



2nd International Extreme Sports Medicine Congress

June 10-11, 2016

Sports
Medicine
UNIVERSITY OF COLORADO

Daily Guided Sports Activities

Friday 6:30-8:00 am

Saturday 6:30-7:00 am



FRIDAY, JUNE 10

7:00-9:00	Breakfast & Registration	
9:00-9:10	Opening Remarks	Mei-Dan
SESSION 1	Mountain Sports	
9:10-9:20	Rock Climbing Injuries – From tendonitis to open fractures, and everything in between	Schoeffl, V
9:20-9:30	Mountain Biking Injuries – Go big and go to the ED	Madden
9:30-9:40	Ultra Running Injuries – From hot deserts to arctic ultra races	Hass
	In the Water	
9:40-9:50	Surfing Injuries – Big waves and sharp reefs	Nathanson
9:50-10:00	White Water Injuries – Water can kill you	Mei-Dan
10:00-10:10	Extreme Sailing Injuries – Flying on the water	Nathanson
10:10-10:20	Kite Sports Medicine – Kite Surfing, Snow Kiting, & Kite-Bugying	Feletti
10:20-10:30	Extreme Swimming Injuries – I can swim longer than you can run	Glowney
10:30-11:00	Discussion & Break	
SESSION 2	In the Air	
11:00-11:10	Injuries in Skydiving – What’s more dangerous, the free fall or the canopy ride?	Westman
11:10-11:20	Base Jumping – No margin for error	Mei-Dan
11:20-11:30	Foot Launched Flying – Hang gliding, paragliding, and speedflying	Feletti
	On the Snow and Ice	
11:30-11:40	Skiing Injuries – From deep pow to big air	Genuario
11:40-11:50	Snowboarding Injuries – Pretty little crystals can hurt so bad	Hackett, T
11:50-12:00	Motocross and Snow Mobile Injuries – Let’s go superman	Cygan
12:00-12:10	MMA: No pain, no gain	Woodley
12:10-1:10	Discussion & Lunch	
SESSION 3	Head and Spine Trauma	
1:10-1:20	Head Injuries from Snow Park Jumps	Scher
1:20-1:30	Catastrophic Brain Injury as a Sequelae of Extreme Sports	Weintraub
1:30-1:40	Concussion in Adventure Athletes – Epidemiology and Current Guidelines	Provance
1:40-1:50	Spine Injuries in the Extreme Sports Athlete – Treating the tingling	Patel
	Wilderness Medicine	
1:50-2:00	Field Management of Injuries in Extreme Environments – Football field vs. a third world mountain/river	Hackett, T
2:00-2:10	Wilderness Medicine – Blisters, Bones and Bruises in the Backcountry	Gregory
2:10-2:20	Surviving the Sun and the Sea – Needing more than SPF	Nathanson
2:20-2:30	Endurance Events Medical Coverage and Athletes Clearance	Hill
2:30-2:40	ABC of Wilderness Medicine – From first aid kit to field analgesia	Lemery
2:40-3:10	Discussion & Break	
SESSION 4	Endocrinology and Psychology	
3:10-3:25	Endocrine Stress Reactivity Associated with Extreme Sports – Hormones talk	Hackney
3:25-3:40	The Importance of Nutrition in Extreme Sports – Feeding the beast	San Millan
3:40-3:50	Anorexia Athletica and the Junior High Level Climber – The 5.14 denial	Schoeffl, I
3:50-4:00	Personality Characteristics of Elite Mountaineers and Base Jumpers – Are they really crazy?	Monasterio
4:00-4:10	Overtraining in Extreme Endurance – “But I’m supposed to be tired”	San Millan
4:10-4:20	Diabetes Mellitus Type 1 & Skydiving – Keeping your glucose from the free fall	Westman

