

# Program Agenda: Friday, October 21, 2022

(Topics and speakers subject to change)

6:30 am – 8:00 am	<b>Morning Run with Shoe Testing</b> <i>Pick up shoes in Exhibit Hall</i>	Metropole
7:00 am – 7:45 am	<b>Registration / Continental Breakfast / Exhibits</b>	Spanish Foyer / Metropole
7:45 am – 8:00 am	<b>Welcome Address</b>	Spanish Ballroom
<b>8:00 am – 10:00 am</b>	<b>Lecture Hall – Session 1</b>	<b>Spanish Ballroom</b>
8:00 am – 8:30 am	Craig Payne	Drinking the Kool Aid: The pervasiveness of pseudoscience in podiatric sports medicine  • Learning Objective: Discuss how to better understand scientific information when exposed to conflicting data
<b>Internal MTPJ Panel</b> Moderator: Joe Agostinelli		
8:30 am – 9:30 am	Panel: Rich Bouché John Grady	Panel Discussion: The enigmatic internal MTPJs: Non-operative vs. operative management of common pathologies  • Learning Objective: Debate the evidence concerning treatments of common problems affecting the 2nd, 3rd & 4th MTPJs
9:30 am – 10:00 am	<b>Speaker TBD</b>	<b>Topic TBD</b>  • Learning Objective: TBD
<b>10:00 am – 10:30 am</b>	<b>Morning Break / Exhibits</b>	<b>Metropole</b>
<b>10:30 am – 12:30 pm</b>	<b>Lecture Hall – Session 2</b>	<b>Spanish Ballroom</b>
10:30 am – 11:00 am	Leslie Yen	Diagnosis and treatment of neurogenic foot pain using ultrasound and hydrodissection  • Learning Objective: Learn how to use ultrasound to evaluate nerves in the foot and ankle and understand the use of nerve hydrodissection
11:00 am – 12:00 pm	Mark Cucuzzella	Nutrition and exercise: What we don't know and what we should know!  • Learning Objective: Discuss how to prescribe healthier food choices for health and fitness tailored to individual needs
12:00 pm – 12:30 pm	Rob Conenello	2021 US case study review: The use of microwave therapy for the treatment of HPV, plantar verrucae and IPKs  • Learning Objective: Discuss microwave therapy as a treatment option for plantar warts
<b>12:30 pm – 1:15 pm</b>	<b>Lunch / Exhibits</b>	<b>Metropole</b>



# Program Agenda: Friday, October 21, 2022, continued

(Topics and speakers subject to change)

