

2010 Exhibitors

Arteriocyte Medical Systems Booth #4
45 South Street Phone: 1-508-497-9350
Hopkinton, MA 01748 Fax: 1-508-497-9351
Contact Name: Christy Mayne
Email: info@arteriocyte.com Website: http://www.arteriocyte.com

Arteriocyte Medical Systems (AMS) is dedicated to developing innovative solutions to improve patient outcomes. Magellan® Platelet Separator System is designed to be used in clinical laboratory or intro-operatively at the point-of-care for safe and rapid preparation of platelet-rich plasma (PRP).

CNS Vital Signs Booth #6
1829 Franklin Street Phone: 1-888-750-6941
Chapel Hill, NC 27514 Fax: 1-888-650-6795
Contact Name: Nancy Jo Chatham
Email: support@cnsvs.com Website: www.cnsvs.com

CNS Vital Signs is a world leader in the design and development of neurocognitive assessment tools. We provide physicians and researchers with leading-edge technologies for improved neurocognitive evaluation and management capabilities. CNS Vital Signs goal is to realize greater competitive advantage for our clients by assimilating advanced products and services into the practice of medicine and clinical research.

GE Healthcare – Ultrasound. Booth #5
9900 Innovation Drive Phone: 1-888-526-5144
Wauwatosa, WI 53226 Fax: 1-414-918-8568
Contact Name: Martin Michna
Email: martin.michna@med.ge.com Website: www.geultrasound.com

GE Healthcare provides a complete portfolio of cost-effective ultrasound systems for musculoskeletal imaging. GE Ultrasound enables sports medicine clinicians to detect, diagnose and treat injuries faster. GE Healthcare is dedicated to transforming healthcare delivery with breakthroughs in biology and technology. GE's expertise in imaging and information technologies, medical diagnostics, patient monitoring, drug discovery, and biopharmaceuticals is enabling healthcare professionals to predict, diagnose, monitor and treat disease earlier.

Genzyme Biosurgery. Booth #8
55 Cambridge Parkway Phone: 1-617-591-5958
Cambridge, MA 02142 Fax: 1-617-761-8789
Contact Name: Theresa Krista/Lori Alcock
Email: theresa.krista@genzyme.com Website: www.genzyme.com

Genzyme Biosurgery develops and markets innovative, biologically based products for health conditions that are often difficult and expensive to manage. Our current product lines are used for osteoarthritis relief, adhesion prevention, cartilage repair, and severe burn treatment.

Golf Swing Concepts International, LLC. Booth #11
5006 Country Club Drive Phone: 1-801-362-2135
Highland, UT 84003 Fax: 1-801-216-4324
Contact Name: Chuck Loveday
Email: chuckloveday@gmail.com Website: www.automaticswingtrainer.com

The Automatic Swing Trainer (AST) is a training aid that teaches an accurate, physiologically correct golf swing. The AST is used in PT "Return to Golf" rehab programs for injured golfers, all while lowering scores and making golf more fun.

INDO Board Booth #10
131 Tomahawk Dr, 15A Phone: 1-321-777-6021
Indian Harbour Beach, FL 32937 Fax: 1-321-777-6022
Contact Name: Chip Martoccia
Email: contact@indoboard.com
Website: www.indoboard.com

The Indo Board Balance Trainer is used widely for injury prevention and rehabilitation by physical therapists as well as strength and conditioning trainers. The Indo Board emphasizes proprioceptive awareness while addressing the importance of proper postural alignment and focuses on core stability for improving athletic performance.

LiteCure, LLC. Booth #1
250 Corporate Boulevard Phone: 1-302-709-0408
Suite B, Newark, DE 19702 Fax: 1-302-709-0409
Contact Name: Gioacchina Randazzo
Email: info@litecure.com Website: http://www.litecure.com

LiteCure, LLC - A leading Medical Device Company offering the latest in advanced laser products. Focusing on therapeutic and pain management markets, LiteCure offers innovative technology to healthcare, rehabilitation and training professionals. LiteCure offers superior products, developed by laser scientists and engineers with years of experience designing, developing and manufacturing medical technology. Drug-free, surgery-free, pain-free relief.

