6TH ANNUAL
AAPSM STAND ALONE MEETING

September 19–22, 2019
Hyatt Regency Cambridge

A program designed for
# PROGRAM AGENDA

Thursday, September 19, 2019

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 am - 7:45 am</td>
<td>Registration / Continental Breakfast</td>
<td>Presidents Ballroom D – Lobby Level</td>
</tr>
<tr>
<td>7:45 am - 8:00 am</td>
<td>Welcome Address</td>
<td>Presidents Ballroom ABC – Lobby Level</td>
</tr>
<tr>
<td>8:00 am - 12:30 pm</td>
<td>Concurrent Sessions – Choice of 2 Options</td>
<td></td>
</tr>
<tr>
<td>8:00 am - 9:00 am</td>
<td><strong>Lecture Hall – Session 1: Lectures &amp; Panel Discussion</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Ankle Sprain Panel:</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Moderator: Amol Saxena</strong></td>
<td></td>
</tr>
<tr>
<td>9:00 am - 10:00 am</td>
<td>Bob Anderson, Rich Bouché, John Grady, Interesting ankle pathologies: What would you do?</td>
<td>Presidents Ballroom ABC – Lobby Level</td>
</tr>
<tr>
<td>10:00 am - 10:45 am</td>
<td>Bob Anderson, NFL injuries</td>
<td>Presidents Ballroom ABC – Lobby Level</td>
</tr>
<tr>
<td>10:45 am - 11:45 am</td>
<td>Chris Troyanos, Boston Marathon, Interesting ankle pathologies: Boston Marathon bombing – How a medical team managed the crisis</td>
<td>Presidents Ballroom ABC – Lobby Level</td>
</tr>
<tr>
<td>11:45 am - 12:30 pm</td>
<td>Ludger Gerdesmeyer, Update on shockwave therapy</td>
<td></td>
</tr>
<tr>
<td>8:00 am - 12:30 pm</td>
<td><strong>Masters’ Course:</strong> Rehabilitation of the Athlete’s Foot &amp; Ankle</td>
<td></td>
</tr>
<tr>
<td>8:00 am - 9:00 am</td>
<td>Armin Harrasser, Mares Bergmeister, Intelligent Movement – Part 1 A user’s guide to the body: Specific focus on rehabilitation of the lower extremity</td>
<td>William Dawes – Lower Lobby</td>
</tr>
<tr>
<td>12:30 pm - 1:30 pm</td>
<td>Lunch / Exhibit Hall Opens</td>
<td>Presidents Ballroom D – Lobby Level</td>
</tr>
<tr>
<td>1:30 pm - 3:00 pm</td>
<td><strong>Workshops 1 - 6:</strong> Must Pre-Register for 1 Workshop (Workshops limited to 30 people each)</td>
<td></td>
</tr>
<tr>
<td>Workshop 1</td>
<td>1:30 pm - 3:00 pm Rich Bouché, Provocative clinical maneuvers for common foot, ankle and leg pathologies</td>
<td>William Dawes – Lower Lobby</td>
</tr>
<tr>
<td>Workshop 2</td>
<td>1:30 pm - 2:30 pm Phil Harrington, Scientific support for laser therapy</td>
<td>Cambridge – 2nd Level</td>
</tr>
<tr>
<td></td>
<td>2:30 pm - 3:00 pm Allan Rosenthal, Pickleball – How to treat the injuries of this new sport</td>
<td></td>
</tr>
<tr>
<td>Workshop 3</td>
<td>1:30 pm - 2:30 pm Mark Cucuzzella, Teaching proper running form</td>
<td>Molly Pitcher – Lower Lobby</td>
</tr>
<tr>
<td></td>
<td>2:30 pm - 3:00 pm Mark Cucuzzella, Ray McClanahan, Strengthening the foot</td>
<td></td>
</tr>
</tbody>
</table>
**Thursday, September 19, 2019**

