

## **AGENDA: SATURDAY, JUNE 15, 2024**

7:30 AM **CONTINENTAL BREAKFAST AND REGISTRATION CHECK IN**

8:00 AM **WELCOME** – Neeru Jayanthi, MD / Spero Karas, MD / Gregory Myer, PhD, FACSM, CSCS\*D

### **SESSION 1: OPERATIVE MANAGEMENT OF SPORTS RELATED INJURIES AND THEIR OUTCOME**

**Moderators:** Spero Karas, MD

- 8:10 **EXPERT TALK: BONE LOSS AND IMPLICATIONS IN SHOULDER INSTABILITY** – Spero Karas, MD, Emory Sports Medicine
- 8:22 **PREOPERATIVE ANXIETY DIFFERENTIATES POST-SURGICAL NARCOTIC USE IN FEMALES UNDERGOING ANTERIOR CRUCIATE LIGAMENT RECONSTRUCTION** – Brittany Nelson, Emory University
- 8:29 **EARLY BIOPSYCHOSOCIAL PROFILING PREDICTS SUCCESSFUL LONG-TERM OUTCOMES IN PATIENTS FOLLOWING ANTERIOR CRUCIATE LIGAMENT RECONSTRUCTION** – Jed Diekfuss, PhD, Emory University
- 8:36 **COMBINED MPFL AND MQFL RECONSTRUCTION WITH SINGLE KNOTLESS ANCHOR** – Hamp Sisson, BS, UAB Heersink School of Medicine
- 8:43 **PRE-OPERATIVE AND POST-OPERATIVE HEEL HEIGHT DIFFERENCES IN ACL INJURED PATIENTS PREDICT POST-OP ARTHROFIBROSIS AND RETURN TO OR FOR LYSIS OF ADHESIONS** – Jason Garry, MD, Emory University
- 8:50 **HEALTHCARE COSTS FOR PATIENTS UNDERGOING BROSTROM REPAIR AFTER VARYING PERIODS OF NONSURGICAL MANAGEMENT** – David Cowan, MD, Emory University
- 8:57 **EXPERT TALK: THE SCIENCE BEHIND CARTILAGE INJURY: WHY THEY ARE SO TOUGH TO TREAT?** – Rick Danilkowicz, MD, Emory Sports Medicine
- 9:09 **EXPERT DISCUSSION** – Spero Karas, MD & Rick Danilkowicz, MD

### **SESSION 2: ORTHOBIOLOGICS and ULTRASOUND**

**Moderators:** Destin Hill, MD and Jed Diekfuss, PhD

- 9:22 **EXPERT TALK: Platelet Poor Plasma vs Platelet Rich Plasma for the treatment of muscle injuries** – Robert Bowers, DO, PhD, Emory Sports Medicine
- 9:34 **OUTCOMES OF DIAGNOSTIC INJECTIONS FOR NEUROGENIC THORACIC OUTLET SYNDROME: A REROSPECTIVE CHART REVIEW** – James Gardner, MD, Emory University
- 9:41 **HIP OSTEOARTHRITIS TREATED WITH INTRAOSSEOUS BONE MARROW CONCENTRATE: A CASE SERIES** – Jasper Tseng, MD, Emory University
- 9:48 **POLYNUCLEOTIDES FOR KNEE OSTEOARTHRITIS: A SYSTEMATIC REVIEW AND META-ANALYSIS** – Joseph Elphingstone, MD, MS, Phoebe Putney Memorial Hospital
- 9:55 **ASSOCIATION OF VARYING TOTAL PLATELET COUNT DELIVERED IN PRP PREPARATIONS WITH OUTCOMES IN KNEE OSTEOARTHRITIS: AN UPDATE ON A PROSPECTIVE TRIAL** – Dayton Snyder, MD, Emory University
- 10:02 **EXPERT TALK: PRP AND RETURN TO PLAY OUTCOMES** – Oluseun Olufade, MD, Emory Sports Medicine
- 10:14 **EXPERT DISCUSSION** – Robert Bowers, DO, PhD and Oluseun Olufade, MD
- 10:22 **BREAK**

