



Avera Orthopedic and Sports Medicine Symposium

Thursday, June 6 • 3:30 p.m.– 7 p.m.

(Splinting workshop from 1pm – 3pm)

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.

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

Day 2 – Friday p.m.

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

Day 1 - Thursday

1:00 -3:00 p.m. Pre-Conference Splinting Workshop *Samuel Schimelpfenig, MD, FAAP, Avera Medical Group McGreevy*

3:00 p.m. Conference Registration

3:30 p.m. Welcome

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

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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

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