

2022 Big Sky Athletic Training Sports Medicine Conference

Workshop Presentation: Sunday, January 30th 2:00-3:30 pm, Special Demonstration of Computerization of Foot Orthotics. During Sunday Pre-Registration in Atrium of the Yellowstone Conference Center, by Noland Dubord and Chandra Sotscovy of Podiatech

2:30 pm Registration Opens

3:25 pm Opening remarks: Jeffrey S Monroe, Executive Director, Michigan State University Emeritus

3:30 pm “Mechanical Analysis and Corrections of Foot Disorders” Nolan Dubord, Podiatech Corporation

3:55 pm “Analyzing and Applying Claims, EMR Healthcare Data to Sports Medicine Topics”

Randall Dick PhD, IBM Analyst. Randy Dick is a Fellow and former Board of Trustees member of the American College of Sports Medicine. He worked for twenty years with the NCAA managing its sports medicine and injury prevention programs, including the development and application of two generations of the NCAA Injury Surveillance System. He serves on the US Lacrosse Sports Science Committee and has authored more than 40 peer-reviewed publications and multiple book chapters on a variety of sports medicine issues.

4:20 pm “PRP for Chronic Tendinopathy” John Wilson MD, University of Wisconsin- Madison.

Dr. Wilson, MD, specializes in primary care sports Medicine. Dr. Wilson is board certified in family medicine completed his sports medicine fellowship and clinical research fellowship at the University of Wisconsin-Madison. He is a team physician for the University of Wisconsin Athletic Department. In this role, he provides medical coverage for the Badger men’s football and men’s and women’s swimming and diving teams. His special interests include treatment of sports related injuries, tendonitis, and arthritis in active individuals.

4:45 pm “Diabetes in Athletics” Ian McKeag MD, Team Physician, University of Alabama

Birmingham. Dr. McKeag is an Assistant Professor at UAB and functions as the Program Director for the UAB Sports & Exercise Medicine Fellowship. He also serves as team physician for UAB Athletics, Birmingham Legion FC, Birmingham Bulls Hockey, and the USA Wheelchair Rugby Team.

Dr. McKeag underwent medical school at Michigan State University and completed both his family medicine residency and sports medicine fellowship at Cone Health in Greensboro, NC.

5:10 pm “Stress Fractures – Pathophysiology and Classification” Chris Kaeding MD,

The Ohio State University I believe that people should have their care personalized to fit their needs and situation. Dr. Kaeding specializes in Orthopaedic sports medicine surgery for active people.

He is the Director of the Sports Medicine Program at The Ohio State University Wexner Medical Center and is a leading expert on anterior cruciate ligament (ACL) injury treatment, prevention, and outcomes. His research program has resulted in numerous research publications that have helped shape the care of ACL injuries across the country. He attended Northwestern University School of Medicine.

5:35 pm “Bone Stress Injuries: Clinical Assessment and Management for the Injured Athlete” Megan Peach DPT, Bozeman, Montana. Megan Peach is a board certified orthopaedic physical therapist in Bozeman, MT. She earned her DPT degree from Duke University and completed a manual therapy residency at Kaiser Permanente in Northern California. Megan specializes in treating runners as well as orthopaedic conditions of the knee, foot, and ankle. Currently, Megan is pursuing a PhD in Biomechanics at Montana State University with a primary focus on running

mechanics and teaches continuing education courses for Rehabilitation of the Injured Runner for the Institute of Clinical Excellence.

6:00 pm NFL Playoff Welcome Reception, Hosted by DJO Orthopedics, Jefferson Room, Families and Friends Invited

Monday, January 31st, AM Session

7:00 am Opening remarks: Jeffrey S Monroe, Executive Director

7:05 am “National Foundation for Governors’ Fitness Councils... Community Fitness Programs” Kelly McKeag BS, MBA, Director National Foundation for Governors’ Fitness Councils (NFGFC.) Kelly McKeag completed her BA at the University of Colorado and her MBA at the University of Oregon. In 2003, Kelly joined forces with fitness guru Jake Steinfeld and ACSM to help create an NGO that battled childhood obesity by gifting fitness centers to low-income schools across the country. The NFGFC was born with the mission “to give schools the tools they need to succeed.” Through public-private partnerships, the NFGFC has built a multimillion-dollar campaign that has reached 42 states to date.

7:25 am “Wearable Compression Electrode Technology – Application and Benefits with High Frequency Peripheral Nerve Stimulation ” Brad Siff CEO, BioWave. Brad Siff is the Founder and President of BioWave and a member of the Board of Directors. He is a skilled business leader and has provided the guiding vision and strategic direction for the company for 21 years. Brad manages R&D, product development, clinical studies, quality, regulatory, contract manufacturing and corporate finance. His original concept for BioWave’s signal technology came from an inspiration he had while working as the Chief Operating Officer at a prior medical device company. Brad also worked for 7 years as Senior Vice President of Mergers & Acquisitions for Daiwa Securities with a focus on the Medical Device Industry. Brad received undergraduate and Master’s degrees from Cornell Engineering and an MBA from Cornell’s Johnson Graduate School of Management. In his spare time, Brad is a fitness junkie and has been known to rip tremendous topspin on a tennis or paddle ball. He is an artist, photographer, and fond of traveling, skiing, food and wine.

