

OCTOBER 13-15, 2023 | WASHINGTON MARRIOTT AT METRO CENTER

2023 STAND ALONE MEETING



American Academy of Podiatric Sports Medicine
YOUR FOOT AND ANKLE SPORTS MEDICINE SPECIALISTS

“Best Sports Medicine Meeting in the Country”

A PROGRAM DESIGNED FOR

Podiatrists, Sports Medicine Physicians,
Foot & Ankle Surgeons, Chiropractors,
Physical Therapists, Athletic Trainers,
Podiatry Residents, Fellows in Training
& Students



Program Agenda: Friday, October 13, 2023

6:30am – 8:00am	Morning Run with Shoe Testing	Exhibit Area (pick up shoes in exhibit area)	
7:00am – 7:45am	Registration / Breakfast / Exhibits	Exhibit Area	
7:45am – 8:00am	Welcome Address – Jay Spector	Lecture Hall - Salons ABC	
8:00am – 10:00am	Lecture Hall – Session 1		
8:00am – 8:30am	Garry Ho	Salons ABC	Orthobiologics in Sports Medicine – What Works?
8:30am – 9:15am	Garry Ho	Salons ABC	Sports Ultrasound of the Foot and Ankle - Selected Cases
9:15am – 10:00am	Marc Madsen	Salons ABC	Adaptive Athletes
10:00am – 10:30am	Morning Break / Exhibits	Exhibit Area	
10:30am – 12:30pm	Lecture Hall – Session 2		
10:30am – 11:00am	Missy Journot	Salons ABC	Primary Ankle Repair with Broström - Lateral Ankle Instability with Surgical Cases
11:00am – 11:30am	Clint Laird	Salons ABC	The Aging Athlete
11:30am – 12:00pm	Korin Hudson	Salons ABC	Concussion Evaluation/Assessment
12:00pm – 12:30pm	Korin Hudson	Salons ABC	Exertional Leg Pain
12:30pm – 1:30pm	Hoka Lunch & Learn	Pre-Function Hallway / Exhibit Area	
1:30pm – 3:30pm	Workshops # 1-6 - Must Pre-Register for Workshops		
Choose one from #1-3			
1:30pm – 2:30pm	Garry Ho	Salon D	#1: Ultrasound: anterior, lateral, medial, posterior-plantar
1:30pm – 2:30pm	Adam Tenforde	Salons ABC	#2: Physical Exam of the Athlete
1:30pm – 2:30pm	Clint Laird	London II	#3: Cycling Injuries, shoes and cycling cleats
PLUS Choose one from #4-6			
2:30pm – 3:30pm	Garry Ho	Salon D	#4: Ultrasound: anterior, lateral, medial, posterior-plantar (repeat of #1)
2:30pm – 3:30pm	Adam Tenforde	Salons ABC	#5: Physical Exam of the Athlete (repeat of #2)
2:30pm – 3:30pm	Richard Blake	London II	#6: 14 Point Biomechanical Approach
3:30pm – 4:00pm	PM Coffee Break / Exhibits	Exhibit Area	
4:00pm – 5:30pm	Lecture Hall – Session 3		
4:00pm – 4:30pm	Alicia Canzanese	Salons ABC	A review of footwear in sports...not just running shoes
4:30pm – 5:00pm	Adam Tenforde	Salons ABC	New Terminology:Bone Stress Injury +What it Means
5:00pm – 5:30pm	Richard Blake	Salons ABC	The Biomechanics of Treating Posterior Tibial Tendon Problems
8:00pm - 10:00pm	Brooks Friday Night Reception	Jr. Ballroom on 2 nd Floor	

