

6TH ANNUAL AAPSM STAND ALONE MEETING

September 19–22, 2019
Hyatt Regency Cambridge



A program designed for
Podiatrists, Sports Medicine
Physicians, Foot & Ankle
Surgeons, Chiropractors,
Physical Therapists,
Athletic Trainers, Podiatry
Residents, Fellows
in Training and Students.

PROGRAM AGENDA

Thursday, September 19, 2019

7:00 am - 7:45 am	Registration / Continental Breakfast		Presidents Ballroom D – Lobby Level
7:45 am - 8:00 am	Welcome Address		Presidents Ballroom ABC – Lobby Level
8:00 am - 12:30 pm	Concurrent Sessions – Choice of 2 Options		
Option 1: Lecture Hall – Session 1: Lectures & Panel Discussion			
8:00 am - 9:00 am	John Grady	Myths of the biomechanical exam	Presidents Ballroom ABC – Lobby Level
Ankle Sprain Panel: Moderator: Amol Saxena			
9:00 am - 10:00 am	Bob Anderson Rich Bouché John Grady	Interesting ankle pathologies: What would you do?	Presidents Ballroom ABC – Lobby Level
10:00 am - 10:45 am	Bob Anderson	NFL injuries	Presidents Ballroom ABC – Lobby Level
10:45 am - 11:45 am	Chris Troyanos, Boston Marathon Medical Coordinator	Boston Marathon bombing – How a medical team managed the crisis	
11:45 am - 12:30 pm	Ludger Gerdesmeyer	Update on shockwave therapy	
Option 2: Masters’ Course: Rehabilitation of the Athlete’s Foot & Ankle			
8:00 am - 12:30 pm	Armin Harrasser Mares Bergmeister	Intelligent Movement – Part 1 A user’s guide to the body: Specific focus on rehabilitation of the lower extremity	William Dawes – Lower Lobby
Pre-Registration Required for the Masters’ Course / \$300 separate registration fee Limited to 20 people There are 2 components to complete the Masters’ Course • Part 1: Attend all three scheduled “Intelligent Movement” training blocks (Thursday, Friday & Saturday) • Part 2: Attend at least 1 of the 13 workshops offered on Thursday and Friday that is marked with asterisks**			
12:30 pm - 1:30 pm	Lunch / Exhibit Hall Opens		Presidents Ballroom D – Lobby Level
1:30 pm - 3:00 pm	Workshops 1 - 6: Must Pre-Register for 1 Workshop (Workshops limited to 30 people each)		
Workshop 1			
1:30 pm - 3:00 pm	Rich Bouché	**Provocative clinical maneuvers for common foot, ankle and leg pathologies	William Dawes – Lower Lobby
Workshop 2			
1:30 pm - 2:30 pm	Phil Harrington	Scientific support for laser therapy	Cambridge – 2nd Level
2:30 pm - 3:00 pm	Allan Rosenthal	Pickleball – How to treat the injuries of this new sport	
Workshop 3			
1:30 pm - 2:30 pm	Mark Cucuzzella	**Teaching proper running form	Molly Pitcher – Lower Lobby
2:30 pm - 3:00 pm	Mark Cucuzzella Ray McClanahan	**Strengthening the foot	

