7th Annual
AAPSM STAND ALONE MEETING

OCTOBER 21-23, 2022
Fairmont Olympic Hotel
Seattle, Washington

A program designed for Podiatrists,
Sports Medicine Physicians, Foot &
Ankle Surgeons, Chiropractors,
Physical Therapists, Athletic Trainers,
Podiatry Residents, Fellows in Training and Students.
**Program Agenda:** Friday, October 21, 2022
*(Topics and speakers subject to change)*

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
</table>
| 6:30 am – 8:00 am | Morning Run with Shoe Testing  
*Pick up shoes in Exhibit Hall* | Metropole         |
| 7:00 am – 7:45 am | Registration / Continental Breakfast / Exhibits | Spanish Foyer / Metropole |
| 7:45 am – 8:00 am | Welcome Address | Spanish Ballroom |
| 8:00 am – 10:00 am | Lecture Hall – Session 1 | Spanish Ballroom |
| 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 | |
| **Internal MTPJ Panel**  
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 | Michael Donato  
*Foot position and its relationship to stability and mobility in strength training*  
• Learning Objective: Discuss why foot position matters when weightlifting | |
| 10:00 am – 10:30 am | Morning Break / Exhibits | Metropole         |
| 10:30 am – 12:30 pm | Lecture Hall – Session 2 | Spanish Ballroom |
| 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 | |
| 12:30 pm – 1:15 pm | Lunch / Exhibits | Metropole         |
## Program Agenda: Friday, October 21, 2022, continued
*(Topics and speakers subject to change)*

### 1:15 pm – 3:15 pm
**Workshops #1-7**
Must Pre-Register for Workshops as follows:
Select either: Workshop #1 OR Select ONE EACH from Workshops #2-4 AND Workshops #5-7

<table>
<thead>
<tr>
<th>Time</th>
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<tbody>
<tr>
<td>1:15 pm – 3:15 pm</td>
<td><strong>Workshops #1-7</strong> &lt;br&gt;Must Pre-Register for Workshops as follows: &lt;br&gt;Select either: Workshop #1 OR Select ONE EACH from Workshops #2-4 AND Workshops #5-7</td>
<td>Maggie Fournier, Jeff Pentek</td>
<td>Senate Hall</td>
</tr>
<tr>
<td>1:15 pm – 3:15 pm</td>
<td>#1: Provocative clinical maneuvers of common lower extremity pathologies &lt;br&gt;<strong>Learning Objective:</strong> Review, identify and develop skills to perform specific physical exam maneuvers for common pathologies of the lower extremity</td>
<td>Maggie Fournier, Jeff Pentek</td>
<td>Senate Hall</td>
</tr>
<tr>
<td>1:15 pm – 3:15 pm</td>
<td>#2: Ultrasound evaluation of the nerve in the foot and ankle: Hands on workshop (repeat of workshop #5) &lt;br&gt;<strong>Learning Objective:</strong> Understand and practice the evaluation of the nerve in the foot and ankle using ultrasound</td>
<td>Leslie Yen</td>
<td>Congress Hall</td>
</tr>
<tr>
<td>1:15 pm – 3:15 pm</td>
<td>#4: Diagnosis and treatment of common dance injuries &lt;br&gt;<strong>Learning Objective:</strong> Discuss the evaluation of the foot and ankle injury in the dancer and the treatment of these injuries</td>
<td>Nancy Kadel</td>
<td>Council Hall</td>
</tr>
<tr>
<td>2:15 pm – 3:15 pm</td>
<td>#5: Ultrasound evaluation of the nerve in the foot and ankle: Hands on workshop (repeat of workshop #2) &lt;br&gt;<strong>Learning Objective:</strong> Understand and practice the evaluation of the nerve in the foot and ankle using ultrasound</td>
<td>Leslie Yen</td>
<td>Congress Hall</td>
</tr>
<tr>
<td>2:15 pm – 3:15 pm</td>
<td>#6: Teaching efficient running form and strengthening the foot (repeat of workshop 13) &lt;br&gt;<strong>Learning Objective:</strong> Evaluate patient biomechanics for movement dysfunction, prescribe simple corrective measures and build a program to help patients’ foot strength</td>
<td>Mark Cucuzzella, Ray McClanahan</td>
<td>Council Hall</td>
</tr>
<tr>
<td>2:15 pm – 3:15 pm</td>
<td>#7: Cycling injuries, proper footwear &amp; bike adjustments &lt;br&gt;<strong>Learning Objective:</strong> Understand and describe lower extremity injuries specific to cycling and their treatment based on proper footwear and bike adjustments</td>
<td>Maggie Fournier</td>
<td>Parliament Hall</td>
</tr>
<tr>
<td>2:45 pm – 3:15 pm</td>
<td>#7: Teaching a dynamic stretching routine &lt;br&gt;<strong>Learning Objective:</strong> Demonstrate how to do active stretches to reduce delayed onset muscle soreness (DOMS)</td>
<td>Jay Spector</td>
<td>Parliament Hall</td>
</tr>
</tbody>
</table>