7:45 am “Evidence-Based Approach for Rehab, Performance and Recovery” John Bruno ATC. John C. Bruno, AT is a certified athletic trainer. He is Clinical Director for Sports Medicine and Rehabilitation for Multi Radiance Medical. He also lectures and in-services rehab professionals on the science and clinical application of super pulsed laser technology to rehab professionals in professional and college sports and the military. John’s professional experience includes working as an athletic trainer at the college, professional and clinic levels. He worked with the New Jersey Nets, NY Cosmos, NY Giants, Fitness Institute, and Ramapo College. In 1982, he was named to the sports medicine staff for the NBA all-star game.

8:05 am “Engaging Brain and Body” Barry French MS, CEO Trazer Corporation

8:25 am “Lipoaspirate in Sports Practice” – Claude T. Moorman III MD, Atrium Health Musculoskeletal Institute, Charlotte, NC. Dr. Moorman is board certified in orthopaedic surgery and sports medicine. He specializes in complex shoulder instability and multiple ligament knee injuries. At Atrium Health, Dr. Moorman has been an international leader in orthopaedic surgery and sports medicine. He has been the president or a member of the Board of Directors of the American Orthopaedic Society for Sports Medicine, the Magellan Society, the Southern Orthopaedic Association, the Piedmont Orthopaedic Society, the Atlantic Coast Conference Team Physician Society, the Duke Medical Alumni Association, and the Sports Medicine Advisory Committee for the North Carolina High School Athletic Association. Dr. Moorman serves on the Editorial Board for five scientific journals.

8:45 am Exhibit Hall Break

9:15 am “Pulse Oximeters, their Value in the Athletic Setting” Randy Cohen PT AT, University of Arizona

9:35 am “The Art of Care: How to Manage the Art, Practice, and Science of Medicine” Andrew Massey MS AT. Andy Massey enjoyed a 32-year career as a clinical athletic trainer, with one year in the high school setting and the remainder in the collegiate setting serving at Wofford College, Appalachian State University and Tulane University. His 16 years as a lecturer in the athletic training education program at Appalachian, coupled with his Master of Arts in Teaching degree, reinforced his commitment to life-long learning, especially as it relates to one’s vocation. His main interests lie in organization and administration, insurance and risk management, baseball injuries and concussions. He is currently employed as a product manager with blinktbi, Inc. and is a co-owner and Vice President of Syn-Mass, LLC providing consultant services in sports medicine and athletic training.

9:55 am “Placental Tissue to Improve Outcomes in Sport Foot/Ankle Injuries – The Role of CLARIX® from Amniox Medical” Robert Anderson MD Anderson is a Wisconsin native, having grown up in Wauwatosa. He attended the University of Mississippi as an undergraduate before moving on to the Medical College of Wisconsin. His next move came with an orthopedic residence in Charlotte, North Carolina, followed by a foot and ankle fellowship in Milwaukee. Dr. Anderson’s foot and ankle specialty came about in the 1980’s, after he collaborated on multiple research papers about big toe injuries. Anderson worked out of North Carolina for decades, assisting the Carolina Panthers from 1999 to 2017, and currently with the Green Bay Packers.

10:20 am End of Monday AM Session

Workshop Presentations, Monday, January 31st

1:00 – 2:00 pm “Ethical Issues and Dilemmas in Sports Medicine” David Bernhardt MD, University of Wisconsin and Kimberly Peer PhD, Kent State University

An in-depth discussion with scenarios that the Sports Medicine Professional may encounter when dealing with highly motivated coaches, administrators, parents, and athletes.

Dr. David Bernhardt specializes in primary care sports medicine. He is board certified in pediatrics and fellowship trained in sports medicine. He is a team physician for the University of Wisconsin Athletic Department. In this role, he provides medical coverage for Badger men’s basketball, cross country, and track, as well as women’s volleyball, crew, cross country, and track. His special interests include pediatric and adolescent athlete concerns, medical problems including concussions, along with other routine musculoskeletal injuries commonly seen in distance runners and triathletes.

His Professional Activities include Team Physician, University of Wisconsin Athletic Department and Former Medical Director, Madison Marathon

Dr. Peer is a Full Professor at Kent State University and holds an adjunct appointment at Northeast Ohio College of Medicine and KSU College of Podiatric Medicine. She holds a Doctorate in Higher Education Administration with a Cognate in Health Care Management. Kimberly served as the Editor-in-Chief for the Athletic Training Education Journal and serves on the commission on Accreditation of Athletic Training Education Ethics Committee, NATA Committee on Professional Ethics as well as the Governor appointed Ohio licensure board.

As a Fellow of the NATA, Dr. Peer has published and presented extensively on the international and national levels on professional ethics and has co-authored textbooks on professional ethics. Kimberly has been lauded with national, regional, and state level awards for her contributions to the profession and athletic training education.

2:00 – 3:00 pm “Mobilization with Movement (MWM) for the Athletic Trainer” Adam J Thompson PhD, AT, Jessica R Keller DAT, AT, Indiana Wesleyan University

A hands-on didactic lecture and workshop on mobilization techniques use by Athletic Trainers. Range of motion (ROM) restrictions can be a significant source of dysfunction among patients. Joint mobilization techniques can facilitate the restoration of ROM as well as provide a neurophysiologic effect that reduces pain and muscle spasm. The current evidence provides moderate support for the inclusion of MWM interventions in the treatment of joint pathologies to

improve joint motion, re-establish joint health, and restore function. It is imperative for the athletic training clinician to understand the role and application of joint mobilization techniques to promote positive patient outcomes.

