

# AOASM VIRTUAL CONFERENCE

APRIL 30 - MAY 2, 2021  
AOASM.ORG

Dear Conference Attendees,

On behalf of the American Osteopathic Academy of Sports Medicine Executive Committee, Board of Directors, and Conference Planning Committee, it is my sincere pleasure to welcome you to the 36th Annual Clinical Conference of the AOASM.

We would rather be meeting in person but are very excited to see everyone virtually. The AOASM has a rich history of inviting all who are interested in learning more and working together to become the best possible sports medicine physicians for their different types of communities. I hope this will both be an educational and enjoyable conference since we have much to offer to our participants. We will include nutrition, acupuncture, cardiology, mental health, and Olympic care, among others. The student session will continue and we will also be introducing a fellowship fair this year.

This year's conference will focus on "Hot Topics in Sports Medicine" as well as how to maximize performance and prevent injury. Our osteopathic tenants and principles align perfectly with us being at the forefront in helping warriors and elite athletes to both maximize health and performance. Since we do not receive much training about finances and practice management, we will have a whole session about starting a new practice, billing and coding, as well as telehealth.

Research and case presentations have always been a rewarding experience for both the presenters and the audience alike and this year will be no different. Please visit virtually and discuss the interesting research and cases with our poster presenters during the conference.

Along with the educational offerings, there will also be fun social activities and virtual gamification such as the Mind, Body, Spirits 2.0 Reception, and a virtual golf event to raise funds for the AOASM Rusty Wright Foundation.

All of us involved in organizing this year's Virtual Clinical Conference are so excited to still bring us all together to join our colleagues virtually for education, networking, and fun. We hope to exceed your expectations for what the AOASM Clinical Conference is all about!

Sincerely,



Blake Boggess, DO, FAOASM, FAMSSM  
Professor  
Duke University School of Medicine  
Duke Sports Medicine Team Physician  
AOASM 2021 Program Chair  
AOASM First Vice President

## AOASM Mission Statement

The mission of the American Osteopathic Academy of Sports Medicine is to provide:

1. An educational forum for physicians and healthcare professionals to address the quality of healthcare for individuals in competitive, recreational, occupational, and industrial settings;
2. Leadership to establish and promote fitness and exercise guidelines, and to guide healthcare policy relating to wellness, physical activities, and sporting events;
3. A collegial environment in which physicians and other healthcare professionals can expand their content knowledge and enhance their clinical skills in primary care sports medicine.

## Target Audience

Physicians, fellows, residents, students, physician assistants, and nurses in both academic and private practice who are involved in the evolving sports medicine or subspecialty of ringside medicine. Others who may also benefit attending include athletic trainers, athletes, referees, and state commissioners.

## Conference Learner Objectives

At the conclusion of the Virtual Clinical Conference, the participant will be able to:

1. Develop and understand an appreciation for the importance of the osteopathic principles for treatment in the field of sports medicine;
2. Develop and understand the impact of mental health disorders in a variety of athletes;
3. Develop an appreciation for musculoskeletal injuries in pediatric athletes;
4. Understand the role of technology in performance of everyday patients as well as elite athletes;
5. Explain the unique difficulties associated with managing sports coverage during a pandemic;
6. Describe how PED abuse is an international problem and discuss when therapeutic-use exemptions are in order;
7. Describe the quick recognition and competent treatment of airway injuries occurring in the ring or in the cage.

## Virtual Platforms

We're excited to have you join us for the all-virtual AOASM Conference this year. The AOASM virtual platform will be hosted on **ZOOM Meetings & GATHER.TOWN**.

**ZOOM:** Conference log-in instructions with a personalized link will be sent to each registrant by email within 24-hours of the conference starting so that each attendee can enter and participate in the virtual program throughout the 3-day program. *A total of three (3) Zoom links to the educational sessions will be sent to the email address that you used to register for the Virtual Clinical Conference in order to gain access each day.* (Refer to the date and time listed within the Zoom link information provided to ensure successful daily access.) **All times listed are in Central Daylight Time (CT).**

**Important note:** Do not share your log-in credentials with others. You are allowed only one active session at a time. This link should not be shared with others; it is unique to you. If you're having troubles logging in to the virtual platform, please send an email to [info@aoasm.org](mailto:info@aoasm.org).