<b>1:15 pm – 3:15 pm Workshops #1-7</b>			
Must Pre-Register for Workshops as follows: <b>Select either: Workshop #1   OR   Select ONE EACH from Workshops #2-4 AND Workshops #5-7</b>			
NOTE: Some workshops limited to 30 people			
<b>CHOOSE THIS</b>	1:15 pm – 2:15 pm	Maggie Fournier	<b>#1:</b> Provocative clinical maneuvers of common lower extremity pathologies
	2:15 pm – 3:15 pm	Jeff Pentek	<ul style="list-style-type: none"> <li>• Learning Objective: Review, identify and develop skills to perform specific physical exam maneuvers for common pathologies of the lower extremity</li> </ul>
<b>OR</b>			
<b>CHOOSE ONE</b>	1:15 pm – 2:15 pm	Leslie Yen	<b>#2:</b> Ultrasound evaluation of the nerve in the foot and ankle: Hands on workshop (repeat of workshop #5)
	1:15 pm – 2:15 pm	Amol Saxena Adam Tenforde	<b>#3:</b> Evidence based medicine shockwave update: What are the best protocols? When to use? Where to use?
	1:15 pm – 2:15 pm	Nancy Kadel	<b>#4:</b> Diagnosis and treatment of common dance injuries
<b>PLUS</b>			
<b>CHOOSE ONE</b>	2:15 pm – 3:15pm	Leslie Yen	<b>#5:</b> Ultrasound evaluation of the nerve in the foot and ankle: Hands on workshop (repeat of workshop #2)
	2:15 pm – 3:15pm	Mark Cucuzzella Ray McClanahan	<b>#6:</b> Teaching efficient running form and strengthening the foot (repeat of workshop 13)
	2:15 pm – 2:45pm	Maggie Fournier	<b>#7:</b> Cycling injuries, proper footwear & bike adjustments
	2:45 pm – 3:15 pm	<b>Speaker TBD</b>	<b>#7: Topic TBD</b>
			• Learning Objective: TBD
<b>3:15 pm – 3:45 pm</b>	<b>Afternoon Break / Exhibits</b>		Metropole
<b>3:45 pm – 6:00 pm</b>	<b>Lecture Hall – Session 3</b>		Spanish Ballroom
3:45 pm – 4:30 pm	Adam Tenforde	Bone injuries in athletes: What to look for, how to treat and how do we lower the risk?	<ul style="list-style-type: none"> <li>• Learning Objective: Discuss the risk factors and best practice to manage bone stress injuries in the athlete</li> </ul>
4:30 pm – 5:15 pm	John Grady	The pediatric athlete: Special considerations in treatment	<ul style="list-style-type: none"> <li>• Learning Objective: Understand and describe sporting injuries specific to youth sports and their specific treatment protocol</li> </ul>
5:15 pm – 6:00 pm	Dave Leffmann	Evaluating the complex patient: Stopping chronic pain before it starts	<ul style="list-style-type: none"> <li>• Learning Objective: Improve evaluation skills of the complex patient, employ a simple objective screening tool for risk of chronic pain and discuss treatment strategies and options</li> </ul>
<b>6:00 pm – 9:00 pm</b>	<b>Brooks Experience and Evening Reception at Brooks Headquarters*</b>		
<b>Sponsored by Brooks Running</b>			
* Pre-registration is required / There is no additional fee for registrants to attend Board buses at Hotel Main Entrance			

# Program Agenda: Saturday, October 22, 2022

(Topics and speakers subject to change)

