



AOASM²⁰₂₀

American Osteopathic Academy of Sports Medicine

APRIL 29-MAY 3

Preconference: April 27-28

Disneyland
RESORT



As to Disney properties/ artwork: © Disney



On behalf of the American Osteopathic Academy of Sports Medicine Executive Committee, Board of Directors, Conference Planning Committee, and the city of Anaheim, California, it is my sincere pleasure to welcome you to the 35th Annual Clinical Conference of the AOASM.

Anaheim is a city built on imagination and means "home by the Santa Ana River". "Anaheim is where all of your inner enthusiasts can have their day. Visit Anaheim and discover an atmosphere where hip hangouts and hidden gems inspire animated attitudes from visitors and locals alike. From the magic of Main Street to a collection of one-of-a-kind flavors, scenes, sights, and sounds—the city invites you to experience the authenticity of all things Anaheim. For most families, the word Anaheim is synonymous with Disneyland; but, there is so much more for families to do in this Orange County city. Be sure to make time for many hidden gems (Vans Skatepark, Center Street Promenade, Discovery Cube, Flight Deck, Los Angeles Angels baseball, and Swing It Trapeze) within the city." The lively city of Anaheim is just 26-32 miles from Los Angeles and Hollywood, respectively. This is an important fact as many of the influences from the film and entertainment industry have been adopted into Anaheim.

A bit of Anaheim California History: For 25 years, the area was the largest wine producer in California. However, in 1884, a disease infected the grape vines, and by the following year, the entire industry was destroyed. Other crops—walnuts, lemons and oranges—soon filled the void. Fruits and vegetables had become viable cash crops throughout the Orange County region, thus making California famous as a source of enormous growth and development of our nation's food and wine.

AOASM welcomes you to the 2020 Experience at the AOASM Clinical Conference. The inspiration for the educational conference and meaning of the theme is because of the collaborative team vision for our members. This year's conference has been innovatively designed to reflect an Athlete-Centered Systems Curriculum for learners. The unique and academic conference design includes:

1. Foundations (Evidence-based medicine lectures)
2. Sports performance lectures
3. Mind, body, spirit discussion panels (interactive experience with expert panelists)
4. Professional development (hands-on workshops pertaining to each system discussed in above lectures)
5. Essentials of the profession-OMT treatment pertaining to each system covered in lecture

This systems-based approach will accommodate for various learning styles and allow the attendee many hands-on workshop opportunities.

New this year: AOASM CAQ Board Review 1-day course will be a great opportunity for members to finesse their knowledge on initial and re-certification material! For the eleventh year, AOASM will continue the well-received musculoskeletal ultrasound course headed by nationally recognized expert, Albert Kozar, DO, FAOASM, RMSK, and his team of equally talented and regarded sports medicine physicians. They have offerings for both beginner and intermediate-advanced ultrasound skill sets over the two days. Come join the pre-conference courses! They are available to gain greater and immediate clinical applicability of osteopathic principles toward your patients' care.

Special programs for this conference include:

1. Trauma care workshops for the contact sports athlete
2. Performance arts medicine and movement workshops
3. Interactive running/gait analysis workshop
4. OMT workshops to incorporate on the sideline or courtside or backstage
5. Discussion panels with multi-specialty sports community experts
6. Hearing from Olympic and professional athletes on their training, injuries and sports experiences
7. Events to unite our osteopathic sports medicine community of physicians, health care providers, students/residents and athletes

Support of our students/residents: With multiple colleges of medicine and residency programs within driving distance of Anaheim, we have a special opportunity to attract our osteopathic medical students/residents for this conference, so we built in workshops on MSK U/S, sports-focused OMT, lectures and a speed mentoring activity. We will continue the valuable case presentations and research, fellowship panel, and exclusive student/resident/fellow lunch program.

On behalf of the wonderful team involved in organizing the 35th Annual Clinical Conference, I'm honored to offer Anaheim and our program for your education, networking, and fun. Both the conference and the city have much to offer, and we hope to offer a unique and interactive 2020 Experience for this AOASM Clinical Conference!

Becca Rodriguez Regner, DO, FACOFP
Program Chair, 2020 AOASM Clinical Conference

Conference Planning Committee

Bob Adams, DO, FAOASM

Warren Bodine, DO, FAOASM

Blake Boggess, DO, FAOASM

Angela Cavanna, DO, FAOASM

R. Robert Franks, Jr., DO, FAOASM

Brett DeGooyer, DO

Bhaves Josh, DO

Steven Karageanes, DO, FAOASM

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(AOASM President)

Albert Kozar, DO, FAOASM

Andrew Martin, DO, FAOASM

Kate Quinn, DO

Becca Rodriguez Regner, DO
(AOASM Program Chair)

Michael Sampson, DO, FAOASM

Melissa Tabor, DO, FAOASM

Ron Torrance II, DO

Priscilla Tu, DO, FAOASM

Denise Wunderler, DO, FAOASM



Pre-Conference Workshops

Monday, April 27, 2020

Workshop Lead by: Albert Kozar, DO, FAOASM, R-MSK

BASIC Diagnostic Musculoskeletal Ultrasound for the Elbow

5:00 p.m.-9:30 p.m.*

Course Description: The Basic Diagnostic Musculoskeletal Ultrasound for the Elbow course is designed for those who would like to gain more experience with diagnostic scanning and have a practical hands-on experience with highly experienced faculty. This course will review the commonly recommended AMSSM / AIUM Guides for the completion of a complete elbow scanning exam. This course will focus on the normal anatomy and how to scan it. The emphasis will be on scanning technique and probe position. Guidance on elbow joint injection approaches will be highlighted.