** All times, lectures and faculty subject to change

Program Agenda: Saturday, October 14, 2023

6:30am – 8:00am	Morning Run with Shoe Testing (Pick up shoes in exhibit hall)	Exhibit Area	
7:00am – 8:00am	Registration / Light Breakfast / Exhibits	Exhibit Area	
8:00am – 12:30pm	Lecture Hall – Session 4		
8:00am – 8:45am	Amol Saxena	Salons ABC	Bias, Prejudice + Micro-Aggressions; How this Affects You?
8:45am – 9:15am	Bob Anderson	Salons ABC	Managing the Elite Athlete During and After Their Career
9:15am – 9:45am	Dale Gilbert	Salons ABC	Lower Extremity Injuries in Professional Baseball
9:45am – 10:15am	Golden Harper	Salons ABC	Research on Running Surfaces and Shoe Selection
10:15am – 10:45am	Morning Break / Coffee / Exhibits	Exhibit Area	
10:45am – 11:15am	Nicola Maffulli (virtual)	Salons ABC	Achilles Treatment Update
11:15am – 11:45am	Markus Walther (virtual)	Salons ABC	Revision Surgery Following Surgery on Insertional Achilles and Haglunds
11:45am – 12:30pm	Panel: Bob Anderson, Wiemi Douoguih, Nicolas Maffulli (virtual), Markus Walther (virtual); Moderator: Amol Saxena	Salons ABC	Ankle Sprains, High Ankle Sprains, Achilles Issues
12:30pm – 1:30pm	Lunch Break w/ Awards Ceremony	Jr. Ballroom on 2nd Floor	
1:30pm – 3:00pm	Lecture Hall – Session 5		
1:30pm – 2:15pm	Wiemi Douoguih	Salons ABC	What is Runner's Knee?
2:15pm – 3:00pm	Maggie Fournier	Salons ABC	Inclusion in Sports: Past, Present and Future
3:00pm – 3:30pm	PM Break / Coffee / Exhibitors	Exhibit Area	
3:30pm – 5:30pm	Workshops # 7-12 - Must Pre-Register for Workshops		
Choose one from #7-9			
3:30pm – 4:30pm	Mark Cucuzzella, Golden Harper	Salon D	#7: Move Better, Feel Better, Live Better
3:30pm – 4:30pm	Dalia Clausen, Michael Donato	London II	#8: Cross Country Ski Boots and Skates
3:30pm – 4:30pm	George Lane, Ray Pugsley	Salons ABC	#9: Latest Running Shoe Innovations & Technologies
PLUS Choose one from #10-12			
4:30pm – 5:30pm	Mark Cucuzzella, Golden Harper	Salon D	#10: Move Better, Feel Better, Live Better (repeat of #7)
4:30pm – 5:30pm	Ludger Gerdesmeyer, Howard Osterman, Jay Spector	Salons ABC	#11: Shockwave Pearls In Your Practice: Practical Scenarios
4:30pm – 5:30pm	Dale Gilbert	London II	#12: Athletic Taping

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Program Agenda: Sunday, October 15, 2023

7:00am – 8:00am	Registration / Light Breakfast	Lecture Hall - Salons ABC	
8:00am – 10:00am	Lecture Hall – Session 6		
8:00am – 8:45am	Mark Cucuzzella	Salons ABC	The Magic of Zone 2 Training to Improve Your Health and Your Life
8:45am – 9:30am	Karin Silbernagel	Salons ABC	Achilles Tendinopathy and Rupture: Same Tendon, Different Rehab Strategy
9:30am – 10:00am	Ludger Gerdesmeyer	Salons ABC	Understanding and Decreasing Pain: EMTT as the New Team Player
10:00am – 10:30am	Morning Break / Coffee	Pre-Function Hallway	
10:30am – 12:30pm	Lecture Hall – Session 7		
10:30am – 11:15am	Jeff Ross	Salons ABC	The Psychological Impact of the Injured Athlete
11:15am – 12:00pm	Richard Blake	Salons ABC	The Biomechanics of Treating Sesamoid Fractures
12:00pm – 12:30pm	Kathleen Rodriguez	Salons ABC	Special Olympics Update

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Call for Posters

The AAPSM is pleased to announce that they will be holding a
“Call for Posters” for display at our 2023 Stand Alone Meeting
Deadline September 30, 2023

Posters will be downloaded from your pdf so you
DO NOT need to print the actual poster.

Poster Fee:

There is no fee associated with submitting a poster.

Presentation Limitations:

Individuals are allowed only two poster presentations.