### 3:15 pm – 3:45 pm
Afternoon Break / Exhibits

### 3:45 pm – 6:00 pm
**Lecture Hall – Session 3**

<table>
<thead>
<tr>
<th>Time</th>
<th>Topics</th>
<th>Speakers</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>3:45 pm – 4:30 pm</td>
<td>Bone injuries in athletes: What to look for, how to treat and how do we lower the risk? &lt;br&gt;<strong>Learning Objective:</strong> Discuss the risk factors and best practice to manage bone stress injuries in the athlete</td>
<td>Adam Tenforde</td>
<td>Spanish Ballroom</td>
</tr>
<tr>
<td>4:30 pm – 5:15 pm</td>
<td>The pediatric athlete: Special considerations in treatment &lt;br&gt;<strong>Learning Objective:</strong> Understand and describe sporting injuries specific to youth sports and their specific treatment protocol</td>
<td>John Grady</td>
<td>Spanish Ballroom</td>
</tr>
<tr>
<td>5:15 pm – 6:00 pm</td>
<td>Evaluating the complex patient: Stopping chronic pain before it starts &lt;br&gt;<strong>Learning Objective:</strong> Improve evaluation skills of the complex patient, employ a simple objective screening tool for risk of chronic pain and discuss treatment strategies and options</td>
<td>Dave Leffmann</td>
<td>Spanish Ballroom</td>
</tr>
</tbody>
</table>

### 6:00 pm – 9:00 pm
**Brooks Experience and Evening Reception at Brooks Headquarter**
*Sponsored by Brooks Running*
*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)

**6:30 am – 8:00 am**  
**Morning Run with Shoe Testing**  
5K run, pre run talk and warm-up to be led by the Brooks Beasts Pro Running Group  
*Pick up shoes in Exhibit Hall*

**7:00 am – 8:00 am**  
**Sign In / Continental Breakfast / Exhibits**  
Spanish Foyer / Metropole

**8:00 am – 10:00 am**  
**Lecture Hall – Session 4**  
Spanish Ballroom

**Orthotics Panel: The Use of Custom Orthotic Devices in Athletes**  
Moderator: Jay Spector

<table>
<thead>
<tr>
<th>Time</th>
<th>Speaker</th>
<th>Topic</th>
<th>Learning Objective</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 am – 8:30 am</td>
<td>Craig Payne</td>
<td>Load management vs foot orthotics for overuse injuries</td>
<td>Discuss the latest research and concepts regarding foot orthoses</td>
</tr>
<tr>
<td>8:30 am – 9:00 am</td>
<td>Chris MacLean</td>
<td>Do custom orthotic devices weaken the foot?</td>
<td>Discuss the musculoskeletal functionality of orthoses</td>
</tr>
<tr>
<td>9:00 am – 9:30 am</td>
<td>Ben Pearl</td>
<td>Evolving sock technology: Fit, compression and moisture management</td>
<td>Review current research in compression for vascular disease and post exercise recovery</td>
</tr>
<tr>
<td>9:30 am – 10:00 am</td>
<td>Panel: Chris MacLean, Craig Payne, Ben Pearl, Mark Reeves</td>
<td>Panel Discussion</td>
<td>Discuss which custom foot orthotic device to use at the appropriate time and what the medical evidence states on the topic</td>
</tr>
</tbody>
</table>

