

Sports Medicine for the Clinician 2025

March 7-9, 2025

Hilton Orlando Buena Vista Palace

Lake Buena Vista, Florida

All Times are in Eastern Time Zone

Friday, March 7, 2025	
7:00 a.m.	Registration / Continental Breakfast / Exhibit Hall
7:45	Introduction / Pre-Test
Moderator: Ryan McCoy, PT, DPT, OCS Step-by-Step to High-Level Participation: Sports Medicine Clinic, to “Under the Knife,” and Rehabbing Back	
8:00	Mechanics of Mechanical Signs and Symptoms: Diagnosis and Non-Operative Options of Meniscal Tears <i>Steven Hung, MD</i>
8:20	Repairing the Cushion: Surgical Solutions for Meniscal Injuries <i>Matthew Crowe, MD</i>
8:40	Returning to High-Level Sports: Rehabilitation for Athletes Post-Meniscal Surgery <i>Irvin (Scott) Haak, PT, DPT, MTC, CSCS</i>
9:00	Case Discussion <i>Ryan McCoy, PT, DPT, OCS</i>
9:15	Turning to the Future: Emerging Non-Surgical Injection Treatments for Meniscal Injuries <i>Shane Shapiro, MD</i>
9:45	Q&A Panel
10:00	Paper Poster Presentations / Exhibit Hall / Break
10:30	Popping Out and In: Identifying and Treating Athletes with a Pathologically Unstable Shoulder <i>Kristina DeMatas, DO</i>
10:50	Strengthening Stabilizers: Rehabilitation Details for an Unstable Shoulder <i>Tava Buck, PT, DPT, OCS</i>
11:10	Tying up Loose Ends: Guiding the Decision to Refer for Surgery to Treat Shoulder Instability <i>Matthew Crowe, MD</i>
11:30	Advantage-Disadvantage: Hypermobility, Ehlers Danlos Syndrome, and Sports <i>Dacre Knight, MD</i>
11:50	Q&A Panel
12:00 p.m.	Lunch / Paper Poster Presentations / Exhibit Hall / Adjourn General Session
Workshops – Additional Fee	
1:00 – 2:00 p.m.	Fundamentals of Using Ultrasound in the Clinic (Free Workshop) MEYER 1 <i>Raul Rosario-Concepcion, MD, Wesley Troyer, DO, Shanterian King, DO and Jeffrey Nadwodny, DO</i>
2:00 – 3:00 p.m.	Shockwave Therapy Basics MEYER 2 <i>Jennifer Arthurs, APRN, Caelan Williams, ATC, and Casandra Stoll, ATC</i>
3:00 – 5:00 p.m.	Evaluation of Post-Concussion Syndrome in Athletes MEYER 1 <i>Jennifer Maynard, MD and Tava Buck, PT, DPT</i>
4:00 - 5:00 p.m.	Introduction to Musculoskeletal Injections Workshop MEYER 2 <i>Daniel Montero, MD, Steven Hung, MD, and George Pujalte, MD</i>
5:00 - 6:00 p.m.	Introduction to Musculoskeletal Injections Workshop (ADDITIONAL OFFERING) MEYER 2 <i>Daniel Montero, MD, Steven Hung, MD, and George Pujalte, MD</i>
6:00 p.m.	Adjourn Workshops

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Saturday, March 8, 2025	
7:00 a.m.	Continental Breakfast / Exhibit Hall / Paper Poster Session
7:50	Introduction
Moderator: Jeff Nadwodny, DO More than Musculoskeletal: the “Medicine” in Sports Medicine	
8:00	The Intricate Balance: Relative Energy Deficiency in Sports (RED-S) <i>Jennifer Maynard, MD</i>
8:20	Mind Games: Optimizing Mental Health for Sports Performance <i>Barry Narapareddy, MD</i>
8:40	When the Heart Can’t Take It: Sports Cardiology Applications and Frontiers <i>Elizabeth Dineen, DO</i>
9:00	The Heat is On: Heat Illness, Rhabdomyolysis, and Other Florida Concerns <i>Sara Filmalter, MD</i>
9:20	Case Discussion <i>Jeff Nadwodny, DO</i>
9:45	Q&A Panel
10:00	Paper Poster Presentations/ Exhibit Hall / Break
10:30	Catching the ZZZs: The Impact of Sleep on Sports Performance <i>Emir Festic, MD, MS</i>
10:50	Leveling the Field: Knowing What Medications and Supplements May Get Your Athlete in Trouble <i>Matthew Anastasi, MD</i>
11:10	Scratching the Surface: When Skin Conditions Affect Sports Participation and Performance <i>Jason Sluzevich, MD</i>
11:30	Head Games: Headache Diagnosis and Management in Sports <i>Olga Fermo, MD</i>
11:50	Q&A Panel
12:00 p.m.	Lunch / Paper Poster Presentations / Exhibit Hall / Adjourn General Session
Workshops – Additional Fee	
1:00 – 2:00 p.m.	The Upper Extremity Exam in a Busy Clinic <i>Thomas Berger, CHT, DPT and Keith Aziz, MD</i> MEYER 1
1:00 – 2:00 p.m.	Sports Medicine Coverage Preparedness <i>Sara Filmalter, MD and Casandra Stoll</i> MEYER 2
2:00 – 3:00 p.m.	How to Apply Splints and Casts for Various Musculoskeletal Injuries <i>James Braxton, CHT, OT and Steven Hung, MD</i> PINDO
3:00 – 4:00 p.m.	Physical Examination of the Lower Extremities <i>Irvin S. (Scott) Haak, PT, DPT and Vincent Zummo, PA-C</i> MEYER 1
4:00 - 5:00 p.m.	Basic Suturing Workshop <i>John Kiel, DO – USF Morsani College of Medicine and George Pujalte, MD</i> MEYER 2
5:00 p.m.	Adjourn Workshops

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Sunday, March 9, 2025	
7:00 a.m.	Continental Breakfast / Exhibit Hall / Paper Poster Session
7:50	Introduction
	Moderator: Vincent Zummo, PA-C Reaching the Frontier: Newer Concepts Entering Practice
8:00	The Highs and Lows: Evidence-Based Medical Cannabis Use in Pain and Injury <i>Mark Friedrich Hurdle, MD</i>
8:20	Collars, Guardian Helmets, and Chemicals: Updates on Concussion Prevention and Detection <i>Jeff Kutcher, MD – Kutcher Clinic</i>
8:40	Case Discussion <i>Vincent Zummo, PA-C</i>
9:00	Through and Through: Newer Percutaneous and Minimally Invasive Treatments in Sports Medicine <i>Raul Rosario-Concepcion, MD</i>
9:20	Frontiers in Pain Management: Interventions with Promise <i>Mark Friedrich Hurdle, MD</i>
9:40	Case Discussion <i>Vincent Zummo, PA-C</i>
10:00	Q&A Panel
10:30	Paper Poster Presentations / Exhibit Hall / Break
10:45	Measuring the Elusive: Sleep, Wearables, and Apps <i>Emir Festic, MD, MS</i>
11:05	Orthobiologics in the Future: Sports Medicine Applications <i>Joshua Romero, MD</i>
11:25	Turning the Tide: Newer Psychiatric Interventions to Address Mental Health in Sports and Athletics <i>Barry Narapareddy, MD</i>
11:45	Case Discussion <i>Vincent Zummo, PA-C</i>
12:00	Q&A Panel and Post-Test
12:30 p.m.	Adjourn General Session