Thursday, September 19, 2019

Workshop 4			
1:30 pm - 2:30 pm	Rick Braver	Compartment syndrome	Haym Soloman – Lower Lobby
2:30 pm - 3:00 pm	John Grady	**Rehab exercises after hallux limitus surgery	
Workshop 5			
1:30 pm - 2:30 pm	Amol Saxena Ludger Gerdesmeyer	Shockwave therapy workshop – Where & when to use it and what are the proper protocols	Crispus Attucks – Lower Lobby
2:30 pm - 3:00 pm	Annemarie Fullem	**A simple core routine for athletes	
Workshop 6			
1:30 pm - 2:30 pm	Matt Werd Paul Langer Michael Chin Rob Conenello	How to practice evidence based medicine and build your sports medicine practice	Thomas Paine – Lower Lobby
2:30 pm - 3:00 pm	Maggie Fournier	Treating the cyclist	
3:00 pm - 3:30 pm	Afternoon Break / Exhibits		Presidents Ballroom D – Lobby Level
3:30 pm - 5:30 pm	Panel Discussion & Case Presentations		
Rehab & Prehab Panel: What do you do before to prevent the injury and what do you do to rehab after the injury to get the athlete back to competition? Moderator: Amol Saxena			
3:30 pm - 4:00 pm	Rich Bouché	Lateral ankle sprains in the athlete	Presidents Ballroom ABC – Lobby Level
4:00 pm - 4:30 pm	Bob Anderson	Achilles injuries in the athlete	
4:30 pm - 5:00 pm	Ludger Gerdesmeyer	Knee injuries	
5:00 pm - 5:30 pm	Panel Discussion	Discussion / Q&A	
6:00 pm - 8:00 pm	Welcome Reception* / Exhibits *Pre-Registration required / there is no additional fee to attend		Presidents Ballroom D – Lobby Level

PROGRAM AGENDA

Friday, September 20, 2019

6:30 am - 8:00 am	Morning Run with Shoe Testing: <i>Pick up shoes from various companies in Exhibit Hall</i>		Presidents Ballroom D – Lobby Level
7:00 am - 8:00 am	Sign In / Continental Breakfast / Exhibits		Presidents Ballroom D – Lobby Level
8:00 am - 10:15 am	Lecture Hall		
Lecture Hall – Session 2: Lectures			
8:00 am - 8:45 am	Adam Tenforde	<i>Stress fractures and bone health in the athlete</i>	Presidents Ballroom ABC – Lobby Level
8:45 am - 9:45 am	Howard Dananberg	<i>Changing the pronation paradigm</i>	
9:45 am - 10:15 am	Rob Conenello	Non-CME <i>Recovery shoes</i> Sponsored by Oofos	
10:15 am - 10:45 am	Morning Break / Exhibits / Sponsored by Oofos		Presidents Ballroom D – Lobby Level
10:45 am - 12:15 pm	Workshops 7 - 13: <i>Must Pre-Register for 1 Workshop (Workshops limited to 30 people each)</i>		
Workshop 7			
10:45 am - 12:15 pm	Rich Bouché	**Provocative clinical maneuvers for common foot, ankle and leg pathologies	William Dawes – Lower Lobby
Workshop 8			
10:45 am - 11:45 am	Mark Cucuzzella	**Teaching proper running form	Molly Pitcher – Lower Lobby
11:45 am - 12:15 pm	Mark Cucuzzella Ray McClanahan	**Strengthening the foot	
Workshop 9			
10:45 am - 11:45 am	Lisa Schoene	**Taping workshop	Haym Soloman – Lower Lobby
11:45 am - 12:15 pm	Alex Kor	<i>Treating tennis injuries</i>	
Workshop 10			
10:45 am - 11:30 am	Paul Langer	<i>3D printing of custom orthotics</i>	Cambridge – 2nd Level
11:30 am - 12:15 pm	Brian Fullem	<i>Radial shockwave workshop</i>	
Workshop 11			
10:45 am - 11:30 am	Tom Michaud	<i>Physical exam of the athlete</i>	Crispus Attucks – Lower Lobby
11:30 am - 12:15 pm	Howard Dananberg	**Manipulations of the foot and ankle	
Workshop 12			
10:45 am - 11:15 am	Dalia Krakowsky	<i>Nordic skiing injuries</i>	Thomas Paine – Lower Lobby
11:15 am - 11:45 am	Matt Werd	<i>Baseball injuries</i>	
11:45 am - 12:15 pm	Nick Romansky	<i>Common soccer injuries</i>	
Workshop 13			
10:45 am - 11:30 am	Michael Chin	<i>The use of umbilical cord/amnionic membrane as regenerative treatments in sports medicine</i>	Aquarium – 2nd Level
11:30 am - 12:15 pm	Adam Tenforde	<i>Where is the weakness – Physical exam of the athlete</i>	
12:15 pm - 1:00 pm	Lunch / Exhibits		Presidents Ballroom D – Lobby Level

