

APRIL 30 - MAY 2, 2026 | GILA RESORTS | WILD HORSE PASS CASINO

2026 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, Pedorthists,
Podiatry Residents, Fellows in Training & Students



Program Agenda: Thursday, April 30, 2026

12:45pm - 1:00pm	Jay Spector	Welcome Address	
1:00pm - 3:00pm	Lecture Hall – Session 1		
1:00pm - 1:30pm	Clint Laird	Palo Verde AB	Biomechanics and Injuries in Cycling
1:30pm - 2:00pm	Michael Van Pelt	Palo Verde AB	Torsional Injuries of the Foot and Ankle
2:00pm - 2:30pm	Gideon Lewis	Palo Verde AB	Footwear and Considerations for Other Sports, Not Just Running
2:30pm - 3:00pm	David Jenkins	Palo Verde AB	Special Olympics Update
3:00pm - 3:30pm	Afternoon Break / Exhibits	Exhibit Area	
3:30pm - 5:30pm	Lecture Hall – Session 2		
3:30pm - 4:00pm	Gideon Lewis	Palo Verde AB	Surgery and Athletes: Surgical Case Studies for Athletes
4:00pm - 4:30pm	Clint Laird	Palo Verde AB	Limb Length Discrepancy
4:30pm - 5:00pm	Michael Van Pelt	Palo Verde AB	Ankle Biomechanics and Impingement Syndrome
5:00pm - 5:30pm	Rob Conenello	Palo Verde AB	Lower Extremity Injuries Associated with Rucking

** All times, lectures and faculty subject to change

Lectures presented during the AAPSM Stand Alone Meeting do not necessarily reflect the current thoughts and opinions, historical perspectives, and/or potential actions of the American Academy of Podiatric Sports Medicine (AAPSM).

Program Agenda: Friday, May 1, 2026

6:30am – 8:00am	Morning Run with Shoe Testing	Meet in Exhibit Area (pick up shoes in exhibit area)	
7:00am – 8:00am	Sign-In Registration Breakfast	Exhibit Area	
8:00am – 12:30pm	Lecture Hall – Session 3		
8:00am – 8:45am	Joe Agostinelli	Palo Verde AB	Military Influence on Orthopedic Sports Medicine-Through The War Experience
8:45am – 9:15am	Ted Forcum	Palo Verde AB	Blaze Pod Reactive Rehabilitation
9:15am – 9:45am	Rob Conenello	Palo Verde AB	Shock and Awe
9:45am – 10:15am	Elizabeth Bondi	Palo Verde AB	Injury Consideration in Triathlon
10:15am – 10:45am	AM Break Coffee Exhibits	Exhibit Area	
10:45am – 11:15am	Kaitlyn Keyser and Nathan Suyematsu	Palo Verde AB	The Kinetic Chain in Sport: Why Foot & Ankle Injuries Are Rarely Just Local
11:15am – 11:45am	Missy Journot	Palo Verde AB	Evidence Based New Literature Series on Sports Medicine Surgery Decision Making and Conservative Care
11:45am – 12:30pm	Ted Forcum	Palo Verde AB	Effect of Blood Flow Restriction on Muscle Strength and Stability Following Foot and Ankle Injury
12:30pm – 1:30pm	Lunch Break w/ Awards Ceremony / Exhibits	Palo Verde C / Exhibit Area	
1:30pm – 3:00pm	Lecture Hall – Session 4		
1:30pm - 2:15pm	Missy Journot	Palo Verde AB	Lisfranc Injuries in the Athlete
2:15pm - 3:00pm	Dave Jenkins	Palo Verde AB	Role of the Central Nervous System in Chronic Lateral Ankle Instability
3:00pm – 3:30pm	Afternoon Break / Exhibits	Exhibit Area	
3:30pm - 5:30pm	Workshops # 1-6 - Must Pre-Register for Workshops		
Choose one from #1-3			
3:30pm – 4:30pm	George Lane	Yucca	#1: Advancements in Road Running Shoes: From Past to Present
3:30pm – 4:30pm	Elizabeth Bondi	Willow	#2: Updates on Shockwave and EMTT on Bone Healing
3:30pm – 4:30pm	Joe Agostinelli	Cholla	#3: Stop the Bleed Program by The American College of Surgeons
PLUS Choose one from #4-6			
4:30pm – 5:30pm	George Lane	Yucca	#4: Advancements in Road Running Shoes: From Past to Present (repeat of #1)
4:30pm – 5:30pm	Elizabeth Bondi	Willow	#5: Updates on Shockwave and EMTT on Bone Healing (repeat of #2)
4:30pm – 5:30pm	Joe Agostinelli	Cholla	#6: Stop the Bleed Program by The American College of Surgeons (repeat of #3)
8:00pm - 10:00pm	Friday Night Reception		