Workshop Fee: \$395.00

(This workshop is available at a separate fee from the Conference registration fee.)

Your Workshop registration fee includes:

- Refreshment breaks
- Workshop materials
- Receive up to 4.50 AOA Category 1-A CME credits (Approval for AOA credits are pending at this time.)

*Pre-Conference Workshop on-site registration will be open from 4:00 p.m.-5:30 p.m. on Monday, April 27, 2020.

Tuesday, April 28, 2020

Workshop Lead by: Albert Kozar, DO, FAOASM, R-MSK

INTERMEDIATE/ADVANCED Diagnostic Musculoskeletal Ultrasound: An Exploration of the Elbow and Forearm

8:00 a.m.-12:00 noon & 1:00 p.m.-6:00 p.m.**

Course Description: The Intermediate/Advanced Diagnostic Musculoskeletal Ultrasound Course for the Elbow and Forearm is designed take the next step for those who have the basic, standard examination of the elbow down pat, and would like to take their game to the next level. This course will start out in the morning with explorations beyond the basic elbow scan into the layers and compartments of the forearm, review the specifics of the individual common flexor and extensor tendon origins, and review regenerative treatment approaches and options for chronic tendonopathy and partial tear. In the afternoon, we will review the US intricacies of the nerves and ligaments, along with more complex dynamic evaluation of these structures and associated regional snapping syndromes. At the end of the afternoon we will assemble an expert panel to discuss their experiences with US guided procedures and regenerative medicine in this body region. Our highly experienced faculty will focus on the normal anatomy and how to scan these areas, but with more detail, while also presenting some pathology examples or injection examples where applicable. The emphasis will continue to be on scanning technique, probe position, and dynamic evaluation. Come join us and put yourself ahead of the game!

Note: Registration will be on a first-come, first-served basis. Space is limited to 32 participants (Pre-registration to attend both the Basic Diagnostic and Intermediate/Advance Courses is welcomed.)

Workshop Fee: \$795.00

(This workshop is available at a separate fee from the Conference registration fee.)

Your Workshop registration fee includes:

- Continental breakfast
- Refreshment breaks
- Workshop materials
- Receive up to 9.0 AOA Category 1-A CME credits (Approval for AOA credits are pending at this time.)

**Pre-Conference Workshop on-site registration will again open at 7:00 a.m.-8:30 a.m. on Tuesday, April 28, 2019.

Tuesday, April 28, 2020

Course Director: Andrew Martin, DO, MBA
Course Instructors: Shaun Knox, DO; Andrew Martin, DO; Mark Rogers, DO; Mary Solomon, DO

1st Annual AOASM Sports Medicine Board Review Course

8:00 a.m.-5:00 p.m.*

Course Description: The AOASM Sports Medicine Board Review Course for Initial Certification and Recertification will provide the sports medicine physician with an overview of the important aspects of sports medicine. Educators in each field will give in-depth, engaging, fast-paced, and high-yield lectures on board-relevant subjects in sports medicine. Each lecture will be followed by a question-and-answer session. Although this course is designed specifically to prepare the sports medicine specialist for the CAQ Sports Medicine Board Exam, it will also provide the practicing physician with an update on the latest knowledge and advances in sports medicine. The course will conclude with a take home written exam with relevant questions and answers that can be used for board preparation.

Course Topics Include:

- Upper and Lower Extremity Sports Injuries
- Neurovascular Sports Injuries, Fractures Dislocations, Bracing, and Casting
- Sports Nephrology, Cardiology, Pulmonology Hematology, and Rheumatology
- Exercise Physiology, Biomechanics, and Musculoskeletal Rehabilitation
- Sports Eye, Ears, Nose, and Throat
- Pediatric Sports Injuries, Concussion and TBI
- Sports Infectious Disease and Dermatology
- Sports Psychology, Nutrition, Pharmacology and Doping
- Role of the Team Physician, Legalities, and the PPE
- The Master, Female, Adaptive and Pregnant Athlete

Workshop Fee: \$500.00

(This workshop is available at a separate fee from the Conference registration fee. Register by April 3, 2020 to receive the early-bird rate.)

Your Workshop registration fee includes:

- Refreshment breaks
- Workshop materials
- Receive up to 8.0 AOA Category 1-A CME credits (Approval for AOA credits are pending at this time.)

*Pre-Conference Workshop on-site registration will open at 7:00 a.m.-8:30 a.m. on Tuesday, April 28, 2020.



