



**Agenda and Faculty**

**Wednesday, March 14  
Update on Winter Sports**

4:00	Pre-Participation Examination	William Dexter, MD, FACSM
4:40	Skiing and Snowboard Injuries	Jim Macintyre, MD, MPE, FACSM
5:20	The Athlete at Altitude	William Dexter, MD, FACSM
6:00	Adjourn	
6:30	Welcome Reception	

**Thursday, March 15  
Head & Neck Injury and Special Populations**

7:30	Diagnosis and Management of Concussion	Robert Sallis, MD, FACSM, FAAFP
8:10	Computerized Testing in Concussion Management	Rob Johnson, MD, FACSM
8:50	Cervical Spine Injury; From Common to Catastrophic	William Dexter, MD, FACSM
9:30	Break for skiing	
4:00	Special Considerations in the Young Athlete	Jordan Metzl, MD, FACSM
4:40	Common Issues in the Female Athlete	Carrie Jaworski, MD, FAAFP, FACSM
5:20	Preventing ACL Injuries in the Female Athlete	Liz Joy, MD, MPH, FACSM
6:00	Adjourn	

**Friday, March 16  
Musculoskeletal Issues in the Athlete**

7:30	Running Injuries 101; Keeping Runners Healthy	Jordan Metzl, MD, FACSM
8:10	The Barefoot Runner	Rob Johnson, MD, FACSM
8:50	Preventive Strengthening for Runners	Jordan Metzl, MD, FACSM
9:30	Break for skiing	
4:00	The Ankle Sprain that Won't Get Better	Jim Macintyre, MD, MPE, FACSM
4:40	Shoulder Pain in the Athlete	Liz Joy, MD, MPH, FACSM
5:20	Degenerative Disc Disease in Active Patients	William Dexter, MD, FACSM
6:00	Adjourn	

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**Saturday, March 17**  
**Sports and Exercise Medicine**

7:30	Physical Activity for Disease Prevention	Liz Joy, MD, MPH, FACSM
8:10	Prescribing Exercise as Medicine	Robert Sallis, MD, FACSM, FAAFP
8:50	Mental Health Issues in the Athlete	Carrie Jaworski, MD, FAAFP, FACSM
9:30	Break for skiing	
4:00	Exercise Induced Asthma	Carrie Jaworski, MD, FAAFP, FACSM
4:40	Beware the Consequences of Your Imaging	Rob Johnson, MD, FACSM
5:20	Case Based Sports Medicine; You Make the Call	Jordan Metzl, MD, FACSM
6:00	Adjourn	

**Sunday, March 18**  
**Injury Evaluation and Management**

7:30	The Kinetic Chain and Injury	Jim Macintyre, MD, MPE, FACSM
8:10	Office Assessment of Core Strength in the Athlete	Rob Johnson, MD, FACSM
8:50	The Pathophysiology and Treatment of Tendon Injury	Jim Macintyre, MD, MPE, FACSM
9:30	Conference Adjourns	

**CONFERENCE FACULTY**

**Robert Sallis, MD, FACSM, FAAFP**

Conference Chairman  
Co-Director, Sports Medicine Fellowship  
Kaiser Permanente Medical Center; Fontana, CA  
Team Physician, Pomona College  
Past-President; American College of Sports Medicine

**William W. Dexter, MD, FACSM**

Director; Sports Medicine Fellowship Program  
Maine Medical Center; Portland, Maine  
Professor; Tufts University School of Medicine; Boston  
Team Physician, University of Southern Maine

**Carrie Jaworski, MD, FAAFP, FACSM**

Clinical Faculty, Department of Family Medicine  
NorthShore University Health System  
University of Chicago

**Rob Johnson, MD, FACSM**

Professor; Department of Family Medicine and Community Health  
Team Physician; University of Minnesota  
Minneapolis, Minnesota

**Liz Joy, MD, MPH, FACSM**

Intermountain Healthcare  
Medical Director, Clinical Outcomes Research  
Professor, Family and Preventive Medicine  
University of Utah School of Medicine

**Jim Macintyre, MD, MPE, FACSM, Dip Sport Med**

Center of Orthopedic and Rehabilitation Excellence  
Jordan Valley Medical Center, Salt Lake City UT  
Team Physician Canadian Freestyle Ski Team  
Associate Editor, Clinical Journal of Sport Medicine

**Jordan Metzl, MD, FACSM**

Sports Medicine Service  
Hospital for Special Surgery  
Co-Founder, The Sports Medicine Institute for Young Athletes  
Clinical Associate Professor of Pediatrics  
Cornell Medical College  
New York, NY