Sanofi Aventis Booth #2
Contact Name: Amanda Stepanovich
Phone: 1-800-321-0855, x 98736
Email: Amanda.Stepanovich@sanofi-aventis.com
Website: www.sanofi-aventis.us

Global pharmaceutical company that discovers, develops, produces and markets innovative therapies that enhance people's lives. Our extensive research and development efforts are focused on health care challenges in cardiology, oncology and internal medicine, as well as metabolic diseases, central nervous system disorders and vaccines. (Current products: Ferrlecit, Hyalgan, Lovenox.)

SpiderTech Booth #3
3370 Pharmacy Ave Phone: 1-416-490-4000
Toronto, ON, Canada, M1W 3K4 Fax: 1- 416-490-4001
Contact Name: Pamela Mukhlall
Email: info@nucapmedical.com Website: www.spidertech.com

NUCAP Medical is a newly formed company focused on the creation of innovative and effective functional medical products designed to approach pain management and myofascial dysfunction through the use of specialized elastic tape applications called "SpiderTech."

Zinni Medical Institute, Vital Stem, Inc., Booth #9
Trump Network
• Zinni Medical • Contact Name: Phillip Zinni, DO, MS, CMRO, ATC, FAOASM
Phone: 1-702-202-2828
Email: Drzinni@zinnimedicalinstitute.com
Website: www.zinnimedicalinstitute.com

Proactive and comprehensive age management medicine institute.

• Vital Stem, Inc. • Contact Name: Carol Chludzinski
Phone: 1-925-989-2068 Email: chludzinski@gmail.com
Website: www.zinnimedicalinstitute.com

Stem cell extraction and banking company.

• Trump Network • Contact Name: Sandee Tiffany
Phone: 1-702-596-8075 Email: sandeetiffany@aol.com
Website: Trumpnetwork.com/sandeetiffany

A unique marketing opportunity, designed to make people healthier with customized vitamins and nutritional supplements, and to encourage entrepreneurs to take control of their financial wellbeing.

2010 AOASM Annual Meeting Book Exhibitors
Elsevier. Booth #7
10898 ElMar Ave Phone: 1-949-929-4717
Fountain Valley, CA 92708 Fax: 1-714-965-6293
Contact Name: Ryan Woodford
Email: R.Woodford@Elsevier.com Website: http://www.elsevier.com/

Publisher of science and health information, Elsevier serves more than 30 million scientists, students and health and information professionals worldwide.

Wolters Kluwer Foyer (Sunset-California Ballroom)
11636 Andasol Phone: 1-818-363-0477
Granada Hills, CA, 91344 Fax: 1-603-372-0007
Contact Name: Sean Fee Website:
Email: Sean.Fee@wolterskluwer.com Sean.Fee@wolterskluwer.com

Sports Medicine Books: ACSM Sports Medicine; Buschbacher – Sports Medicine and Rehab; Busconi – Sports Medicine Consult.



AOASM

AMERICAN OSTEOPATHIC ACADEMY OF SPORTS MEDICINE

AOASM's 25th Annual Clinical Conference • April 14-17, 2010

Strength and Conditioning as Preventative Medicine • Doubletree Hotel Anaheim/Orange County, California

Dear Fellow Conference Attendees,

On behalf of the AOASM Board of Directors and Program Planning Committee, I would like to extend a warm welcome to you. We are glad to have you at the 25th Annual AOASM Clinical Conference.

This year's conference focuses on the "Strength and Conditioning as Preventative Medicine." We have sessions focusing on the prescription of exercise programs to treat and prevent sport specific injuries. The basic concepts of strength and conditioning will be described with the emphasis on exercise prescription and program development. Unique training conditions will be addressed along with specific conditioning for certain types of industrial athletes. The workshops will cover OMT as it pertains to strength and conditioning injuries, ultrasound guided injections and the specifics of teaching proper exercise to our patients. There will be one session on the treatment and prevention of shoulder injuries in the overhead athlete. Our Keynote Lecture, Exercise as Medicine, will be given by Robert Sallis, MD, which will help link our program to the joint effort the AOASM has with the ACSM and many other organizations to promote healthy lifestyles. We will also be honored by having Betsey Armstrong. Goalkeeper for the USA Women's Water Polo Team giving the Rusty Wright Luncheon Lecture. Betsey has bronze and silver Olympic medals along with two-time world championships.

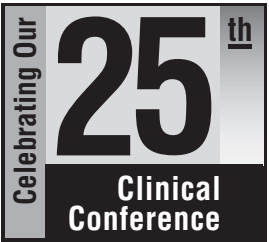
We hope you take time to enjoy the many attractions in the Anaheim area, including Disneyland® and the "Block at Orange" entertainment complex. We have many other activities planned including an informal night at the ESPN Zone.