Friday, September 20, 2019

Lecture Hall – Session 3: Keynote Talk			
1:00 pm - 1:30 pm	Jeff Johnson NIKE 1st Employee Amol Saxena	Non-CME <i>A Conversation: How to start a shoe company from the ground up: A running Forrest Gump's perspective</i>	Presidents Ballroom ABC – Lobby Level
1:30 pm – 6:00 pm Concurrent Sessions – Choice of 2 Options			
Option 1: Panel Discussion & Case Presentations			
1st MPJ Panel Moderator: Brian Fullem			
1:30 pm - 1:50 pm	Bob Anderson	<i>Turf toe injuries in athletes</i>	Presidents Ballroom ABC – Lobby Level
1:50 pm - 2:10 pm	Rich Bouché	<i>Sick sesamoid(s): How to manage the chronic sesamoidopathy</i>	
2:10 pm - 2:30 pm	John Grady	<i>Hallux limitus</i>	
2:30 pm - 2:50 pm	Maggie Fournier	<i>Bunion surgery in the athlete</i>	
2:50 pm - 3:10 pm	Howard Dananberg	<i>Turf toe – A different view of etiology and treatment</i>	
3:10 pm - 3:30 pm	Panel Discussion	<i>Discussion / Q&A</i>	
3:30 pm - 4:00 pm Afternoon Break / Exhibits			Presidents Ballroom D – Lobby Level
Limb Length Panel Moderator: Amol Saxena			
4:00 pm - 5:00 pm	Adam Tenforde Tom Michaud Annemarie Fullem	<i>Limb length – Is it important and when and how do we treat it</i>	Presidents Ballroom ABC – Lobby Level
Running Shoes Panel Moderator: Paul Langer			
5:00 pm - 6:00 pm	Jeff Johnson Various shoe company representatives	Non-CME <i>Running shoes – What is the latest technology and what can we expect in the future</i>	Presidents Ballroom ABC – Lobby Level
Option 2: Masters' Course: Rehabilitation of the Athlete's Foot & Ankle			
1:30 pm - 5:00 pm	Armin Harrasser Mares Bergmeister	<i>Intelligent Movement – Part 2 A user's guide to the body: Specific focus on rehabilitation of the lower extremity</i>	William Dawes – Lower Lobby
3:30 pm - 4:00 pm Afternoon Break / Exhibits			Presidents Ballroom D – Lobby Level
Pre-Registration Required for the Masters' Course / \$300 separate registration fee <i>Limited to 20 people</i> There are 2 components to complete the Masters' Course • Part 1: Attend all three scheduled "Intelligent Movement" training blocks (Thursday, Friday & Saturday) • Part 2: Attend at least 1 of the 13 workshops offered on Thursday and Friday that is marked with asterisks**			
6:00 pm - 6:30 pm	Presentation of the Golden Foot Award Awardee: Joan Benoit Samuelson Presenter: Jeff Johnson		Presidents Ballroom ABC – Lobby Level
6:30 pm - 8:30 pm	Evening Reception* <i>*Pre-Registration required / there is no additional fee to attend</i>		Location TBD