<b>6:30 am – 8:00 am</b>	<b>Morning Run with Shoe Testing</b> 5K run, pre run talk and warm-up to be led by the Brooks Beasts Pro Running Group <b>Pick up shoes in Exhibit Hall</b>	Metropole		
<b>7:00 am – 8:00 am</b>	<b>Sign In / Continental Breakfast / Exhibits</b>	Spanish Foyer / Metropole		
<b>8:00 am – 10:00 am</b>	<b>Lecture Hall – Session 4</b>	Spanish Ballroom		
<b>Orthotics Panel: The Use of Custom Orthotic Devices in Athletes</b> Moderator: Brian Fullem				
8:00 am – 8:30 am	Craig Payne	Load management vs foot orthotics for overuse injuries • Learning Objective: Discuss the latest research and concepts regarding foot orthoses		
8:30 am – 9:00 am	Chris MacLean	Do custom orthotic devices weaken the foot? • Learning Objective: Discuss the musculoskeletal functionality of orthoses		
9:00 am – 9:30 am	<b>Speaker TBD</b>	<b>Topic TBD</b> • <b>Learning Objective: TBD</b>		
9:30 am – 10:00 am	Panel: Chris MacLean Craig Payne Mark Reeves	Panel Discussion • Learning Objective: Discuss which custom foot orthotic device to use at the appropriate time and what the medical evidence states on the topic		
<b>10:00 am – 10:30 am</b>	<b>Morning Break / Exhibits</b>	Metropole		
<b>10:30 am – 12:30 pm</b>	<b>Workshops #8-15</b> Must Pre-Register for Workshops as follows: <b>Select ONE each from: Workshops 8-11 PLUS Workshops 12-15</b> <i>NOTE: Some workshops limited to 30 people</i>			
CHOOSE ONE	10:30 am – 11:30 am	Don Greiert	<b>#8:</b> Shoe modifications for the athlete • Learning Objective: Discuss how to properly modify a shoe in the treatment of athletic population	Council Hall
	10:30 am – 11:30 am	Adam Tenforde	<b>#9:</b> Where is the weakness: Physical exam of the athlete • Learning Objective: Describe physical examination techniques to optimize the evaluation of an athlete with injury	Senate Hall
	10:30 am – 11:30 am	Gina Peterson	<b>#10:</b> Taping workshop • Learning Objective: Discuss and practice how to treat musculoskeletal conditions with athletic tape	Parliament Hall
	10:30 am – 11:30 am	Danny Mackey	<b>#11:</b> Nutrition, recovery and periodization for the athlete • Learning Objective: Discuss what the best evidence based medicine nutrition choices are for athletes and the concepts of recovery and periodization of training	Congress Hall
<b>PLUS</b>				
CHOOSE ONE	11:30 am – 12:30 pm	Paul Langer	<b>#12:</b> 3D printed orthoses in the office: It's here! • Learning Objective: Discuss the different scanning methods, 3D printing methods and materials available and how both custom foot orthotics and footwear can be manufactured via 3D printing	Council Hall
	11:30 am – 12:30 pm	Mark Cucuzzella Ray McClanahan	<b>#13:</b> Teaching efficient running form and strengthening the foot <i>(repeat of workshop 6)</i> • Learning Objective: Evaluate patient biomechanics for movement dysfunction, prescribe simple corrective measures and build a program to help patients' foot strength	Senate Hall
	11:30 am – 12:30 pm	Gina Peterson	<b>#14:</b> How to identify and strengthen core weakness in the athlete • Learning Objective: Discuss how to identify core weakness and prescribe a simple core strengthening routine for patients	Parliament Hall
	11:30 am – 12:30 pm	Larry Huppin	<b>#15:</b> The at-home biomechanics "Fellowship" plus 7 essential in-office orthotic modifications to improve clinical outcomes • Learning Objective: Discuss an easy-to-follow science-based online "curriculum" to learn modern biomechanics and orthotic therapy	Congress Hall

# Program Agenda: Saturday, October 22, 2022, continued

(Topics and speakers subject to change)

<b>12:30 pm – 1:15 pm</b>	<b>Lunch / Exhibits</b>		Metropole
<b>1:15 pm – 3:30 pm</b>	<b>Lecture Hall – Session 5</b>		Spanish Ballroom
1:15 pm – 2:15 pm	Chris MacLean	Video gait exam • Learning Objective: Discuss how to conduct a proper gait analysis	
<b>Shoes and Injury Prevention Panel</b> Moderator: Paul Langer			
2:15 pm – 3:30 pm	Panel: Jonathan Beverly Craig Payne Mark Reeves	Panel Discussion: What does the medical evidence report about shoes and injury prevention?  • Learning Objective: Debate the evidence in the controversial association of running shoes with injuries	
<b>3:30 pm – 4:00 pm</b>	<b>Afternoon Break / Exhibits</b> (Final opportunity to visit exhibitors)		Metropole
<b>4:00 pm – 6:00 pm</b>	<b>Lecture Hall – Session 6</b>		Spanish Ballroom
<b>1st MPJ</b> Moderator: Amol Saxena			
4:00 pm – 5:00 pm	John Grady	1st MPJ: Fusion vs arthroplasty in the athlete  • Learning Objective: Discuss the most appropriate approach in treating 1st MTPJ pathologies in the athlete	
5:00 pm – 6:00 pm	Maggie Fournier	Special considerations in the female athlete  • Learning Objective: Discuss the physiologic differences in the female athlete and how to tailor treatment according to those differences	
<b>6:00 pm – 6:30 pm</b>	<b>Presentation of the Golden Foot and Distinguished Awards</b>		Spanish Ballroom
<b>6:30 pm – 7:30 pm</b>	<b>Lecture Hall – Session 7</b>		Spanish Ballroom
<b>Panel: Treatment for 3 Common Injuries: Past vs. Present</b> Moderator: Joe Agostinelli			
6:30 pm – 7:30 pm	Paul Langer	Plantar fasciitis	• Learning Objective: Discuss what treatments worked in the past for 3 common injuries and what the latest medical based evidence shows is now the best treatment
	Howie Osterman	Achilles tendinosis	
	Jay Spector	Medial tibial stress syndrome	
<b>7:30 pm – 8:30 pm</b>	<b>50th Anniversary Evening Reception*</b> <i>* Pre-registration is required There is no additional fee for registrants to attend. There is a \$100 per person fee for significant others to attend.</i>		Spanish Foyer