### Workshop 4

<table>
<thead>
<tr>
<th>Time</th>
<th>Presenter(s)</th>
<th>Topic</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:30 pm - 2:30 pm</td>
<td>Rick Braver</td>
<td><em>Compartment syndrome</em></td>
<td>Haym Soloman – Lower Lobby</td>
</tr>
<tr>
<td>2:30 pm - 3:00 pm</td>
<td>John Grady</td>
<td><strong>Rehab exercises after hallux limitus surgery</strong></td>
<td></td>
</tr>
</tbody>
</table>

### Workshop 5

<table>
<thead>
<tr>
<th>Time</th>
<th>Presenter(s)</th>
<th>Topic</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:30 pm - 2:30 pm</td>
<td>Amol Saxena, Ludger Gerdesmeyer</td>
<td><em>Shockwave therapy workshop – Where &amp; when to use it and what are the proper protocols</em></td>
<td>Crispus Attucks – Lower Lobby</td>
</tr>
<tr>
<td>2:30 pm - 3:00 pm</td>
<td>Annemarie Fullem</td>
<td><strong>A simple core routine for athletes</strong></td>
<td></td>
</tr>
</tbody>
</table>

### Workshop 6

<table>
<thead>
<tr>
<th>Time</th>
<th>Presenter(s)</th>
<th>Topic</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:30 pm - 2:30 pm</td>
<td>Matt Werd, Paul Langer, Michael Chin, Rob Conenello</td>
<td><em>How to practice evidence based medicine and build your sports medicine practice</em></td>
<td>Thomas Paine – Lower Lobby</td>
</tr>
<tr>
<td>2:30 pm - 3:00 pm</td>
<td>Maggie Fournier</td>
<td><em>Treating the cyclist</em></td>
<td></td>
</tr>
</tbody>
</table>

### 3:00 pm - 3:30 pm

**Afternoon Break / Exhibits**

### 3:30 pm - 5:30 pm

**Panel Discussion & Case Presentations**

**Rehab & Prehab Panel:**

*What do you do before to prevent the injury and what do you do to rehab after the injury to get the athlete back to competition?*

**Moderator:** Amol Saxena

<table>
<thead>
<tr>
<th>Time</th>
<th>Presenter(s)</th>
<th>Topic</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>3:30 pm - 4:00 pm</td>
<td>Rich Bouché</td>
<td><em>Lateral ankle sprains in the athlete</em></td>
<td>Presidents Ballroom ABC – Lobby Level</td>
</tr>
<tr>
<td>4:00 pm - 4:30 pm</td>
<td>Bob Anderson</td>
<td><em>Achilles injuries in the athlete</em></td>
<td></td>
</tr>
<tr>
<td>4:30 pm - 5:00 pm</td>
<td>Ludger Gerdesmeyer</td>
<td><em>Knee injuries</em></td>
<td></td>
</tr>
<tr>
<td>5:00 pm - 5:30 pm</td>
<td>Panel Discussion</td>
<td><em>Discussion / Q&amp;A</em></td>
<td></td>
</tr>
</tbody>
</table>

### 6:00 pm - 8:00 pm

**Welcome Reception* / Exhibits**

*Pre-Registration required / there is no additional fee to attend*
# Program Agenda