The AOASM Annual Conference has a strong tradition of high quality educational activities combined with a friendly, collegial atmosphere. This provides wonderful opportunities to get to know your sports medicine colleagues around the country and to explore options for getting involved with the AOASM. We hope you will take advantage of the many networking opportunities and consider signing up to attend a committee meeting.

I sincerely wish everyone a great conference from an educational perspective, but I also hope you enjoy the camaraderie of the AOASM. It is a great time to meet up with old friends and make many new ones.

Sincerely,

Vincent Disabella, DO, FAOASM
Program Chair, 2010 AOASM Annual Conference



AOASM Officers

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Phillip Zinni, III, DO, MS, CMRO, ATC, FAOASM
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Michael J. Sampson, DO, FAOASM
Phillip Zinni, III, DO, MS, CMRO, ATC, FAOASM

Friday, April 16, 2010

5:15 a.m.-7:30 a.m.
Hotel Lobby - please check-in with staff prior to loading the shuttle.
5K Fun Run – Offsite Event
Offsite Contact: Marcia Whalen, DO, FAOASM

**Commercial Support provided by Personal Healthcare*

7:00 a.m.-1:00 p.m.
Foyer - Grand Ballroom
AOASM Registration Open

7:30 a.m.-9:00 a.m.
Sunset - Ballroom/Exhibit Area
Continental Breakfast

7:30 a.m.-11:00 a.m.
Sunset - California Ballroom
Exhibit Area Open

8:00 a.m.-12:30 p.m.
Huntington - Grand Ballroom
PRESSING OUR KNOWLEDGE BASE FORWARD

Moderators: Jeffrey Bytomski, DO, FAOASM, and Vincent Disabella, DO, FAOASM

8:00 a.m.-9:15 a.m.
Case Presentations
Podium Presenters:
8:00 a.m.: Nick Belasco, DO
8:15 a.m.: Warren Bodine, DO
8:30 a.m.: Paul Giles, DO, MS
8:45 a.m.: Steve Kriss, DO, FACOPF, FAWM, CDR
9:00 a.m.: Mark Sakr, DO

9:15 a.m.-10:00 a.m.
Research Presentations
Podium Presenters:
9:15 a.m.: Nick Belasco, DO
9:30 a.m.: Demetri Menegos, DO
9:45 a.m.: Jonathan Tait, DO

10:00 a.m.-10:30 a.m.
Sunset - California Ballroom
Refreshment Break/Exhibit Area

10:30 a.m.-11:30 a.m.
Alan Jacobs Lecture: The Dynamic Scapula
R. Scott Cook, DO

11:30 a.m.-12:30 p.m.
Jeopardy/Hot Topics Review
Stephen Daquino, DO, FAOASM

12:30 p.m.-1:25 p.m.
Lunch (on your own)

**Physician attendees have the option of the afternoon off or attending the Student Lectures for additional CME credit hours.*

12:30 p.m.-1:25 p.m.
International Center
Student/Resident Luncheon
Moderators: Stephen Daquino, DO, FAOASM and Rob Franks, DO, FAOASM

** By Invitation Only*

1:30 p.m.-4:30 p.m.
Huntington - Grand Ballroom
Student Workshop: Exam Skills
Moderators: Rob Franks, DO, FAOASM and Stephen Daquino, DO, FAOASM

Session A: 1:30 p.m.-2:20 p.m.
Common Issues of the Knee
Rob Franks, DO, FAOASM

Session B: 2:30 p.m.-3:20 p.m.
Evaluation of the Ankle
Tom Goodwin, DO and Brett Martin, DO

Session C: 3:30 p.m.-4:30 p.m.
Common Issues of the Shoulder
Stephen Daquino, DO, FAOASM and Daniel Savarino, DO

1:30 p.m.-3:30 p.m.
Sequoia - 2nd Floor
Program Directors' Workshop
Moderators: John Dougherty, DO, FAOASM and Michele Gilsenan, DO, FAOASM

4:00 p.m.-5:00 p.m.
Sequoia - 2nd Floor
Committee for Education and Evaluation Committee Meeting
Moderator: John Dougherty, DO, FAOASM

4:00 p.m.-5:00 p.m.
Tahoe - 2nd Floor
Program Committee Meeting
Moderator: Steve J. Karageanes, DO, FAOASM