AOASM Mission Statement

The mission of the American Osteopathic Academy of Sports Medicine is to provide:

1. An educational forum for physicians and healthcare professionals to address the quality of healthcare for individuals in competitive, recreational, occupational, and industrial settings.
2. Leadership to establish and promote fitness and exercise guidelines, and to guide healthcare policy relating to wellness, physical activities, and sporting events.
3. A collegial environment in which physicians and other healthcare professionals can expand their content knowledge and enhance their clinical skills in primary care sports medicine.

35th Annual Conference Objectives

At the conclusion of the conference, the participant will be able to:

1. Develop and understand the role and use of MSK ultrasound in the diagnosis and treatment of athletic and common musculoskeletal injuries.
2. Develop and understand current concepts in the diagnosis and treatment of high-impact trauma sports injuries and develop an emergency action plan in the athletic population/events.
3. Develop and understand an appreciation for the importance of the osteopathic manipulative treatment, fascial distortion model treatment and other modalities in the field of sports medicine
4. Develop and understand the diagnosis and treatment of common musculoskeletal injuries, nutrition, and mental health disorders in the performing artist population.
5. Develop an appreciation for musculoskeletal injuries in the upper and lower extremity type specific sports of high-level athletes
6. Understand the demands of diverse populations including Olympic and international sports medicine.
7. Understand the role nutrition and exercise play in everyday patients as well as elite athletes.
8. Understand strategies of sports performance in the athletic population.
9. Develop and understand the role of pediatrics in sports medicine and what disorders can affect performance

Clinical Conference Registration

April 29, 2020 to May 2, 2020

Registration Fee includes:

- Daily continental breakfast
- Refreshment breaks
- Welcome Reception (cash bar)
- Meeting materials
- Access to the Exhibit Area
- Up to 25 hours of Category 1-A CME credits (Approval by the AOA is currently pending.)

Pre-Registration

Please complete the enclosed registration form or go to the AOASM Conference webpage to register and pay online. Conference registration cancellations will be accepted in writing only. A \$50 administrative fee will be charged for cancellation requests received by 5:00 pm Central Time on Friday, April 3, 2020. No refunds will be given for any requests received after Friday, April 3. All refunds will be processed no later than May 30, 2020. Walk-ins and replacements are always welcome. If you have any questions, please call the AOASM Office at +1-608-443-2477, ext. 144, or email info@aoasm.org.

On-site Registration

On-site Registration will be open late afternoon on Tuesday, April 28, 2020, for a couple of hours, will open again on Wednesday, April 29, 2020, at 7:00 a.m. and will continue to be open throughout the conference until Saturday, May 2. The Clinical Conference will commence on the morning of Wednesday, April 29, and includes an evening welcome reception, special interest luncheons, general session and hands-on breakout lecture sessions, an educational poster session, exhibitor time, networking opportunities, and other social events outlined in the brochure.

Welcome Reception

Join your colleagues at the Welcome Reception on Wednesday evening, April 29 from 5:30 p.m. to 7:00 p.m. in the Exhibit Hall. Take this opportunity to visit with colleagues, attend the Poster Sessions, and meet the exhibitors. Everyone is invited to attend.

Student/Resident/Fellow Luncheon

Back by popular demand, a student/resident/fellow luncheon hosted by the AOASM will be held on Thursday April 30, 2020, from 11:30 a.m.-1:00 p.m. Students, residents, or fellows must pre-register for this event (as onsite registration may not be available); therefore, please indicate your attendance on the enclosed registration form.

Walk/Run Fundraiser for TEAM USA!

The AOASM is holding a Walk/Run fundraising event, and this year all proceeds from the event will benefit **TEAM USA!** The Summer 2020 Olympics will be held in Tokyo, Japan! **Please come out in your best Team USA or red/white/blue gear for an awesome run with friends.** Proceeds will go to **TEAM USA** to support the athletes at the 2020 Summer Olympics. Participation is \$25 for physicians and only \$10 for students, residents, and fellows! The event is Thursday, April 30, from 5:30 pm-7:00 pm starting at the Disneyland Hotel, with the run/walk around the Disney campus.

The Russell M. Wright Memorial Keynote Luncheon

The Rusty Wright Memorial Lecture will be held on Friday, May 1, 2020. The luncheon will be located at The Disneyland Hotel, with a special local guest speaker. This keynote luncheon is scheduled from 12:00 p.m. to 1:15 p.m. Pre-registration and an additional fee of \$30 per person are required. (Only \$20 for students, residents, and fellows.) This fee includes a ticket to the luncheon and additional 0.75 CME credit hours for attending the lecture. To register yourself (and your guests), please indicate your attendance on the registration form.

Red Carpet Event

Please make every effort to attend the AOASM Red Carpet Event on Friday, May 1, 2020, from 5:30 p.m. to 8:30 p.m. Dress Attire: Cocktail Wear. The reception will include a ticket to a Red Carpet Cocktail Reception to celebrate AOASM History, "Hollywood AOASM Stars," the 2020 Award of Fellows, and Mentor of the Year Award. Event includes a cash bar, heavy hors d'oeuvres, an award ceremony, and Silent Auction to raise awareness for Team Vienna 4 SUDC AWARENESS, INC., and meet-and-greet with Team USA Olympians. Tickets for the AOASM Red Carpet Event are \$40 each and guests are welcome to register and attend. (Only \$30 for Students, Residents, & Fellows.) You will need to purchase a ticket for each guest attending the celebration. To register yourself (and your guests), please check the AOASM Red Carpet Event on the registration form. Following this great event, guests are welcome to explore on their own Downtown Disney District (open until 2:00 a.m.) and/or Disneyland Park (open until 10:00 p.m.).

