

8<sup>th</sup> Annual Mayo Clinic Sports Medicine Summit: Care for the Athlete

February 27 – March 1, 2026

Arizona State University Health Futures Center

Phoenix, Arizona

*All Times are in Mountain Time Zone*

**Friday, February 27, 2026**

7:00 a.m.	Registration / Continental Breakfast / Exhibit Hall
7:45	Introduction / Pre-Test
<i>Destination Sports Medicine: Game On the Go for Traveling Athletes and Active Individuals</i>	
<b>Moderator: George Pujalte, MD</b>	
8:00	<i>Passport to Performance: Essential Travel Medicine Tips for the Traveling Athlete</i> <b>Roshawn Brown, MD</b>
8:20	<i>Travel Fit: Easy Exercise Hacks for Patients on the Go</i> <b>Daniel Montero, MD</b>
8:40	<i>Healing in Motion: Timelines and Tips for Tendon Recovery After Procedures</i> <b>Wesley Troyer, DO</b>
9:00	<i>Game Plan Ready: Prepping for Sports Coverage in Any Arena</i> <b>Kristina DeMatas, DO</b>
9:20	<i>From Deep Dives to High Climbs: Key Health Tips for Extreme Adventures</i> <b>Sara Filmalter, MD</b>
9:40	Q&A Panel
10:00	Paper Poster Presentations / Exhibit Hall / Break
10:30	<i>Destination Dreamland: Sleep and Recovery for Globe-Trotting Athletes</i> <b>Emir Festic, MD</b>
10:50	<i>Data Overload: Baseball Technology, Metrics, and Biomechanics in 2025</i> <b>Charles Leddon, PhD – Arizona State University Professor</b>
11:10	<i>Surgery to Summit: Navigating Adventure Sports After Shoulder and Knee Procedures</i> <b>Matthew Crowe, MD</b>
11:30	<i>Step Ahead: Guiding Athletes Through Foot and Ankle Surgery for Travel and Sport</i> <b>Glenn Shi, MD</b>
11:50	Q&A Panel
12:00 pm	Lunch / Paper Poster Presentations / Exhibit Hall / Adjourn General Session

**Workshops – Additional Fee**

1:00 – 2:00 pm	<i>Ultrasound Unplugged: Mastering the Basics for Everyday Clinic Use (Free Workshop)</i> <b>Wesley Troyer, DO, Shanterian King, DO, and Jeffrey Nadwodny, DO</b>
2:00 – 3:00 pm	<i>Exam Like a Pro: Decoding the Thrower's Shoulder</i> <b>Ryan McCoy, PT, DPT, OCS, Jennifer Maynard, MD, Roshawn Brown, MD</b>
3:00 – 4:00 pm	<i>Leg Day for Docs: A Hands-On Workshop for Lower Extremity Exam</i> <b>Irvin (Scott) Haak, PT, DPT, Jennifer Maynard, MD, Caelan Williams, LAT</b>
4:00 - 5:00 pm	<i>Fast Hands: Mastering the Upper Extremity Exam in a Busy Clinic</i> <b>Roshawn Brown, MD, Jennifer Maynard, MD, Casandra Stoll, LAT</b>
5:00 pm	Adjourn Mayo Clinic Florida Day

