

5TH A N N U A L
INJURY
PREVENTION
SYMPOSIUM

A P R I L 2 8 - 2 9 , 2 0 2 1
V I R T U A L C O N F E R E N C E

OFFICIAL PROGRAM



THE STEADMAN CLINIC

AND

STEADMAN PHILIPPON RESEARCH INSTITUTE



U.S. OLYMPIC & PARALYMPIC
NATIONAL
MEDICAL CENTER



UNITED STATES
COALITION FOR THE PREVENTION
OF ILLNESS AND INJURY IN SPORT

5TH ANNUAL INJURY PREVENTION SYMPOSIUM

APRIL 28 – 29, 2021 | VIRTUAL CONFERENCE

MEETING CHAIRPERSONS:



MARC J. PHILIPPON, MD

Orthopaedic Surgeon and Managing Partner, The Steadman Clinic
Co-Chairman and Co-Director of Sports Medicine Fellowship,
Co-Director of Hip Preservation and Reconstruction Fellowship,
Steadman Philippon Research Institute



JONATHAN T. FINNOFF, DO, FAMSSM, FACS

Chief Medical Officer, U.S. Olympic & Paralympic Committee
Professor, Department of Physical Medicine and Rehabilitation,
Mayo Clinic College of Medicine and Science

WELCOME

On behalf of The Steadman Clinic, Steadman Philippon Research Institute, and the Sports Medicine Division of the U.S. Olympic & Paralympic Committee, it is our pleasure to extend a warm welcome to you as we celebrate hosting our fifth Injury Prevention Symposium. We welcome participants from all over the world to this virtual format, and while we hope to meet in person in 2022, this symposium serves to remind us just how important our work is, and even more importantly, to share it with our colleagues and those primary voices in the scientific and clinical communities.

The goal of our program is to enlighten and inform those attending about our vision for the prevention and treatment of injury and illness in sport. With programs such as this, we hope to build connections and alliances between diverse areas of injury prevention research, to better serve athletic communities of all levels with impactful, evidence-based prevention science.

This event is made possible by the collaboration between Steadman Philippon Research Institute and its research partners at the U.S. Olympic & Paralympic Committee. We are grateful for the continued partnership. In addition, we would like to thank you for taking the time to join us in our collective efforts to share science.

A handwritten signature in white ink, appearing to read "Philippon, Marc J.", written over a faint circular outline.

MARC J. PHILIPPON, MD

A handwritten signature in white ink, appearing to read "Finnoff, Jonathan T.", written in a cursive style.

JONATHAN T. FINNOFF, DO, FAMSSM, FACS

KEYNOTE SPEAKER



CAROLYN EMERY PhD, MSc

Professor, Faculty of Kinesiology; Chair Sport Injury Prevention Research Centre; Canada Research Chair (Tier 1) Concussion; Professor, Departments of Pediatrics and Community Health Services, Cumming School of Medicine, University of Calgary

Dr. Carolyn Emery is a physiotherapist and epidemiologist. She completed her BSc in Physiotherapy at Queens University in 1988 and after several years of practice in

pediatric rehabilitation and sport medicine, Dr. Emery completed her MSc in Epidemiology (Community Health Sciences, Faculty of Medicine) at the University of Calgary in 1999 and obtained her PhD in Epidemiology (Public Health Sciences, Faculty of Medicine) from the University of Alberta in 2004. She was recruited to the Faculty of Kinesiology at the University of Calgary in 2004. Dr. Emery is a Professor (with tenure) in the Faculty of Kinesiology at the University of Calgary. She holds joint appointments in Pediatrics and Community Health Sciences, Cumming School of Medicine, University of Calgary. Dr. Emery is a member of the Alberta Children's Hospital Research Institute, O'Brien Institute of Public Health, Hotchkiss Brain Institute and the McCaig Institute of Bone and Joint Health.