**Friday, September 20, 2019**

<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 from various companies in Exhibit Hall* | Presidents Ballroom D – Lobby Level      |
| 7:00 am - 8:00 am | **Sign In / Continental Breakfast / Exhibits**                      | Presidents Ballroom D – Lobby Level      |
| 8:00 am - 10:15 am | **Lecture Hall – Session 2: Lectures**  
8:00 am - 8:45 am  
Adam Tenforde  
**Stress fractures and bone health in the athlete** | Presidents Ballroom ABC – Lobby Level    |
|                 | 8:45 am - 9:45 am  
Howard Dananberg  
**Changing the pronation paradigm** |                                        |
|                 | 9:45 am - 10:15 am  
Rob Conenello  
**Non-CME**  
**Recovery shoes**  
Sponsored by Oofos |                                        |
| 10:15 am - 10:45 am | **Morning Break / Exhibits / Sponsored by Oofos** | Presidents Ballroom D – Lobby Level      |
| 10:45 am - 12:15 pm | **Workshops 7 - 13:**  
Must Pre-Register for 1 Workshop (Workshops limited to 30 people each) |                                        |
| 10:45 am - 12:15 pm | **Workshop 7**  
10:45 am - 12:15 pm  
Rich Bouché  
**Provocative clinical maneuvers for common foot, ankle and leg pathologies** | William Dawes – Lower Lobby              |
|                 | **Workshop 8**  
10:45 am - 11:45 am  
Mark Cucuzzella  
**Teaching proper running form** | Molly Pitcher – Lower Lobby               |
|                 | 11:45 am - 12:15 pm  
Mark Cucuzzella  
Ray McClanahan  
**Strengthening the foot** |                                        |
|                 | **Workshop 9**  
10:45 am - 11:45 am  
Lisa Schoene  
**Taping workshop** | Haym Soloman – Lower Lobby                |
|                 | 11:45 am - 12:15 pm  
Alex Kor  
**Treating tennis injuries** |                                        |
|                 | **Workshop 10**  
10:45 am - 11:30 am  
Paul Langer  
3D printing of custom orthotics | Cambridge – 2nd Level                    |
|                 | 11:30 am - 12:15 pm  
Brian Fullem  
Radial shockwave workshop |                                        |
|                 | **Workshop 11**  
10:45 am - 11:30 am  
Tom Michaud  
Physical exam of the athlete | Crispus Attucks – Lower Lobby            |
|                 | 11:30 am - 12:15 pm  
Howard Dananberg  
**Manipulations of the foot and ankle** |                                        |
|                 | **Workshop 12**  
10:45 am - 11:15 am  
Dalia Krakowsky  
Nordic skiing injuries | Thomas Paine – Lower Lobby                |
|                 | 11:15 am - 11:45 am  
Matt Werd  
Baseball injuries |                                        |
|                 | 11:45 am - 12:15 pm  
Nick Romansky  
Common soccer injuries |                                        |
|                 | **Workshop 13**  
10:45 am - 11:30 am  
Michael Chin  
The use of umbilical cord/amnionic membrane as regenerative treatments in sports medicine | Aquarium – 2nd Level                    |
|                 | 11:30 am - 12:15 pm  
Adam Tenforde  
Where is the weakness – Physical exam of the athlete |                                        |
| 12:15 pm - 1:00 pm | **Lunch / Exhibits** | Presidents Ballroom D – Lobby Level      |
**Friday, September 20, 2019**

### Lecture Hall – Session 3: Keynote Talk

<table>
<thead>
<tr>
<th>Time</th>
<th>Speaker(s)</th>
<th>Topic</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:00 pm - 1:30 pm</td>
<td>Jeff Johnson</td>
<td>Non-CME A Conversation: How to start a shoe company from the ground up: A running Forrest Gump’s perspective</td>
<td>Presidents Ballroom ABC – Lobby Level</td>
</tr>
<tr>
<td></td>
<td>NIKE 1st Employee Amol Saxena</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### 1:30 pm – 6:00 pm Concurrent Sessions – Choice of 2 Options

#### Option 1: Panel Discussion & Case Presentations

**1st MPJ Panel**  
Moderator: Brian Fullem

<table>
<thead>
<tr>
<th>Time</th>
<th>Speaker(s)</th>
<th>Topic</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:30 pm - 1:50 pm</td>
<td>Bob Anderson</td>
<td>Turf toe injuries in athletes</td>
<td>Presidents Ballroom ABC – Lobby Level</td>
</tr>
<tr>
<td>1:50 pm - 2:10 pm</td>
<td>Rich Bouché</td>
<td>Sick sesamoid(s): How to manage the chronic sesamoidopathy</td>
<td>Presidents Ballroom ABC – Lobby Level</td>
</tr>
<tr>
<td>2:10 pm - 2:30 pm</td>
<td>John Grady</td>
<td>Hallux limitus</td>
<td>Presidents Ballroom ABC – Lobby Level</td>
</tr>
<tr>
<td>2:30 pm - 2:50 pm</td>
<td>Maggie Fournier</td>
<td>Bunion surgery in the athlete</td>
<td>Presidents Ballroom ABC – Lobby Level</td>
</tr>
<tr>
<td>2:50 pm - 3:10 pm</td>
<td>Howard Dananberg</td>
<td>Turf toe – A different view of etiology and treatment</td>
<td>Presidents Ballroom ABC – Lobby Level</td>
</tr>
<tr>
<td>3:10 pm - 3:30 pm</td>
<td>Panel Discussion</td>
<td>Discussion / Q&amp;A</td>
<td>Presidents Ballroom ABC – Lobby Level</td>
</tr>
</tbody>
</table>