Program Schedule is subject to change without notice

8<sup>th</sup> Annual Mayo Clinic Sports Medicine Summit: Care for the Athlete

February 27 – March 1, 2026

Arizona State University Health Futures Center

Phoenix, Arizona

*All Times are in Mountain Time Zone*

**Saturday, February 28, 2026**

7:00 am	Registration / Continental Breakfast / Exhibit Hall  <i>All Things ACL</i> <b>Moderator: Anikar Chhabra, MD, MBA</b>
8:00	<i>Review of ACL Screening and Prevention Programs</i> <b>Kalik Skeete, PT, DPT, OCS</b>
8:20	<i>ACL is Gone... Surgery Tomorrow? Discussion of Timing, Graft Selection, and Managing Expectations</i> <b>Kostas Economopoulos, MD</b>
8:40	<i>Tricks of the trade, tips for ACL Graft preparation in the OR</i> <b>Don Dulle, PA-C</b>
9:00	<i>ACL Reconstruction Rehabilitation Testing and Return to Sport in the High-Performance Athlete</i> <b>Alyssa Nocella, PT, DPT, SCS-ABPTS</b>
9:20	<i>Glory Days are Gone...Athletic Activities S/P Knee Replacement (Partial/Total)</i> <b>Zachary Christopher, MD</b>
9:40	Q&A Panel
10:00	Paper Poster Presentations / Exhibit Hall / Break  <i>Upper Extremity Update</i> <b>Moderator: Bryan Ganter, MD</b>
10:30	<i>Live Shoulder Ultrasound Demonstration</i> <b>Lester Duplechan, MD</b>
10:50	<i>All things Upper Extremity Tendonopathy: Treatment options for acute/chronic Tendonopathies</i> <b>Steve Poon, MD</b>
11:10	<i>Latest and Greatest in Rotator Cuff Arthroscopy</i> <b>Jeff Hassebrock, MD</b>
11:30	<i>Upper Extremity Numbness/Tingling: Diagnosis and Treatment Options</i> <b>Min Yoo, MD</b>
11:50	Q&A Panel
12:00 pm	Lunch / Paper Poster Presentations / Exhibit Hall / Adjourn General Session
<b>Workshops – Additional Fee</b>	
1:00 – 2:00 pm	<i>Office Based Biologics 101</i> <b>Chris Ha, DO</b>
2:00 – 3:00 pm	<i>ACL Reconstruction Rehabilitation: Late-Stage Progression for Running Readiness</i> <b>Julie Pohlad, PT, CHT, DPT and Megan Leftwich, PT, DPT</b>
3:00 – 4:00 pm	<i>Clinic Based Ultrasound Workshop</i> <b>Aaron Thomas, MD</b>
4:00 - 5:00 pm	<i>Overview of Comprehensive Return to Throwing Program in the Overhead Athlete</i> <b>John Zajac, PT, DPT and Terrance Sgori, PT, DPT, SCS, MTC</b>
5:00 pm	Adjourn Mayo Clinic Arizona Day

Program Schedule is subject to change without notice

8<sup>th</sup> Annual Mayo Clinic Sports Medicine Summit: Care for the Athlete

February 27 – March 1, 2026

Arizona State University Health Futures Center

Phoenix, Arizona

*All Times are in Mountain Time Zone*

<b>Sunday, March 1, 2026</b>	
7:00 am	Registration / Continental Breakfast / Exhibit Hall
<i>Sports Medicine Potpourri</i> <b>Moderator: Matthew Anastasi, MD</b>	
8:00	<i>Palpitations and Chest Pain in the Athlete: Sports Cardiology Overview</i> <b>Satya Reddy, MD</b>
8:20	<i>The Athlete with Shortness of Breath: Asthma and Allergy Considerations</i> <b>Matthew Rank, MD</b>
8:40	<i>Acute Hamstring Management with the In-Season Athlete</i> <b>Cody Petrie, MD</b>
9:00	<i>Regenerative Medicine Unpacked: Guiding Patients on Treatments, Expectations, and Travel Choice</i> <b>Shane Shapiro, MD</b>
9:15	<i>It's All Between the Ears – Mental Skills Approach in the Athlete</i> <b>Marc Strickland, PsyD – Sports Psychology ASU</b>
9:45	Q&A Panel
10:00	Paper Poster Presentations / Exhibit Hall / Break
	<i>Lower Extremity Update</i> <b>Moderator: Anikar Chhabra, MD, MBA</b>
10:30	<i>Shockwave 101: History, Indications, and Updates</i> <b>Julie Pohlad, PT, CHT, DPT</b>
10:50	<i>Can't Miss Foot/Ankle Pearls: Case Based Approach</i> <b>Karan Patel, MD</b>
11:10	<i>Management of the Acute/Chronic Lower Extremity Tendonopathy</i> <b>Callie Davies, MD</b>
11:30	<i>Ankle Rehab in the Athlete: Screening and General Guidelines</i> <b>Brooks Tennyson, PT, DPT</b>
11:50	Q&A Panel
12:20	Post Test
12:30 pm	Paper Poster Presentations / Exhibit Hall / Adjourn General Session
	Adjourn Mayo Clinic

Program Schedule is subject to change without notice