CURRENT WORK

The focus of Dr. Emery's research program is in injury prevention in youth sport and recreation, concussion, and pediatric rehabilitation; aimed to reduce the public health burden of injury including long-term consequences (e.g. overweight/obesity, post-traumatic osteoarthritis, post-concussion syndrome). She holds a Chair in Pediatric Rehabilitation (Alberta Children's Hospital Research Institute) and is Chair of the Sport Injury Prevention Research Centre (1 of 10 International Olympic Committee Research Centres in Injury and Illness Prevention in Sport) at the University of Calgary. She leads "SHRed Injuries: Preventing Injuries and their Consequences in Youth Sport and Recreation" (CIHR) and "SHRed Concussions-Surveillance in High Schools to Reduce the Risk of Concussions and their Consequences: (NFL Scientific Advisor Board). Dr. Emery was inducted as a Canadian Academy of Health Sciences Fellow and she is a Royal Society of Canada New Scholar.

SCIENTIFIC KEYNOTE ADDRESS: WEDNESDAY, APRIL 28 AT 9:15 AM

SHRed Concussions: Surveillance in High School and Community Sport to Reduce Concussions and their Consequences in Youth.

FEATURED SPEAKERS



AARON BAGGISH MD, FACC, FACSM

Associate Professor of Medicine, Harvard Medical School; Director, Cardiovascular Performance Program Massachusetts General Hospital

April 28 - Session 1 at 10:30 am / MST

COVID-19 and Athlete's Heart



CHARLOTTE BAKER DrPH, MPH, CPH

Virginia Tech; Virginia-Maryland College of Veterinary Medicine Department of Population Health Sciences; Virginia Tech Faculty of Health Sciences Data and Decisions Destination Area

April 28 - Session 2 at 11:50 am / MST

The Injury Puzzle: Translating the data to improve athlete health



JESSICA BARTLEY PsyD, MS, MA

Director, Mental Health Services, U.S. Olympic & Paralympic Committee

April 29 - Session 6 at 12:10 pm / MST

Mental Health Prevention in Sport



CHRISTINE BAUGH PhD, MPH

University of Colorado Anschutz Medical Campus

April 29 - Session 4 at 9:05 am / MST

Risk Perception, Social Norms, and Concussion

FEATURED SPEAKERS (CONT.)



LAUREN BENSON PhD

Associate Data Scientist, U.S. Olympic & Paralympic Committee
U.S. Coalition for the Prevention of Illness and Injury in Sport;
Faculty of Kinesiology, University of Calgary

April 28 - Session 2 at 11:30 am / MST

What Can Wearable Technology Tell Us About How Much and How Well Athletes Move?



JOHNNY HUARD PhD

Chief Scientific Officer, Director of Center for Regenerative Sports Medicine, Steadman Philippon Research Institute; Scientific Director, ProofPoint Biologics, The Steadman Clinic; Affiliate Faculty, Department of Clinical & Biomedical Science, College of Veterinary Medicine, Colorado State University

April 28 - Session 3 at 1:40 pm / / MST

Development of Biological Approaches to Improve the Benefit of Orthobiologics for Musculoskeletal Tissues Regeneration and Repair



AVINASH CHANDRAN PhD, MS

Director, NCAA Injury Surveillance Program; Datalys Center for Sports Injury Research and Prevention; Adjunct Assistant Professor, Department of Exercise and Sport Science, University of North Carolina at Chapel Hill

April 28 - Session 2 at 12:10 pm / MST

Female Athlete Health over the Lifespan: Insights from Sports Injury Surveillance and a General Health Survey of Former Female Athletes



ZACHARY KERR PhD, MPH

Assistant Professor, Exercise & Sport Science; Director, Center for the Study of Retired Athletes, University of North Carolina at Chapel Hill

April 29 - Session 5 at 10:05 am / MST

Applying Public Health to the Development and Evaluation of Policy to Prevent Exertional Heat Illness in High School Sports



JONATHAN FINNOFF DO, FAMSSM, FACSM

Chief Medical Officer, U.S. Olympic & Paralympic Committee;
Professor, Department of Physical Medicine and Rehabilitation,
Mayo Clinic College of Medicine and Science

April 28 - Session 1 at 10:10 am / MST

USOPC COVID-19 Screening, Management and Mitigation Strategies



TRAVIS MAAK MD

Associate Professor, Department of Orthopaedic Surgery, University of Utah

April 28 - Session 3 at 1:20 pm / MST

Femoroacetabular Impingement Syndrome: Can we predict the future and stop it?