Support-A-Student

The AOASM understands the importance of student members and has asked physician members for scholarship contributions to cover the \$100 registration fee for this conference. Each contribution will go into the "Support-a-Student" fund. The \$100 student registration scholarships will only be awarded to students who present posters or are scheduled to give a presentation during the conference, demonstrating his or her interest and initiative in the field of osteopathic sports medicine. Check the box on the registration form if you are interested in donating.

For More Information and Assistance

If you have questions about registering for the Clinical Conference, need auxiliary aids or special services to attend, please contact the AOASM at least 10 business days prior to the activity by calling **608-443-2477, ext. 144** or email info@aoasm.org.



Conference Educational Credits

AOA Credits*

AOASM has requested that the AOA Council on Continuing Medical Education approve this program up to **25 hours** of AOA Category 1-A CME credits. Approval is currently pending. Register for continuing education credits by checking ALL of the applicable boxes on the registration form.

BOC Credits*

The American Osteopathic Academy of Sports Medicine is recognized by the Board of Certification, Inc., to offer continuing education for certified athletic trainers. This program has been approved for up to **24 hours** of continuing education credits.



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Physical Therapy Credits

Continuing education (CE) requirements for physical therapists vary from state to state. Most states that mandate CE for renewal of licensure have a process in place where an individual PT/PTA licensee may petition directly to the State licensing agency for acceptance of a continuing education course. Check with your state licensing board for the proper procedures and forms.

**Please note: You will receive a credit reporting form electronically after the AOASM conference. Attendees will be responsible for completing and submitting this form according to directions provided on the form.*

Call for Case Presentations & Research Abstracts

The Case and Research Abstract Committee's goal is to have all sports medicine fellowship programs participating with a poster presentation, a case podium presentation, or a research podium presentation at the AOASM Poster Session on Wednesday, April 29, 2020. All participants will receive a certificate of participation. There will be a monetary prize for the first place research presentation, a separate monetary prize for first and second place case presentations, and a separate monetary prize for the best case and research poster presentation. Abstracts chosen for presentation will also be accepted for publication in the *Clinical Journal of Sports Medicine*.

The deadline for case presentations and research abstract submissions is **Sunday, March 1, 2020**, no later than 11:50 p.m. PST. Instructions and submission forms can be found on the AOASM 2020 Conference webpage.

Anaheim, CA, USA

Popularly recognized as The OC (Orange County), this world-class visitor destination is the center of Southern California fun located between Los Angeles and San Diego. The OC's second largest city is Anaheim and stands out as one of the state's most iconic destinations—the perfect starting

point for your OC adventures. You'll find plenty of things to see and do: inviting beaches, unparalleled shopping and entertainment, trendy restaurants, nightlife, championship golf, lively art districts, beautiful historic landmarks and the ultimate family attractions. Warm sunshine, swaying palm trees and breathtaking ocean views create a relaxed lifestyle where shorts, sandals and sunglasses are always in season. To learn more about Anaheim and start planning your trip, visit www.visitanaheim.org

Discounted Special Group Disney Theme Park Tickets Available

AOASM attendees can take advantage of the special group discounted Disney Theme Park tickets. Go to: <http://mydisneygroup.com/gdad20b> to purchase specially-priced Disneyland® Resort Theme Park tickets.

NOTE: These special ticket prices are not available once you arrive at the Resort. The ticket store closes at **9:00 p.m. PST on Monday, April 27, 2020**. Prices are subject to change per Disney without notice, so do not delay!

Accommodations at Disneyland® Resort

The Disneyland® Resort is proud to host the AOASM program, and share some of Disney magic with the AOASM attendees and their guests! Enjoy within walking distance quick access from the Resort and literally just footsteps away to Disneyland® Park, Disney California Adventure® Park and the Downtown Disney® District. From the fun-filled Pixar Pier to the out-of-this-world Star Wars™: Galaxy's Edge, there's magic and adventure to be found everywhere you turn at the Disneyland® Resort! And with three spectacular themed hotels and high-energy entertainment, dining and shopping district to go with those two amazing Theme Parks, there's a whole vacation's worth of experiences just waiting to be discovered here, you'll want several days to take it all in at the Disneyland® Resort! The hotel also features an all-new center courtyard area with three stunning pools, themed jacuzzis, an island themed restaurant and bar complex, as well as offers a fitness center, 24-hour room service, coffee house, and three restaurants on property. This AAA Four Diamond Award-winning Disneyland® Hotel brings Walt Disney's vision into the 21st century. First opened in 1955 as the place to be and be seen, now it's been re-imagined for a new millennium. Visit Disneyland.com to learn more!