**10:00 am – 10:30 am**  
**Morning Break / Exhibits**  
Metropole

**10:30 am – 12:30 pm**  
**Workshops #8-15**  
Must Pre-Register for Workshops as follows:  
Select ONE each from: Workshops 8-11 PLUS Workshops 12-15  
NOTE: Some workshops limited to 30 people

<table>
<thead>
<tr>
<th>Time</th>
<th>Speaker</th>
<th>Workshop Title</th>
<th>Learning Objective</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:30 am – 11:30 am</td>
<td>Don Greiert</td>
<td>#8: Shoe modifications for the athlete</td>
<td>Discuss how to properly modify a shoe in the treatment of athletic population</td>
</tr>
<tr>
<td>10:30 am – 11:30 am</td>
<td>Adam Tenforde</td>
<td>#9: Where is the weakness: Physical exam of the athlete</td>
<td>Describe physical examination techniques to optimize the evaluation of an athlete with injury</td>
</tr>
<tr>
<td>10:30 am – 11:30 am</td>
<td>Gina Peterson</td>
<td>#10: Taping workshop</td>
<td>Discuss and practice how to treat musculoskeletal conditions with athletic tape</td>
</tr>
<tr>
<td>10:30 am – 11:30 am</td>
<td>Danny Mackey</td>
<td>#11: Nutrition, recovery and periodization for the athlete</td>
<td>Discuss what the best evidence based medicine nutrition choices are for athletes and the concepts of recovery and periodization of training</td>
</tr>
<tr>
<td>11:30 am – 12:30 pm</td>
<td>Paul Langer</td>
<td>#12: 3D printed orthoses in the office: It’s here!</td>
<td>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</td>
</tr>
<tr>
<td>11:30 am – 12:30 pm</td>
<td>Mark Cucuzzella</td>
<td>#13: Teaching efficient running form and strengthening the foot (repeat of workshop 6)</td>
<td>Evaluate patient biomechanics for movement dysfunction, prescribe simple corrective measures and build a program to help patients' foot strength</td>
</tr>
<tr>
<td>11:30 am – 12:30 pm</td>
<td>Gina Peterson</td>
<td>#14: How to identify and strengthen core weakness in the athlete</td>
<td>Discuss how to identify core weakness and prescribe a simple core strengthening routine for patients</td>
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<tr>
<td>11:30 am – 12:30 pm</td>
<td>Larry Huppin</td>
<td>#15: The at-home biomechanics “Fellowship” plus 7 essential in-office orthotic modifications to improve clinical outcomes</td>
<td>Discuss an easy-to-follow science-based online “curriculum” to learn modern biomechanics and orthotic therapy</td>
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### Program Agenda: Saturday, October 22, 2022, continued