LAUREN FORTINGTON PhD

Senior Research Fellow, Edith Cowan University

April 29 - Session 5 at 10:45 am / MST

Evaluating the Impact of the IOC Sports Medicine Consensus Statements



OLU OWOYE PhD, MSc, BPT

Department of Physical Therapy and Athletic Training, Doisy College of Health Sciences, Saint Louis University

April 29 - Session 5 at 10:25 am / MST

"Real World": Promoting the Translation of Evidence into Practice and Policy

FEATURED SPEAKERS (CONT.)



STEPHANIE PEARCE MD

MD Sports Medicine Fellow, Steadman Philippon Research Institute

April 28 - Session 1 at 10:50 am / MST

Return To Sports in the COVID Era: A Community Approach for Youth Athletes



LESLIE VIDAL MD

Physician, The Steadman Clinic; Faculty, Sports Medicine Fellowship, Steadman Philippon Research Institute

April 28 - Session 3 at 2:00 pm / MST

Injury Prevention for the Athlete's Hip



MARC PHILIPPON MD

Managing Partner, The Steadman Clinic; Co-Chair, Co-Director Sports Medicine Fellowship, Co-Director of Hip Preservation and Reconstruction Fellowship, Steadman Philippon Research Institute

April 28 - Session 3 at 1:00 pm / MST

Hip Screening to Identify the Hip "At Risk"



RANDY WILBER PhD, FACSM

Sr. Sports Physiologist, U.S. Olympic & Paralympic Committee

April 29 - Session 6 at 11:30 am / MST

TOKYO 2020: Training and Competing Optimally in a Hot/Humid Environment



LAURENNE ROSS OLYMPIAN

2x U.S. Winter Olympian, Alpine Skiing

April 29 – Winter Olympic Athlete Presentation at 1:20 pm / MST



JULIE WILSON MD, FAAP, CAQSM

Children's Hospital Colorado; Assistant Professor, Orthopedics CU School of Medicine

April 29 - Session 4 at 9:25 am / MST

Preventing prolonged recovery in pediatric concussion: where do we start?



YETSA TUAKLI-WOSORNU MD, MPH

Associate Research Scientist, Yale School of Public Health and Director, Sports Equity Lab

April 29 - Session 6 at 11:50 am / MST

Intentional injury (abuse) prevention: the state of play in athlete safeguarding



KARA WINGER OLYMPIAN

3x U.S. Olympian, Track and Field

April 29 – Summer Olympic Athlete Presentation at 1:00 pm / MST

PROGRAM

WEDNESDAY, APRIL 28, 2021 *Times listed reflect U.S. Mountain Time*

9:00 – 9:15 am	Introduction to Conference
9:15 – 10:00 am	Scientific Keynote Address Carolyn Emery – <i>SHRed Concussions: Surveillance in High School and Community Sport to Reduce Concussions and their Consequences in Youth</i>
9:45 – 10:00 am	Q&A for Keynote Speaker
10:00 – 10:10 am	Break
10:10 – 11:25 am	Session 1 – Risk Management and Return to Sport during COVID-19
10:10 – 10:30 am	Jonathan Finnoff – <i>USOPC COVID-19 Screening, Management and Mitigation Strategies</i>
10:30 – 10:50 am	Aaron Baggish – <i>COVID-19 and Athlete’s Heart</i>
10:50 – 11:10 am	Stephanie Pearce - <i>Return To Sports in the COVID Era: A Community Approach for Youth Athletes</i>
11:10 – 11:25 am	Q&A for Session 1
11:25 – 11:30 am	Break
11:30 am – 12:45 pm	Session 2 – Use and Translation of Data for Injury Prevention
11:30 – 11:50 am	Lauren Benson – <i>What Can Wearable Technology Tell Us About How Much and How Well Athletes Move?</i>
11:50 am – 12:10 pm	Charlotte Baker – <i>The Injury Puzzle: Translating the Data to Improve Athlete Health</i>
12:10 – 12:30 pm	Avinash Chandran – <i>Female Athlete Health over the Lifespan: Insights from Sports Injury Surveillance and a General Health Survey of Former Female Athletes</i>
12:30 – 12:45 pm	Q&A for Session 2
12:45 – 1:00 pm	Break
1:00 – 2:35 pm	Session 3 – Clinical Perspectives in Injury Prevention
1:00 – 1:20 pm	Marc Philippon – <i>Hip Screening to Identify the Hip “At Risk”</i>
1:20 – 1:40 pm	Travis Maak – <i>Femoroacetabular Impingement Syndrome: Can We Predict the Future and Stop it?</i>
1:40 – 2:00 pm	Johnny Huard - <i>Development of Biological Approaches to Improve the Benefit of Orthobiologics for Musculoskeletal Tissues Regeneration and Repair</i>
2:00 – 2:20 pm	Leslie Vidal – <i>Injury Prevention for the Athlete’s Hip</i>
2:20 - 2:35 pm	Q&A for Session 3
2:35 pm	Day 1 Comments & Conclusions
2:45 – 3:45 pm	Live Poster Session (LINK)