The hotel reservations cut-off deadline is **Friday, April 3, 2020**. (Room rates cannot be guaranteed after that date and are subject to availability.) The discounted room rate this year is \$254 per night for a single to quadruple occupancy for standard king and/or double (queen/queen) room type, excluding current (17%) hotel tax rate. Included in the guest room rate is complimentary standard in-room internet. The group discounted guest room rate will be offered three days pre/post Conference based on guest room availability.

- Check-in is 3:00 p.m.; checkout is 11:00 a.m. (Early check-ins and late departure requests are subject to availability.)
- Disney has a substantial amount of parking that is available on a first come, first served basis. Self-parking fee is discounted to all AOASM attendees at \$15.00 per car, per night or Valet Parking is set at \$35.00 per night with in/out privileges.

Hotel Reservations

AOASM works diligently to provide attendees with the most convenient hotels at a good value. The AOASM has contracted with the hotel to hold sleeping rooms for use by our attendees this year. If the room block numbers are not met, the AOASM organization could incur penalty fees. Please help keep costs down by making your reservations now at the Disneyland Resort Hotel! A limited number of rooms are reserved at this rate.

To secure a room please contact the Disneyland® Resort by booking online 24/7 at: mydisneygroup.com/gdad20b or by calling +1-714-520-5005, M-F from 8 a.m. to 5 p.m. PST. (Refer to AOASM/Sports Medicine).

Reservations must be made by Friday, April 3, 2020, or before the group rooms are sold out, so do not delay. Prevailing rates may apply after this date or when the group rooms are sold out, whichever occurs first. Rooms are subject to availability.

Important Hotel Policies:

- To confirm a guaranteed room reservation, the hotel **requires with a credit card one (1) night's prepayment deposit** when reserving your hotel room.
- If a guest's reservation must be canceled or changed, the guest must notify the hotel **at least five (5) working days** prior to his/her scheduled stay so as not to forfeit the one-night room (plus tax) deposit.

Sponsors

AOASM truly value their sponsors. Your support is genuinely appreciated! This year's Conference offers many opportunities for sponsorship and showcasing your company. If you are interested in sponsoring and showcasing your company at the 2020 Conference, please contact Susan Rees at srees@reesgroupinc.com.

Exhibit Area

The 2020 Exhibit Prospectus is now available for downloading. Come join this informative and interactive Conference this year! Visit the AOASM website for more information and to download an application to reserve a booth today! If you have any questions, please contact Brooke Miller at bmiller@reesgroupinc.com.



Preliminary Schedule-at-a-Glance

Wednesday, April 29

Moderator: Denise Wunderler, DO, FAOASM

7:45 a.m.-8:00 a.m.

President Welcome Remarks

Shawn Kerger, DO, FAOASM

Program Chair Introductions

Becca Rodriguez Regner, DO

8:00 a.m.-8:30 a.m.

Common Rugby Injuries

Alexandra Myers, DO

8:30 a.m.-9:00 a.m.

Rugby Head Injuries and HIA Assessment

Mark Sakr, DO

9:00 a.m.-9:30 a.m.

Sports Performance: Workout and Recovery

Coach Jason Huntley, San Diego Legion

9:30 a.m.-9:45 a.m.

Refreshment Break

9:45 a.m.-10:15 a.m.

Discussion Panel: Contact Sports

Alexandra Myers, DO

Richard Kim, DO

Rugby Athletes

Moderator: Mike Sampson, DO, FAOASM

10:30 a.m.-11:15 a.m.

Professional Development:

Ortho Trauma Skills Workshop

Alexandra Myers, DO

HIA/Heent Trauma Skills Workshop

Richard Kim, DO

11:15 a.m.-12:00 noon

Essentials of Profession:

Sideline OMT C and T Spine

R. Robert Franks, Jr., DO, FAOASM

Concussion Return to Play

Joseph Walker, DPT

12:00 noon-1:00 p.m.

Attendee Lunch (on your own)

Moderator: Rance McClain, DO, FAOASM

1:00 p.m.-1:30 p.m.

Tx of Common Perineal Nerve Entrapment with Neural Hydrodissection in Dancers

Steven Karageanes, DO, FAOASM

1:30 p.m.-2:00 p.m.

EBM Dance Medicine

Jennie Morton, DO

1:30 p.m.-2:30 p.m.

Program Director's Meeting

Chair: Angela Cavanna, DO, FAOASM

2:00 p.m.-2:30 p.m.

Sports Performance: Protection of the Performer

Christina Donaldson, PhD

2:30 p.m.-2:45 p.m.

Refreshment Break

2:45 p.m.-3:00 p.m.

AOASM Business Meeting

Shawn Kerger, DO, FAOASM (President)

Susan Rees (Executive Director)

Moderator: Priscilla Tu, DO, FAOASM

3:00 p.m.-3:30 p.m.

Panel Discussion: Performance Arts Medicine

Karen Freeman, RD

Steven Karageanes, DO, FAOASM

Becca Rodriguez Regner, DO

Dancers

3:30 p.m.-4:30 p.m.

Professional Development:

Cupping Lower Extremity

Abbey Perrone, DC

Dance Injury Prevention

Robin Kish, PhD

4:30 p.m.-5:30 p.m.