Dr. Jessica Keller an assistant professor of Athletic Training and Director of Athletic Training Education in the Division of Health and Human performance at Indiana Wesleyan University. She received her undergraduate degree in Athletic Training from Indiana Wesleyan University and completed her Doctorate in Athletic Training from University of Idaho.

Jessica is involved in patient care at IWU, providing care of the Competitive Cheerleading team. Research interests include the Autonomic Nervous System and its effects on pain perception, and various manual therapies.

Dr. Adam Thompson serves as the Chair of the Division of Health and Human Performance at Indiana Wesleyan University, where he is a Professor of Athletic Training. Prior to his current position, Dr. Thompson served as the Director of the Athletic Training Program from 2004-2019. He received his undergraduate athletic training degree from Anderson University in Anderson, IN, and his Masters of Science degree in physical education from Ohio University in Athens, OH. He earned his doctorate degree from Capella University in Minneapolis, MN, specializing in Health Care Administration.

Adam is active with patients providing clinical care to IWU's men's and women's cross country and golf teams as well as volunteering as an orthopedic healthcare provider at Bridges to Health, a free healthcare clinic in Marion, IN. He has served in multiple roles within the Indiana Athletic Trainers' Association. In addition, he is part of the sports medicine team for the Olympic fencing teams of Team USA. Dr. Thompson's research interests involve chronic stress and burnout in health care as well as manual therapy clinical interventions.

Monday, January 31st, PM Session

3:10 pm "New Approaches to Mechanobiology; Sustained Acoustic Medicine" George K Lewis, PhD SamSport Devices
Dr. Lewis has He has authored more than 50 peer-reviewed publications and abstracts and has filed over 60 global patents. Dr. Lewis graduated Summa Cum Laude in biomedical engineering from the University of Miami, FL and received his doctorate from Cornell University.

3:30 pm "The impact of COVID-19 on physical and mental health in youth athletes,"

Drew Watson MD, University of Wisconsin, Madison. Dr. Watson is board certified in Pediatrics and Sports Medicine. He is an Assistant Professor at the University of Wisconsin School of Medicine and Public Health in the Departments of Orthopedics and Rehabilitation, with affiliate appointments in the Departments of Pediatrics and Kinesiology. He is a team physician for University of Wisconsin Athletic Department, providing coverage for Men's Hockey, Men's and Women's Golf, and the spirit squad.

3:50 pm "Return to Sport following COVID-19," David Bernhardt MD, University of Wisconsin,

Madison. Dr. David Bernhardt specializes in primary care sports medicine. He is board certified in pediatrics and fellowship trained in sports medicine. He is a team physician for the University of Wisconsin Athletic Department. In this role, he provides medical coverage for Badger men's basketball, cross country, and track, as well as women's volleyball, crew, cross country, and track. His special interests include pediatric and adolescent athlete concerns, medical problems including concussions, along with other routine musculoskeletal injuries commonly seen in distance runners and triathletes.

His Professional Activities include Team Physician, University of Wisconsin Athletic Department and Former Medical Director, Madison Marathon

4:10 pm "Management of the Covid Virus with Omnipresent Decontamination" William Pommerening, airPHX. William Pommerening is President of airPHX. He has spent his career advising a variety of commercial businesses in process improvement, strategic planning, market positioning, corporate valuations and, most recently, in technology start-ups in environmental management and infection control. Since 2015, William Pommerening has overseen the development

and distribution of airPHX surface and air decontamination technology in athletic facilities, commercial gyms, hospitals/health care facilities and to the U.S. Air Force. Bill has a B.S. degree in mathematics and computer science from the College of William & Mary and an MBA from the Darden Graduate School of Business Administration at the University of Virginia.

4:30 pm Exhibit Break

4:50 pm “DXA to Diagnose and Treat Relative Energy Deficiency in Sport (Red S) Kathryn Ackerman MD, MPH, FACS, Associate Professor of Medicine at Harvard Medical School. Kathryn (Kate) Ackerman, is the Founder and Director of the Female Athlete Program and Biennial International

Female Athlete Conference at Boston Children’s Hospital. She is an Associate Professor of Medicine at Harvard Medical School and is triple board certified in internal medicine, sports medicine, and endocrinology. She is currently the chair of the US Rowing medical committee and a member of the World Rowing medical commission.

5:10 pm “Advanced Whole-Body Electrical Muscle Stimulation (WB-EMS) – Refined & Relevant” Francis X. Palermo MD, MPH, MBA – Chief Medical Officer at Neuro20 Technologies.

Dr. Palermo is a highly respected businessman, physiatrist, inventor. He founded the neuro-rehabilitation program, at the Department of Neurology at the Yale school of Medicine, the founder and medical director of the Gaylord – Yale New Haven Rehabilitation Center. He was the Medical Director of ACP, a division of Hangar Inc. and WAVi Inc. Won the American Academy PM&R Central Nervous System Contribution Award (Inaugural). He has twelve Issued US patents for neuromuscular and cranial stimulation. A graduate of the US Airforce Academy, he continues to work as a consultant for brain injury at the Denver VA. Also, a neurological consultant for motor control in microgravity for NASA.

