

Ohio State Sports Medicine's Endurance Medicine Team presents the
2nd Annual Symposium for the Treatment of Endurance Athletes

Friday, May 1st, 2015 at the Fawcett Center, Columbus Ohio

7:45 Welcome

Musculoskeletal Conditions:

- 8:00 Hip Injuries and Conditions in the Endurance Athlete
John Ryan, MD
- 8:20 Organization of Medical Coverage for Endurance Events
Kendra McCamey, MD
- 8:40 Body Composition/Bone density in the Running Athlete
Jackie Buell, Sports Dietitian
- 9:00 Diagnosis and Treatment of High-Risk Stress Fractures
Tim Miller, MD
- 9:20 Common Injuries and Conditions in the Rowing Athlete
Clinton Hartz, MD
- 9:40 Question and Answer Panel
- 9:50 Break

Medical Conditions:

- 10:00 Special Considerations for Athletes with Disabilities
Theresa Berner, OT
- 10:20 Considerations for Athletes Training at High Altitude
Bryant Walrod, MD
- 10:40 Incontinence/Pelvic Pain in the Endurance Athlete
Kim Uscilowski, PT
- 11:00 Recommendations for Endurance Training During Pregnancy
Kara Markham, MD
- 11:20 Cardiovascular Conditions in the Endurance Athlete
Aaron Baggish, MD
- 11:50 Question and Answer Panel
- 12:00 Guest Speaker:** Dr. Aaron Baggish, MD, Medical Director for the Boston Marathon
- 12:40 Lunch and Interactive Case Presentations/ Audience Polls

Hands-On Demonstrations:

- 1:30 Prosthetic/Wheelchair Fitting
Theresa Berner, OT/ Jennifer Fugitt, PT
- 2:00 Gait Analysis Live Demonstration
Melissa Gallatin, PT/ Kat Kozak, PT/ Kelly Mueller, PT/ Kathy Krummen, PT/ Sarah Clagg, PT

2:40 Question and Answer Panel

2:50 Break

Special Considerations:

3:00 Mental Preparation for Endurance Sporting Events after Devastating Injury/Devastation
Jennifer Carter, Sports Psychology

3:20 Foot pain in the Endurance athlete and treatment with orthotics
John Taylor, PT

3:40 Low Carb Lifestyle for Athletes
Jeff Volek, Exercise Science/Nutrition

4:00 VO2 Max Testing in the Endurance Athlete
Emily Martini, Exercise Physiology

4:20 Fitness Beyond 50: Considerations for the Masters Level Endurance Athlete
Tom Best, MD

4:40 Question and Answer Panel

4:50 Evaluations and Closing Remarks