*(Topics and speakers subject to change)*

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<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
<th>Location</th>
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<tbody>
<tr>
<td>12:30 pm – 1:15 pm</td>
<td>Lunch / Exhibits</td>
<td>Metropole</td>
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<tr>
<td>1:15 pm – 3:30 pm</td>
<td><strong>Lecture Hall – Session 5</strong></td>
<td>Spanish Ballroom</td>
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<tr>
<td>1:15 pm – 2:15 pm</td>
<td>Chris MacLean Video gait exam</td>
<td>Spanish Ballroom</td>
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<tr>
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<td>• Learning Objective: Discuss how to conduct a proper gait analysis</td>
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<tr>
<td>2:15 pm – 3:30 pm</td>
<td><strong>Shoes and Injury Prevention Panel</strong></td>
<td>Spanish Ballroom</td>
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<tr>
<td></td>
<td>Moderator: Paul Langer</td>
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<td></td>
<td>Panel: Jonathan Beverly, Craig Payne, Mark Reeves</td>
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<td></td>
<td>Panel Discussion: What does the medical evidence report about shoes and injury prevention?</td>
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<td>• Learning Objective: Debate the evidence in the controversial association of running shoes with injuries</td>
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<tr>
<td>3:30 pm – 4:00 pm</td>
<td><strong>Afternoon Break / Exhibits</strong> (Final opportunity to visit exhibitors)</td>
<td>Metropole</td>
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<tr>
<td>4:00 pm – 6:00 pm</td>
<td><strong>Lecture Hall – Session 6</strong></td>
<td>Spanish Ballroom</td>
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<tr>
<td>4:00 pm – 5:00 pm</td>
<td>John Grady 1st MPJ: Fusion vs arthroplasty in the athlete</td>
<td>Spanish Ballroom</td>
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<td>• Learning Objective: Discuss the most appropriate approach in treating 1st MTPJ pathologies in the athlete</td>
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<tr>
<td>5:00 pm – 6:00 pm</td>
<td>Maggie Fournier Special considerations in the female athlete</td>
<td>Spanish Ballroom</td>
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<td>• Learning Objective: Discuss the physiologic differences in the female athlete and how to tailor treatment according to those differences</td>
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<tr>
<td>6:00 pm – 6:30 pm</td>
<td><strong>Presentation of the Golden Foot and Distinguished Awards</strong></td>
<td>Spanish Ballroom</td>
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<tr>
<td>6:30 pm – 7:30 pm</td>
<td><strong>Lecture Hall – Session 7</strong></td>
<td>Spanish Ballroom</td>
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<td><strong>Panel: Treatment for 3 Common Injuries: Past vs. Present</strong></td>
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<td></td>
<td>Moderator: Joe Agostinelli</td>
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<tr>
<td>6:30 pm – 7:30 pm</td>
<td>Paul Langer Plantar fascitis</td>
<td>Spanish Ballroom</td>
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<td></td>
<td>Howie Osterman Achilles tendinosis</td>
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<td>Jay Spector Medial tibial stress syndrome</td>
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<td>• 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</td>
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<tr>
<td>7:30 pm – 8:30 pm</td>
<td><strong>50th Anniversary Evening Reception</strong></td>
<td>Spanish Foyer</td>
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<td>* Pre-registration is required</td>
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<td>There is no additional fee for registrants to attend.</td>
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<td>There is a $100 per person fee for significant others to attend.</td>
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### Program Agenda: Sunday, October 23, 2022

(Topics and speakers subject to change)

<table>
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<tr>
<th>Time</th>
<th>Activity</th>
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<tr>
<td>7:00 am – 8:00 am</td>
<td>Sign In / Continental Breakfast</td>
<td>Spanish Foyer</td>
</tr>
<tr>
<td>8:00 am – 10:00 am</td>
<td>Concurrent Sessions Part 1 – Choice of Two Options</td>
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</tr>
<tr>
<td><strong>Option 1: Ankle and Achilles Injuries</strong></td>
<td></td>
<td>Congress Hall</td>
</tr>
</tbody>
</table>
| 8:00 am – 8:30 am| Amol Saxena, Re-rupture of the Achilles  
  • Learning Objective: Discuss appropriate treatment of complication of recurrent rupture of the Achilles tendon |                |
| 8:30 am – 9:15 am| Alicia Canzanese, Return to play following ankle injury  
  • Learning Objective: Discuss proper return to play criteria in relation to proper rehabilitation principles and demonstrate objective measures and evaluation techniques that can be used to properly evaluate readiness for sport |                |
| 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  
  • Learning Objective: Debate indications for ankle arthroscopy |                |
| **Option 2: Mini Biomechanics Boot Camp – Part 1** |                                                                                         | Spanish Ballroom |
| 8:00 am – 10:00 am| Craig Payne, Practical applications of newer theoretical approaches  
  ⇒ Role of forces vs. motion  
  ⇒ Clinical tests to improve prescribing and clinical outcomes  
  • Learning Objective: Discuss the practical application of all the latest thoughts, ideas, concepts, theories and research regarding lower extremity biomechanics |                |
| 10:00 am - 10:30 am| Morning Break                                                                             | Spanish Foyer  |
| 10:30 am – 12:30 pm| Concurrent Sessions Part 2 – Choice of Two Options                                         |                |
| **Option 1: Lecture Hall – Session 8** |                                                                                         | Congress Hall |
| 10:30 am – 11:30 am| Alicia Canzanese, The inversion ankle sprain: Evidenced based approaches to treatment and rehabilitation  
  • Learning Objective: Evaluate the current literature on the recommended current evidence based best treatment principles for acute ankle sprains and discuss how to structure a proper rehabilitation plan |                |
| 11:30 am – 12:10 pm| David Jenkins, Podiatric conditions seen in persons with intellectual disabilities  
  • Learning Objective: Discuss several of the unique podiatric conditions seen in persons with intellectual disabilities |                |
| 12:10 pm – 12:30 pm| David Jenkins, Timothy Dutra, Incorporation of Special Olympics Fit Feet into the academic setting  
  • Learning Objective: Discuss the extraordinary educational and clinical training opportunities for pediatric medical students available from participation in Special Olympics Fit Fee, as well as reinforce biomechanical principles and application |                |
| **Option 2: Mini Biomechanics Boot Camp – Part 2** |                                                                                         | Spanish Ballroom |
| 10:30 am – 12:30 pm| Craig Payne, Orthotic prescription variables  
  ⇒ Linking the biomechanical assessment to the orthotic prescription |                |
Faculty