### SESSION 3: YOUTH AND COLLEGE ATHLETES

Moderators: **Kim-Barber Foss, PhD, ATC and Neeru Jayanthi, MD**

- 10:32 **EXPERT KEYNOTE TALK: LONG TERM FOLLOW UP ON YOUTH AND ADOLESCENT BASEBALL PLAYERS** – Ellen Shanley, PhD, PT, OCS, ATI Physical Therapy
- 10:47 **WATCH IT LIKE A HAWK: TALAR NECK FRACTURE IN THE ADOLESCENT** – Jasmine Holmes, MD, LSU Spirit of Charity
- 10:54 **DIG, SET, BLOCKED – A DIFFICULT, DISABLING INJURY IN COLLEGIATE VOLLEYBALL PLAYER: A CASE REPORT** – Joseph Snooks, MD, University of South Carolina School of Medicine Greenville, Prisma Health
- 11:01 **STRESSFUL SWING – A CHEST WALL PAIN IN ADOLESCENT BASEBALL PLAYER: A CASE REPORT** – Haruki Ishii, MD, Emory University
- 11:08 **BASKETBALL ATHLETE WITH NON-TRAUMATIC QUADRICEPS INJURY: A CASE REPORT** – Justin Dzierzawski, MD, Emory University (presented by Oluseun Olufade, MD)
- 11:15 **PECULIAR PAIN-PODIATRIC PATCHY PROBLEM IN A POLE VAULTER** – Shane Geffe, MD, Emory University
- 11:22 **EXPERT TALK: HEALTHY SPORT RECOMMENDATION FOR YOUTH ATHLETES: HOW DO YOU IMPROVE COMPLIANCE** – Neeru Jayanthi, MD, Emory Sports Medicine
- 11:34 **EXPERT DISCUSSION** – Ellen Shanley, PT, PhD & Neeru Jayanthi, MD

### SESSION 4: ADULT ATHLETES

Moderators: **Michael Biller, PT, DPT, OCS, Cert MDT**

- 11:47 **EXPERT TALK: Staying in the game: Injury Prevention Strategies for Adult Athletes** – Michael Biller, PT, DPT, OCS, Cert MDT, Emory Sports Medicine
- 11:59 **TENNIS 10+: EVALUATING COMPLIANCE, INJURY RATES, AND INJURY TYPE WITH A STANDARDIZED, EVIDENCE-BASED WARM-UP/COOL-DOWN PROGRAM OVERTIME** – Ally Render, BS, Emory University and University of Louisville School of Medicine
- 12:06 PM **AN EPIDEMIOLOGICAL EVALUATION OF KNEE INJURY HISTORY IN TEAM USA OLYMPIANS AND PARALYMPIANS** – Jenny Nguyen, BSE, Emory SPARC
- 12:13 **A CASE OF POSSIBLE TRAUMATIC MEDIAL PATELLA DISLOCATION WITH THE SEQUELA OF A THROMBOEMBOLISM** – Bridget Doyle, DO, Emory University
- 12:20 **EXPERT TALK: CORE MUSCLE INJURIES (AKA ATHLETIC PUBALGIA/SPORTS HERNIA)** – Bryan Whitfield, MD, Emory Sports Medicine
- 12:32 **EXPERT DISCUSSION** – Michael Biller, PT, DPT, OCS, Cert MDT & Bryan Whitfield, MD
- 12:40 – 1:20 PM **NETWORKING LUNCH BREAK**

## SESSION 5: CONCUSSION and MEDICAL CONDITIONS in SPORTS MEDICINE

Moderators: Alena Naff, MS, LAT, ATC and Shane Geffe, MD

- 1:20 PM **EXPERT TALK: CERVICAL CORD NEURAPRAXIA: "CONCUSSION" OF THE SPINAL CORD** – Morgan Heinzelmann-Weisbaum, MD, Emory Sports Medicine
- 1:32 **BRAIN ALTERATIONS IN COLLEGIATE ATHLETES WITH A PRIOR CONCUSSION: PRELIMINARY IMPLICATIONS FOR LOWER EXTREMITY MUSCULOSKELETAL INJURY RISK** – Taylor Zuleger, PhD, Emory University
- 1:39 **VIRTUAL REALITY-BASED REACTION TIME AND DUAL-TASK COST IN FEMALE COLLEGIATE SOCCER PLAYERS WITH HISTORY OF CONCUSSION** – Hung-I Hsiao, PhD, Emory SPARC
- 1:46 **HEALTH DISPARITIES IN SPORT RELATED CONCUSSION** – Farah Hussain, MD, Emory University
- 1:53 **EXPERT KEYNOTE TALK: HOW DOES CONCUSSION AFFECT MENTAL HEALTH IN ATHLETES** – Vicki Nelson, MD, PhD, University of South Carolina SOM Greenville, Prisma Health
- 2:08 **EXPERT DISCUSSION** – Morgan Heinzelmann-Weisbaum, MD & Vicki Nelson, MD
- 2:15 **BREAK**