# Program Agenda: Sunday, October 23, 2022

(Topics and speakers subject to change)

	7:00 am – 8:00 am	Sign In / Continental Breakfast	Spanish Foyer
	8:00 am – 10:00 am	<b>Concurrent Sessions Part 1 – Choice of Two Options</b>	
Choose this	<b>Option 1: Surgical Complications in the Athlete – Part 1</b>		Congress Hall
	8:00 am – 8:30 am	Amol Saxena	Re-rupture of the Achilles <ul style="list-style-type: none"> <li>• Learning Objective: Discuss appropriate treatment of complication of recurrent rupture of the Achilles tendon</li> </ul>
	8:30 am – 9:15 am	Speaker TBD	In the land of the Lapidus and gastroc recession, what is the evidence for use in the athlete? <ul style="list-style-type: none"> <li>• Learning Objective: Discuss current evidence regarding the association between the need for performing a gastrocnemius recession in conjunction with Lapidus arthrodesis</li> </ul>
	Foot and Ankle Arthroscopy Panel Moderator: Michael Donato		
	9:15 am – 10:00 am	Panel: John Grady Amol Saxena	Panel Discussion: Indications for foot and ankle arthroscopy <ul style="list-style-type: none"> <li>• Learning Objective: Debate indications for ankle arthroscopy</li> </ul>
Or this	<b>Option 2: Mini Biomechanics Boot Camp – Part 1</b>		Spanish Ballroom
	8:00 am – 10:00 am	Craig Payne	Practical applications of newer theoretical approaches <ul style="list-style-type: none"> <li>⇒ Role of forces vs. motion</li> <li>⇒ Clinical tests to improve prescribing and clinical outcomes</li> </ul> <ul style="list-style-type: none"> <li>• Learning Objective: Discuss the practical application of all the latest thoughts, ideas, concepts, theories and research regarding lower extremity biomechanics</li> </ul>
	10:00 am - 10:30 am	Morning Break	Spanish Foyer
	10:30 am – 12:30 pm	<b>Concurrent Sessions Part 2 – Choice of Two Options</b>	
Choose this	<b>Option 1: Lecture Hall – Session 8</b>		Congress Hall
	10:30 am – 11:30 am	Speaker TBD	Topic TBD <ul style="list-style-type: none"> <li>• Learning Objective: Pending</li> </ul>
	11:30 am – 12:30 pm	Timothy Dutra David Jenkins	Topic Pending: Special Olympics <ul style="list-style-type: none"> <li>• Learning Objective: Pending</li> </ul>
Or this	<b>Option 2: Mini Biomechanics Boot Camp – Part 2</b>		Spanish Ballroom
	10:30 am – 12:30 pm	Craig Payne	Orthotic prescription variables <ul style="list-style-type: none"> <li>⇒ Linking the biomechanical assessment to the orthotic prescription</li> <li>⇒ Altering foot orthoses to affect outcomes</li> <li>⇒ The role of foot orthoses in sensory input</li> <li>⇒ Prefabricated vs custom orthotics</li> <li>⇒ Gait retraining vs orthotic modification of gait</li> </ul> <ul style="list-style-type: none"> <li>• Learning Objective: Discuss how to use prescription orthotic appropriately to prevent or treat athlete's injuries</li> </ul>