

## 42<sup>nd</sup> Annual University of Iowa Sports Medicine Symposium

Hyatt Regency Coralville Hotel & Conference Center

December 10-11, 2026

### AGENDA

Thursday, December 10, 2026

| START | SESSION A                                                                                              | FACULTY                       |
|-------|--------------------------------------------------------------------------------------------------------|-------------------------------|
| 7:55  | Opening Remarks                                                                                        | Brian Wolf, MD, MS            |
| 8:00  | <b>The Hip</b>                                                                                         | Tyler Johnston, PT, DPT, SCS  |
|       | Extraction of the dislocated hip patient from the field                                                | Johnnie James, MS ATC LAT     |
|       | The evidence for hip arthroscopy                                                                       | Robbie Westermann, MD         |
|       | UI Post Op Hip Rehab                                                                                   | Amanda Paulson, PT, OCS       |
|       | My approach to rehab of the post op hip                                                                | Ashley Campbell, PT, DPT, SCS |
|       | Anterior hip tightness- are we chasing our tails? The comparison to post op sx of the knee or shoulder | Tyler Johnston, PT, DPT, SCS  |
|       | The research on psych factors                                                                          | Nick Bender, MS, LAT, ATC     |
|       | What I do differently now than when I started my career                                                | Ashley Campbell, PT, DPT, SCS |
|       | YAH: The UI Experience....so far                                                                       | Mike Willey, MD               |
|       | What are the next big questions for care of the YAH?                                                   | Jess Goetz, PhD               |
|       | Questions?                                                                                             |                               |
| 10:10 | <b>BREAK</b>                                                                                           |                               |

| START | SESSION B                                                 | FACULTY                                          |
|-------|-----------------------------------------------------------|--------------------------------------------------|
| 10:30 | <b>Leg Pain with Running</b>                              | Tyler Slayman, MD                                |
|       | Running Sucks: Sorting Normal Aches from Pathologic Pains | Tyler Slayman, MD                                |
|       | Compartment pressure testing – practical                  | Billy Saul, Devin Spiess, Sara Smith, Emily Link |
|       | Surgical Management of Runner's Leg Pains                 | Michael Rocca, MD                                |
|       | Imaging Workup of Bone stress injury                      | Tim Thomsen, MD                                  |
|       | Management of bony stress injury                          | Lisa Woodroffe, MD                               |
|       | Managing Bone Health Across the Lifespan                  | Lori Fitton, PhD, APRN, CNP, CCD                 |
|       | Loading for Optimal Bone Health                           | Barb Van Gorp, PT, DPT, OCS, CSCS                |
|       | Questions                                                 |                                                  |
| 12:10 | <b>LUNCH</b>                                              |                                                  |

| <b>START</b> | <b>SESSION C</b>                          | <b>FACULTY</b>                    |
|--------------|-------------------------------------------|-----------------------------------|
| 1:00         | <b>Advances in Tendinopathy</b>           | Britt Marcussen, MD               |
|              | Pt Education as Treatment                 | Ruth Chimenti, DPT                |
|              | Is There a Quick Fix? Bracing and Taping. | Jennifer Rogers, PhD              |
|              | Progressive Tendon Loading                | Barb Van Gorp, PT, DPT, OCS, CSCS |
|              | Shockwave. The Evidence                   | Tyler Slayman , MD                |
|              | Surgical Debridement                      | Matt Bollier, MD                  |
|              | Minimally Invasive Procedures (USGT)      | Mederic Hall, MD                  |
|              | Cases                                     |                                   |
| 2:25         | <b>BREAK</b>                              |                                   |

| <b>START</b> | <b>SESSION D</b>                                                                                               | <b>FACULTY</b>                 |
|--------------|----------------------------------------------------------------------------------------------------------------|--------------------------------|
| 2:40         | <b>2026: The Sports Landscape</b>                                                                              | Mederic Hall, MD               |
|              | Tracking Injury, Improving Health and Safety: Insights from the NCAA Injury Surveillance Program               | Deena Casiero, MD              |
|              | The Portal is Open: Medical Management of the Transferring Student Athlete                                     | Andrew Peterson, MD            |
|              | Mental Health in NCAA basketball study                                                                         | Med Student                    |
|              | Mental Health in College Athletics: Current Research and Future Directions                                     | Deena Casiero, MD              |
|              | Working 9-5: The Evolution of the AT Career Path                                                               | Megan Lundstrom, EdD, LAT, ATC |
|              | Resources and Strategies for a Sustainable Athletic Training Workforce                                         | Deena Casiero, MD              |
|              | Running Your Own Business; Providing Athletic Training Services to the Community; Outreach Models and Staffing | Michael Donahue                |
|              | Is This REALLY What I Signed Up For?                                                                           | Lisa Celluci                   |
|              | Questions/ Discussion                                                                                          |                                |
| 5:20         | <b>ADJOURN</b>                                                                                                 |                                |

## AGENDA

Friday, December 11, 2026

| START | SESSION E                                                                   | FACULTY                                         |
|-------|-----------------------------------------------------------------------------|-------------------------------------------------|
| 7:55  | Opening Remarks                                                             | Mike Shaffer, PT, MS, ATC, OCS                  |
|       | <b>Shoulder Instability</b>                                                 | Matt Bollier, MD                                |
|       | Sideline Reduction of Acute Dislocation                                     | Kammy Powell, MS                                |
|       | Traumatic Disloc – Demographics, Reduction                                  | Atef Kotob, MD<br>Terese Whipple, MD            |
|       | The 5 Ws of Recurrent Instability                                           | Michelle Connell, DPT ATC                       |
|       | In season vs. Post season management of shoulder instability in the athlete | Volker Musahl, MD                               |
|       | When soft tissue repair isn't enough/ Beware the laterjet                   | Joe Galvin, DO                                  |
|       | My algorithm for the MDI patient                                            | Brian Wolf, MD, MS                              |
|       | Don't sully the sully. Evidence for use of braces                           | Jesse Donnenwerth, PhD, ATC<br>Kammy Powell, MS |
|       | Biome of the shoulder – Instability vs. RC                                  | Joe Galvin, DO                                  |
|       | Questions                                                                   |                                                 |
|       | I've seen it all, musings from a PT, ATC, Patient, Small Business owner     | Jim Hoegh                                       |
| 10:10 | <b>BREAK</b>                                                                |                                                 |

| START | SESSION F                                                                             | FACULTY             |
|-------|---------------------------------------------------------------------------------------|---------------------|
| 10:25 | <b>The ACL.</b>                                                                       | Barry McDonough, MD |
|       | Mirror, Mirror... Have ACL Outcomes Improved? (Future possibilities. Outside the box) | Barry McDonough, MD |
|       | ACLR. Surgery demonstration                                                           | Brian Wolf, MD, MS  |
|       | My Approach to ACLR Revision                                                          | Volker Musahl, MD   |
|       | Updates from MOON/ MARS Registries (10 year data)                                     | Brian Wolf, MD, MS  |
|       | ACL+ MR. How Does Surgery on One Affect the Other?                                    | Michael Rocca, MD   |
|       | Questions                                                                             |                     |
|       | An Athlete's Perspective                                                              | TBD                 |
| 12:20 | <b>ADJOURN</b>                                                                        |                     |

## 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.