

# 53rd Annual Symposium on Sports Medicine

## Program

### Day 1:

2/21/2026

#### Locations:

HA Holly Auditorium

HF Holly Foyer

AL&TC Academic Learning & Teaching Center

Time	Location	Session Title	Speaker
<b>6:30-7:30 AM</b>	<b>HF</b>	<b>LIGHT BREAKFAST</b>	
7:30 AM	HA	Introduction & Welcome	Jesse C. DeLee, MD
		Remarks	Thomas M. DeBerardino, MD Guy Nicolette, MD
<b>SYMPOSIUM I: GENERAL SPORTS MEDICINE</b>			
7:35 AM	HA	Moderator: Kenneth O. Kenneth-Nwosa, MD	
7:35-7:55 AM	HA	Pre-participation Examination	Samantha Prewitt, DO
7:55-8:15 AM	HA	Heat Illness in the Athlete	Ramy Noche, MD
8:15-8:35 AM	HA	Cardiac Pathology in the Younger Athlete	Alberto Oseguera, MD
8:35-8:55 AM	HA	Nutritional Supplements, Update	Mandy Tyler, M.Ed., RD, LD
8:55-9:15 AM	HA	Mental Health Issues in the Athlete	Dr. Blakely Low-Sampson
9:15-9:35 AM	HA	Panel Discussion	
<b>9:35 - 9:55 AM</b>	<b>HF</b>	<b>BREAK</b>	
<b>ANATOMY WORKSHOPS (livestreamed from anatomy lab)</b>			
9:55 - 11:15 AM	HA	Moderator: Jesse C. DeLee	
	HA	Anatomy I - Foot & Ankle	Jeannie Huh, MD
	HA	Anatomy II - The Knee	Matthew C. Murray, MD
<b>SYMPOSIUM II: HEAD AND SPINE IN SPORTS, Part 1</b>			
11:15 AM	HA	Moderator: Christopher D. Chaput, MD	
11:15-11:35 AM	HA	Cervical Spine Injuries in Sports	Christopher D. Chaput, MD
11:35 - 11:55 AM	HA	Brachial Plexus "Stingers"	Adam J. McNulty, MD
11:55 - 12:15 PM	HA	Latest in Concussion Management	Ramy Noche, MD
<b>12:15-1:15 PM</b>	<b>AL&amp;TC</b>	<b>LUNCH</b>	

### **SYMPOSIUM III: CHALLENGES IN RETURN TO PLAY**

1:15 PM	HA	Moderator: Guy Nicolette, MD	
1:15-1:30 PM	HA	The "Sprained Ankle"	David M. Heath, MD
1:30-1:50 PM	HA	Orthobiologics RTP: Latest Literature	Guy Nicolette, MD
1:50-2:10 PM	HA	Stress Fractures	Thomas L. Hand, MD
2:10-2:30 PM	HA	Maintaining Appropriate Relationships and Boundaries with Coaches, Trainers, Athletes and Parents	Guy Nicolette, MD Thomas M. DeBerardino, MD Jesse C. DeLee, MD
2:30-2:50 PM	HA	Debate: Clearing the Injured Athlete with Significant Deficit	Matthew C. Murray, MD Thomas M. DeBerardino, MD
2:50-3:05 PM	HA	Panel Discussion	
<b>3:05-3:20 PM</b>	<b>HF</b>	<b>BREAK</b>	

### **SYMPOSIUM IV: THE SKELETALLY IMMATURE ATHLETE**

3:20 PM	HA	Moderator: Steven D. Gibbons, MD	
3:20-3:40 PM	HA	Growth Plates and ACL Reconstruction	Steven D. Gibbons, MD
3:40-4:00 PM	HA	LET, How and When?	Matthew C. Murray, MD
4:00-4:20 PM	HA	Pediatric and Adolescent Female Athlete Injuries	
4:20-4:35 PM	HA	Panel Discussion	

### **SYMPOSIUM II: HEAD AND SPINE IN SPORTS, Part 2**

4:35-4:55 PM	HA	Lumbar Spine Pathologies	Richard Hurley, MD
4:55-5:15 PM	HA	Dental Injuries in Sports	Matthew R. Torres, MD, DDS
5:15-5:30 PM	HA	Panel Discussion	
<b>5:30 PM</b>	<b>HF</b>	<b>ADJOURN</b>	