## SESSION 6: INJURY PREVENTION AND TECHNOLOGY

Moderators: Gregory Myer PhD, FACSM, CSCS\*D

- 2:20 PM **EXPERT KEYNOTE TALK: TECHNOLOGY AND LOAD MONITORING: SPORT SCIENCE** – Mark Kovacs, PhD, CSCS, FACSM, CTPS, MTPS, iTPA, Kovacs Institution
- 2:35 **MRI GUIDED EEG REVEALS RELATIONSHIPS BETWEEN ELECTROCORTICAL ACTIVITY AND KNEE STABILITY** – Christopher Riehm, PhD, Emory SPARC
- 2:42 **VARIABILITY IN PHYSICAL THERAPY PROTOCOLS FOLLOWING HIP ARTHROSCOPY** – Jacques Vanzyl, BS, UAB School of Medicine (presented by Hamp Sisson, BS)
- 2:49 **INTERNET INTERACTIONS OF ORTHOPEDIC PATIENTS WITH ROTATOR CUFF PATHOLOGY: SEARCH QUESTIONS AND ANSWER QUALITY** – Audria Wood, MPH, UAB
- 2:56 **EXERCISE IS MEDICINE: ACCESS TO FREE HEALTH COACHING FOR ALL IN THE FAMILY MEDICINE CLINICS AT UNIVERSITY OF IOWA (UIHC)** – Maria Bianchi Rey, MD, University of Iowa Hospitals and Clinics
- 3:03 **EXPERT TALK: PAST, PRESENT AND FUTURE OF ACL INJURY AND PREVENTION** – Gregory Myer PhD, FACSM, CSCS\*D, Emory SPARC
- 3:15 **EXPERT DISCUSSION** – Mark Kovacs, MD & Gregory Myer PhD, FACSM, CSCS\*D
- 3:25 – 3:30 PM **PRESENTATION AWARD and RAFFLE WINEER ANOUNCEMENT**
- 3:30 – 3:40 PM **BREAK/TRANSITION**

## SESSION 7: BREAKOUT SESSIONS

### ROOM A: (REHAB SECTION)

Moderators: Michael Newsome, PT, DPT, OCS, SCS, MTC

- 3:40 PM      **SESSION 1: UPPER EXTREMITY RETURN TO PLAY TESTING** – Michael Newsome, PT, OCS, SCS, MTC, Emory Sports Medicine and Daniel Kraushaar, PT, MPT, Emory Sports Medicine
- 4:10 PM      **SESSION 2: SCREENING TESTS/TOOLS – IS THE DATA RELEVANT?** – Brian Jennings, PT, DPT, OCS, Emory Sports Medicine, Michael Biller, PT, DPT, OCS, Cert MDT, Emory Sports Medicine & Gregory Myer PhD, FACSM, CSCS\*D, Emory SPARC
- 4:40 PM      **SESSION 3: REACTIVE/NEUROMOTOR TRAINING IN THE CLINIC** – Kenneth Mynatt, PT, DPT, ATC, LAT, Emory Sports Medicine and Anna Cottle, PT, DPT, ATC, Emory Sports Medicine

### ROOM B: (SPARC SECTION)

Moderators: Kim-Barber Foss, PhD, ATC

- 3:40 PM      **SESSION 1: NEUROIMAGING TECHNOLOGIES TO CHARACTERIZE NEURAL SIGNATURES OF MUSCULOSKELETAL PAIN AND INJURY** – Jed Diekfuss, PhD, Emory SPARC
- 4:10 PM      **SESSION 2: NEUROMECHANICAL AND BEHAVIORAL ASSESSMENT OF SENSORIMOTOR FUNCTION WITH EEG, MRI, AND VR** – Christopher Riehm, PhD, Emory SPARC
- 4:40 PM      **SESSION 3: GIVES: REACHING GEORGIA YOUTH THROUGH VIRTUAL REALITY** – April McPherson, PhD Emory SPARC

