

# Sports Medicine 2024

Live Streaming • May 1 – 3, 2024

## Schedule

All times listed below are Eastern Daylight Time.

### Wednesday, May 1, 2024

9:00am to 9:10am	<b>Welcome and Introduction</b> <i>Joanne Borg-Stein, MD</i>
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### Shoulder

Moderators: Ashwin Babu, MD and Augustus Mazzocca, MD

9:10am to 9:30am	<b>Shoulder Fractures: What Everyone Should Know</b> <i>Evan O'Donnell, MD</i>
9:30am to 9:50am	<b>Partial RTC Tears: When to Operate?</b> <i>Elizabeth Matzkin, MD</i>
9:50am to 10:10am	<b>X-ray and MRI of Shoulder Fractures</b> <i>Jad Husseini, MD</i>
10:10am to 10:30am	<b>Rehab and Return to Play: SC, AC, and Clavicle Fractures</b> <i>James Whalen, MEd, ATC</i>
10:30am to 10:50am	<b>Audience Q &amp; A, Expert Panel Discussion</b> <i>Shoulder Session Faculty</i>
10:50am to 11:05am	<b>Break</b>
11:05am to 11:25am	<b>Atypical Causes of Shoulder Pain in the Athlete</b> <i>David J. Cormier, DO</i>
11:25am to 11:45am	<b>Ultrasound of STAM</b>