Joseph Agostinelli, DPM  
Immediate Past President, Fellow,  
American Academy of Podiatric Sports Medicine;  
Retired Colonel USAF

Jonathan Beverly  
Author, Editor in Chief, PodiumRunner

Richard Bouché, DPM  
Podiatrist (retired), The Sports Medicine Clinic  
at the University of Washington Medicine/Northwest  
Hospital Campus;  
Past President, Fellow, American Academy  
of Podiatric Sports Medicine

Alicia Canzanese, DPM, ATC  
Secretary/Treasurer, Fellow, American Academy of  
Podiatric Sports Medicine;  
Gordon Podiatry, LLC

Robert Conenello, DPM  
Past President, Fellow, American Academy of  
Podiatric Sports Medicine;  
Podiatrist, Orangetown Podiatry, PC

Mark Cucuzzella, MD  
Professor, West Virginia University School of Medicine

Michael Donato, DPM  
Vice-President, Fellow, American Academy of  
Podiatric Sports Medicine;  
Rappahannock Foot & Ankle Specialists

Timothy Dutra, DPM, MS, MHCA  
Clinical Director, Special Olympics of Northern  
California Health Athletes Program; Assistant Professor  
& Clinical Investigator, Samuel Merritt University  
Past President, Fellow, American Academy of Podiatric  
Sports Medicine

Maggie Fournier, DPM  
Past President, Fellow, American Academy of  
Podiatric Sports Medicine;  
Podiatrist, Gundersen Health System

John F. Grady, DPM  
Residency Director, Advocate Christ Medical Center  
and Advocate Children’s Hospital;  
Professor of Surgery and Applied Biomechanics, Rosalind  
Franklin University, adjunct track;  
Fellow, American Academy of Podiatric Sports Medicine

Don Greiert, CPED  
The Sports Medicine Clinic at the University  
of Washington Medicine/Northwest Hospital Campus

Lawrence Huppin, DPM  
Associate, American Academy of Podiatric Sports Medicine;  
Podiatrist, Foot & Ankle Center of Washington

David Jenkins, DPM  
Professor, Arizona School of Podiatric Medicine,  
Midwestern University; Global Clinical Advisor for Special  
Olympics Fit Feet; Past President, Fellow, American  
Academy of Podiatric Sports Medicine

Nancy Kadel, MD  
Orthopedist, Sports, Dance and Performing Arts Medicine;  
Seattle Spine & Sports Medicine;  
President-Elect International Association for Dance Medicine  
& Science (IADMS)

Paul Langer, DPM  
Past President, Fellow, American Academy of Podiatric  
Sports Medicine;  
Podiatrist, Twin Cities Orthopedics

David Leffmann, MPT  
Physical Therapist, Seattle, Washington

Danny Mackey  
Head Coach & Manager, Brooks Beasts Track Club

Dr. Christopher L. MacLean, Ph.D  
Senior Applied Biomechanist, Fortius Lab, Fortius Sport & Health, Burnaby, BC;  
Senior Forensic Biomechanist, BIORECON Engineering, Vancouver, BC;  
Adjunct Professor, Faculty of Medicine, University of British Columbia, Vancouver, BC;  
Adjunct Professor, Faculty of Science, Simon Fraser University, Burnaby, BC