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Program Agenda: Saturday, May 2, 2026

6:30am – 8:00am	Morning Run with Shoe Testing	Meet in Exhibit Area (pick up shoes in exhibit area)	
7:00am – 8:00am	Sign-In Registration Breakfast	Exhibit Area	
8:00am – 12:30pm	Lecture Hall – Session 5		
8:00am – 8:45am	Tim Dutra	Palo Verde AB	Biomechanics/Motion Analysis Research on Effect of Custom Orthotics on Gait Biomechanics and Plantar Pressures
8:45am – 9:15am	Ted Forcum	Palo Verde AB	Functional Movement Assessment
9:15am – 9:45am	Dave Jenkins	Palo Verde AB	Elite Performance in a Down Syndrome Athlete: What We Can Learn About Persons With Intellectual Disabilities
9:45am – 10:15am	Arman Kirakosian	Palo Verde AB	Peroneal and Lateral Ankle Pathology in Athletes
10:15am – 10:45am	AM Break Coffee Exhibits	Exhibit Area	
10:45am – 11:15am	Tim Dutra	Palo Verde AB	Biomechanics Research: Effect of Custom Orthotics on ACL Injuries in Sports
11:15am – 11:45am	Jonathan Beverly	Palo Verde AB	Current Trends and Running Footwear
11:45am – 12:30pm	Breakout Sessions	Palo Verde AB	1. Return to play after injury or surgery 2. 3D Printed orthotics 3. Shockwave settings and protocols
12:30pm – 1:30pm	Lunch & Learn w/ Exhibits	Palo Verde C / Exhibit Area	
1:30pm – 3:00pm	Lecture Hall – Session 6		
1:30pm - 2:15pm	Karen Langone	Palo Verde AB	The Female Athlete
2:15pm - 3:00pm	Karen Langone	Palo Verde AB	Pediatric Overuse Injuries
3:00pm – 3:30pm	Afternoon Break / Exhibits	Exhibit Area	
3:30pm - 5:30pm	Workshops # 7-12 - Must Pre-Register for Workshops		
Choose one from # 7-9			
3:30pm – 4:30pm	Marie St. Louis	Yucca	#7: Kinesiology Taping
3:30pm – 4:30pm	Arman Kirakosian	Willow	#8: Pickleball Injuries
3:30pm – 4:30pm	Jonathan Beverly	Cholla	#9: Running Form and Dynamic Stretching
PLUS Choose one from # 10-12			
4:30pm – 5:30pm	Marie St. Louis	Yucca	#10: Kinesiology Taping (repeat of #7)
4:30pm – 5:30pm	Arman Kirakosian	Willow	#11: Pickleball Injuries (repeat of #8)
4:30pm – 5:30pm	Jonathan Beverly	Cholla	#12: Running Form and Dynamic Stretching (repeat of #9)

** All times, lectures and faculty subject to change

2026 Stand Alone Speakers

Joe Agostinelli, DPM

Past President, Fellow, American Academy of Podiatric Sports Medicine; Consultant , USAF Surgeon General