Essentials of Profession:

OMT Lower Extremity

Shawn Kerger, DO, FAOASM

Fascial Distortion Model Lower Extremity

Todd Capistrant, DO

5:30 p.m.-7:00 p.m.

Welcome Reception

Poster Session

Exhibitor Time

Thursday, April 30

Moderator: Melissa Tabor, DO, FAOASM

7:45 a.m.-9:15 a.m.

Case and Research Podium Presentations

Moderator: Beth Raleigh, DO

9:15 a.m.-9:45 a.m.

Ortho Peds Oncology

Frank Chiaparra, MD

9:45 a.m.-10:15 a.m.

Autism/Asperger's Disease in Peds Athlete

Warren Bodine, DO, FAOASM

10:15 a.m.-10:45 a.m.

Refreshment Break/Exhibitor Time

10:30 a.m.-11:15 a.m.

Professional Development:

Sideline Basic Taping

Josh Koeplin Day, ATC

Becca Rodriguez Regner, DO

Cardiac ECG Screening-Cardia

Lizzie Williams, DO

11:30 a.m.-12:00 noon

Past President's Council Meeting

11:30 a.m.-1:00 p.m.

Attendee Lunch (on your own)

11:30 a.m.-1:00 p.m.

Student/Resident/Fellow Luncheon

1:00 p.m.-3:00 p.m.

Student/Resident/Fellow Workshops

Moderator: Stephanie Yellin, DO

1:00 p.m.-1:30 p.m.

EBM Regenerative Medicine

Ron Torrance II, DO

1:30 p.m.-2:00 p.m.

Clinical Practice and Sports Regenerative Medicine

Vishal Thakral, DO

2:00 p.m.-2:30 p.m.

Sports Nutrition and Performance

Jeffrey Bytowski, DO, FAOASM

2:30 p.m.-3:00 p.m.

Refreshment Break/Exhibitor Time

2:30 p.m.-3:00 p.m.

2021 Program Planning Meeting

Program Chair: Michael Sampson, DO, FAOASM

3:00 p.m.-4:00 p.m.

Professional Development:

Regenerative Medicine

Ron Torrance II, DO

4:00 p.m.-4:30 p.m.

AOA Update and Installation of Officers

4:30 p.m.-4:45 p.m.

Case and Research Abstract Award Session

5:30 p.m.-7:00 p.m.

TEAM USA Walk/Run Fundraiser

8:00 p.m.-9:00 p.m.

AOASM Speed Mentorship Event



Preliminary Schedule-at-a-Glance

Friday, May 1

Moderator: Steve Karageanes, DO, FAOASM

8:00 a.m.-8:30 a.m.

Waterpolo

Becca Rodriguez Regner, DO

8:30 a.m.-9:00 a.m.

Volleyball

Priscilla Tu, DO, FAOASM

9:00 a.m.-9:30 a.m.

Sports Performance

Coach Nick Szyndlar, University of Saint Katherine, San Marcos, CA

9:30 a.m.-10:00 a.m.

Refreshment Break/Exhibitor Time

Moderator: Dan Clearfield, DO, FAOASM

10:00 a.m.-10:30 a.m.

Discussion Panel: Olympics

R. Robert Franks, Jr., DO, FAOASM
Naresh Rao, DO, FAOASM
Olympic Athletes

10:30 a.m.-11:15 a.m.

Professional Development:

Facial Distortion Upper Extremity
Todd Capistrant, DO

UW and Hip Mobility Workshop
Maggie Lancot, ATC

11:15 a.m.-12:00 noon

Essentials of Profession:

OMT Upper Extremity
Priscilla Tu, DO, FAOASM

Upper Extremity Cupping
Abby Perone, DC

12:00 noon-1:15 p.m.

Russell M. Wright Memorial Lecture and Luncheon

Guest Speaker

Moderator: Christina Wong, DO

1:15 p.m.-1:45 p.m.

Track and Field

Bob Adams, DO, FAOASM

1:45 p.m.-2:15 p.m.

Endurance Running

John Hill, DO, FAOASM

2:15 p.m.-2:45 p.m.

Sports Performance

Tracey Chester, MS, MA, LMFT, CCTP

2:45 p.m.-3:00 p.m.

Refreshment Break

3:00 p.m.-3:45 p.m.

Discussion Panel

Bob Adams, DO, FAOASM
Tracey Chester, MS, MA, LMFT, CCTP
Olympic Athletes

3:45 p.m.-4:30 p.m.

Professional Development:

Gait Analysis-Walking

John Hill, DO, FAOASM

Sports Cardio

Ajit Raisinghani, MD

OMT Lower Extremity

Speaker TBA

Facial Distortion Model Lower Extremity

Todd Capistrant, DO

5:30 p.m.-8:30 p.m.

Red Carpet Event

Featuring:

- 2020 Award of Fellows
- "AOASM Hollywood Stars"
- Cocktail Reception with Hors d'oeuvres
- History of AOASM
- Mentor of the Year Award
- Silent Auction for TEAM VIENNA
- 4 SUDC AWARENESS, INC.

Saturday, May 2

Moderator: Russell Camhi, DO

8:00 a.m.-8:30 a.m.