Meeting Registration:

Poster presenters are required to register for the meeting. Poster presenters are **not** considered ‘Speakers’ and are not eligible for reimbursements.

Poster Category:

The poster category is designed to encourage AAPSM members to do research and share their findings with AAPSM members.

Membership Status:

You must be an AAPSM member in good standing to submit a poster.

All Author Affirmation:

Must affirm that **ALL** authors listed on the poster have reviewed and given approval for the submission and publication of the poster.

Abstract Format Requirements:

The profile used will automatically be indicated as the Presenter for the poster. If someone else has assisted with the poster, you need to include their information as co-Author. The poster will be downloaded onto a thumb drive and displayed so there is no need to print a physical poster.

Title – should be entered in all CAPS

Authors – should be entered as first and full last name

Affiliation(s) – should be entered as Affiliation, Department, City, State, Zip and Country.

Abstract – should include purpose, methods, data, results and conclusions. (500 max word count).

Poster Information:

The poster will be downloaded onto a thumb drive. Deadline for submitting posters via PDF file is September 30, 2023. Winners will be notified in person at the AAPSM Reception on Friday, October 15, 2023. The AAPSM Board will select the top 3 posters. Winners will receive a \$100 check PER POSTER and must be present.

Please send thumb drive (no later than September 30, 2023) to:

Rita Yates/AAPSM Executive Director
3121 NE 26th Street
Ocala, FL 34470

Online Registration is Open - Register Now!

Online Registration Form:

<https://member.aapsm.org/conference>

2023 AAPSM Stand Alone Meeting Registration includes the following (for registrants only):

- Course materials
- Admission to all lecture hall sessions and panel discussions on Friday, Saturday and Sunday
- Choice of workshops on Friday and Saturday.
- Meals: TBD
- Social Programs: Friday Night Reception and Awards Luncheon on Saturday. Morning runs.

Note: Pre-registration is required for the Friday night reception and Saturday awards luncheon. Both are included for all attendees. There is an additional \$50 fee for guests to attend the Friday night reception.

	Registration Costs
AAPSM Fellow	\$625
AAPSM Member	\$675
Non-Members*	\$749
Residents & Fellows In-Training	\$525
Students**	\$350

- Space is limited and is offered on a first come, first served basis. We expect a full house.
- Online registration will close after September 15, 2023.



* Non-member cost includes a year AAPSM membership.

** Students: Contact Rita Yates at ritayates2@aol.com for comp. registration assistance for up to 4 students. Students awarded registration assistance would be expected to assist with on-site meeting duties (registration, av, etc.).
Deadline to apply - September 1, 2023.

Cancellation Policy:

The payment made for your registration fee (less a \$25 processing fee) will be refunded for cancellations received in writing prior to September 15, 2023. All refunds will be processed and paid following the course. No refunds will be made for non-attendance or if cancellation is received after September 15, 2023. All course attendees will receive a full refund in the event that the AAPSM must cancel this course.

Friday Night Reception

Join Us for a Night of Fun!

FRIDAY, OCTOBER 13, 2023 FROM 8-10PM

Reception is included with registration - \$50 extra for guests
Open bar from 8-10pm and light appetizers will be served.



As a thank you for your continued support, Brooks will be giving away a **FREE** pair of Brooks Running Shoes to all registered AAPSM Conference Attendees.

You must attend the AAPSM Reception on Friday, October 13, 2023 and fill out the Brooks Shoe Survey by **September 29th** to receive your complimentary pair of shoes.



All shoes will be distributed at the Friday Night Reception.

* You will be sent a survey link after you have registered for the Conference.

Continuing Education

Podiatrists:

This activity has been planned and implemented in accordance with the standards and requirements for approval of providers of continuing education in podiatric medicine through a joint provider agreement between ABPM and AAPSM. ABPM is approved by the Council on Podiatric Medical Education as a provider of continuing education in podiatric medicine. ABPM has approved this activity for a maximum of 19 continuing education contact hours.

ABPM diplomates will receive 2 MOC points for attending the conference.