Jonathan Beverly

Senior Running Editor at Outside

Elizabeth Bondi, DPM

Secretary/Treasurer, Fellow, American Academy of Podiatric Sports Medicine; Mayo Clinic

Rob Conenello, DPM

Past President, Fellow, American Academy of Podiatric Sports Medicine; Orangetown Podiatry

Tim Dutra, DPM, MS, MHCA

Past President, Fellow, American Academy of Podiatric Sports Medicine; Assistant Professor, Biomechanics & Sports Medicine, California School of Podiatric Medicine at Samuel Merritt University

Ted Forcum, DC, DACBSP, DACRB, CSCS, PES, CES, FICC, ICSP

Team Chiropractor Portland Winterhawks; Event Physician U.S Track and Field; Board Member JCSMS

David Jenkins, DPM

Fellow and Past President of American Academy of Podiatric Sports Medicine; Professor, Arizona School of Podiatric Medicine; Podiatric Consultant, Special Olympics, Arizona Fit Feet

Missy Journot, DPM

Vice-President Fellow, American Academy of Podiatric Sports Medicine; Ascentist Healthcare

Kaitlyn Keyser, PT, DPT, SCS, ATC, CSCS

Spooner Sports Institute - Physical Therapist and Clinic Director; Strength and Conditioning Specialist (NSCA)

Arman Kirakosian, DPM

Fellow, American Academy of Podiatric Sports Medicine; Residency Director Podiatric Surgery and Medicine; Team Podiatrist for San Jose Earthquakes and Sacramento Republic FC

Clint Laird, DPM

President 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; Diplomate of the American Board of Foot and Ankle Surgery (ABFAS)

Karen Langone, DPM

Fellow, American Board of Podiatric Orthopedics and Primary Podiatric Medicine; Fellow and Past President AAPSM

Gideon Lewis Jr., DPM

Director, Fellow, American Academy of Podiatric Sports Medicine; Foot & Ankle Sports Medicine Institute; Chief Sports Medicine Faculty Advisor for the UCF College of Medicine Orthopedic and Sports Medicine Interest Group

Marie St. Louis, DPM

Kaiser Permanente; Kaiser Foundation Hospital West

Nathan Suyematsu, PT, DPT

Spooner Sports Institute - Physical Therapist

Michael Van Pelt, DPM, M.H.A, FACFAS

Fellow of the American College of Foot and Ankle Surgery, American Academy of Podiatric Sports Medicine; Associate Professor in the Department of Orthopaedic Surgery at UT Southwestern Medical Center

Christine Warren, RN, BSN, CCRN, TCRN

Chandler Regional Medical Center
Trauma Injury Prevention and Outreach RN

Call for Posters

The AAPSM is pleased to announce that they will be holding a
“Call for Posters” for display at our 2026 Stand Alone Meeting
Deadline to Submit Poster - April 1, 2026

Posters will be displayed digitally or AAPSM will print them
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 displayed digitally, 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:

Deadline for submitting posters via digital file is April 1, 2026. Winners will be notified in person at the AAPSM Reception on Friday, May 1, 2026. The AAPSM Board will select the top 3 posters. Winners will receive a \$100 check PER POSTER and must be present.

Please send your digital files by April 1, 2026 to:

Rita Yates - ritayates2@aol.com

OR

Elizabeth Seifert - elizabeth.aapsm@gmail.com

Registration Now Open - Register Today!

Register Online Today at: <https://member.aapsm.org/conference>

2026 AAPSM Stand Alone Meeting Registration includes the following (for registrants only):

- Course materials
- Admission to all lecture hall sessions and panel discussions on Thursday, Friday and Saturday
- Choice of workshops on Friday and Saturday.
- All provided conference meals and drinks
- Social Programs: Friday Night Reception & Awards Luncheon. Morning runs.

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

- Space is limited and is offered on a first come, first served basis. We expect a full house.
- Online registration will close after April 15, 2026.