4:30 p.m.-4:45 p.m.
Student Break

4:45 p.m.-5:45 p.m.
Huntington - Grand Ballroom
Student Relations Committee Meeting

6:00 p.m.-9:00 p.m.
Offsite Social Event – ESPN Zone (“on your own”) Outing
Offsite Contact: Marcia Whalen, DO, FAOASM

Saturday, April 17, 2010

7:00 a.m.-12:30 p.m.
Foyer - Grand Ballroom
AOASM Registration Open

7:00 a.m.-8:00 a.m.
Foyer - Grand Ballroom
Continental Breakfast

8:00 a.m.-12:00 noon
APPLYING IT ALL TO OUR PATIENTS
Moderator: John Dougherty, DO, FAOASM

8:00 a.m.-8:30 a.m.
Benefits of Strength Training after Retirement
Thomas W. Allen, DO, FAOASM

8:30 a.m.-9:00 a.m.
Care of Diabetic Athlete
Rob Franks, DO, FAOASM

9:00 a.m.-9:30 a.m.
Working-Out During Pregnancy
Lori Boyajian-O'Neill, DO, FAOASM

9:30 a.m.-9:45 a.m.
Q&A

9:45 a.m.-10:00 a.m.
Foyer - Grand Ballroom
Refreshment Break

10:00 a.m.-10:30 a.m.
Getting After It – After Joint Replacement
John Dougherty, DO, FAOASM

10:30 a.m.-11:00 a.m.
The Weight is Over: From Flab to Phat – Exercise Prescription Strategies for the Morbidly Obese Patient
Eric Bohn, DO, ATC

11:00 a.m.-11:30 a.m.
Conditioning the Special Needs Athlete
Rance McClain, DO, FACOPF

11:30 a.m.-12:00 noon
Q&A

12:00 noon
Meetings Adjourn

Conference Objectives

At the conclusion of the conference, the participant will be able to:

- Discuss recent advances and issues of concern regarding sports medicine and wellness;
- Understand the diagnosis, management, and treatment of injuries;
- Understand the importance of osteopathic manipulative treatment;
- Develop an appreciation for clinical research in sports medicine;
- Develop a clear understanding of career/fellowship opportunities in sports medicine; and
- Develop an appreciation for the importance of recreation, family time, and fun and its relationship to a good Clinical Conference.

Registration

Registration will begin Tuesday, April 13 from 6:00 p.m.-8:00 p.m. and will be open during the following hours during the week of the conference:

Wednesday, April 14 7:00 a.m.-6:00 p.m.
Thursday, April 15 7:00 a.m.-5:00 p.m.
Friday, April 16 7:00 a.m.-1:00 p.m.
Saturday, April 17 7:00 a.m.-12:30 p.m.

Registration includes:

- Admission to all conference educational sessions
- Refreshment Breaks
- Continental Breakfasts
- Wednesday Night Welcome Reception (cash bar)
- Conference Syllabus CD and Materials
- Access to Exhibit Area

Exhibit Hours

The Clinical Conference Exhibits are located in the California Ballroom. Refreshment Breaks are scheduled in the Exhibit Area throughout the Conference. We would like to thank the companies who are exhibiting with us this year. Financial support received from the exhibitors allows the AOASM to offer a quality educational conference to our members. There is not a better time to see and compare suppliers for your clinic or facility while earning an extra two (2) CME credits by having each exhibitor initial your EZ CME checklist. Plan to spend time looking over the products you are considering and the products you currently use.

The exhibits will be open on Wednesday, Thursday, and Friday during the following hours:

Wednesday, April 14, 2010 6:00 p.m.-8:30 p.m.
Thursday, April 15, 2010 9:00 a.m.-4:00 p.m.
Friday, April 16, 2010 7:30 a.m.-11:00 a.m.

Poster Session Hours

Wednesday, April 14 6:00 p.m.-8:30 p.m.
(Authors present to discuss presentations)
Thursday, April 15 9:00 a.m.-4:00 p.m.
Friday, April 16 7:30 a.m.-11:00 a.m.