Ray McClanahan, DPM  
Associate, American Academy of Podiatric Sports Medicine;  
Podiatrist, Northwest Foot & Ankle;  
Correct Toes

Howard Osterman, DPM  
Past President, Fellow, American Academy of Podiatric  
Sports Medicine;  
Podiatrist, Foot & Ankle Specialists of the Mid-Atlantic

Craig Payne, DPM  
Lecturer, Melbourne, Australia

Aaron Ben Pearl, DPM  
Podiatrist, Virginia Hospital Center;  
Fellow, American Academy of Podiatric Sports Medicine

Jeffrey Pentek, DPM  
Podiatrist, Virginia Mason Franciscan Health;  
Fellow, American Academy of Podiatric Sports Medicine

Gina Peterson, DPT, OMT, EP-C  
IRG Center for Structural Medicine

Mark Reeves, DPM  
Fellow, American Academy of Podiatric Sports Medicine

Amol Saxena, DPM  
Past President, Fellow, American Academy of Podiatric  
Sports Medicine;  
Podiatrist, Palo Alto, California

Jay Spector, DPM  
President, Fellow, American Academy of Podiatric  
Sports Medicine;  
Podiatrist, Atlanta Sports Podiatry

Adam Tenforde, MD  
Sports Medicine, Physical Medicine and Rehabilitation,  
Spaulding Rehabilitation Hospital and Spaulding National  
Running Center

Leslie Yen, MD, CAQSM, RMSK, FACP  
Primary Care Sports Medicine, Swedish Spine, Sports and  
Musculoskeletal Medicine;  
Primary Care Sports Medicine (Internal Medicine),  
MSK Ultrasound
**Directors, Officers & Staff**

**Program Director:**
Jay Spector, DPM

**AAPSM Officers:**
President: Jay Spector, DPM
Vice-President: Michael Donato, DPM
Secretary / Treasurer: Alicia Canzanese, DPM
Director: Clint Laird DPM
Immediate Past President: Joseph Agostinelli, DPM – Colonel, USAF Retired
Executive Director: Rita J. Yates

**AAPSM Administrative Staff:**
Scientific Event Manager: Paula Rowbury

**AAPSM Website:**
http://www.aapsm.org/

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**Continuing Education**

**Podiatrists:**

ACCREDITATION IS CURRENTLY PENDING

This activity is currently applying for continuing education credits in podiatric medicine from PRESENT e-Learning Systems.

We will provide complete accreditation details as soon as our application is reviewed and approval has been granted.

**Program Learning Objectives:**

1. Expand and integrate an understanding of the scientific as well as clinical knowledge of the lower extremity to better prevent and treat sports-related musculoskeletal conditions.

2. Facilitate a personalized educational experience through a comprehensive offering of instructional courses, panel discussions, and scientific presentations.

3. Integrate current basic science, translational research, and state-of-the-art procedures and technology into clinical practice.

**Program Materials:**

In an effort to reduce paper consumption the AAPSM Stand Alone meeting has elected to go green so we will NOT be handing out a hard copy of our program syllabus onsite. All registered participants will be given instructions on how to access a PDF file of the syllabus approximately 1 week prior to our program. We appreciate your support of our efforts to reduce waste.
**Social Program**

**Morning Run with Shoe Testing**
Friday, October 21, 2022
6:30 am – 8:00 am
Pick up shoes in Exhibit Hall (Metropole)

**Brooks Experience and Evening Reception at Brooks Headquarters**
Friday, October 21, 2022
6:00 pm – 9:00 pm

6:00 pm: Board buses for transfers to Brooks Headquarters (meet at Hotel Main Entrance)

6:30 – 7:00 pm: Keynote Address / Drinks / Light Appetizers

7:00 – 8:00 pm: Tour: Brooks Lab, Building and Trailhead Store (with buying experience)

8:00 – 9:00 pm: Dinner

9:00 pm: Bus transfers back to hotel

**Note:** Pre-registration is required for the Brooks Evening Reception. There is no additional fee for registrants to participate. This event is not open to significant others.

