**10/3: Thursday Evening**

5:30-6:00 pm  
**Registration**

6:00-8:00 pm  
**Pre-Conference A:** Basic Diagnostic and Interventional Ultrasound – Hip*…………………………………….. Kirk Scofield, MD

6:00-8:00 pm  
**Pre-Conference B:** Using Movement Analysis to Evaluate and Treat Individuals with Hip Pain* ….. Cara Lewis, PT, PhD

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**10/4: Friday**

7:00-7:50 am  
**Registration, Breakfast & Exhibits**

7:50  
Welcome and Opening Remarks……………………………………………………………………………………………….. Rahul Kapur, MD CAQSM

**Session 1: Hip Pathology**

Moderator: Peter Ames, PT, PhD, SCS

8:00  
Hip Anatomy and Pathology .............................................................................................................................. Caitlin Chambers, MD

8:20  
Physical Therapy for Individuals with Femoroacetabular Impingement Syndrome ……………… Cara Lewis, PT, PhD

8:40  
Surgical Management of Hip Pathology …………………………………………………………………………………… Patrick Morgan MD

9:00  
Return to Play …………………………………………………………………………………………………………………… Paul Solie, MPT, SCS

9:20  
Panel/Q&A ………………………………………………………………………………………………………………………… Session 1 Speakers

9:30  
**Keynote:** The Complex Interaction of Movement and Morphology in Hip Pain ……………………………… Cara Lewis, PT, PhD

10:15-10:30  
**Refreshment Break & Exhibits**

**Session 2: Updates in Primary Care**

Moderator: Rahul Kapur, MD CAQSM

10:30  
Dermatology ………………………………………………………………………………………………………………………… BJ Anderson, MD

10:50  
Sleep and Performance in Athletes ………………………………………………………………………………………… Raj Deu, MD

11:10  
Updates for the Female Athlete …………………………………………………………………………………………… Suzanne Hecht, MD

11:30  
**Rob Johnson Keynote Lecture:** Ethics ……………………………………………………………………………………… David Satin, MD

12:00  
Panel/Q&A ………………………………………………………………………………………………………………………… Session 2 Speakers

12:15-1:15  
**Lunch & Exhibits – transition to Workshop A**

**1:15  Concurrent Breakouts A**

<table>
<thead>
<tr>
<th>Title</th>
<th>Speaker</th>
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<tbody>
<tr>
<td>1 (Re)Generative Medicine?</td>
<td>Robert Johnson, MD</td>
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<tr>
<td>2 Blood Flow Restriction</td>
<td>John Corbo, PT</td>
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<tr>
<td>3 Equipment Removal*</td>
<td>Jeffrey Winslow, AT</td>
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<tr>
<td>4 Knee Exam</td>
<td>Robert Himmerick, PT,DPT,SCS, Chris Larson, MD, Paul Solie, MPT, SCS, Jeffrey Macalena, MD, Liza Arendt, MD, Jessica Olderness, PT, Robert LaPrade, MD, PhD, Jill Monson, PT, OC</td>
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*Indicates session will be hands-on

1:50  
5 minutes – transition to Workshop B

1:55  
**Concurrent Breakouts B (Repeat of A)**

2:30-2:45  
**Refreshment Break & Exhibits**
10/4: Friday, Continued

Session 3: Multiligament Knee Injuries ................................................................. Moderator: Jill Monson, PT, OCS
2:45 Diagnosis and On-field Assessment .............................................................. Jeffrey Macalena, MD
3:00 Surgical Management of Multiligament Knee Injuries ............................. Robert LaPrade, MD, PhD
3:15 Rehab Following Multiligament Knee Reconstructions ............................. Jill Monson, PT, OCS
3:45 Panel/Q&A ........................................................................................................ Session 3 Speakers

Session 4: Professional Athlete Physician Symposium ............................... Moderators: Jeffrey Macalena, MD and Robert Johnson, MD
4:00 Local professional team sports medicine physicians present interesting cases and clinical dilemmas, countered by Physicians in a primary care or youth sports setting describing how it relates to general sports medicine practice.
  • Anne Moore, MD – Minnesota Whitecaps (NWHL champs)
  • Rahul Kapur, MD CAQSM – Minnesota Twins & US Lacrosse
  • Christopher M. Larson, MD – Minnesota Vikings
  • Liza Arendt, MD – University of Minnesota

5:00 pm Adjourn

Course Directors
Peter S. Ames, PT, PhD, SCS
Rahul Kapur, MD CAQSM
Jeffrey Macalena, MD
David E. Olson, MD, CAQ

Planning Committee Members
Rob Himmerick, PT
Robert Johnson, MD
Jill Monson, PT, OCS
Jamie Peters, MD, CAQSM, FAAFP
William Roberts, MD, MS
David Smith, MD
Steven Stovitz, MD, MS, CAQSM
Fred Zappa III, ATC

Conference information: z.umn.edu/TCSportsMed