*Troy Henning, DO*

11:45am to 12:05pm **Physical Therapy for STAM**

*Jamie Prezler, DPT, PT*

12:05pm to 12:25pm **Audience Q & A, Expert Panel Discussion**

*Shoulder Session Faculty*

12:25pm to 1:30pm **Break**

## Elbow / Wrist / Hand

Moderator: Steven Makovitch, DO

1:30pm to 1:50pm **Posterolateral Elbow Pain in the Athlete**

*Josh Dines, MD*

1:50pm to 2:10pm **Nerve Entrapments in the Athlete's Elbow**

*Christine Eng, MD*

2:10pm to 2:30pm **Utility of EMG in Upper Extremity Neuropathy in Athletes**

*Kathy Chuang, MD*

2:30pm to 2:50pm **Imaging of the Elbow**

*Rene Balza Romero, MD*

2:50pm to 3:10pm **Audience Q & A, Expert Panel Discussion**

*Elbow / Wrist / Hand Session Faculty*

3:10pm to 3:30pm **Common Forearm and Hand Fractures in Athletes**

*Brandon Earp, MD*

3:30pm to 3:50pm **Traumatic and Overuse Injuries of the Thumb**

*Philip Blazar, MD*

3:50pm to 4:10pm **Cutting-Edge Ultrasound-Guided Procedures**

*Jacob Sellon, MD*

4:10pm to 4:30pm **Audience Q & A, Expert Panel Discussion**

*Elbow / Wrist / Hand Session Faculty*

4:30pm to 4:45pm **Break**

## Head / Neck

Moderator: Deirdre Rodericks, MD

4:45pm to 5:05pm **Facial/Ocular Trauma in the Athlete**

*Gianmichel Corrado, MD*

5:05pm to 5:25pm **Common Dental Injuries**

*Edwin J. Riley IV, DMD*

5:25pm to 5:45pm **Concussion: Update on Amsterdam Consensus Meeting**

*M. Alexis Iaccarino, MD*

5:45pm to 6:05pm **Audience Q & A, Expert Panel Discussion**

*Head / Neck Session Faculty*

## Thursday, May 2, 2024

## Foot / Ankle

Moderator: Lauren Elson, MD

9:00am to 9:20am **Foot and Ankle Fractures in Youth Athletes**

*Abiye Ibiebele, MD*

9:20am to 9:40am **Assessing Ankle Instability**

*Greg Waryasz, MD*

9:40am to 10:00am **Talar OCD**

*George Theodore, MD*

10:00am to 10:20am **Foot and Ankle Rehab Pearls**

*David Nolan, PT, DPT, MS, OCS, SCS, CSCS*

10:20am to 10:40am **Ultrasound Application in Ankle Disorders**

*George Ross Malik, MD*

10:40am to 11:00am **Audience Q&A, Expert Panel Discussion**

*Foot/Ankle Session Faculty*

11:00am to 11:15am **Break**

## Knee / Thigh

Moderators: Cale Jacobs, PhD and Miho Tanaka, MD, PhD

11:15am to 11:35am **Proximal Hamstring Tendinopathy**

*Kelly McInnis, DO*

11:35am to 11:55am **MRI Hamstring Injury**

*William Palmer, MD*

11:55am to 12:15pm **Hamstring Rehabilitation and Prevention**

*Brian Heiderscheit, PT, PhD*

12:15pm to 12:35pm **Audience Q&A, Expert Panel Discussion**

*Knee / Thigh Session Faculty*

12:35pm to 1:35pm **Break**

1:35pm to 1:55pm **Meniscal Transplant: Indications and Return to Sport**

*Eric Berkson, MD*

1:55pm to 2:15pm **Update on Cartilage Restoration for Knee Lesions**

*Christian Latterman, MD*

2:15pm to 2:35pm **Knee Orthobiologics: Current State of Evidence**

*Joanne Borg-Stein, MD*

2:35pm to 2:55pm **Audience Q&A, Expert Panel Discussion**

*Knee / Thigh Session Faculty*

## Hip / Pelvis

Moderators: Haylee Borgstrom, MD and Jessica Aidlen, MD

2:55pm to 3:15pm **Hip Rotator Cuff Evaluation**

*Dana Kotler, MD*

3:15pm to 3:35pm	<b>Hip Rotator Cuff Tears: When to Operate</b> <i>Scott Martin, MD</i>
3:35pm to 3:55pm	<b>MRI: Approach to the Lateral Hip</b> <i>Joe Simeone, MD</i>
3:55pm to 4:10pm	<b>PRP for Gluteal Tendinopathy</b> <i>Jane Fitzpatrick, PhD</i>
4:10pm to 4:30pm	<b>Audience Q&amp;A, Expert Panel Discussion</b> <i>Hip / Pelvis Session Faculty</i>
4:30pm to 4:50pm	<b>Break</b>
4:50pm to 5:10pm	<b>Pelvic Bone Stress Injuries</b> <i>Emily Kraus, MD</i>
5:10pm to 5:30pm	<b>Lumbar Disc and Radiculopathy: Are Injections Evidence Based?</b> <i>Matt Kelly, MD</i>
5:30pm to 5:50pm	<b>Core and Gluteal Strengthening</b> <i>Lenore Herget, DPT</i>
5:50pm to 6:10pm	<b>Audience Q &amp; A, Expert Panel Discussion</b> <i>Hip / Pelvis Session Faculty</i>

## Friday, May 3, 2024

Moderator: Dayna Yorks, DO

### Sport and Population-Specific Considerations

9:00am to 9:20am	<b>Softball Medicine</b> <i>Stephanie DeLuca, MD</i>
9:20am to 9:40am	<b>Track and Field</b> <i>Karsten Hollander, MD, PhD</i>
9:40am to 10:00am	<b>Swimming Medicine</b> <i>Marwa Ahmed, MD, MS</i>

10:00am to 10:20am	<b>Racquet Sports: Pickleball, Tennis and More!</b> <i>Eugene Roh, MD</i>
10:20am to 10:40am	<b>Winter Sport Injuries</b> <i>Sarah Eby, MD, PhD</i>
10:40am to 11:00am	<b>Audience Q &amp; A, Expert Panel Discussion</b> <i>Sport and Population-Specific Session Faculty</i>
11:00am to 11:15am	<b>Break</b>

## Sports and Society

Moderator: Julie Silver, MD

11:15am to 11:35am	<b>Update on Health Equity in Sports Medicine</b> <i>Cheri Blauwet, MD</i>
11:35am to 11:55am	<b>Social Determinants of Health: Lessons from Football Player Health Study</b> <i>Alicia Whittington, PhD</i>
11:55am to 12:15pm	<b>Listening for the Athletes' Voice</b> <i>Katrina Coogan</i>
12:15pm to 12:35pm	<b>Audience Q &amp; A, Expert Panel Discussion</b> <i>Sports and Society Session Faculty</i>
12:35pm to 1:30pm	<b>Break</b>

## Endurance Athletes

Moderator: Mary Dubon, MD

1:30pm to 1:50pm	<b>Bone Stress Injuries</b> <i>Adam Tenforde, MD</i>
1:50pm to 2:10pm	<b>Practical Approach to Nutrition and Low Energy Availability in Athletes</b> <i>Michelle Barrack, RD</i>

2:10pm to 2:30pm	<b>Load Management in Treatment and Prevention of Overuse Injuries</b> <i>Richard Willy, PT, PhD</i>
2:30pm to 2:50pm	<b>Audience Q &amp; A, Expert Panel Discussion</b> <i>Endurance Athletes Session Faculty</i>

## Athlete Health

Moderator: David Robinson, MD

2:50pm to 3:10pm	<b>Sports Cardiology</b> <i>Meagan Wasfy, MD</i>
3:10pm to 3:30pm	<b>Sports Psychology: Sex Differences</b> <i>Kendra Becker, PhD</i>
3:30pm to 3:50pm	<b>Sleep Medicine</b> <i>Suzanne Bertisch, MD, MPH</i>
3:50pm to 4:10pm	<b>Audience Q &amp; A, Expert Panel Discussion</b> <i>Athlete Health Session Faculty</i>
4:10pm to 4:30pm	<b>Break</b>

## Value-Based Care in Sports Medicine

Moderator: Jon JP Warner, MD

4:30pm to 4:50pm	<b>Financial Inequities in Sports Medicine Delivery</b> <i>Lauren Porras, MD</i>
4:50pm to 5:10pm	<b>Defining Value-Based Care</b> <i>Shane Shapiro, MD</i>
5:10pm to 5:30pm	<b>Telehealth: Defining Value and Best Practices</b> <i>Danielle Sarno, MD</i>
5:30pm to 5:50pm	<b>Audience Q &amp; A, Expert Panel Discussion</b> <i>Value-Based Care Session Faculty</i>

5:50pm to 6:00pm

**Course Wrap-Up**

*Course Directors*