

**37th ANNUAL University of Iowa SPORTS MEDICINE  
SYMPOSIUM  
PROGRAM AGENDA**

December 10, 2021

TIME	EVENT	FACULTY
8:00am	<b>Symposium Opening Remarks &amp; Announcements</b>	Brian Wolf, MD, MS
8:05am 60 min	<b>Session 1: Off to a running start.....</b>	Matt Doyle, MS, LAT, ATC
	Anatomy of the modern running shoe	Tyler Slayman, MD
	Running Shoes - injury prevention	Jason Willer, PT
	Stress fractures – approach in the elite runner	Tim Thomsen, MD
	Return to Running	Amanda Paulson, PT, OCS
	Q/A: Panel Approach to the injured runner – (cases)	Tim Thomsen, MD

TIME	EVENT	FACULTY
9:05am 60 min	<b>Session 2: 21-year-old college softball catcher with 2-year history of leg pain</b>	John Albright, MD
	Leg pain in the athlete: It's usually straight forward... but keep the complex in mind	Tyler Slayman, MD
	Evaluation of Chronic Exertional Compartment Syndrome	Ryan Kruse, MD
	US Evaluation of other causes of leg pain – UI Sports Medicine	Mederic Hall, MD
	Evaluation and treatment of vascular compromise in the athlete – Vascular Surgery perspective	Rachael Nicholson, MD
	Case Example wrap up: What I learned - how the diagnostic algorithm should change	John Albright, MD
	Q/A: Panel	John Albright, MD

TIME	EVENT	FACULTY
10:10am 90 min	<b>Session 3: Anterior Cruciate Ligament Injuries Part 1</b>	Kyle Duchman, MD
	Prevention of Primary ACL Injury. My take.	Holly Silvers, MPT, PhD
	ACL On- field examination. A call for adoption of the low-profile pivot shift.	John Albright, MD
	The Art of ACL reconstruction: choosing a graft and putting it in the correct place during surgery	Asheesh Bedi, MD
	New Kid on the Block: Quad Tendon ACL.	Robert Westermann, MD
	Brace or No Brace? – What’s the latest?	Jeff Rossow, MD
	ACL cutting edge – enhancing ACLR recovery in 2021 (rHGH, BFR, NMES, biologics)	Asheesh Bedi, MD
	Panel: ACL Rehab (Asheesh Bedi, MD; Holly Silvers, MPT, PhD; Brian Wolf, MD; Paul Pursley, MPT, PT, SCS, CSCS)	Mike Shaffer, PT, ATC, OCS
<b>30 min</b>	<b>Lunch Break 11:45 – 12:15</b>	

TIME	EVENT	FACULTY
12:15pm 95 min	<b>Session 4: Anterior Cruciate Ligament Injuries Part 2</b>	Robert Westermann, MD
	Meniscus repair during ACL surgery – pearls to success	Matt Bollier, MD, FAOA
	Extra-articular augmentation of ACLR – Why, when, how?	Kyle Duchman, MD
	Return to sport testing? What’s included? What’s missing? Our results	Jeff Fleming, DPT, OCS, ATC, CSCS
	ACL Outcomes – What’s the data show us?	Brian Wolf, MD, MS
	Sex hormones, birth control and ACL injury risk?	Vanessa Curtis, MD
	Preventing 2 <sup>nd</sup> ACL Injury My Take	Holly Silvers, MPT, PhD
	I blew my knee out in basketball – what does my life look like down the road?	Asheesh Bedi, MD
	Panel Discussion: Would you clear this athlete?	Jeff Fleming, DPT, OCS, ATC, CSCS

TIME	EVENT	FACULTY
1:55pm 70 min	<b>Session 5: (Medical) Team Culture</b>	Brian Wolf, MD, MS
	The expansion of the Medical Team: (ortho, sports med, mental health, AT, nutrition, etc.)	Terry Noonan, MS, LAT, ATC
	Taking care of the High School versus College versus Pro Athlete	Asheesh Bedi, MD
	2003 vs 2021: What's changed in being a team doc	Brian Wolf, MD, MS
	Taking care of Olympic Athletes	Britt Marcussen, MD
	It's a female thing. (Special considerations for the female athlete)	Lisa Woodroffe, MD
	You had WHAT for dinner? (RED- S, non-judgmental nutritional counseling)	Becca Mallon, MS, RDN, LD
	Panel: The Sports Medicine Team Dynamics	Brian Wolf, MD, MS

TIME	EVENT	FACULTY
3:10pm 80 min	<b>Session 6: The future of athletic training. The times, they are a changing.</b>	Tony Pennuto, MS, LAT, ATC
	Brief introduction of the session and the plethora of changes (the context- we will be talking about changes in entry level education and post entry specialization) – Broad (brief pre-professional and post professional)	Tony Pennuto, MS, LAT, ATC
	The New Educational Pathway for Athletic Trainers: The Challenges of the Master Level Program	Megan Lundstrom, EdD, LAT, ATC
	What's the future of Athletic training? How will recent changes affect the profession in the future? (Professionalism)	Brad Floy, PhD, ATC, CSCS, CES
	Athletic Trainer as Athletic Trainer in Physician Practice (trends across the US)	Forrest Pecha, MS, LAT, ATC, OTC, CSCS
	Athletic Trainer's Impact on Physician Quality of Life	Allison Barloon, MS, LAT, ATC
	Post-graduate athletic training specialization (residency programs)	Forrest Pecha, MS, ATC, LAT, OTC, CSCS
	Panel Discussion: All speakers	Tony Pennuto, MS, LAT, ATC
	Symposium Wrap-up	Mike Shaffer, PT, ATC, OCS