



Avera Orthopedic and Sports Medicine Symposium

Thursday, June 6 • 3:30 p.m.– 7 p.m.

Friday, June 7 • 7:15 a.m.– 5 p.m.

Best Western Ramkota Hotel

3200 W. Maple Street, Sioux Falls, SD

Conference Agenda

Day 2 – Friday a.m.

Day 2 – Friday p.m.

Day 1 - Thursday

3:30 p.m. Welcome

3:40 p.m. Athletic Considerations of the Pediatric Athlete *Samuel Schimelpfenig, MD, FAAP, Avera Medical Group McGreevy*

4:10 p.m. Lumbar Sports Injuries *Adil Shaikh, MD, Avera Medical Group Physical Medicine & Rehabilitation*

4:40 p.m. When Grandma Doesn't Stop Moving--Managing Comorbidities in Mature Athletes *Jonathan Buchanan, MD, CAQ, MBA, Avera Orthopedics*

5:10 p.m. Shoulder Dislocations: Initial Evaluation & Management *Patrick O'Brien, MD, Avera Orthopedics*

5:40 p.m. Nerve Entrapment Syndrome in Athletes *Matthew Blake, MD, Avera Orthopedics*

6:10 p.m. Panel Discussion

6:40 p.m. Closing Remarks

7:15 a.m. Welcome

7:30 a.m. Shoulder Prehabilitation *Matthew Blake, MD, Avera Orthopedics*

8:00 a.m. Effects of Retrograde Training on Neuromuscular Indices *Derek Ferley, PhD, Director of Sport Sciences, Avera Sports*

8:30 a.m. Concussion Management: The Role of Vestibular Rehabilitation *Stephanie Rahn, PT, Avera Therapy*

9:00 a.m. Rehab in Sports Panel

9:30 a.m. Break/Vendors

9:45 a.m. Fueling the Athlete's Engine--An Update on Sports Nutrition *Jonathan Buchanan, MD, CAQ, MBA, Avera Orthopedics*

10:15 a.m. Fitness and Genetics: What your DNA can tell you about your Athletic Performance *Erik Ehil, PhD, Avera Institute for Human Genetics*

10:45 a.m. Sleep and the Athlete *Anthony Hericks, DO, Avera Medical Group Pulmonary & Sleep Medicine*

11:15 a.m. Optimizing Sports Performance Panel

11:45 Lunch/Vendors

12:30 p.m. Femoroacetabular Impingement

Mark Diamond, MD, Physical Medicine & Rehabilitation and Physiatry

1:00 p.m. Unusual Orthopedic Conditions-Differential Diagnosis *Travis Liddell, MD, Avera Orthopedics*

1:30 p.m. Sports Related Injuries to the Abdomen *Mike Person, MD, Hepatobiliary Surgery, Surgery, and General Surgery*

2:00 p.m. Medical Aspects of Sports Medicine Panel

2:30 p.m. Break/Vendors

2:45 p.m. Post-Operative ACL Rehabilitation--Current Evidence to Enable Optimal Outcomes *Roy Osborn, PT, DPT, MS, OCS*

3:15 p.m. Progressive Load: The Recipe for Tendinopathy Rehabilitation *Mark Ponstein, DPT, Avera Therapy*

3:45 p.m. Dry Needling for the Treatment of Plantar Fasciopathy *Jason Tjeerdsma, DPT, Avera Therapy*

4:15 p.m. Rehab Modalities Panel

4:45 p.m. Closing