5:30 pm “Objective Balance, Cognitive, and Functional Testing” Chase Curtiss, Founder& CEO of Sway Medical. Chase Curtiss is an innovative digital health expert and clinical exercise physiologist with a strong expertise in developing mobile software solutions within the medical, sports and fitness markets. Chase has an academic and research background in biomechanics, exercise physiology and neuroscience with published research in each field. Chase has been recognized as a pioneer in the mobile health space with the first ever FDA clearance for a software only mobile medical device.

5:50 pm “Utilizing the Biodex BioSway for Concussion Assessment and Recovery” Ryan Moran PhD, AT, University of Alabama. Dr. Moran is an Assistant Professor in the CAATE-accredited Athletic Training Program at The University of Alabama. He is currently the Director of the Athletic Training Research Laboratory and a research member of the Integrative Center for Athletic and Sport Technology (I-CAST). Dr. Moran’s research interests include epidemiology and clinical evaluation of sport-related concussion and traumatic brain injury. His primary work centers on sensorimotor integration, neurocognition, and vestibular/ocular motor outcomes in collegiate athletes. Dr. Moran, received his bachelor’s and master’s degrees in Athletic Training from East Stroudsburg University, later earning his doctorate in Kinesiology from Michigan State University.

6:10 pm Sponsors Reception, Exhibit Hall, hors d’oeuvres, adult beverages, attendees are encouraged to attend.

Tuesday, February 1st, AM Sessions, Concussion Day

7:00 am Opening remarks, Jeffrey Kutcher MD, Director, The Kutcher Clinic, Brighton, MI

Currently Dr. Kutcher is working with the USA Olympics in Beijing, China. He works within the neurologic community to help build and promote the field of Sports Neurology. Under his leadership, the Sports Neurology Section of the American Academy of Neurology was founded in 2009. He is currently co-lead author, with Dr. Chris Giza, on the AAN’s committee to establish new practice parameters on sports concussion. He is currently employed at the Kutcher Clinic in Brighton, MI.

7:15 am “Evaluating Rule Changes and Concussion Prevention in American Football” Abigail Bretzin PhD, AT, University of Penn. Dr. Bretzin is an athletic trainer and postdoctoral research fellow in the Penn Injury Science Center studying sport-related concussion in various athletic settings. Her work primarily focuses on epidemiology of sport-related concussion, outcomes of the injury, and the culture surrounding sport-related concussions including knowledge, attitudes, and reporting behaviors.

Dr. Bretzin is an athletic trainer, B.S. at SUNY Cortland, NY, M.S. at Temple University, and a PhD at Michigan State University.

7:40 am “Updated Approach and Treating Headache Disorders in Athletes” Josh Kamins MD, University of California Los Angeles, Headache Medicine at UCLA Health. Dr. Kamins grew up near San Francisco. He attended the University of Pennsylvania for undergraduate but fled back to sunny California where he received his M.D. from UC San Diego and completed his residency in Neurology at UCLA. Dr. Kamins then found a way to unite his interests in sports medicine and pain management by completing fellowships in both Headache Medicine and Sports Neurology. He is currently an Associate Director of the UCLA Steve Tisch BrainSPORT program as well as a headache and facial pain neurologist for the Goldberg Migraine Program.

8:15 am Exhibits

8:30 am “Neurobiology of Persistent Post-Concussion Symptoms: Endophenotypes and Biomarkers” Chris Giza MD, Department of Neurology, University of California, Los Angeles. Dr. Giza graduated from Dartmouth College, received his M.D. from West Virginia University, and completed his training in Neurology at UCLA. He directs the UCLA Steve Tisch BrainSPORT program and serves as Medical Director for the Operation MEND mild TBI program. Dr. Giza co-authored concussion / mild TBI guidelines for the AAN, CDC and the Concussion in Sport Group (Berlin guidelines), and has been a clinical consultant for the NFL, NHL/NHLPA, NBA, MLB, and Major League Soccer. He is a Professor of Pediatric Neurology and Neurosurgery at UCLA.

8:55 am “Managing Workload, HIE & Technique through Sensor Technologies” Matt Shimshock MA, Riddell Corporation. Matt Shimshock is the leader for Riddell’s Smart Helmet Technologies team. During his time with Riddell, he’s has given numerous presentations on the impact of analytics in football and featured in dozens of articles noting the effectiveness of impact sensing technology. Matt is a graduate of Colgate University with a Bachelor of Arts in History. He was also a three-year letter winner on the school’s football team.

9:20 am “The Utility of Doing Athletic Department Wide Baseline Testing with SCAT, VOMS and ImpACT Tests: Using the Large NCAA, DOD and CARE Dataset” Nicholas Port PhD, University of Indiana. Dr. Port’s research training began at New York University as an undergraduate in the laboratory of Dr. Tony Movshon, where he completed an honors thesis in 1991 on visual motion processing. In 1992, Dr. Port attended Oxford, he studied the neurophysiology of blindsight. He received his doctoral training at the University of Minnesota, after receiving his PhD in 1997, Since 2005, Dr. Port has been a professor at Indiana University in the IU School of Optometry, including joint appointments with the Program in Neuroscience, the Cognitive Science Program, and the Department of Psychological and Brain Sciences.