THURSDAY, APRIL 29, 2021 *Times listed reflect U.S. Mountain Time*

9:00 am	Welcome to Day 2
9:05 – 10:00 am	Session 4 – New Perspectives in Concussion Research
9:05 – 9:25 am	Christine Baugh – <i>Risk Perception, Social Norms, and Concussion</i>
9:25 – 9:45 am	Julie Wilson – <i>Preventing Prolonged Recovery in Pediatric Concussion: Where Do We Start?</i>
9:45 – 10:00 am	Q&A for Session 4
10:00 – 10:05 am	Break
10:05 – 11:20 am	Session 5 – Implementation and Evaluation of Injury Prevention Programs
10:05 – 10:25 am	Zachary Kerr – <i>Applying Public Health to the Development and Evaluation of Policy to Prevent Exertional Heat Illness in High School Sports</i>
10:25 – 10:45 am	Olu Owwoeye – <i>“Real World”: Promoting the Translation of Evidence into Practice and Policy</i>
10:45 – 11:05 am	Lauren Fortington – <i>Evaluating the Impact of the IOC Sports Medicine Consensus Statements</i>
11:05 – 11:20 am	Q&A for Session 5
11:20 – 11:30 am	Break
11:30 am – 12:45 pm	Session 6 – Beyond Musculoskeletal: Prevention for Injuries We Can’t “See”
11:30 – 11:50 am	Randy Wilber – <i>TOKYO 2020: Training and Competing Optimally in a Hot/ Humid Environment</i>
11:50 am – 12:10 pm	Yetsa Tuakli-Wosornu – <i>Intentional Injury (Abuse) Prevention: The State of Play in Athlete Safeguarding</i>
12:10 – 12:30 pm	Jessica Bartley – <i>Mental Health Prevention in Sport</i>
12:30 – 12:45 pm	Q&A for Session 6
12:45 – 1:00 pm	Break
1:00 – 1:20 pm	Summer Olympic Athlete Presentation Kara Winger – U.S. Olympian, Track and Field
1:20 – 1:40 pm	Winter Olympic Athlete Presentation Laurenne Ross – U.S. Olympian, Alpine Skiing
1:40 – 1:55 pm	Q&A for Olympic Athletes
2:00 pm	Closing Remarks for the 5th Annual Injury Prevention Symposium

A SPECIAL THANK YOU TO OUR SPONSORS:

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ABOUT US

STEADMAN PHILIPPON RESEARCH INSTITUTE www.sprivail.org

Steadman Philippon Research Institute (SPRI) is dedicated to keeping people of all ages physically active through orthopaedic research and education. With an enduring focus on applied clinical translation, SPRI is dedicated to discovering new therapies, treatments and cures that can be brought to patients in a clinical setting. We utilize the latest regenerative medicine techniques—basic science studies at the cellular level—to investigate the causes and effects of degenerative arthritis, techniques of musculoskeletal regeneration and healing processes. SPRI also utilizes state-of-the-art Biomotion and Robotics technologies, magnetic resonance imaging and over thirty years of patient outcomes data in its bench-to-bedside approach to research. The 501(c)(3) charitable organization is one of the most published organizations in sports medicine research and education.