The Onsite Career Fair

The onsite Fair is located in the exhibit area at the Clinical Conference at the Doubletree Hotel Anaheim/Orange County. The Career Fair will be open during exhibitor hours: Wednesday, April 14, 6:00 p.m.-8:00 p.m.; Thursday, April 15, 9:00 a.m.-4:00 p.m.; and Friday, April 16, 7:30 a.m.-11:00 a.m. Announcements will be placed as hard copies in binders for viewing in a separate area. There will be binders for Available Positions and Fellowships. Each job announcement will have a designated folder where job seekers will have the opportunity to confidentially place their CV's. Job seekers may also include their CV's in a separate binder, allowing employers to view them onsite. Remember that the attendees at the AOASM conference include board-certified physicians, athletic trainers, residents, interns, and students.

Badges

Your badge will admit you to all the educational sessions and the exhibit area at the Annual Conference.

Please Wear Your Badge at all Times!

Message Center

A message board will be set up in the AOASM registration area. Please check the board daily.

Induction of Officers and Welcome Reception

On Wednesday evening, April 14, from 6:00 p.m.-8:30 p.m., join your colleagues, visit the exhibitors, network, enjoy hors d'oeuvres, cash bar and a champagne toast at the Induction of Officers ceremony followed by a Welcome Reception. The reception will kick-off at 6:00 p.m., followed by the induction of officers by Dr. Larry Wickless, President of the AOA. The events, including Poster Sessions, will be located in the California Ballroom from 6:00 p.m.-8:30 p.m.

The Russell M. Wright Keynote Lecture

The Rusty Wright Memorial Lecture will be given by Elizabeth “Betsey” Armstrong, goalkeeper from the USA Water Polo Team during lunch on Thursday, April 15, 2010, from 12:15 p.m.-1:25 p.m. Armstrong has a bronze and silver medal and is a two-time FINA World Championship Gold Medalist from 2007 and 2009. ***Advance ticket purchase required.***

AOASM Award of Fellow Banquet

The AOASM Award of Fellow Banquet on Thursday, April 15, 7:30 p.m.-9:30 p.m. will be a celebration for new Fellows and for our Academy. The celebration will include dinner and a cash bar. ***Advance ticket purchase required.***

2010 FAOASM Inductees

Congratulations to the newest recipients of the distinguished AOASM Award of Fellow:

Stephen I. Goldman, DO, FAOASM
Edwin T. Kornoelje, DO, FAOASM
Naresh C. Rao, DO, FAOASM

Schedule-At-A-Glance

Tuesday, April 13, 2010

7:00 a.m.-8:00 a.m.
Foyer - Grand Ballroom
AOASM Pre-Conference Registration Open

8:00 a.m.-5:30 p.m.
Huntington - Grand Ballroom
AOASM Pre-Conference Workshop - Musculoskeletal Ultrasound – Expert Training for Physicians and Sonographers

**Special thanks to GE Healthcare for providing the Ultrasound equipment.*

5:00 p.m.-9:00 p.m.
Newport - Grand Ballroom
AOASM Board of Directors Meeting

6:00 p.m.-8:00 p.m.
Foyer - Grand Ballroom
AOASM Registration Open

Wednesday, April 14, 2010

7:00 a.m.-6:00 p.m.
Foyer - Grand Ballroom
AOASM Registration Open

7:00 a.m.-8:30 a.m.
Foyer - Grand Ballroom
Continental Breakfast

7:45 a.m.-12:30 p.m.
Huntington - Grand Ballroom
UNDERSTANDING THE BASICS

Moderator: Angela Cavanna, DO, FAOASM

7:45 a.m.-8:00 a.m.
Welcome and Introductions
Michele Gilsenan, DO, FAOASM
Vincent Disabella, DO, FAOASM

8:00 a.m.-8:30 a.m.
Overview of Strength and Conditioning - 2010 Trends
Lisa Lewis, PhD

8:30 a.m.-9:00 a.m.
Aerobic and Anaerobic: A Physician's Guide to Exercise Physiology
Philip Skiba, DO

9:00 a.m.-9:30 a.m.
Strength Training and Overall Health
Arnold Cuenca, DO

9:30 a.m.-10:00 a.m.
Plyometrics and Injury Prevention
Rob Franks, DO, FAOASM

10:00 a.m.-10:15 a.m.
Foyer - Grand Ballroom
Refreshment Break

10:15 a.m.-10:45 a.m.
Dynamic Stretching: Yoga, Pilates, Tai Chi
Priscilla Tu, DO

10:45 a.m.-11:15 a.m.
Extreme Cardiovascular Conditioning - Super-Charge your Fitness
Lisa Lewis, PhD