#### Option 2: Masters’ Course: Rehabilitation of the Athlete’s Foot & Ankle

<table>
<thead>
<tr>
<th>Time</th>
<th>Speaker(s)</th>
<th>Topic</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:30 pm - 5:00 pm</td>
<td>Armin Harrasser Mares Bergmeister</td>
<td>Intelligent Movement – Part 2 A user’s guide to the body: Specific focus on rehabilitation of the lower extremity</td>
<td>William Dawes – Lower Lobby</td>
</tr>
<tr>
<td></td>
<td>Tom Michaud Annemarie Fullem</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3:30 pm - 4:00 pm</td>
<td>Afternoon Break / Exhibits</td>
<td></td>
<td>Presidents Ballroom D – Lobby Level</td>
</tr>
</tbody>
</table>

#### Limb Length Panel

Moderator: Amol Saxena

<table>
<thead>
<tr>
<th>Time</th>
<th>Speaker(s)</th>
<th>Topic</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:00 pm - 5:00 pm</td>
<td>Adam Tenforde Tom Michaud</td>
<td>Limb length – Is it important and when and how do we treat it</td>
<td>Presidents Ballroom ABC – Lobby Level</td>
</tr>
<tr>
<td></td>
<td>Annemarie Fullem</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### Running Shoes Panel

Moderator: Paul Langer

<table>
<thead>
<tr>
<th>Time</th>
<th>Speaker(s)</th>
<th>Topic</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:00 pm - 6:00 pm</td>
<td>Jeff Johnson Various shoe company representatives</td>
<td>Non-CME Running shoes – What is the latest technology and what can we expect in the future</td>
<td>Presidents Ballroom ABC – Lobby Level</td>
</tr>
</tbody>
</table>

### Option 2: Masters’ Course:

**Rehabilitation of the Athlete’s Foot & Ankle**

<table>
<thead>
<tr>
<th>Time</th>
<th>Speaker(s)</th>
<th>Topic</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:30 pm - 5:00 pm</td>
<td>Armin Harrasser Mares Bergmeister</td>
<td>Intelligent Movement – Part 2 A user’s guide to the body: Specific focus on rehabilitation of the lower extremity</td>
<td>William Dawes – Lower Lobby</td>
</tr>
<tr>
<td></td>
<td>Tom Michaud Annemarie Fullem</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### 3:30 pm – 4:00 pm Afternoon Break / Exhibits

Presidents Ballroom D – Lobby Level

Pre-Registration Required for the Masters’ Course / $300 separate registration fee  
*Limited to 20 people*

There are 2 components to complete the Masters’ Course
- Part 1: Attend all three scheduled “Intelligent Movement” training blocks (Thursday, Friday & Saturday)
- Part 2: Attend at least 1 of the 13 workshops offered on Thursday and Friday that is marked with asterisks**

### 6:00 pm - 6:30 pm Presentation of the Golden Foot Award

Awardee: Joan Benoit Samuelson  
Presenter: Jeff Johnson

Presidents Ballroom ABC – Lobby Level

### 6:30 pm - 8:30 pm Evening Reception*

*Pre-Registration required / there is no additional fee to attend*  
Location TBD
## PROGRAM AGENDA
Saturday, September 21, 2019