## ROOM C: (VIRTUAL SECTION)

Moderators: Haruki Ishii, MD

- 3:40 PM      **EXPERT TALK: ACL INJURY: NOW WHAT?** – John Xerogeanes, MD, Emory Sports Medicine
- 3:52            **DISCUSSION** – John Xerogeanes, MD
- 3:55            **MONITORING SEASON CHANGES IN MUSCLE TENDON ELASTIC FUNCTION VIA SPRING-MASS MODEL ASYMMETRIES AND COUNTERMOVEMENT JUMP CHARACTERISTICS IN CROSS-COUNTRY RUNNERS** – Monique Mokha, PhD, ATC, LAT, CPSS, CSCS, Nova Southeastern University
- 4:02            **NOT ALL HEEL PAIN IS PLANTAR FASCIITIS** – Caleb Furst, Carly Day, MD, Purdue University
- 4:09            **RESOLUTION OF OSTEONECROSIS OF THE KNEE AFTER ORAL BISPHTHONATE THERAPY: AN ADULT REGIMEN IN A YOUNG ATHLETE** – Christian Kerut, BS, LSUHSC School of Medicine
- 4:16            **FOCUSED EXTRACORPOREAL SHOCKWAVE THERAPY IN THE TREATMENT OF CHRONIC POSTERIOR TIBIAL AND PERONEAL TENDINOPATHY** – Micah Sommer, MD, University of Manitoba and HSS
- 4:23            **CHRONIC FEMORAL MALROTATION AFTER INTRAMEDLLARY NAILING LEADING TO SEVERE KNEE OSTEOARTHRITIS AND VALGUS DEFORMITY: A CASE REPORT** – Chun Maung, DO, New York University
- 4:30            **JUST COPE WITH IT! MANAGING AN ACL TEAR WITH CONSERVATIVE TREATMENT** – Aubrey Blackstock, PT, Benchmark Physical Therapy
- 4:37            **DESIGN AND IMPLEMENTATION OF NOVEL PNEUMATIC LEG PRESS APPARATUS FOR MRI MOTOR NEUROIMAGING** – Katherine Ciavola, Emory SPARC and Georgia Tech
- 4:44            **PRESERVING IDENTITY OR RISKING HEALTH: NAME, IMAGE, AND LIKENESS POLICY CHANGES AND ADOLESCENT ATHLETE CONCUSSION REPORTING** – Olabamibo Oke, BS, Medical College of Georgia
- 4:51            **EXTENDING THE DIAGNOSIS BEYOND DE QUERVAIN’S TENOSYNOVITIS: A RARE CAUSE OF WRIST PAIN** – Sandra de Mel, MD, University of Miami
- 4:58            **A HIGH PERCENTAGE OF HEALTHY VOLUNTEERS FAIL TO PASS CRITERIA-BASED RETURN-TO-SPORT TESTING FOR ARTHROSCOPIC BANKART REPAIR** – Mathew Hargreaves, BS, UAB (presented by Audria Wood, MPH)

**CONCLUDE SYMPOSIUM**

### **EXPERT KEYNOTE SPEAKER LIST**

#### **Mark Kovacs, PhD, CSCS, FACSM, CTPS, MTPS**

Execute Director, iTPA

Executive Director, Kovacs Institution

#### **Ellen Shanley, PhD, PT, OCS**

Sr Director Care Delivery Optimization

Research Scientist – ATI Physical Therapy

Director, Athletic Injury Research, Prevention, and Education

#### **Vicki Nelson, MD, PhD**

Research Director Primary Care Sports Medicine Fellowship

Associate Professor at University of South Carolina SOM Greenville

Prisma Health, Steadman Hawkins Clinic of the Carolinas

### **EMORY FACULTY SPEAKER LIST**

Michael Biller, PT, DPT, OCS, Cert MDT

Robert Bowers, DO, PhD

Anna Cottle, PT, DPT, ATC

Rick Danilkowicz, MD

Jed Diekfuss, PhD

Morgan Heinzlmann-Weisbaum, MD

Neeru Jayanthi, MD

Brian Jennings, PT, MPT

Spero Karas, MD

Daniel Kraushaar, PT, MPT

April McPherson, PhD

Gregory Myer, PhD, FACSM, CSCS\*D

Kenneth Mynatt, PT, DPT, ATC, LAT

Michael Newsome, PT, OCS, SCS, MTC

Oluseun Olufade, MD

Christopher Riehm, PhD

Bryan Whitfield, MD

John Xerogeanes, MD

### **PLANNING COMMITTEE**

Neeru Jayanthi, MD

Spero Karas, MD

Gregory Myer, PhD, FACSM, CSCS\*D

Michael Biller PT, DPT, OCS, Cert MDT

Kim Barber Foss, PhD, ATC, LAT, CCRP

Shane Geffe, MD

Saint Hernandez

Haruki Ishii, MD

April McPherson, PhD

Alena Naff, MS, LAT, ATC

Chris Riehm, PhD

Jenel Wisdom, MBA, 6σGB, PMP