

UNIVERSITY OF IOWA SPORTS MEDICINE SYMPOSIUM

41st ANNUAL PROGRAM AGENDA

December 11-12, 2025

TIME		FACULTY
7:15 AM	Registration and Continental Breakfast	
7:55	Opening Remarks	Brian Wolf
8:00	Session 1: Pediatric Injuries of the Lower Extremity	Andy Peterson
	Knee OCD: "Is there a "Right Way" to Manage Them Non-operatively?"	Ashlee Enzinger
	Knee OCD: When to Indicate Surgery and What Are Your Options in the O.R.?	Michael Rocca
	Femoro-acetabular Impingement of the Hip – Where Are We in 2025?	Jeff Nepple
	Treatment of Sever's Disease	Jason Willer
	Non-operative Management of Patellar Dislocation	Terese Whipple
	Rehabilitation after Patellar Dislocation	Corey Dieser
	"Idiopathic Toe walking – to treat or not to treat, that is the question"	Shannon Miers
	Return to Sports Testing for Young Athletes: They are Definitely Not Little Adults!	Tyler Johnston
	Rehabilitation after Meniscal Repair	Cherilyn Sgrignoli
	Questions	
10:05	BREAK	

TIME		FACULTY
10:30	Session 2: The Shoulder: Everyone's Favorite Ball and Socket Joint	Paul Pursley
	Return to Sport After Shoulder Arthroplasty	Brendan Patterson
	Pyrocarbon Hemiarthroplasty for the Young Active Patient	Brendan Patterson
	Can You Rehab Shoulder OA?	Brian Leggin
	MOON Shoulder Instability Cohort- What Have We Learned So Far?	Brian Wolf
	Lower Trapezius Tendon Transfer for Irreparable Rotator Cuff Tears	Joe Galvin
	"What's in the Protocol?": Rehabilitation after Rotator Cuff Repair	Mike Shaffer
	Pearls of Rotator Cuff Rehabilitation	Brian Leggin
	Questions	
12 :15	LUNCH	

THURSDAY AFTERNOON

TIME		FACULTY
1:00 PM	Session 3: Clinical Research in 2025. A Tough Job Got Tougher	Mederic Hall
	Regulatory Considerations for Orthobiologics	Ken Mautner
	Changes in Federal Funding of Research	Don Anderson
	MRI Markers of Cartilage Health: The effects of Biomechanics and Physical Activity	Liz Wellsandt
	Cell Based Therapies for Knee Osteoarthritis	Ken Mautner
	How to Initiate and Coordinate Multi-center Studies	Jeff Nepple
	Experiences in Completing a Pragmatic Clinical Trial: Rural Health Insights	Barbara Van Gorp
	Insights into Patient Reported Outcome Measures (PROM's)	Brian Leggin
	Questions	
3:00	BREAK	

TIME		FACULTY
3:15	Session 4: Treat the Patient, Not the MRI	Tim Thomsen
	Achilles ruptures	Tim Thomsen
	Stress Fractures	Lisa Woodroffe
	Meniscal root tears	Matt Bollier
	Meniscal Tear	Barry McDonough
	Shoulder instability	Michelle Connell
	UCL injuries	Andy Peterson
	Skier's Thumb	Atef Kotob
	Cases/ Questions	
5:00	Adjourn	Brian Wolf

FRIDAY MORNING

TIME		FACULTY
7:15 AM	Registration and Continental Breakfast	
7:55	Opening Remarks	Mike Shaffer
	Session 5: Microinstability	Ryan Kruse
	Wait. What? Stuff That Makes Mike Go “Hmm”	Mike Shaffer
	Microinstability of the Hip- Need for Early Operative Intervention	Jeff Nepple
	Microinstability of the Hip – How I think About Capsular Closure and Post-op Protection	Robbie Westermann
	Don't Forget the Bony component	Michael Willey
	Rehabilitation of the Spectrum of Hip Mobility	Amanda Paulson
	What Factors Lead to OA after Acute Injury	Don Anderson
	Can Cellular Treatments Delay the Inevitable Joint Aging in Adult Athletes?	Ken Mautner
	Rehabilitation after ACLR to Prevent OA	Liz Wellsandt
	Questions	
10:00	Break	

TIME		FACULTY
10:15	Session 6: Pediatric Injuries Upper Extremities	Matt Doyle
	Pitch Counts: Do they work?	Michelle Connell
	Is the 10% Rule a Pitch Count for Runners?	Tyler Slayman
	Little League Shoulder and What to Look For in a Throwers Eval	Jeff Fleming
	Humeral Stress Injury/ OCD of the Elbow: How I Manage Them	Brian Wolf
	Pars Fractures: Not in the Upper Extremity, But Still A Conundrum	Catherine Olinger
	The ATC- The First Point of Contact	Johnnie James
	Social Determinants of Health – What the Research Shows and How It Impacts My Athletes	Rhianna Freiburger
	Questions	
12:15	Adjourn- Final Remarks	Matt Doyle

Accreditation



In support of improving patient care, the University of Iowa Roy J. and Lucille A. Carver College of Medicine is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.