REDS and Mental Health Concerns in the Female Athlete

Shira Oretzky, DO

8:30 a.m.-10:30 a.m.

AOA CORE REMS

Anita Gupta, DO, PharmD, MPP
AOA Speaker

10:30 a.m.-10:45 a.m.

Refreshment Break

10:45 a.m.-12:15 p.m.

Professional Development:

Tenotomy

Brett DeGooyer, DO

12:15 p.m.

Closing Remarks/Conference Adjourns

Becca Rodriguez Regner, DO



American Osteopathic Academy of Sports Medicine - REGISTRATION FORM

35th Annual Clinical Conference • April 29-May 2, 2020 • Disneyland® Hotel • Anaheim, California

Please complete this registration form. Type or print legibly. One form must be filled out for each registrant and payment must accompany the registration form. Registration by telephone will not be accepted. Register by April 3, 2020, to take advantage of Early Registration discounts! (Please keep a copy of this form for your records.)

Registration Information

First Name: _____

Last Name: _____

Credential(s): _____

Place of Employment: _____

Mailing Address: _____

City: _____

State/Province: _____

Zip: _____

Is this address: ☐ Business? ☐ Home?

Daytime Phone: _____

Email Address: _____

(Your registration confirmation will be sent via email to this email address.)

Badge Information

This is how your badge will read. Please print clearly and complete only those lines that are different from the "Registration Information" above.

First Name or Nickname: _____

Full Name: _____

Place of Employment: _____

City: _____

State: _____

General Information

☐ Please check here and list any special dietary restrictions (i.e., vegetarian, gluten free): _____

☐ Please check if you need special assistance and an AOASM staff member will contact you shortly via email.

☐ Check here if you wish to OPT IN to being listed in the attendee directory for the 2020 exhibitors.

Please provide the following information in case of emergency:

Emergency Contact Name: _____

Daytime Phone: (_____) _____

Evening Phone: (_____) _____

Email: _____

AOASM Photo Release

☐ I acknowledge that AOASM may take photos/videos at the annual conference for future marketing purposes in print or electronically.

☐ No, I do not give consent for my image to be used.

Registration

	On or Before 4/3/20	After 4/3/20
Member: Physician:	☐ \$425	☐ \$475
Member: Allied Health Professional (ATC, PA, PT, etc):	☐ \$210	☐ \$260
Member: International:	☐ \$100	☐ \$150
Member: Fellow*:	☐ \$100	☐ \$150
Member: Resident/Intern:	☐ \$100	☐ \$150
Member: Student:	☐ \$100	☐ \$120
Member: Retired:	☐ \$250	☐ \$258
Non-Member: Physician:	☐ \$560	☐ \$610
Non-Member: Allied Health Professional (ATC, PA, PT, etc):	☐ \$310	☐ \$360
Non-Member: International:	☐ \$200	☐ \$250
Non-Member: Fellow*:	☐ \$200	☐ \$250
Non-Member: Resident/Intern:	☐ \$200	☐ \$250
Non-Member: Student:	☐ \$200	☐ \$220
Non-Member: Retired:	☐ \$250	☐ \$258

*A Fellow is a physician currently participating in a sports medicine fellowship.

One-Day Conference Registration Fee

	On or Before 4/3/20	After 4/3/20
Physician/Allied Health Professionals	☐ \$250	☐ \$275
Which Day? ☐ Wednesday ☐ Thursday ☐ Friday ☐ Saturday		

One-Day Student/Resident/Fellow Conference Registration Fee:

	On or Before 4/3/20	After 4/3/20
	☐ \$60	☐ \$75
Which Day? ☐ Wednesday ☐ Thursday ☐ Friday ☐ Saturday		

Pre-Conference Workshop Registration*

The pre-conference workshops are available at a separate fee. Register on or before 4/3/2020 to receive the discounted pre-conference registration fee and save money. (*Space is limited; registration is on a first-come, first-served basis.)

	On or Before 4/3/20	After 4/3/20
Workshop Registration		
Basic MSK US Workshop	☐ \$395	☐ \$495
Intermediate/Advanced MSK US Workshop	☐ \$795	☐ \$895
Sports Medicine Board Review Course (Certification and Recertification)	☐ \$500	☐ \$625

Continuing Education Credits

Register for continuing education credits by checking ALL applicable boxes below:

☐ Yes, I would like to receive Continuing Medical Education (CME) credit hours and/or Board of Certification (BOC) credit hours for the pre-conference workshop(s).

AOA Number: _____

BOC Number: _____

☐ Yes, I would like to receive Continuing Medical Education (CME) credit hours and/or Board of Certification (BOC) credit hours for the annual clinical conference.

AOA Number: _____

BOC Number: _____

Please Note:

- You will receive a credit reporting form electronically after the AOASM conference. Attendees will be responsible for completing and submitting the form according to directions of the form.
- CME and BOC credits are NOT included in the cost of student/resident/fellow registration fees. Please contact the registrar if you'd like to add credits.

Support-a-Student

Contribution to Support-a-Student Registration Scholarship (optional)

\$100 each student X ____ # of student(s) = _____

Optional Events

☐ Walk/Run Fundraiser for Team USA

Thursday, April 30, 2020 – 5:30 p.m. to 7:30 p.m.