9:45 am “Autonomic Dysfunction in Concussion: Testing, Diagnosis and Management” Ryan Pelo, PhD, University of Utah, Salt Lake City, Utah and Kutcher Clinic for Sports Neurology, Park City, Utah. Dr. Moran is an Assistant Professor in the CAATE-accredited Athletic Training Program at The University of Alabama. He is currently the Director of the Athletic Training Research Laboratory and a research member of the Integrative Center for Athletic and Sport Technology (I-CAST). Dr. Moran’s research interests include epidemiology and clinical evaluation of sport-related concussion and traumatic brain injury. His primary work centers on sensorimotor integration, neurocognition, and vestibular/ocular motor outcomes in collegiate athletes. Dr. Moran, received his bachelor’s and master’s degrees in Athletic Training from East Stroudsburg University, later earning his doctorate in Kinesiology from Michigan State University.

10:10 “Current Understanding of Sleep in Concussion and Athlete Brain Health,” Nicole Reams, MD, FAAN, Northshore University Health System, Chicago, Illinois. Dr. Reams is a fellowship-trained Sports Neurologist and works as the Associate Director of the Sports Concussion Clinic. She is the medical director for United States Intercollegiate Boxing

Association and serves as an independent neurologic consultant for Northwestern University Athletics. She previously served as team physician for the Eastern Michigan University Eagles. Dr. Reams has several on-going research projects including assessing complex reaction time in concussed athletes, examining athletic performance following return to play in NFL players, examining the risk of Parkinson's disease in those with history of mTBI, and proposing clinical diagnostic criteria for chronic traumatic encephalopathy. Her educational background includes an undergraduate career at the University of Notre Dame, medical school at Saint Louis University, internship and neurology residency at the University of Michigan, and a Sports Neurology fellowship under the direction of Dr. Jeffrey Kutcher.

10:35 End of Session

Workshop Presentations, Tuesday, February 1st

12:30 – 1:30 pm “Stop Going Through the Motions: Using Clinic Testing to Direct Concussion Return to Play” Kylie McKinney, MS AT, Billings Clinic, Billings, MT

Athletic Trainers sit in the fore front of sport related concussion (SRC) diagnosis and management and are often the provider administering a battery of concussion tests over the course of the injury. “It is important to understand not only how these tests are used in evaluation, but what information they can provide about concussion progression, recovery and return to play (Teel et al, 2017 p 294) With the proper interpretation and application of the clinical testing outcomes, specific return to play criteria can be applied and administered to maintain a meaningful position creating a positive impact on people's lives. Advancement for professional development driven by evidence-based research. Creating a safe, integrated sports medicine community, while raising the bar for professional conduct.

Kylie McKinney is a Sports Medicine Associate for the Billings clinic specializing in sport related concussion management and an adjunct faculty member at Montana State University- Billings ATEP program. Prior to specializing in concussion management, she spent over a decade primarily in the secondary school setting, in dual roles of sports performance and athletic training. She has presented on concussion rehabilitation at the Northwest Athletic Trainers Association District 10 regional conference, along with the Montana Athletic Training Association state conference on multiple occasions. Kylie has a history of dedication to the Montana state athletic trainers association having served as the secondary schools committee chair. In 2018 she received the MTATA outstanding service award, and in 2020 received the young professional MTATA award. Kylie has termed out of her position on the MT state licensing board and is currently in her second term as the state director for the NSCA. Kylie currently spends most of her time corralling a blond haired, blue eyed bossy toddler around

1:30 – 2:30 pm “Supporting the Mental Health of Athletes” Carrie Landa PhD, Boston University

Dr. Carrie Landa is the Executive Director of Student Wellbeing and the Director of Behavioral Medicine at Boston University. She provides campus wide and national trainings on the shared campus responsibility to support student mental health and wellbeing. At Boston University, she provides institutional training for staff and faculty about how to identify and support students in distress and how to manage emergencies when they arise. She oversees a multidisciplinary staff that provides clinical services, outreach, and prevention to the 33,000 students at the University.

She received her undergraduate degree in psychology and family studies from the University of New Hampshire and her Masters and Doctorate in clinical psychology at Suffolk University, where she trained as a child and adult psychologist.

Tuesday Afternoon, February 1st, PM Sessions, Concussion Day

3:00 pm “Hormonal Contraceptive Use as a Modifier of Baseline Concussion Assessment” Ryan Moran PhD, Director of the Athletic Training Research Laboratory, University of Alabama. Dr. Moran is an Assistant Professor in the CAATE-accredited Athletic Training Program at The University of Alabama. He is currently the Director of the Athletic Training Research Laboratory and a research member of the Integrative Center for Athletic and Sport Technology (I-CAST). Dr. Moran's research interests include epidemiology and clinical evaluation of sport-related concussion and traumatic brain

injury. His primary work centers on sensorimotor integration, neurocognition, and vestibular/ocular motor outcomes in collegiate athletes. Dr. Moran, received his bachelor's and master's degrees in Athletic Training from East Stroudsburg University, later earning his doctorate in Kinesiology from Michigan State University.

3:25 pm "Health Disparities in Concussion Diagnosis and Management" Meeryo Choe MD, Department of Neurology, University of California, Los Angeles. Meeryo Choe, MD grew up in the Los Angeles area, traveled east to attend Amherst College, where she majored in Fine Arts completing a senior thesis in Printmaking. She then returned to L.A. to attend medical school at the Keck School of Medicine at the University of Southern California. She started at UCLA in 2004 for a child neurology residency. After completing training, she combined her personal interest in sports with her professional interest in the developing brain by serving as a Neurotrauma/Sports Neurology Fellow at UCLA with Dr. Christopher Giza. During this time, she began working with the Operation Mend Program doing evaluations for traumatic brain injury (TBI).

