4:15 PM	Ultrasound-guided Shoulder Procedures (live demonstration) <i>Jacob Sellon, MD</i>
4:45 PM	Arthroscopic Labral Repair (live demonstration) <i>Kelechi Okoroha, MD and Chrstopher Camp, MD</i>

5:30 PM	Announcements and Adjourn
5:30-7:30 PM	<b>Attendee Reception</b> - 4th Floor Ballroom Pre-Registration is required ~ Guests are an additional charge

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<b>Saturday, November 16, 2024</b>	
7:30 AM	Continental Breakfast – 4 <sup>th</sup> Floor Ballroom
8:00 AM	Announcements and Introduction – 3 <sup>rd</sup> Floor Ballroom <i>Mario Hevesi, MD, PhD and Jacob Sellon, MD</i>
8:05 AM	Dental Trauma on the Sidelines - What Do I Need to Know? <i>Chase Seubert, DDS</i>
8:25 AM	Questions and Discussion
8:30 AM	Shoe and Orthotic Considerations in Sport <i>Elizabeth Bondi, DPM, MS</i>
9:05 AM	Questions and Discussion
9:10 AM	Return to Sports after Hip Arthroplasty <i>Mario Hevesi, MD, PhD</i>
9:35 AM	Questions and Discussion
9:40 AM	Care of the Martial Arts Athlete <i>George Pujalte, MD</i>
10:00 AM	Questions and Discussion
10:10 AM	Refreshment Break – 4 <sup>th</sup> Floor Ballroom
10:30 AM	Staying Afoot: Advances in Diagnosis and Treatment of Ankle Ligamentous Injuries in Athletes <i>Joshua Romero, MD</i>
10:50 AM	Questions and Discussion
11:00 AM	<b>Keynote Lecture</b> More than Sport: Broaching Mental Health Conversations with Youth Athletes <i>Angel Brutus, PsyD, LPCC, ACS, BC-TMH, CPCS, CMPC</i>
11:45 AM	Questions and Discussion
12:00 PM	Closing Remarks and Adjourn

Schedule subject to change

# Mayo Clinic Hands-On Rehabilitation and Performance Clinic

<b>Saturday, November 16, 2024</b>	
12:30 PM	Registration & Check-In – Dan Abraham Healthy Living Center, 3 <sup>rd</sup> Floor Turf
12:55 PM	Welcome and Introduction <i>A.J. Johnson, PT, DPT, SCS</i>
1:00 PM	Static and Dynamic Scapular Assessment <i>Eric Cressey, MS, CSCS and Ian Connors</i>
1:50 PM	A Roadmap for Plyometrics: Assessing, Monitoring, and Programming for Performance <i>Andrea Hayden, MS, NSCA-RSCC</i> <i>Minnesota Lynx Sports Performance Coach</i>
2:40 PM	Questions and Discussion
2:50 PM	Refreshment Break
3:00 PM	Lower Body Plyometrics - What Goes Up, Must Come Down <i>Timothy Ostby, PT, DPT, SCS, CSCS</i>
4:00 PM	Strength and Advanced Skill Progressions for the Fitness Athlete <i>Vanessa Anderson, PT, DPT</i>
4:40 PM	Questions and Discussion
5:00 PM	Closing remarks