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30 am - 8:00 am</td>
<td>Morning Run with Shoe Testing: <em>Pick up shoes from various companies in Exhibit Hall</em></td>
<td>Presidents Ballroom D – Lobby Level</td>
</tr>
<tr>
<td>7:00 am - 8:00 am</td>
<td>Sign In / Continental Breakfast / Exhibits</td>
<td>Presidents Ballroom D – Lobby Level</td>
</tr>
<tr>
<td>8:00 am - 10:00 am</td>
<td>Panel Discussion &amp; Case Presentations</td>
<td></td>
</tr>
<tr>
<td>8:00 am - 8:30 am</td>
<td>Brian Fullem: <em>Plantar fasciitis – treatment</em></td>
<td>Presidents Ballroom ABC – Lobby Level</td>
</tr>
<tr>
<td>8:30 am - 9:00 am</td>
<td>John Grady: <em>When heel pain is not plantar fasciitis</em></td>
<td></td>
</tr>
<tr>
<td>9:00 am - 9:30 am</td>
<td>Amol Saxena: <em>Posterior heel pain</em></td>
<td></td>
</tr>
<tr>
<td>9:30 am - 10:00 am</td>
<td>Panel Discussion / Q&amp;A</td>
<td></td>
</tr>
<tr>
<td>10:00 am - 10:30 am</td>
<td>Morning Break / Exhibits</td>
<td>Presidents Ballroom D – Lobby Level</td>
</tr>
<tr>
<td>10:30 am - 12:30 pm</td>
<td>Lecture Hall – Session 4: Lectures</td>
<td></td>
</tr>
<tr>
<td>10:30 am - 11:10 am</td>
<td>Lisa Schoene: <em>Dance injuries</em></td>
<td>Presidents Ballroom ABC – Lobby Level</td>
</tr>
<tr>
<td>11:10 am - 11:50 am</td>
<td>Matthew Werd: <em>Pediatric injuries</em></td>
<td></td>
</tr>
<tr>
<td>11:50 am - 12:30 pm</td>
<td>Ludger Gerdesmeyer: <em>Knee pain: What’s new?</em></td>
<td></td>
</tr>
<tr>
<td>12:30 pm - 1:30 pm</td>
<td>Lunch / Exhibits</td>
<td>Presidents Ballroom D – Lobby Level</td>
</tr>
<tr>
<td>1:30 pm - 4:00 pm</td>
<td>Concurrent Sessions – Choice of 2 Options</td>
<td></td>
</tr>
<tr>
<td>Option 1: Lecture Hall – Session 5: Lectures &amp; Panel Discussion</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:30 pm - 2:30 pm</td>
<td>Mark Cucuzzella: <em>Food and exercise as medicine</em></td>
<td>Presidents Ballroom ABC – Lobby Level</td>
</tr>
<tr>
<td>2:30 pm - 4:00 pm</td>
<td>Matt Werd, Larry Huppin, Paul Langer: <em>When to use orthotic devices</em></td>
<td>Presidents Ballroom ABC – Lobby Level</td>
</tr>
<tr>
<td>Option 2: Masters’ Course: Rehabilitation of the Athlete’s Foot &amp; Ankle</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:30 pm - 4:00 pm</td>
<td>Armin Harrasser, Mares Bergmeister: <em>Intelligent Movement – Part 3</em></td>
<td>William Dawes – Lower Lobby</td>
</tr>
<tr>
<td></td>
<td>Pre-Registration Required for the Masters’ Course / $300 separate registration fee</td>
<td></td>
</tr>
<tr>
<td></td>
<td>There are 2 components to complete the Masters’ Course</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Part 1: Attend all three scheduled “Intelligent Movement” training blocks (Thursday, Friday &amp; Saturday)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Part 2: Attend at least 1 of the 13 workshops offered on Thursday and Friday that is marked with asterisks**</td>
<td></td>
</tr>
</tbody>
</table>
Saturday, September 21, 2019