3:50 pm "Difficult Decisions, Unusual Cases and Diagnosis and Management" Jeffrey S. Kutcher, MD, Kutcher Clinic for Sports Neurology, Park City Utah and Detroit, Michigan. In 2006, Dr. Kutcher founded Michigan NeuroSport, an academic and clinical program dedicated to the neurologic care of the athlete. He is a Team Physician for the University of Michigan, Eastern Michigan University, and the USA Hockey Developmental Program. He is also the Medical Director for the Eastern Michigan University Athletic Training Education Program. Dr. Kutcher has research interests in the diagnosis and management of sports concussion, as well as the short and long-term consequences of the injury, with a particular focus on how other neurologic diagnoses can improve our understanding.

4:15 pm "Heart Rate Variability and Dysautonomia following Sports Related Concussion" Robert Baker MD, PhD, Sports Medicine Fellowship Director, Western Michigan University School of Medicine.

4:40 pm Exhibits

4:55 pm Concussion Poster Recognitions, Meeryo Choe MD, Moderator

5:10 pm "All in this Together: Mastering the Multidisciplinary Approach to Concussion Care" Kate Essad MD, Department of Neurology, Aurora Health Care Medical Group, Milwaukee, Michael Mulroy PT DPT, Aurora Health Care Concussion Management Network, Paige Buddenhagen MS, LAT, ATC, Concussion Management Network Liaison for Aurora Health Care

Wisconsin. Dr. Essad is a board-certified neurologist and the System Director of Concussion Management and Lead of Sports Neurology at Advocate Aurora Health Care in Milwaukee, WI. She completed her sports neurology fellowship at The Sports Neurology Clinic in Brighton, MI, during which she served as consulting neurologist for the Western Michigan University Broncos. She completed residency in adult neurology at Dartmouth-Hitchcock Medical Center in Lebanon, NH where she served as consulting neurologist for the athletic departments of Dartmouth College and Colby-Sawyer College.

5:35 pm "Big Problems, Bigger Solutions" Jeffrey Kutcher MD, Kutcher Clinic, Brighton, MI

6:15 End of Session

Wednesday, February 2nd, AM Session, Ortho Day

7:00 AM Opening remarks, Geoffrey Baer MD, University of Wisconsin Team Physician

7:05 am "Shoulder Examination and Correlation to Injury" John Orwin MD, University of Wisconsin, Madison Wisconsin. Dr. John Orwin is an orthopedic surgeon in Madison, WI and is affiliated with multiple hospitals in the Madison Wisconsin area, including University of Wisconsin Hospitals and Clinics. He received his medical degree from University of Michigan Medical School and has been in practice 33 years. He specializes in orthopedic sports medicine and is

experienced in sports medicine, shoulder and elbow surgery, shoulder and elbow sports medicine, foot and ankle sports medicine, and hip and knee sports medicine.

7:30 am “Anterior Shoulder Instability in the Athlete” Stephen Brockmeier MD, University of Virginia

Dr. Stephen Brockmeier is an Associate Professor of Orthopaedic Surgery at the University of Virginia, where he specializes in Sports Medicine and Shoulder Reconstruction. He is the fellowship director for the UVA Sports Medicine Fellowship and serves as team physician for the University of Virginia as well as an associate team physician for James Madison University. Dr. Brockmeier joined the faculty at UVA in 2010 after spending three years in practice in Charlotte, North Carolina, specializing in sports medicine, arthroscopy, and shoulder surgery. While in Charlotte, he served as team physician for the NBA Charlotte Bobcats.

7:55 am “Posterior Shoulder Instability in the Athlete” Grant Jones MD, The Ohio State University

Grant Jones, MD is a Professor in The Ohio State University Department of Orthopaedic Surgery and is in his 21st year as a Team Physician for the Ohio State University Department of Athletics. He serves as the Head Team Physician for OSU’s basketball team and an orthopaedic consultant for OSU’s other varsity teams. He has also been the Head Team Physician for the Columbus Clippers (Triple-A Affiliate of the Cleveland Indians) since 2009 and Team Physician for the Columbus Destroyers (Arena League Football) since 2019. Furthermore, he is the Head Team Physician for the Upper Arlington Public School System.

8:20 am “Revision Shoulder Instability in the Athlete” Anthony Zacharias MD, University of Wisconsin, Madison. Dr. Zacharias is a current orthopaedic sports medicine fellow at the University of Wisconsin. He recently completed his orthopaedic residency at the University of Kentucky, and as a Green Bay native, he was excited to return to his home state for fellowship. He has published multiple studies focusing on ACL reconstruction, shoulder instability, hip preservation, and pitching injuries. He currently assists in the care of Wisconsin Badger Athletes during his fellowship year.

8:45 am “Do You Have Mechanical Integration?” Gavin Sontag, OsteoCentric

Gavin leads the Marketing organization for OsteoCentric Technologies where he oversees the planning, development and execution of all marketing initiatives. Before joining IMDS, Gavin worked for nearly a decade in sales, marketing, and sales management in the Sports Medicine segment of orthopedics. Gavin graduated with a Bachelors of Finance from the University of Illinois.