11:15 a.m.-11:45 a.m.
Putting it All Together
Philip Skiba, DO

11:45 a.m.-12:00 noon
Q&A

12:00 noon-12:30 p.m.
AOASM Business Meeting
Michele Gilsenan, DO, FAOASM
Phillip Zinni, III, DO, MS, CMRO, ATC, FAOASM

12:30 p.m.-12:55 p.m.
Lunch (on your own)

1:00 p.m.-5:30 p.m.
OMM/OMT AFTERNOON
BREAKOUT SESSIONS 1-9

Moderators: Naresh Rao, DO, FAOASM and R. Scott Cook, DO

1:00 p.m.-2:25 p.m.
Huntington - Grand Ballroom
Breakout Session 1: OMT and Supplement Consideration for Runners
Greg Coppola, DO, FAOASM

1:00 p.m.-2:25 p.m.
Sequoia - 2nd Floor
Breakout Session 2: An Osteopathic Approach to Common Injuries of the Adolescent Athlete
Marcel Fraix, DO, FAAPMR

1:00 p.m.-2:25 p.m.
Newport - Grand Ballroom
Breakout Session 3: Hands-On Introduction to Ultrasound Guided Injections
Paul Tortland, DO, FAOASM, and Thomas Clark, DC, RVT

**Equipment provided by GE Healthcare – Ultrasound*

2:15 p.m.-2:45 p.m.
Foyer - Grand Ballroom
Refreshment Break

2:30 p.m.-3:55 p.m.
Huntington - Grand Ballroom
Breakout Session 4: OMT and Supplement Consideration for Runners
Greg Coppola, DO, FAOASM

2:30 p.m.-3:55 p.m.
Sequoia - 2nd Floor
Breakout Session 5: An Osteopathic Approach to Common Injuries of the Adolescent Athlete
Marcel Fraix, DO, FAAPMR

2:30 p.m.-3:55 p.m.
Newport - Grand Ballroom
Breakout Session 6: Hands-On Introduction to Ultrasound Guided Injections
Paul Tortland, DO, FAOASM, and Thomas Clark, DC, RVT

**Equipment provided by GE Healthcare – Ultrasound*

4:00 p.m.-5:30 p.m.
Huntington - Grand Ballroom
Breakout Session 7: OMT and Supplement Consideration for Runners
Greg Coppola, DO, FAOASM

4:00 p.m.-5:30 p.m.
Sequoia - 2nd Floor
Breakout Session 8: An Osteopathic Approach to Common Injuries of the Adolescent Athlete
Marcel Fraix, DO, FAAPMR

4:00 p.m.-5:30 p.m.
Newport - Grand Ballroom
Breakout Session 9: Hands-On Introduction to Ultrasound Guided Injections
Paul Tortland, DO, FAOASM, and Thomas Clark, DC, RVT

**Equipment provided by GE Healthcare – Ultrasound*

6:00 p.m.-8:30 p.m.
Sunset - California Ballroom
Welcome Reception/Induction of Officers' Ceremony/Champagne Toast Exhibits Open/Poster Sessions/CME
Moderator: Jeffrey Bytowski, DO, FAOASM

Poster Presenters:

- Warren Bodine, DO
- Matthew Boyer, DO
- John Leunberger
- Eric Kephart, DO
- Kurt Kieleszewski
- Alina McDermid, DO
- Demetri Menegos, DO
- Michelle Noreski
- Becca Rodriguez, DO
- Lindsay Stephens
- Phillip St. Julien
- Catriona Swift
- Troy Taduran, DO
- Christopher Tangen, DO
- Tracey Viola, DO
- Erica Willis, DO

Thursday, April 15, 2010

7:00 a.m.-5:00 p.m.
Foyer - Grand Ballroom
AOASM Registration Open

7:00 a.m.-8:30 a.m.
Foyer - Grand Ballroom
Continental Breakfast

7:00 a.m.-8:00 a.m.
Troi Restaurant
COMESM Committee Meeting

8:00 a.m.-12:15 p.m.
Huntington - Grand Ballroom
TRAINING THE OVERHEAD ATHLETE

Moderator: Tracy Frombach, DO

8:00 a.m.-8:30 a.m.
Cross-Training for Runners: Does it Help?
Greg Coppola, DO, FAOASM

8:30 a.m.-9:00 a.m.
Building a Foundation for the Upper Extremity
Victor Kalman, DO, FAAF