4:00 pm - 4:30 pm  Afternoon Break / Exhibits

Sign In / Continental Breakfast

President’s Ballroom D – Lobby Level

4:30 pm - 6:00 pm  Panel Discussion & Case Presentations

Controversial Topics Panel
Moderator: Howard Osterman

<table>
<thead>
<tr>
<th>Time</th>
<th>Speakers</th>
<th>Topic</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:30 pm - 5:15 pm</td>
<td>Amol Saxena, Maggie Fournier, Ray McClanahan</td>
<td>Controversies in elective foot and ankle surgery</td>
<td>President’s Ballroom ABC – Lobby Level</td>
</tr>
<tr>
<td>5:15 pm - 6:00 pm</td>
<td>Richard Bouché, John Grady, Amol Saxena</td>
<td>Equinus</td>
<td>President’s Ballroom ABC – Lobby Level</td>
</tr>
</tbody>
</table>

Sunday, September 22, 2019

7:00 am - 8:00 am  Sign In / Continental Breakfast

President’s Ballroom D – Lobby Level

8:00 am - 12:30 pm  Lecture Hall

Lecture Hall – Session 6: Lectures & Original Research

<table>
<thead>
<tr>
<th>Time</th>
<th>Speaker</th>
<th>Topic</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 am - 10:00 am</td>
<td>Frank Kase</td>
<td>Surviving in a sports medicine practice in the current healthcare environment: Coding, appeals, negotiating contracts and general practice management</td>
<td>President’s Ballroom ABC – Lobby Level</td>
</tr>
<tr>
<td>10:00 am - 11:00 am</td>
<td>Mary Alexis Iaccarino</td>
<td>Sport concussion: Updates in clinical practice</td>
<td>President’s Ballroom ABC – Lobby Level</td>
</tr>
<tr>
<td>11:00 am - 11:30 am</td>
<td>Brian Fullem</td>
<td>Risks in treating sports medicine patients</td>
<td>President’s Ballroom ABC – Lobby Level</td>
</tr>
<tr>
<td>11:30 am - 12:30 pm</td>
<td>AAPSM Members</td>
<td>Original research</td>
<td>President’s Ballroom ABC – Lobby Level</td>
</tr>
<tr>
<td>12:30 pm</td>
<td>Meeting Adjourns</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Robert Anderson, MD
Assistant Team Physician, Green Bay Packers;
Partner, Bellin Health Titletown Sports Medicine
& Orthopedics

Mares Bergmeister
Physical Therapist;
Specialization in Manual Therapy
(Maitland Concept);
Prospective Spiraldynamik Teacher

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

Richard Braver, DPM, FACPAS
Podiatrist, Active Foot & Ankle Care, LLC

Michael Chin, DPM
Fellow, American Academy
of Podiatric Sports Medicine;
Podiatrist, The Running Institute

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

Howard Dananberg, DPM
Fellow, American Academy of Foot
and Ankle Orthopedics and Medicine;
MIT-Lemmelson Inventor of the Week Award 2005;
Scholl’s Award for Outstanding Clinical Paper
of the Year, JAPMA, 1994

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

Annemarie Fullem, PT
Physical Therapist, Dunedin, Florida

Brian Fullem, DPM
Fellow, American Academy of Podiatric
Sports Medicine;
Podiatrist, Elite Sports Podiatry

Ludger Gerdesmeyer, MD, PhD
Professor of Orthopedics, University of
Schlegsweg-Holstein, Kiel, Germany

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

Armin Harrasser
Master in Sport Science;
Specialization in Prevention
and Rehabilitation of Sport Injuries;
Spiraldynamik Teacher

Phil Harrington, DC
Chiropractor, Private Practice

Lawrence Huppin, DPM
Podiatrist, Foot & Ankle Center of Washington

Mary Alexis Iaccarino, MD
Physical Medicine and Rehabilitation,
Youth and Sport Concussion Program,
Massachusetts General Hospital

Jeff Johnson
NIKE 1st Employee

Franklin Kase, DPM
Chairman, Health Policy Committee,
California Podiatric Medical Association;
Fellow, American Academy of Podiatric
Sports Medicine;
Podiatrist, Burbank Podiatry