**Morning Run with Shoe Testing**
Saturday, October 22, 2022
6:30 am – 8:00 am
Pick up shoes in Exhibit Hall (Metropole)
The Saturday morning run will include a 10-minute pre-run talk and warm up with the Brooks Beasts Pros.

**50th Anniversary Evening Reception and Award Presentations**
Saturday, October 22, 2022
6:00 pm – 8:30 pm

6:00 – 6:30 pm: Award Presentations (Spanish Ballroom)
- Golden Foot Award
- AAPSM Presidential Plaque
- Robert Barnes Distinguished Service Award
- President’s Award
- AAPSM Lifetime Achievement Award

6:30 – 7:30 pm: Panel: Treatment for 3 Common Injuries: Past vs. Present (Spanish Ballroom)

7:30 – 8:30 pm: 50th Anniversary Evening Reception (Spanish Foyer)

**Note:** Pre-registration is required for the 50th Anniversary Evening Reception. There is no additional fee for registrants to participate. There is a $100 per person fee for significant others to attend.
AAPSM Stand Alone Meeting registrants will receive the above 50th Anniversary commemorative jacket. You will need to provide the following sizing details when registering for our meeting:

**Gender:** Male / Female

**Size:** XS / S / M / L / XL / XXL

Links for Brooks apparel sizing charts:

- [Men’s Apparel](#)
- [Women’s Apparel](#)

**Note:** You must register by June 8, 2022 to be guaranteed a commemorative jacket. After this deadline, jackets and sizes will be provided based on availability.

### Brooks Experience and Evening Reception at Brooks Headquarters

**Friday, October 21, 2022**

6:00 pm – 9:00 pm

See the Social Program page of this brochure for complete details.

**Note:** Pre-registration is required for the Brooks Evening Reception. There is no additional fee for registrants to participate. This event is not open to significant others.

### Morning Run

**led by Brooks Beasts Pro Running Group**

**Saturday, October 22, 2022**

6:30 am – 8:00 am

Meet in Exhibit Hall (Metropole)

The Saturday morning run will include a 10-minute pre-run talk and warm up with the Brooks Beasts Pros.

### Buying Experience at the Brooks Trailhead Store

The Brooks Running Trailhead Store will be open to all AAPSM registrants during the Brooks evening reception on Friday and during the dates of the AAPSM Stand Alone Meeting. Gait analysis will be available on a drop-in basis during your shopping experience.

### Gait Analysis at Brooks Beasts Headquarters

Gait analysis will be available by drop-in or appointment at the Brooks exhibit during the exhibit hours of our meeting. It will also be available as drop-in only at the Brooks Headquarters during the Friday evening reception.

Contact Brooks Running directly with questions and/or to schedule an appointment: Toby.Rollinson@Brooksrunning.com

### Roundtable with Brooks Product Team

Brooks Running will be sponsoring a sit down roundtable discussion with a limited group of AAPSM Stand Alone Meeting registrants.

Contact Brooks Running directly if you would like to participate: Toby.Rollinson@Brooksrunning.com

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The Brooks Experience

The American Academy of Podiatric Sports Medicine is extremely grateful for Brooks’ generous support of the AAPSM 50th Anniversary Celebration and our 7th Annual Stand Alone Meeting. We encourage all AAPSM Meeting registrants to take advantage of and participate in the following Brooks Experiences:
Conference Venue

**Fairmont Olympic Hotel**

411 University Street  
Seattle, Washington 98101  

Phone: 1-206-621-1700  
Email: olympic@fairmont.com  

Hotel URL for maps and directions:  
https://www.fairmont.com/seattle/

Downtown Seattle’s premier luxury hotel, the Fairmont Olympic captures the charm and elegance of the Italian Renaissance. Built in 1924 and located in the heart of the city, this legendary hotel offers breathtaking architecture, acclaimed dining and impeccable service. With spacious rooms and corridors, as well as a full-service fitness center and indoor pool/spa, The Fairmont Olympic shines as the classic must-experience hotel in Seattle.

