

2025 SANFORD SPORTS MEDICINE SYMPOSIUM

AGENDA - FRIDAY, MAY 2, 2025

Session # 1 THE FOOT AND ANKLE		
8:00-8:45	Posterior Ankle Impingement (PAI)	Liz Bayley, MSc, MCSP, HCPC
8:45-9:15	Posterior Ankle Impingement - A Surgical Perspective	James Johnston, DPM, ABFAS
9:15-9:30	Navicular Stress Fracture Cases - Clinical Pearl	Doug West, PhD, ATC, LAT, CSCS
9:30-9:45	Panel Discussion / Moderator: Verle Valentine, MD, FACSM	
9:45	Refreshment Break	
Session # 2 TECHNOLOGY IN REHABILITATION		
10:05-10:50	Low Cost-High Tech Solutions for Clinical Testing and Management	Christopher Juneau, PT, DPT, SCS, CSCS
10:50-11:35	Ultrasound-Based Return to Play Protocol Following Muscle Injury: US, Re-US, & Considerations for Return to Participation	Doug West, PhD, ATC, LAT, CSCS
11:35-11:50	Panel Discussion / Moderator: Sean Duffy, ATC	
11:50	Lunch	
Session # 3 THE KNEE		
12:45-1:45	ACL Injury: Prevention, Surgery, Rehab and Risk-Based Return-to-Play	Morgan Olson, PT, DPT, SCS, CSCS; Al Kraft, MS, ATC, CSCS; Colin Bond, PhD, MBA; Benjamin Noonan, MD
1:45-2:00	Historical Perspective on the Lateral Extra-Articular Tenodesis Procedure: Taking a Look Back to Advance our Current Care of ACL Injuries	Erik Slette, MD
2:00-2:15	When Might an ACL Reconstruction not be Enough - The Why and How of a Lateral Extra-articular Tenodesis (modified Lemaire)	Benjamin Noonan, MD
2:15-2:30	Rehab considerations after LET/ALL	Brett Fischer, PT, DPT, SCS
2:30-2:45	Panel Discussion / Moderator: Joshua Jordan, PT, DPT, SCS	
2:45	Refreshment Break	
Session # 4 SPORTS MEDICINE IN 2025		
3:05-3:50	1st MTPJ - Difficult and Chronic Presentations	Liz Bayley, MSc, MCSP, HCPC
3:50-4:20	Rectus Femoris Central Tendon Tear: Case Review	Doug West, PhD, ATC, LAT, CSCS
4:20-5:05	Lumbar Stress Reactions & Spondylolysis in Adolescent Baseball Players	Brandon Szklarski, PT, DPT, FAAOMPT
5:05-5:20	Apophyseal Avulsion Fractures of the Hip and Pelvis	Mark Carlson, MD
5:20-5:35	Panel Discussion / Moderator: Morgan Olson, PT, DPT, SCS, CSCS	
5:35	Adjourn	
AGENDA - SATURDAY, MAY 3, 2025		
Session # 5 PERFORMANCE CONCEPTS		
8:00-8:45	Minimum Effective Dosage of Exercise: It's Lower than you Think	Christopher Juneau, PT, DPT, SCS, CSCS
8:45-9:15	The Four Pillars of Performance Nutrition	Natasha Hansen, MS, RD, CSSD, LD
9:15-10:00	Advances in Recovery - A Muscle Centric Approach	Adam Cady, MHS, ATC, CSCS, PA-C
10:00-10:15	Panel Discussion / Moderator: Thayne A. Munce, PhD, FACSM	
10:15	Refreshment Break	
Session # 6 REHAB CONCEPTS		
10:30-11:15	How and Why to Rehabilitate the Foot	Liz Bayley, MSc, MCSP, HCPC
11:15-11:45	Tech is Practice: Live Demo and Discussion of Integration for Strength Testing	Christopher Juneau, PT, DPT, SCS, CSCS
11:45-12:15	Implementing Non-Linear Periodization in Return to Sport	Parker Joens, PT, DPT, CSCS
12:15-12:30	Panel Discussion / Moderator: Ryan Dennehy, PT, DPT, OCS	
12:30	Adjourn	