Alex Kor, DPM, MS
Past President, Fellow,
American Academy of Podiatric Sports Medicine;
Podiatrist, Witham Health Services

Dalia Krakowsky Clausen, DPM
Fellow, American Academy of Podiatric
Sports Medicine;
Podiatrist, Marshfield Clinic Health System

Paul Langer, DPM
Past President, Fellow, American Academy
of Podiatric Sports Medicine;
Podiatrist, Twin Cities Orthopedics
Ray McClanahan, DPM  
Podiatrist, Northwest Foot & Ankle

Thomas Michaud, DC  
Chiropractor, Michaud Chiropractic Center

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

Nicholas Romansky, DPM  
Podiatrist, Healthmark Foot & Ankle

Allan Rosenthal, DPM  
Podiatrist, Advanced Foot Care Center

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

Lisa Schoene, DPM, ATC  
Fellow, American Academy of Podiatric Sports Medicine;  
Podiatrist, Gurnee Podiatry & Sports Medicine Associates

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

Chris Troyanos, ATC  
Executive Director, International Institute for Race Medicine, Inc.;  
Medical Coordinator, Boston Marathon

Matt Werd, DPM  
Past President, Fellow, American Academy of Podiatric Sports Medicine;  
Podiatrist, Foot & Ankle Associates

PROGRAM CO-DIRECTORS:  
Maggie Fournier, DPM  
Brian Fullem, DPM  
Amol Saxena, DPM

AAPSM OFFICERS:  
President: Howard Osterman, DPM  
Vice-President: James Ratcliff, DPM  
Secretary/Treasurer: Joseph Agostinelli, DPM – Colonel, USAF Retired  
Director: Jay Spector, DPM  
Immediate Past President: Maggie Fournier, DPM  
Executive Director: Rita J. Yates

AAPSM ADMINISTRATIVE STAFF:  
Scientific Event Manager: Paula Rowbury

AAPSM WEBSITE:  
http://www.aapsm.org/
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.

Continuing Education:

Podiatrists:

This activity has applied for 27.75 continuing education credits in podiatric medicine through a joint provider agreement between Dr. William M. Scholl College of Podiatric Medicine and the American Academy of Podiatric Sports Medicine.

Dr. William M. Scholl College of Podiatric Medicine is approved by the Council on Podiatric Medical Education as a provider of continuing education in podiatric medicine.

Note: The actual number of accredited hours that will be awarded is subject to change and will be determined based on your actual attendance in the approved continuing education components of our program.

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 booklet onsite. All registered participants will be given instructions on how to access a PDF file of this document approximately 1 week prior to our program. We appreciate your support of our efforts to reduce waste.
CONFERENCE VENUE

Hyatt Regency Cambridge
575 Memorial Drive, Cambridge, Massachusetts, 02139-4896
Phone: (617) 492-1234 | Email: conciergebosrc@hyatt.com

- Click here to access the hotel’s website
- Click here to access transportation and parking details

Guest Room Reservations:
Dates Available: September 18, 19, 20 & 21
Single or Double Occupancy $249 + tax
Triple Occupancy $274 + tax
Quadruple Occupancy $299 + tax

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 8/16/19 OR when the AAPSM room block sells out – whichever comes first.

- Click here to access the AAPSM group room reservation link

Room Cancellation Policy:
You must cancel by 4pm no later than 48 hours prior to arrival in order to avoid a penalty of one night’s room and tax.

Conveniently located between Cambridge and Boston, the Hyatt Regency Cambridge offers both family-centric and artistically fulfilling opportunities to explore and relax. You can enjoy easy access to walking, jogging, and bicycle paths that wind along the Charles River’s edge. You can also discover all the fun things to do in Boston by hopping on the hotel’s complimentary shuttle which stops at Kendall Square connecting to the Redline Train.