# 53rd Annual Symposium on Sports Medicine

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Day 2:

2/22/2026

**Locations:**

HA Holly Auditorium

HF Holly Foyer

AL&TC Academic Learning & Teaching Center

Time	Location	Session Title	Speaker
<b>6:30-7:30 AM</b>	<b>HF</b>	<b>LIGHT BREAKFAST</b>	
7:30 AM	HA	Welcome Remarks	Jesse C. DeLee, MD Thomas M. DeBerardino, MD Guy Nicolette, MD
<b>SYMPOSIUM V: UPPER EXTREMITY</b>			
7:30 AM	HA	Moderator: David M. Heath, MD	
7:30-7:50 AM	HA	Examination of the Shoulder & Elbow	David M. Heath, MD
7:50-8:10 AM	HA	Arthroscopic Bankart with Remplissage	Thomas M. DeBerardino, MD
8:10-8:30 AM	HA	Instability with Bone Deficient Glenoid	Anil K. Dutta, MD
8:30-8:50 AM	HA	Shoulder Instability Rehabilitation Update & RTP	Marie T. Charpentier, PT, DPT
8:50-9:10 AM	HA	Hand Injuries in the Athlete	Ryan A. Rose, MD
9:10-9:30 AM	HA	UCL and Other Elbow Injuries in the Athlete	Bernard F. Morrey, MD
9:30-9:50 AM	HA	Panel Discussion	
<b>9:50-10:10 AM</b>	<b>HF</b>	<b>BREAK</b>	
<b>SYMPOSIUM VI: LOWER EXTREMITY</b>			
10:10 AM	HA	Moderator: Travis Burns, MD	
10:10-10:30 AM	HA	Hip Injuries in Athletes	Travis Burns, MD
10:30-10:50 AM	HA	Common Non-surgical Foot and Ankle Injury in Competitive Athletes	Samantha Prewitt, DO
10:50-11:10 AM	HA	Principles in Soft Tissue Injury Management	Kenneth O. Kenneth-Nwosa, MD
11:10-11:30 AM	HA	Panel Discussion	
<b>11:30-12:30 PM</b>	<b>AL&amp;TC</b>	<b>LUNCH</b>	

**SYMPOSIUM VII: THE KNEE**

12:30 PM	HA	Moderator: Thomas M. DeBerardino, MD	
12:30-12:50 PM	HA	Knee Imaging Update	Jennifer E. Swart, MD
12:50-1:10 PM	HA	Mid-Foot Injuries	Shumaila Sarfani, MD
1:10-1:30 PM	HA	Patellofemoral Joint: Evaluation and Nonoperative Treatment	K. Renee Thiebaud, PhD, PT
1:30-1:50 PM	HA	Multi-ligament Knee Injury (ACL, MCL, PLC) Diagnosis and Timing of Surgical Treatment	Matthew C. Murray, MD
<b>1:50-2:10 PM</b>	<b>HF</b>	<b>BREAK</b>	
2:10-2:30 PM	HA	Knee Joint Restoration: Putting it All Together in 2026	Thomas M. DeBerardino, MD
2:30-2:50 PM	HA	PCL Injury – The Cornerstone of the Knee	David M. Heath, MD
2:50-3:10 PM	HA	The Meniscus: Management Principles	Adam J. McNulty, MD
3:10-3:30 PM		Medial and Lateral Collateral Ligament Injury	David M. Heath, MD
3:30-3:45 PM	HA	Panel Discussion	
<b>3:45-4:00 PM</b>	<b>HF</b>	<b>BREAK</b>	
<b>CONCURRENT WORKSHOPS</b>			
4:00-5:30 PM	AL&TC	Biomechanics in Rehabilitation	K. Renee Thiebaud, PhD, PT Meg Jacobs, PT
	AL&TC	Concussions	Samantha Prewitt, DO Ramy Noche, MD
	AL&TC	Sports Medicine Case Presentations	Jesse C. DeLee, MD David M. Heath, MD
<b>5:30 PM</b>		<b>ADJOURN</b>	