9:10 am “Dislocation Reduction Techniques” Mike Diede PhD AT, Brigham Young University

Dr. Mike Diede is a certified athletic trainer (ATC) with a Bachelor of Science from Brigham Young University and a Master Degree in Athletic Training from Indiana State University. Mike received a PhD from the University of Arizona in Higher Education. Mike’s research interests are in qualitative research related to sports medicine. Mike started the Master’s program at MSU-Billings. Dr. Diede has been the BYU program director for the undergraduate athletic training program for 14 years. Mike has been involved in various athletic training committees and organizations at the national, regional, and state levels.

9:35 am “Elbow Injuries in Athletes” Matt Smith MD, Washington University Sports Medicine, St. Louis Blues Hockey Team Physician

10:00 am “What Would You Do – Upper Extremity Cases” Moderated by Geoff Baer MD

Dr. Baer is board certified in orthopedic surgery and fellowship trained in sports medicine. He is an Associate Professor and team physician for the University of Wisconsin Athletic Department and provides orthopedic medical coverage for Badger Football, Badger Men’s and Women’s Ice Hockey, Badger Men’s Soccer, Badger Wrestling, and the Badger Spirit Squad. His special interests include sports medicine surgical procedures involving the knee and shoulder.

10:30 am End of Session

1:00—2:00 pm Workshop Presentation: Advanced Splinting: Beyond SAM & Vacuum Splints” Ellen Payne PhD AT

This session will address advances in prehospital emergency care related to splinting. During the lecture portion, we will review the “rules” of splinting and then discuss updated and/or new skills related to splinting. Athletic trainers must be aware of the alternative equipment available and the indications/contraindications and best practices for their use. We will discuss how these skills and the associated equipment fit with other prehospital skills (e.g., assessment, distracting injuries, spinal motion restriction) and into the emergency action plan in the traditional athletic training settings. In addition to common long bone injuries, we will address midshaft femur fractures, pelvis fractures, clavicle fractures and others. During the hands-on portion of the workshop participants will have an opportunity to practice with a variety of splinting materials. Guided practice, case scenarios, and difficult cases will be used to help athletic trainers practice these skills.

Dr. Ellen K. Payne is an assistant professor at Moravian University, teaching in the Doctor of Athletic Training Program, the Master of Science in Athletic Training Program, undergraduate Rehabilitation Sciences. Her previous experience includes teaching Athletic Training at Radford University and teaching and serving as the Clinical Education Coordinator at Marywood University. Prior to becoming an educator, Dr. Payne spent 6 years teaching high school and practicing as an athletic trainer in the San Francisco Bay Area. Clinically, she has worked with all levels of athletes from youth sports to professional soccer. In the winter of 2019 she traveled to Spain with the US Paralympic Alpine Ski Team to serve as their athletic trainer during World Cup racing. Dr. Payne is also an EMT with Bethlehem Township EMS and member of the National Ski Patrol. Ellen’s research interests include pre-hospital emergency care, athletic training education, concussion education. She has authored more than 50 articles and presentations. Currently

Wednesday, February 2nd, PM Session, Ortho Day, Lower Extremity Issues

3:30 pm “Return to Running for the Post-Operative Knee Patient” Jason Lunden PT, DPT, SCS Bozeman Clinic. Jason is the co-owner of Excel Physical Therapy in Bozeman, MT. He specializes in the rehabilitation and prevention of sports-related injuries, with a particular interest in the biomechanics of sporting activities. He also volunteers as a physical therapist with US Ski & Snowboard and US Paralympic Nordic Skiing. Jason received his Doctor of Physical Therapy degree from the University of Minnesota, and did his residency in sports physical therapy through Minnesota Sports Medicine. He has received numerous awards including the APTA Emerging Leader Award, Sports Physical Therapy Section New Horizon Award, the Gary L. Soderberg DPT Visionary Award, and the Mary A. McEvoy Award for Public Engagement and Leadership.

3:50 pm “Impact of Weight Training Routine on the Development of Core Muscle Injury in College Football” Brian Walczak DO PhD, University of Wisconsin, Madison. Dr. Walczak is an orthopedic surgeon and clinician-scientist at the University of Wisconsin-Madison where he specializes in sports medicine and musculoskeletal disease. He is fellowship trained in sports medicine and musculoskeletal oncology. He serves as the team physician for Badger Men’s Hockey. His clinical research interests include functional outcomes following arthroscopy for Femoroacetabular impingement and anterior cruciate ligament reconstruction. He is also a member of the Musculoskeletal Biology and Regenerative Medicine laboratory where he is working on optimizing stem cells for orthopedic regenerative applications.

4:10 pm “Patellar Instability in the Athlete” David Diduch MD – is the Allen F. Voshell Professor of Sports Medicine and Chief of Sports Medicine at the University of Virginia, Charlottesville. Dr. David Diduch is the Allen F. Voshell Professor of Sports Medicine and Chief of Sports Medicine in the department of orthopedic surgery at the University of Virginia. He has been on faculty for 25 years at UVA. He serves as the head orthopedic team physician for UVA, providing primary coverage for men’s basketball, football, and women’s soccer. His practice focuses on knee and shoulder problems as well as general sports medicine, with a subspecialty interest in complex patella instability. His research interests include patella instability, meniscal, ligament, and cartilage problems, and he has over 100 peer reviewed publications.