**Guest Room Reservations:**

**Dates Available:** October 20, 21, 22, 2022

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<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td><strong>Single or Double Occupancy</strong></td>
<td><strong>Deluxe King</strong></td>
</tr>
<tr>
<td></td>
<td>$289 + tax</td>
</tr>
<tr>
<td><strong>Deluxe Double / Double</strong></td>
<td>$309 + tax</td>
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**Note:** The AAPSM has secured a limited number of guest rooms at the discounted rates quoted above. These rates are only available to AAPSM meeting participants and will expire on 9/13/2022 OR when the AAPSM room block sells out – whichever comes first.

**Online Reservations:**
To access the AAPSM group rate, go to:  
https://book.passkey.com/go/AAPSM2022

**Room Cancellation Policy:**
You must cancel by 3 pm no later than 48 hours prior to arrival to avoid a penalty in the amount of your full reservation nights.
Registration

**Deadline:** Friday, September 13, 2022

Register by June 8, 2022, to be guaranteed a 50th Anniversary AAPSM commemorative jacket courtesy of Brooks.

The online registration form can be accessed at:

[https://member.aapsm.org/conference](https://member.aapsm.org/conference)

- Space is limited and is offered on a first come, first served basis. We expect a full house.
- To take advantage of our early registration fees, you must register by March 31, 2022.
- Online registration form closes after September 13, 2022.

**2022 AAPSM Stand Alone Meeting Registration includes the following (for registrants only):**

- Course materials
- Admission to all lecture hall sessions and panel discussions on Friday, Saturday and Sunday
- Choice of workshops each day on Friday and Saturday
- Meals: Breakfast, lunch and breaks on Friday and Saturday, Breakfast and break on Sunday
- Social Programs: Brooks Reception on Friday and 50th Anniversary Reception on Saturday. Morning runs on Saturday and Sunday.

**Note:** Pre-registration is **required** for the Friday and Saturday Receptions. There is no additional fee for registrants to attend either reception

**Note:** There is a $100 per person fee for your significant other(s) to attend the 50th Anniversary Reception on Saturday.

<table>
<thead>
<tr>
<th>Category</th>
<th>Early Bird Rate through 3/31/2022</th>
<th>Standard Rate after 3/31/2022</th>
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</thead>
<tbody>
<tr>
<td>AAPSM Fellow</td>
<td>$300</td>
<td>$550</td>
</tr>
<tr>
<td>AAPSM Member</td>
<td>$350</td>
<td>$550</td>
</tr>
<tr>
<td>Non Members</td>
<td>$550 includes 1 yr AAPSM membership</td>
<td>$699 includes 1 yr AAPSM membership</td>
</tr>
<tr>
<td>Residents &amp; Fellows-in-Training</td>
<td>$450</td>
<td>$450</td>
</tr>
<tr>
<td>Students†</td>
<td>$350† includes 1 yr AAPSM membership</td>
<td>$350† scholarship available</td>
</tr>
<tr>
<td>Students†</td>
<td>$200 scholarship available</td>
<td>$200 scholarship available</td>
</tr>
</tbody>
</table>

†Contact Rita Yates at ritayates2@aol.com to apply for a $200 scholarship

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<thead>
<tr>
<th>Social Activities</th>
<th>Registrant</th>
<th>Significant Others</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday Brooks Reception</td>
<td>Included w/ registration fee</td>
<td>open for registrants only</td>
</tr>
<tr>
<td>Saturday 50th Anniversary Reception</td>
<td>Included w/ registration fee</td>
<td>$100/person</td>
</tr>
</tbody>
</table>

**Cancellation Policy:**

The payment made for your registration fee (less a $25 processing fee) will be refunded for cancellations received in writing on or prior to 9/13/2022. All refunds will be processed and paid following the course. No refunds will be made for non-attendance or if cancellations are received after 9/13/2022. All course attendees will receive a full refund in the event that the AAPSM must cancel this course.

**Contact for more information:**

Paula Rowbury,
Scientific Event Manager, AAPSM
Phone: 415-317-4265
E-mail: rowburp.iags@gmail.com