9:00 a.m.-4:00 p.m.
Sunset - California Ballroom
Exhibit Area Open

9:00 a.m.-9:30 a.m.
Training Our Power House: Conditioning Around the Hips
John Dougherty, DO, FAOASM

9:30 a.m.-10:00 a.m.
Can We Protect the Knee?
Chris Dougherty, DO

10:00 a.m.-10:15 a.m.
Q&A

10:15 a.m.-10:30 a.m.
Sunset - California Ballroom
Refreshment Break/Exhibit Area

10:30 a.m.-11:00 a.m.
Training the Core for a Good Foundation
Michael Higgins, PhD, PT, ATC

11:00 a.m.-11:30 a.m.
Strength Training in the Adolescent Athlete
Jason Tarno, DO, FAOASM

11:30 a.m.-12:00 noon
Training in Black Flag Heat: Heat Injury Prevention and Treatment
John Biery, Jr., DO

12:00 noon-12:15 p.m.
Q&A

12:15 p.m.-1:30 p.m.
Atrium
Rusty Wright Lecture and Luncheon

Moderator: Marcia Whalen, DO, FAOASM

Guest Speaker: Elizabeth “Betsey” Armstrong, Goalkeeper for the USA Women’s Olympic Polo Team; Two-time FINA World Championship Gold Medalist 2007, 2009; Olympic Silver and Bronze Medalist

**Advance ticket purchase required.*

1:30 p.m.-4:25 p.m.
Huntington - Grand Ballroom
SPECIFIC TRAINING FOR INJURY PREVENTION

Moderators: Rob Franks, DO, FAOASM and Vincent Disabella, DO, FAOASM

1:30 p.m.-2:00 p.m.
Musculoskeletal Changes, Injuries and Rehabilitation Associated with Spaceflight
Richard A. Scheuring, DO, MS, FAAFP

2:00 p.m.-2:30 p.m.
SWAT Training
Barry Garcia, DO, FAOASM

2:30 p.m.-3:00 p.m.
Firefighters Health: Can We Make a Difference?
Richard Parker, DO, FAOASM

3:00 p.m.-4:00 p.m.
Exercise is Medicine: Understanding the Health Benefits of Physical Activity
Keynote Speaker: Robert Sallis, MD

4:00 p.m.-4:15 p.m.
Q&A

4:15 p.m.-4:25 p.m.
Sunset - California Ballroom
Refreshment Break

4:30 p.m.-6:30 p.m.
OMM/OMT AFTERNOON
BREAKOUT SESSIONS 10-1

Moderators: Naresh Rao, DO, FAOASM, and R. Scott Cook, DO

4:30 p.m.-5:25 p.m.
Huntington - Grand Ballroom
Breakout Session 10: Functional Strength Training for Olympic Athletes
Karen Bloch, MS, ATC, CSCS, LAT, PES & Lance Von Stade, ATC

**Supplies provided by Thera-band*

4:30 p.m.-5:25 p.m.
Sequoia - 2nd Floor
Breakout Session 11: Straight to the Core (Exercise Techniques)
Patrick Leary, DO, FACSM

4:30 p.m.-5:25 p.m.
Newport - Grand Ballroom
Breakout Session 12: Hands-On Introduction to Ultrasound Guided Injections
Paul Tortland, DO, FAOASM, and Thomas Clark, DC, RVT

**Equipment provided by GE Healthcare – Ultrasound*

5:30 p.m.-6:30 p.m.
Huntington - Grand Ballroom
Breakout Session 13: Functional Strength Training for Olympic Athletes
Karen Bloch, MS, ATC, CSCS, LAT, PES and Lance Von Stade, ATC

**Supplies provided by Thera-band*

5:30 p.m.-6:30 p.m.
Sequoia - 2nd Floor
Breakout Session 14: Straight to the Core (Exercise Techniques)
Patrick Leary, DO, FACSM

5:30 p.m.-6:30 p.m.
Newport - Grand Ballroom
Breakout Session 15: Hands-On Introduction to Ultrasound Guided Injections
Paul Tortland, DO, FAOASM, and Thomas Clark, DC, RVT

**Equipment provided by GE Healthcare – Ultrasound*

7:30 p.m.-9:30 p.m.
The Atrium
Award of Fellow Banquet
Moderator: Michele Gilsenan, DO, FAOASM

**Commercial Support provided by Chicago College of Osteopathic Medicine of Midwestern University*

(Advance ticket purchase required.)