Physician/Allied Health Professional: Number of tickets: _____ X \$25 each = _____

Student/Resident/Fellow: Number of tickets: _____ X \$15 each = _____

Additional donations are welcomed.

☐ Student/Resident/Fellow Luncheon (no charge)*

Thursday, April 30, 2020 – 11:30 noon to 1:00 p.m.

*Please sign up for this event only if you are a Student/Resident/Fellow. Pre-registration is required to attend this event.

☐ Russell M. Wright Memorial Luncheon

Friday, May 1, 2020 – 12:00 noon to 1:15 p.m.

Physician/Allied Health Professional: Number of tickets: _____ X \$30 each = _____

Student/Resident/Fellow: Number of tickets: _____ X \$20 each = _____

☐ Red Carpet Event

Friday, May 1, 2020 – 5:30 p.m. to 8:00 p.m.

Featuring:

2020 Award of Fellows

AOASM Mentor of the Year Award

"AOASM Hollywood Stars"

Cocktail Reception with Hors d'oeuvres

History of AOASM

Silent Auction for TEAM VIENNA 4 SUDC AWARENESS

Number of tickets _____ X \$40 each = _____

Student/Resident/Fellow: Number of tickets: _____ X \$30 each = _____

Fees

Pre-Conference Workshop Registration Fee	\$ _____
Annual Clinical Conference Registration Fee	\$ _____
Support-a-Student Registration	\$ _____
Walk/Run Fundraiser	\$ _____
Walk/Run Donation (Optional)	\$ _____
Russell M. Wright Lecture & Luncheon	\$ _____
Red Carpet Event	\$ _____
Total Enclosed:	\$ _____

Payment

Check a payment method and enclose your payment for registration fees, as well as any optional events in which you wish to participate.

- ☐ Check (made payable to AOASM in US funds, drawn on a US bank)
☐ Mastercard ☐ Visa ☐ American Express

Card Number: _____

Exp. Date: _____

CVV: _____

Signature: _____

Print Name: _____

Mail or fax this two-page registration form and fees to:

AOASM
2424 American Lane
Madison, WI 53704

Phone: +1-608-443-2477

Fax: +1-608-443-2474

Email: info@aoasm.org

Website: <http://www.aoasm.org>





AMERICAN OSTEOPATHIC ACADEMY OF SPORTS MEDICINE

Membership Application—January 1 through December 31, 2020

Full Name: _____ Suffix: _____ Birth Date (optional): _____ Gender (optional): _____

Institution: _____

Street Address or PO Box #: _____

City: _____ State/Province: _____ Zip/Postal Code: _____

Phone: _____ Fax: _____ Mailing Address: ☐ Work ☐ Home

Email: _____ AOA #: _____ BOC #: _____

Membership Directory (required)

- ☐ Yes, please include my information in the online directory.
☐ No, I waive my directory listing benefit.

I am a team physician for the following sports teams:
(check all that apply)

- ☐ Youth Sports
☐ High School
☐ College
☐ Professional
☐ Special Olympics
☐ USA Team
☐ Olympic Coverage

Please list the teams you cover: _____

What percentage of your practice is related to sports medicine?

- ☐ 1%-25% ☐ 26%-50% ☐ 51%-75% ☐ 75%-100%

Do you practice in a sports medicine clinic: ☐ Part Time ☐ Full Time

Years of Practice in Sports Medicine: _____

Name of Medical School: _____

Date of Graduation: _____

Residency Completed At: _____

Date of Completion: _____

Primary Board Certification: _____

- ☐ DO ☐ MD

Sports Medicine Fellowship Site: _____

Date of Completion: _____

Do You Have a CAQ in Sports Medicine?

- ☐ Yes ☐ No

☐ I did not complete a sports medicine fellowship

All membership categories, with the exception of Student membership receive an online subscription to the journal.

Membership Categories:

Physician ☐ \$320

Early Career ☐ \$220

This rate is available to members within one year of their fellowship graduation date.

International ☐ \$200

Qualified members must reside and practice outside of the United States.

Associate Member ☐ \$295

PhD, PA, ATC, PT

Fellow ☐ \$200

Currently participating in a Sports Medicine Fellowship.

Resident/Intern ☐ \$200

Provide proof of residency/internship.

Lifetime ☐ \$100

Qualified members must be pre-approved by the Board.

Student

Please check years left until graduation.

- ☐ 1 year (\$0) ☐ 2 years (\$0) ☐ 3 years (\$0) ☐ 4 years (\$0)

☐ I would like to add a print subscription of the journal for \$50/year.

Payment Total:

- ☐ Check payable to AOASM, US funds only, drawn on a US bank
☐ Visa/MasterCard/American Express

Name of Cardholder: _____

Card Number: _____

Expiration Date: _____ CVV: _____

Signature of Cardholder: _____

Please send completed form, payment, & proof of residency/internship or student status (if applicable) to:

• AOASM • 2424 American Lane • Madison, WI 53704-3102 • Phone: +1-608-443-2477 • Fax: +1-608-443-2474 • Web: www.aoasm.org • Email: info@aoasm.org •