PROGRAM AGENDA

Saturday, September 21, 2019

6:30 am - 8:00 am	Morning Run with Shoe Testing: <i>Pick up shoes from various companies in Exhibit Hall</i>		Presidents Ballroom D – Lobby Level
7:00 am - 8:00 am	Sign In / Continental Breakfast / Exhibits		Presidents Ballroom D – Lobby Level
8:00 am - 10:00 am	Panel Discussion & Case Presentations		
Heel Pain Panel Moderator: Rich Bouché			
8:00 am - 8:30 am	Brian Fullem	<i>Plantar fasciitis – treatment</i>	Presidents Ballroom ABC – Lobby Level
8:30 am - 9:00 am	John Grady	<i>When heel pain is not plantar fasciitis</i>	
9:00 am - 9:30 am	Amol Saxena	<i>Posterior heel pain</i>	
9:30 am - 10:00 am	Panel Discussion	<i>Discussion / Q&A</i>	
10:00 am - 10:30 am	Morning Break / Exhibits		Presidents Ballroom D – Lobby Level
10:30 am - 12:30 pm	Lecture Hall		
Lecture Hall – Session 4: Lectures			
10:30 am - 11:10 am	Lisa Schoene	<i>Dance injuries</i>	Presidents Ballroom ABC – Lobby Level
11:10 am - 11:50 am	Matthew Werd	<i>Pediatric injuries</i>	
11:50 am - 12:30 pm	Ludger Gerdesmeyer	<i>Knee pain: What’s new?</i>	
12:30 pm - 1:30 pm	Lunch / Exhibits		Presidents Ballroom D – Lobby Level
1:30 pm - 4:00 pm	Concurrent Sessions – Choice of 2 Options		
Option 1: Lecture Hall – Session 5: Lectures & Panel Discussion			
1:30 pm - 2:30 pm	Mark Cucuzzella	<i>Food and exercise as medicine</i>	Presidents Ballroom ABC – Lobby Level
Orthotics Panel			
2:30 pm - 4:00 pm	Matt Werd Larry Huppin Paul Langer	<i>When to use orthotic devices</i>	Presidents Ballroom ABC – Lobby Level
Option 2: Masters’ Course: Rehabilitation of the Athlete’s Foot & Ankle			
1:30 pm - 4:00 pm	Armin Harrasser Mares Bergmeister	<i>Intelligent Movement – Part 3</i> <i>A user’s guide to the body: Specific focus on rehabilitation of the lower extremity</i>	William Dawes – Lower Lobby
Pre-Registration Required for the Masters’ Course / \$300 separate registration fee <i>Limited to 20 people</i> There are 2 components to complete the Masters’ Course • Part 1: Attend all three scheduled “Intelligent Movement” training blocks (Thursday, Friday & Saturday) • Part 2: Attend at least 1 of the 13 workshops offered on Thursday and Friday that is marked with asterisks**			

Saturday, September 21, 2019

4:00 pm - 4:30 pm **Afternoon Break / Exhibits** Presidents Ballroom D – Lobby Level
Final opportunity to visit exhibitors

4:30 pm - 6:00 pm Panel Discussion & Case Presentations

Controversial Topics Panel

Moderator: Howard Osterman

4:30 pm - 5:15 pm	Amol Saxena Maggie Fournier Ray McClanahan	<i>Controversies in elective foot and ankle surgery</i>	Presidents Ballroom ABC – Lobby Level
5:15 pm - 6:00 pm	Richard Bouché John Grady Amol Saxena	<i>Equinus</i>	

Sunday, September 22, 2019

7:00 am - 8:00 am **Sign In / Continental Breakfast** Presidents Ballroom D – Lobby Level

8:00 am - 12:30 pm Lecture Hall

Lecture Hall – Session 6: Lectures & Original Research

8:00 am - 10:00 am	Frank Kase	<i>Surviving in a sports medicine practice in the current healthcare environment: Coding, appeals, negotiating contracts and general practice management</i>	Presidents Ballroom ABC – Lobby Level
10:00 am - 11:00 am	Mary Alexis Iaccarino	<i>Sport concussion: Updates in clinical practice</i>	
11:00 am - 11:30 am	Brian Fullem	<i>Risks in treating sports medicine patients</i>	
11:30 am - 12:30 pm	AAPSM Members	<i>Fellows' Presentations:</i> • Amnion injections for fasciitis • Rehab protocol for Achilles repair • Compartment Pressure surgery • PRP for Achilles	

12:30 pm **Meeting Adjourns**