American Academy of Podiatric Sports Medicine along with the Oregon Podiatric Medical Association Present
“The Best Sports Medicine Foot & Ankle Meeting in the Country”
October 20–23, 2016
Portland Marriott Downtown Waterfront

Featured speaker Alberto Salazar “Adjusting foot strike to improve running efficiency”. Alberto is an AAPSM Golden Foot Award recipient, International Track & Field Coach of the Year, former Marathon World Record Holder and 3 time New York Marathon Winner!

26+ Continuing Education CMES (8+ CA Radiology)

Thursday, October 20, 2016

7:00am – 8:00am  Continental Breakfast

8:00 am - 12:00 pm  Cadaver Lab –
  Diagnostic Ultrasound lab – followed by Therapeutic US lab
  Rob Conenello, DPM, Kevin DeWeber, MD, Paul Langer, DPM, Jim Ratcliff, DPM;
  PRP Techniques and Injections
  Jim Ratcliff, DPM; Amol Saxena, DPM; Tyna Moore, DC

OR

Surgical Techniques for Sports Medicine (Lisfranc’s, Ankle & Peroneal Stabilization, Jones Fractures, 1st MPJ Arthroplasty, Achilles repair, etc.)
  Amol Saxena, DPM; Richard Bouche, DPM;
  Maggie Fournier, DPM; John Grady, DPM

12:00 pm – 1:00 pm  Lunch talk: PRP current status – box lunches for attendees

1:00 pm - 5:00 pm  Surgical Techniques for Sports Medicine (Lisfranc’s, Ankle & Peroneal Stabilization, Jones Fractures, 1st MPJ Arthroplasty, Achilles repair, etc.)
  Amol Saxena, DPM; Rich Bouche, DPM;
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NOTE: participants can repeat surgical or PRP/US lab for more contact hours & experience

6:00pm-7:00pm  Informal welcome reception in the exhibit hall
Friday, October 21, 2016

7:00 am – 8:00 am  Optional Morning Fun Run – shoe testing with Nike/Hoka/Altra/Brooks (Non-CME)
8:00 am – 8:30 am  Continental Breakfast in Exhibit Hall
8:30 am – 9:15 am  Improving Running Gait: learning from the elites—Featured speaker – Alberto Salazar with Dave McHenry, DPT
9:15 am – 9:40 am  Shockwave Update – It’s Not Just for Heel Pain – Ludger Gerdesmeyer, MD

10:30 am – 11:00 am  Break in Exhibit Hall

11:00 am – 11:30 am  Pediatric Athlete – Matt Werd, DPM
11:30 am – 12:30 pm  Gait Examination – Jay Dicharry, PT
12:30 pm - 1:15pm  Box lunch in Exhibit Hall with Shoe testing available

**Workshops- choose one**

1:15 pm – 2:00 pm  1. Taping Workshop – Tim Dutra, DPM; Ted Forcum, DC, KT Tape

2. Lesser MTPJ Instability- Clinical Evaluation & Non-Surgical Management
   Rich Bouche, DPM

3. Bike Fit – Clint Laird, DPM; Matt Werd, DPM

2:00 pm - 2:45 pm  **Workshops – choose one**

1. Teaching Proper Running Form – Jay Dicharry, PT

2. Cuboid Manipulation of the Foot and other pearls – Michael Chin, DPM; Ray McClanahan, DPM

3. Cross Country and Free Heel Skiing Injuries Workshop – Dalia Krakowski Clausen, DPM

2:45 pm - 3:15 pm  MRI of the Foot and Ankle – David Tsai, MD

Break – & Travel off site to Nike HQ, Beaverton, (Charter buses will be used, location TBD)

3:15 pm – 4:00 pm  Expert to expert aka “stump the chump” en route- Maggie Fournier & Clint Laird
4:00 pm - 5:00 pm  Shoe technology update (Non-CME)
5:00 pm – 6:00 pm  Nike Campus Tour (Non-CME)
6:15 pm -- 7:15 pm  AAPSM Membership Meeting/Award presentations Nike Campus, Tiger Woods Bldg.
7:15pm –8:00PM  Expert to expert aka “stump the chump” en route- Alex Kor & David Jenkins (Board buses to return to Portland Waterfront Marriott Hotel)
Saturday, October 22, 2016

7:00 am - 8:00 am  Fun Run, shoe & Gait testing, ElliptiGo and Alter-G Demos (non-CME)
7:15 am – 8:00 am  Continental breakfast in Exhibit Hall
8:00 am - 8:50 am  Common Basketball Injuries Panel – (Jones Fx, Ankle Sprains and other injuries with case Presentations for discussion) Moderator – John Grady, DPM – Panel: Rich Bouche, DPM; Alex Kor, DPM; Mike Lowe, DPM;
8:50 am - 9:15 am  Update on Athletic Metabolism: REDs – Maggie Fournier, DPM

9:15 am – 10 am  **Workshops – choose one**
1. Teaching Proper Running Form– Mark Cucuzzella, MD;
2. Dermatology in sports with hands-on biopsy techniques – Jeff Ross, DPM

10:00 am – 10:30 am  Break – in Exhibit Hall

10:30 am – 10:50 am  How to Strengthen the Foot – Ray McClanahan, DPM

11:30 am – 12:30 pm  Lunch on your own – Visit Exhibits – shoe testing stations  
Oregon Podiatric Medical Association Business Meeting – Columbia Room

12:30 pm – 1:15 pm  **Workshops – choose one**
1. Taping Workshop – Tim Dutra, DPM; Ted Forcum, DC, KT Tape
2. Weakness of the Lower Extremity from Lumbar “Functional Stenosis” Dr. Stan Newell  
   Testing to determine if weakness is reversible  
   Work Shop: Muscle testing for S1, L5, L4, L3, L2  
   Testing to determine if weakness is reversible by use of orthotics

1:15 pm - 2:00 pm  Stress Fractures in the Athlete Panel– Case Presentations – Moderator: Paul Langer, DPM; Panel: Rob Conenello, DPM, Clint Laird, DPM
2:00 pm – 2:30PM  Communication with the Athlete – Rob Conenello, DPM

2:30 pm - 3:00 pm  Break – in Exhibit Hall

3:00 pm – 3:30 pm  Achilles Tendinopathy Update – Amol Saxena, DPM
3:30 pm – 4:10 pm  MTSS in the Athlete – Rich Bouche, DPM
4:10 pm - 5:00 pm  Heel Pain in the Athlete Panel with Case Presentations/Discussion – Moderator: Michael Chin, DPM – Panel: John Grady, DPM, Paul Langer, DPM
5:00 pm – 5:30 pm  Rehab of Tendon Pathologies from a PT Perspective – Karl Kolbeck, PT
5:30 pm - 6:00 pm  Original Research Pertaining to Proprioception and Balance in Ankle Sprains – Adam Kelly, ATC

Dinner on own
SUNDAY, OCTOBER 23, 2016:

7:00am – 7:30am  Continental breakfast
7:30 am – 8:30 am  PICA Presentation– Risk Management: Avoiding and responding to medical board investigations -George Pitcher
8:30 am – 12:30 pm  Practice Management with Harry Goldsmith, DPM