

34th Annual Mayo Clinic Symposium on Sports Medicine

November 7-8, 2025 | Mayo Clinic – Siebens Building

All times listed as Central Time

Friday, November 7, 2025	
7:00 AM	Registration and Breakfast – 2 nd Floor, Leighton Auditorium
8:00 AM	Welcome and Introduction – Leighton Auditorium <i>Brennan Boettcher, DO, Mario Hevesi, MD, PhD and Shelby Johnson, MD, Andrew Johnson, DPT</i>
8:10 AM	More Than Epicondylitis: Rehab and Return to Golf for Refractory Multifactorial Elbow Pain <i>Joe Eischen, PT, SCS, LAT, ATC, CSCS</i>
8:30	<i>Questions and Discussion</i>
8:35 AM	Posterior Cruciate Ligament Injuries: An Overview and Discussion of Management <i>Adam Tagliero, MD</i> Posterior Cruciate Ligament Injury: An Overview and Discussion of Management <i>Stephanie Lopez, PT, DPT, MS, ATC, LAT</i>
9:05 AM	Questions and Discussion
9:10 AM	Sports Dermatology: Cases from the Training Room <i>David Soma, MD</i>
9:30 AM	Questions and Discussion
9:35 AM	Refreshment Break and Exhibitors
9:55 AM	Anaphylaxis and Respiratory Distress on the Sidelines <i>Kristi Colbenson, MD</i>
10:15 AM	Questions and Discussion
10:25 AM	<i>Ed Laskowski Keynote Address</i> A Lifestyle Medicine & Integrative Health Approach to Musculoskeletal Pain <i>Saloni Sharma, MD, LAc</i>
11:20 AM	Questions and Discussion
11:35 AM	Announcements
11:40 AM	Lunch and Exhibitors

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Wrist and Hand Mini-Symposium	
Friday, November 7, 2025	
12:40 PM	Announcements and Introduction - Leighton Auditorium <i>Brennan Boettcher, DO and Mario Hevesi, MD, PhD</i> <i>Sanj Kakar, MD</i>
12:45 PM	Clinical Anatomy of the Hand and Wrist (Live Demonstration) <i>Nirusha Lachman, PhD & Antonio Rivera-Perez, MD</i> <i>Nicholas Pulos, MD</i>
1:05 PM	Physical Examination of the Hand and Wrist <i>Sanj Kakar, MD and Lauren Tagliero, MD</i>
1:30 PM	Common Hand and Wrist Conditions in The Pediatric Population <i>Nick Pulos, MD</i>
1:55 PM	Questions and Discussion
2:05 PM	Taping, Bracing and Rehab Strategies for the in-season athlete <i>Blake B. Spindler, M.S., L.A.T., A.T.C.</i>
2:25 PM	Questions and Discussion
2:30 PM	Hands on Taping strategies for the in-season athlete <i>Blake B. Spindler, M.S., L.A.T., A.T.C.</i>
2:45 PM	Refreshment Break and Exhibitors
3:00 PM	Cases from the training room- Top Conditions You Should Know About <i>Sanj Kakar, MD</i>
3:25 PM	Questions and Discussion
3:35 PM	Hand Care for the Clinician- Protecting Your Own Tools <i>Stephanie Kannas, C.H.T., O.T., O.T.D.</i>
4:00 PM	Questions and Discussion
4:10 PM	Wrist Arthroscopy & It's Utility (Live Demonstration) <i>Sanj Kakar, MD and Lauren Tagliero, MD</i>
5:00 PM	Ultrasound-guided Hand and Wrist Procedures (Live demonstration) <i>Jacob Sellon, MD</i>
5:30 PM	Announcements and Adjourn
5:30-7:30 PM	Attendee Reception Pre-Registration is required ~ Guests are an additional charge

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Saturday, November 8, 2025	
7:30 AM	Continental Breakfast and Exhibitors – Leighton Auditorium
8:00 AM	Announcements and Introduction – Leighton Auditorium <i>Brennan Boettcher, DO, Shelby Johnson, MD</i>
8:05 AM	Balancing Load in Overuse Injuries in Endurance Athletes <i>John Loepfe, PT, DPT</i>
8:35 AM	Questions and Discussion
8:40 AM	Breaking Barriers: The Expanding Role of Shockwave Treatment in Sports Medicine <i>Josh Romero, MD</i>
9:05 AM	Questions and Discussion
9:10 AM	Chronic Lateral Ankle Instability: Assessment, Prevention and Surgical Considerations <i>Kyle Duchman, MD</i> Chronic Lateral Ankle Instability: Rehabilitation Considerations, Promoting Proprioception <i>Andrew Johnson, PT, DPT, SCS</i>
9:50 AM	Questions and Discussion
10:05 AM	Refreshment Break and Exhibitors
10:25 AM	The Human Optimization Project: How to Achieve More While Simultaneously Improving Well-Being. <i>Christopher Camp, MD</i>
10:50 AM	Questions and Discussion
11:00 AM	Neuroplastic Optimization of ACL Rehabilitation & Return to Sport <i>Dustin Grooms PhD ATC CSCS</i>
11:45 AM	Questions and Discussion
12:00 PM	Closing Remarks and Adjourn

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