THE STEADMAN CLINIC www.thesteadmanclinic.com

The Steadman Clinic is a world-renowned orthopaedic clinic with facilities located in Vail, Aspen, Edwards and Frisco, Colorado. The clinic specializes in sports medicine including knee, hip, shoulder, elbow, hand, spine, foot and ankle injuries and joint replacement. Our experience and research have led to significant advances in the fields of orthopaedics and regenerative sports medicine. The Steadman Clinic treats patients from all walks of life, including recreational and professional athletes from all over the world.

UNITED STATES OLYMPIC & PARALYMPIC COMMITTEE www.teamusa.org

Founded in 1894 and headquartered in Colorado Springs, Colorado, the United States Olympic & Paralympic Committee is a federally chartered nonprofit corporation and serves as both the National Olympic Committee and National Paralympic Committee for the United States. The USOPC is focused on protecting, supporting and empowering America's athletes, and is responsible for fielding U.S. teams for the Olympic, Paralympic, Youth Olympic, Pan American and Parapan American Games, and serving as the steward of the Olympic and Paralympic movements in the U.S.

The USOPC's sports medicine division is a world-class leader in leveraging research and technology to preserve athlete health, while giving Team USA a competitive edge. The USOPC sports medicine staff offers athletes a variety of services, including clinical care, in-competition support and extended resources via the National Medical Network. Regardless of the injury or illness, the USOPC is equipped to offer athletes patient-centered care through an integrated multi-disciplinary team of USOPC staff and medical partners. The Steadman Clinic and Steadman Philippon Research Institute provide medical services to Team USA as key USOPC National Medical Network partners.

ACCREDITATION INFORMATION

LEARNING OBJECTIVES FOR THIS YEAR'S CONFERENCE WILL BE:

- To recognize common risk factors for injuries among elite athletes
- To understand how to critically evaluate injury prevention programs
- To increase understanding of how to apply injury prevention programs in a clinical setting
- To increase knowledge of current COVID-19 sports medicine concepts and how to apply them in practice
- To identify evidence-based strategies to help athletes return to sport

SCHEDULE AND FORMAT: Web-based lecture symposium with numerous presentations followed by Q&A sessions with world-renowned panelists. Times and session topics subject to change. Each session will have 2-4 speakers; each presenter is allotted 20 minutes for their presentation.

CANCELLATION/REFUND POLICY: Attendees will be notified of cancellation via email as soon as possible and full refunds will be provided.

NUMBER OF CONTACT HOURS/CEUS THAT WILL BE AVAILABLE: 8.75 CEUs that will be offered for Certified Athletic Trainers. 5 on Day 1 and 3.75 on Day 2. Should this change, we will update accordingly.

FEE: \$30 for 2-day virtual conference. Upon registering, every participant will receive a unique user access code, specific to the email provided at registration. This code will be sent around April 23rd or 26th. For registrants unable to attend during conference hours, the virtual event will be recorded and hosted on Zoom until Thursday, May 13, 2021. A different access code will be required to view the recorded conference until mid-May and the new code will be sent out after the virtual conference concludes on April 29th. Everyone must register on-line. Registration closes Monday, April 26, 2021 at 5:00 pm (U.S. mountain time).

TARGET AUDIENCE: This lecture series is intended for sports medicine clinicians and researchers including athletic trainers, physicians, physical therapists, sport chiropractors, physician assistants and strength and conditioning specialists.

SPONSORS: Steadman Philippon Research Institute and the U.S. Coalition for the Prevention of Illness and Injury in Sport

U.S. Olympic & Paralympic Committee is approved by the Board of Certification, Inc. to offer continuing education to Certified Athletic Trainers.

If you have any questions regarding this event, please contact Jenna Street, ATC at Jenna.Street@usopc.org



MARK YOUR CALENDARS FOR UPCOMING 2021 EVENTS

CHEER ON TEAM USA!

OLYMPIC GAMES TOKYO 2020

July 23 – August 8, 2021

Tokyo, Japan

PARALYMPIC GAMES TOKYO 2020

August 24 – September 5, 2021

Tokyo, Japan

JOIN SPRI

6TH ANNUAL VAIL SCIENTIFIC SUMMIT

August 19 - 22, 2021

Vail Marriott Mountain Resort, Vail, Colorado

17TH ANNUAL GOLF CLASSIC

September 15, 2021

Sanctuary Golf Course, Sedalia, Colorado

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