*We are happy to extend our
AAPSM Associate rate to all
AZFAMA members!*



	Early Bird Registration Rates Now thru September 1, 2025	Regular Registration Rates September 1, 2025 - Conference
AAPSM Fellow	\$450	\$500
AAPSM Member & Arizona Foot & Ankle Medical Association Members	\$500	\$550
Non-Members*	\$600	\$650
Residents & Fellows In-Training	\$250	\$250
Students** & Past Presidents***	\$200	\$200

* Non-member cost includes a year-long AAPSM membership.

** Students: **All scholarship submissions** are due to AAPSM Executive Director Rita Yates – ritayates2@aol.com - by March 30, 2026. Scholarship Recipients will be notified via email no later than April 6, 2026.

If a student preregisters for the meeting and is then selected as a scholarship recipient, registration will be refunded.

***Past Presidents - Cost this year is \$200. Your registration fees will go towards Student Registration Assistance.

Cancellation Policy:

The payment made for your registration fee (less a \$25 processing fee) will be refunded for cancellations received in writing prior to February 15, 2026. All refunds will be processed and paid following the course. No refunds will be made for non-attendance or if cancellation is received after February 15, 2026. All course attendees will receive a full refund in the event that the AAPSM must cancel this course.

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 Medicine 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/13 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.

AAPSM Directors, Officers & Staff

Stand Alone Program Director:

Jay Spector, DPM

AAPSM Officers:

President: Clint Laird, DPM

Vice-President: Melissa Journot, DPM

Secretary / Treasurer: Elizabeth Bondi, DPM

Director: Gideon Lewis, DPM

Immediate Past President: Alicia Canzanese, DPM

Executive Director: Rita J. Yates

Stand Alone Committee Members:

Alicia Canzanese, DPM

Clint Laird, DPM

Jay Spector, DPM

Rita Yates & Elizabeth Seifert

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

Phoenix Sky Harbor International Airport is 13 miles from our host hotel, Gila Resort & Casino - Wild Horse Pass. We encourage you to take a Rideshare or Taxi directly to the Hotel - it should run you about \$35-\$40.

Click below for more information.

<https://www.skyharbor.com/>

Conference Venue



Gila River Resort Casino - Wild Horse Pass

Gila River Resorts & Casinos – Wild Horse Pass is a AAA Four-Diamond Awarded hotel neighboring 36 holes of Golf, Aji Spa, Koli Equestrian Center, and Phoenix Premium Outlets. All of this is located less than 20 minutes from Sky Harbor Airport.

Wild Horse Pass has twice been voted Best Casino in the Valley. This East Valley hot spot features several restaurants and lounges including Prime Steakhouse. Desert views, city skyline, and outstanding amenities await your arrival.

Culinary Delights - Prime, Steakhouse is about creating excellent memories through elevated standards. We don't compromise, and we don't think our guests should either.

Game on! Visit one of our BetMGM Sportsbooks for live sports betting, great food and drinks and all the game action.

Gila Resort - Wild Horse Pass

5040 Wild Horse Pass Blvd.

Chandler, AZ 85226

Toll Free: 800-946-4452

Website: [Click here](#)

Room Cancellation Policy

If cancellations are not received at least 48 hours prior to arrival date (no later than 6PM Arizona time), one night room rate and tax will be applied to your card. Pre-paid credit cards, Arizona unemployment debit cards and cash deposits will not be accepted. Upon check-in, a hold will be placed on the credit card for incidentals in the amount of \$50 per night. Hold release time varies from bank to bank, but is typically between 3 - 10 business days.

Guest Room Reservations

Dates Available: April 29 - May 2, 2026

Standard Double Double - \$215.00 + tax/fees

Standard King - \$215.00 + tax/fees

Standard Two Queens - \$215.00 + tax/fees

Tower King - \$215.00 + tax/fees

Tower Suite - \$315.00 + tax/fees

Online Reservations

To access the AAPSM group rate, click below:

<https://bookings.travelclick.com/75936?groupID=4670146>

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 April 9, 2026 OR when the room block sells out.