Radiology lectures/8.25 lecture credits

Program Learning Objectives:

1. Expand and integrate an understanding of the scientific as well as clinical knowledge of the lower extremity to better prevent and treat sports-related musculoskeletal conditions.
2. Facilitate a personalized educational experience through a comprehensive offering of instructional courses, panel discussions, and scientific presentations.
3. Integrate current basic science, translational research, and state-of-the-art procedures and technology into clinical practice.

Program Materials:

In an effort to reduce paper consumption the AAPSM Stand Alone meeting has elected to go green so we will NOT be handing out a hard copy of our program syllabus onsite. All registered participants will be given instructions on how to access a PDF file of the syllabus 1 week prior to our program. We appreciate your support of our efforts to reduce waste.

COVID Policy:

All Registrants attending the AAPSM Stand Alone Meeting must comply with all local & state governmental COVID related policies that are in place during our meeting dates.

Please refer to the following website for up to date COVID policies that will impact our meeting in Washington, DC: <https://clean.marriott.com/>

Since these policies are subject to change at any moment, we encourage you to bookmark this page and refer to it PRIOR to your trip to Washington, DC.

2023 Stand Alone Speakers

Robert B. Anderson, MD

OrthoCarolina Foot & Ankle Institute

Richard Blake, DPM

Past President, Fellow, American Academy of Podiatric Sports Medicine

Alicia Canzanese, DPM, ATC

Vice President, Fellow, American Academy of Podiatric Sports Medicine; Gordon Podiatry, LLC; Adjunct Professor, Temple University School of Podiatric Medicine

Dalia Clausen, DPM

Fellow, American Academy of Podiatric Sports Medicine

Mark Cucuzzella, MD

Professor, West Virginia University School of Medicine; US Air Force Reservist

Michael Donato, DPM

President, Fellow, American Academy of Podiatric Sports Medicine; Rappahannock Foot & Ankle Specialists

Wiemi Douoguih, MD

Regional Medical Director, MedStar Sports Medicine; Senior Orthopaedic Consultant, Washington Wizards (NBA)

Maggie Fournier, DPM

Past President, Fellow, American Academy of Podiatric Sports Medicine; Podiatrist, Gundersen Health System

Ludger Gerdesmeyer, MD, PhD

Professor of Orthopedics, University of Schleswig-Holstein, Kiel, Germany

Dale Gilbert

Head Athletic Trainer, Washington Nationals

Golden Harper

Founder, Altra Running

Garry Ho, MD, FACS, FFAFP, RMSK, CIC

Sports Medicine Physician, National Capital Sports Medicine Consortium; Team Physician, George Mason University.

Korin Hudson, MD

Consulting Physician, Washington Wizards (NBA)

Missy Journot, DPM

Director, Fellow, American Academy of Podiatric Sports Medicine

Clinton Laird, DPM

Secretary/Treasurer, Fellow, American Academy of Podiatric Sports Medicine; McCormick Foot, Ankle & Vein Clinic

George Lane, DPM

Fellow, American Academy of Podiatric Sports Medicine; Achilles Foot & Ankle Center; Superior Foot Supports

CDR C. Marc Madsen USN.

Sports Medicine Physician; USMC Wounded Warrior Regimental Surgeon; Marine Corps Marathon Senior Medical Officer

Nicola Maffulli, MD

Consultant, Orthopaedic Surgeon; Honorary Professor at Queen Mary University

Howard Osterman, DPM

Past President, Fellow, American Academy of Podiatric Sports Medicine; Podiatrist, Foot & Ankle Specialists of the Mid-Atlantic

Ray Pugsley

Owner of Potomac River Running Stores

Kathleen Rodriguez, PT, DPT

Special Olympics International – Sr. Clinical Practice Manager Physical Therapy and Podiatry

Jeff Ross, DPM

Past President, American Academy of Podiatric Sports Medicine; Associate Professor Baylor College of Medicine

Amol Saxena, DPM, MPH

Past President, Fellow, American Academy of Podiatric Sports Medicine

Karin Silbernagel, PT, PhD, ATC

Tendon researcher and PI of the Delaware Tendon Research Group. Professor at Department of Physical Therapy, University of Delaware

Jay Spector, DPM

Immediate Past President, Fellow, American Academy of Podiatric Sports Medicine; Podiatrist, Atlanta Sports Podiatry

Adam Tenforde, MD

Sports Medicine, Physical Medicine and Rehabilitation, Spaulding Rehabilitation Hospital and Spaulding National Running Center

Markus Walther, PhD, MD

Specialist in Orthopedics and Trauma Surgery

Conference Exhibitors

The below list is updated regularly.