The hotel offers luxury accommodations including contemporary guest rooms, Hyatt Grand Beds and 55” flat screen televisions. All hotel guests receive complimentary access to the on-site Atlantis Sports Club which features high-tech cardio and strength-training equipment. Guests can also enjoy the indoor saline pool with a retractable roof and adjoining sundeck.
SOCIAL ACTIVITIES

Thursday, September 19, 2019
6:00 pm – 8:00 pm
Welcome Reception & Exhibits
Presidents Ballroom D – Lobby Level

Friday, September 20, 2019
6:30 am – 8:00 am
Morning Run with Shoe Testing
*Pick up shoes in exhibit hall
Presidents Ballroom D – Lobby Level

Saturday, September 21, 2019
6:30 am – 8:00 am
Morning Run with Shoe Testing
* Pick up shoes in exhibit hall
Presidents Ballroom D – Lobby Level

IMPORTANT NOTE:

• Pre-Registration is required for the Thursday and Friday evening receptions.
• There is no additional fee to participate in any of the above referenced social activities

Golden Foot Award & Evening Reception

Presenter: Jeff Johnson
Awardee: Joan Benoit Samuelson

Olympic gold medalist, Joan Benoit Samuelson, won the inaugural women’s marathon event during the 1984 Summer Olympics in Los Angeles, California. A two-time Boston Marathon winner, she won in 1979 as a relative unknown while enrolled at Bowdoin College and then again in 1983 while setting the course record of 2:22:43 in the process.

Joan later went on to win the Chicago Marathon in 1985 running an American Record time of 2:21:21 which stood for 18 years.

Joan is the founder of the world class TD Beach to Beacon 10K road race which will celebrate its 22nd running on August 3, 2019, in her hometown of Cape Elizabeth, Maine.

Today, Joan is a role model and ambassador for women’s athletics and distance running. She is planning a return to Boston in April 2019 to run the 26.2, forty years after her 1979 win.

Photo credit: “maine-joan-benoit-samuelson” by On The Issues Magazine is licensed under CC BY 2.0
Registration is Open: MARCH 18, 2019 – SEPTEMBER 6, 2019

The online registration form can be accessed at:

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 June 15, 2019.
- Online registration form closes after September 6, 2019.

Registration Fee
for the 2019 AAPSM Stand Alone Meeting
includes the following (For Registrants Only):
- Course materials
- Admission to all lecture hall sessions and panel discussions on Thursday, Friday, Saturday & Sunday
- Choice of one workshop each day on Thursday & Friday
- Meals: Breakfast, lunch and breaks on Thursday, Friday & Saturday, Breakfast on Sunday
- Social Programs: Evening receptions on Thursday & Friday, Morning runs on Friday & Saturday

Note: Pre-registration is required for the Thursday & Friday Evening Receptions (there is no additional fee to attend).

Separate Registration Fee
for the Masters’ Course
Rehabilitation of the Athlete’s Foot & Ankle:
- Pre-Registration Required for the Masters’ Course, $300 separate registration fee.
- Must pay the registration fee for the 2019 AAPSM Stand Alone Meeting in order to register for the Masters’ Course
- Capacity is limited to 20 people
- There are 2 components to complete the Masters’ Course
  - Part 1: Attend all three scheduled “Intelligent Movement” training blocks (Thursday, Friday & Saturday)
  - Part 2: Attend at least 1 of the 13 workshops offered on Thursday and Friday that is marked with asterisks**

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 9/6/19. All refunds will be processed and paid following the course. No refunds will be made for non-attendance or if cancellations are received after 9/6/19. All course attendees will receive a full refund in the event that the AAPSM must cancel this course.

Early Bird Rate Through 6/15/19  Standard Rate After 6/15/19

AAPSM Fellow $549  $649
AAPSM Associate $599  $699
Non AAPSM Member $699  $749
  includes 1 yr AAPSM membership
  includes 1 yr AAPSM membership
Residents & Fellows in Training $499  $499
Students $299†  $299†

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

Masters’ Course: Rehabilitation of the Athlete’s Foot & Ankle
Early Bird Rate Through 6/15/19  $300†
Standard Rate After 6/15/19  $300†

†Must also pay registration fee for AAPSM meeting to attend