4:30 pm “ACL Retear – Risk Calculator” Chris Kaeding MD, The Ohio State University. Dr. Kaeding believes that people should have their care personalized to fit their needs and situation. Dr. Kaeding specializes in orthopaedic sports medicine surgery for active people. He is the Director of the Sports Medicine Program at The Ohio State University

Wexner Medical Center and is a leading expert on anterior cruciate ligament (ACL) injury treatment, prevention, and outcomes. His research program has resulted in numerous research publications that have helped shape the care of ACL injuries across the country. He attended Northwestern University School of Medicine.

4:50 pm “Multi-ligament Knee Injury in the Athlete” Geoff Baer MD, PhD, University of Wisconsin- Madison. Dr. Baer is board certified in orthopedic surgery and fellowship trained in sports medicine. He is an Associate Professor and team physician for the University of Wisconsin Athletic Department and provides orthopedic medical coverage for Badger Football, Badger Men’s and Women’s Ice Hockey, Badger Men’s Soccer, Badger Wrestling, and the Badger Spirit Squad. His special interests include sports medicine surgical procedures involving the knee and shoulder.

Thursday, February 3rd, Ortho Day, AM Session

7:00 am “Case Study of a Ruptured Quadriceps Femoris Central Tendon with Surgical Repair” Doug West PhD, AT, University of Iowa. Doug West is in his 17th year at Iowa, during this time he has worked directly with track and field and football, and supervised and worked with several other teams.

West earned his BA from Coe College in 1992, MA from Western Michigan in 1994, and PhD from University of Iowa in 2001. West has served as president of the IATS, on the board of directors and chairperson the annual meeting of the Mid-American Athletic Trainers’ Association. West has received the assistant athletic trainer of the year and service awards from the NATA and is in the Iowa Athletic Trainers’ Society Hall of Honor.

West has credentials as a Certified Strength & Conditioning Specialists, full body ART®, Graston Technique®, Kinesiotaping Credential 1 & 2, Lower Quarter Mulligan Concept, Manipulation, Fascial Abrasion Tool, and Integrative Dry Needling.

7:20 am “Proximal Tib-Fib Instability” Claude T. Moorman III MD, Atrium Health Musculoskeletal Institute, Charlotte, NC. Dr. Moorman is Professor and Edward N. Hanley, Jr. Endowed Chair of the Department of Orthopaedic Surgery and President of the Atrium Health Musculoskeletal Institute. After graduating from Duke University and the University of Cincinnati College of Medicine, he did his residency at Duke University and a year-long Sports Medicine fellowship at the Hospital for Special Surgery in New York, NY. His initial academic appointment was at the University of Maryland where he started the Sports Medicine Program and served as Head Team Physician for the Baltimore Ravens through their first Super Bowl. Dr. Moorman is board certified in orthopaedic surgery and has also been separately board certified in orthopaedic sports medicine. His orthopaedic clinical practice has an emphasis on complex shoulder instability and multiple ligament knee injuries.

7:40 am “Common Hand and Finger Injuries in the Climbing Athlete” AJ Sobrilsky PT, DPT, OCS – Bozeman, Montana

8:00 am “Comparison of WBGTs over Different Surfaces within an Athletic Complex” Bud Cooper PhD AT, University of Georgia

8:20 am “Game Day Pain Management” Leslie Goodavish AT, PA University of Wisconsin-Madison, Department of Orthopedic Surgery, Division of Sports Medicine. Leslie Goodavish is a certified physician assistant and athletic trainer working in the University of Wisconsin Sports Medicine Department. Leslie has been there over 16 years but spent one of those years living in Montana and working part-time at Missoula Bone and Joint. She has received masters degrees at both Midwestern University and Cal State University, Chico. She will always be a Badger after completing her undergrad at UW-Madison

8:40 am “How to Vet Healthcare Statistics” Garret Wood MS AT, Portneuf Medical Center. Garret Wood has served as a High School Athletic Trainer in East Idaho for six years. While working as an AT he simultaneously works as an instructor at Idaho State University where he teaches Anatomical Foundations, Pharmacology for Athletic Trainers, and Clinical Education in Athletic Training. He obtained his bachelors in Exercise Physiology and a Masters of Athletic Training at Idaho State University. While attending Idaho State Garret competed on the Track and Field team as a decathlete.

9:00 am “Physical Demands Assessments and Its Importance within Industrial Workplace Health and Safety” Michael Chapman PhD AT, Health Care Specialist, Amazon.com. Michael (Mike) Chapman is an Environmental Health and Safety Manager at a fortune 100 company specializing in injury prevention and human factors engineering. He also serves as adjunct professor at the University of Louisville focusing on the care and prevention of musculoskeletal disorders. His doctoral concentration surrounded organizational change management and how to effectively implement an injury prevention program and its impact on performance.

A graduate of Michigan State University, Mike continued on to obtain his master’s degree from Wingate University and Doctorate at Gardner-Webb University, both based out of the Charlotte, NC area.

9:20 am “Transition to Practice: Introducing Occupational Health to Athletic Training Students” S. Ryan Robinson, DrPH, MPH, ATC, Health Care Specialist Amazon.com.

9:40 am End of Conference