If you have an interest in Exhibiting at the 2023 Conference, [click here](#) for more info!



ABPM

Certifying Today's Podiatrist



>> [CLICK HERE TO VIEW OUR 2022 EXHIBITORS](#)

AAPSM Directors, Officers & Staff

Program Director:

Jay Spector, DPM

AAPSM Officers:

President: Michael Donato, DPM

Vice-President: Alicia Canzanese, DPM

Secretary / Treasurer: Clint Laird, DPM

Director: Melissa Journot, DPM

Immediate Past President: Jay Spector, DPM

Executive Director: Rita J. Yates

Stand Alone Committee Members:

Michael Donato, DPM

Maggie Fournier, DPM

Howard Osterman, DPM

Amol Saxena, DPM

AAPSM Administrative Staff:

Scientific Event Manager: Elizabeth Seifert

E-Mail - elizabeth.aapsm@gmail.com

AAPSM Website:

<http://www.aapsm.org/>

AASPM on Social Media

Are you on Social Media? So is the AAPSM!

Please Follow the AAPSM on the following platforms:

 @AAPSM "Your foot and Ankle Sports Medicine Specialists"

 @AAPSM1

 @_aapsm_

 @_aapsm

 @AAPSM

Please @mention or tag us in your posts during the event!

Transportation

We encourage you to take the metro from Ronald Reagan National Airport to Washington Marriott at Metro Center. It is by far the easiest way to get around town. From Ronald Reagan Washington National Airport - take the Yellow/Blue Line Track 1 Platform to Metro Center. The train departs every 10 minutes. Expect to pay \$1-\$4. Upon exit at Metro Center, the hotel is a 350ft walk, directly north.

Click below for more information.

<https://www.flyreagan.com/parking-transportation/metrorail-station>

Conference Venue



Washington Marriott at Metro Center

In a city where access is currency, Washington Marriott at Metro Center ushers you to the front of the line at the intersection of D.C.'s political and social scene. Our hotel's premier downtown location near Metro Center gives you easy passage to Washington's key players, whether you've come to lobby Congress or see the National Mall. With our Commitment to Clean, guests can enjoy a heated indoor pool and 24/7 fitness center that cater to active lifestyles. Our stylish hotel rooms in Metro Center offer Marriott's luxury bedding package and spa-like marble bathrooms with Washington D.C. views as a dynamic backdrop.

Washington Marriott at Metro Center

775 12th Street NW,
Washington, DC, 20005
Toll Free: 1-800-393-2510
Website: [Click here](#)

Room Cancellation Policy

The deadline to cancel room reservations without penalty is 72 hours prior to the day of arrival, local hotel time. Please note, if an event has arranged for a specific advance deposit, the policy will prevail over the hotel's standard cancellation policy.

Guest Room Reservations

Dates Available: October 12-15, 2023
Standard Guest Room - 1 King - \$219.00 + tax | fees
Standard Guest Room - 2 Doubles - \$219.00 + tax | fees

Online Reservations

To access the AAPSM group rate, click below:
<https://book.passkey.com/e/50454555>

Note: The AAPSM has secured a limited number of guest rooms at the discounted rate above. These rates are only available to AAPSM meeting participants and will expire on August 31, 2023 OR when the room block sells out.

Convenience of the Washington Marriott at Metro Center:

Airports:

Ronald Reagan Washington National Airport - 4 miles
Dulles Airport - 27.2 miles
BWI Airport - 32.2 miles

Subway:

Metro Center (Red, Blue, Orange and Silver Lines)
G & 12th Street Entrance

Train:

Union Station