4:20-4:30

4:30-4:40

4:40-4:55

5:30-6:30

6:30-7:30

High Altitude Medicine – It is what it is Hackett, P
 Resilience in Extreme Sports Athletes – Temperament, character and stress reactivity Hackney
 Roundtable Discussion – Eat well, sleep well and have good genes
 Keynote Reception, CU Sports Medicine and Performance Center
 Keynote Address: Do Criminals and Extreme Athletes Share the Same Mental Characteristics? Monasterio
 Ice Climbing the Niagra Falls, and More Gadd

SATURDAY, JUNE 11

7:00-8:30

SESSION 1

8:30-8:45

8:45-8:55

8:55-9:05

9:05-9:20

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SESSION 2

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SESSION 3

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Breakfast

The Adolescent Athlete

Epidemiology of Pediatric and Adolescent Injury in Adventure and Extreme Sports Caine

Sports Ability Test and Medical Supervision of Junior High Level Athletes Schoeffl, I

Parkour – It is all about the landing Gregory

Knee Injuries in the Adolescent Athlete – From ACL to Patellar Dislocation Rhodes

Acute Shoulder Injuries In Adolescent Adventure Athletes Albright

The Uniqueness of the Child and Adolescent Athlete Caine

Epiphyseal Injuries in Junior Rock Climbers – The mind is stronger than the finger Schoeffl, I

Roundtable Discussion – To leash or to let go?

Break

Fatalities in Extreme Sports

Base Jumping and Wing Suit Flying – Are these the most fatal extreme sports? Mei-Dan

Fatalities in Climbing – Ground fall and rock hit trauma Schoeffl, V

Skydiving – Isn’t it safer than driving your car? Westman

Fatalities in Skiing and Snowboarding – From avalanche to objects collision Provance

Roundtable Discussion – Can we live with “he died doing what he loves” mantra?

Rodeo Injuries – You thought BASE jumping was crazy? Stoneback

Extreme Sports in High Altitude – Biking the Alps and skydiving from space Hackett, P

Open Papers Session: Climate Change and Human Health

Findings of Gender Personality Differences in BASE Jumpers – The X and Y of it Monasterio

Decelerations and Muscle Responses During Parachute Opening Shock Westman

Biomechanical Studies on the Finger Flexor Tendon Pulley System – Stringing the bow

Motion Analysis on Snow: Knee Kinematics in the Half Pipe – How is it hinging? Schoeffl, I

The Media Role in Extreme Sports Injuries Hackett, T

Head Injuries from Snow Park Jumps: Examining edge catches Pillifant

Adaptive Extreme Sports for Persons with Disabilities – Beyond the wheelchair Scher

Climate Change and Human Health Gnrirke

Discussion Lemery

Lunch

Workshop: Finger and hand ultrasound + US guided injection tips and pearls

Diagnosis and Treatment Dilemmas

Hamstrings or BTB or Allograft for ACLR – Matching graft choices and patients Vidal

Differential Diagnosis of Finger Pain in Sport Climbers Schoeffl, V

Biceps Pain in the Extreme Athlete – Cut it or fix it? Bravman

Shoulder Dislocation – Should I go conservative or surgical? Seidl

Acute Hip Labral Tears and Subluxation – Suck it up or shave it off? Mei-Dan

Difficulties and Methods in Extreme Sports Medicine Research – The outdoor lab Feletti

Surgical Intervention and Major Trauma

Tibial Plateau Fractures – Bad landing phenomenon Stoneback

Foot and Ankle Injuries – It is not only snowboarder ankle Duggal

Management of Articular Cartilage Injury – The future is here Vidal

Clavicle Fractures in Cyclists – Can I still ride the same week? Bravman

Break

Rehab and Prevention

Shoulder Rehab after Dislocation – Can it happen again? Nyland

Hip Rehab – How to hold them back James

Rehab after ACLR – Can I be stable again? Nyland

Swimmer’s Shoulder – It’s not about the shoulder Friday

When to Clear an Adventure Sports Athlete for RTP Mei-Dan