### Tips:

- Attendees will be placed in a **waiting room** before the session begins each day.
- Attendees will be **muted** and "no video" for the 3-day Virtual Conference.
- **Got a question? Use the Chat!** Type your comments and questions in the chat bar during the session. We'll have a session moderator available to help. Speakers will do their best to answer the chat questions LIVE at the end of their lecture or they will follow-up in the chat area once their lecture ends.
- **Accessing the Virtual Conference from a mobile device (smartphone or iPad)?** Be sure to download the Zoom mobile app from Google Play or Apple Store for a better user experience.
- **Want to see the speaker and slides? Attendees must join by computer or mobile device.** If you only call in, you won't be able to see the speaker and the presentation.
- **Browser:** We recommend that you use the [Chrome browser](#) to maximize your virtual experience.

**GATHER.TOWN:** As part of this year's AOASM Virtual Conference, we will be utilizing the Gather.Town platform for the following Saturday, May 1, events:

- Virtual Exhibit Hall (8:00 a.m. - 4:00 p.m. CT)
- Speed Mentoring (3:00 p.m. - 3:45 p.m. CT)
- Virtual Fellowship Fair (4:00 p.m. - 5:30 p.m. CT)
- Photo Booth, Games, Golf Fundraising Tournament, and Social Spaces (All day!)

**LOG IN:** <https://gather.town/app/NoPrRMfJneDde03j/2021AOASMVirtual>

**PASSWORD:** Emailed to all registered attendees the week of April 26, 2021.

If you have not received this email communication, please email: [info@aoasm.org](mailto:info@aoasm.org).

Gather.Town can be used on any computer (laptop or desktop), on any OS (Windows, Mac OS, Linux), using one of its supported web browsers (suggest Google Chrome, or Firefox) for best experience. You can also access Gather.Town on your mobile device or tablet; however, the mobile experience has extremely limited functionality. This platform offers attendees a chance to walk around in a 2-D setting to network with colleagues and vendors through video chat (with permitted use of your microphone and camera), play games, text chat, screen sharing, and more! To start interacting virtually with AOASM on May 1, check out [these excellent tips and instructions!](#) For additional FAQs and troubleshooting information straight from the Gather.Town platform, please visit the following [FAQ link](#).

**On-Demand Videos:** All lectures will be recorded and will be available for viewing by registered attendees within a month after the Virtual Clinical Conference is over. If a presenter has not agreed to offer their recorded talk for on-demand viewing, it will be noted online.

## AOASM National Office & Conference Registration Assistance

Registration will be available during the Virtual Clinical Conference until 12:00 noon CT on Sunday, May 2. If you're planning to attend Sunday sessions, please be sure to register by 12:00 noon CT or sooner to guarantee a registration spot for the Virtual Clinical Conference.

In addition to registration assistance, the National Office staff will be available to assist attendees with any other questions that may arise during the Virtual Clinical Conference. Please contact the AOASM staff via email at: [info@aoasm.org](mailto:info@aoasm.org). Our staff may be experiencing a higher-than-normal level of inquiries about the virtual meeting; please be patient while waiting for a response. We will get back to you as soon as possible. Thank you.

### Virtual Conference Registration Fee includes:

- Admission to the all-virtual conference educational sessions located on Zoom meeting.
- Paid attendee admittance for the remainder of the year use to view speaker presentations on-demand video site hosted on the AOASM website following the meeting.
- Mind, Body, Spirits 2.0 - Virtual Conference Reception hosted on Zoom. (Attendees will be provided a fourth (4th) Zoom link to join this special event following the last educational session on Friday evening.)
- Entrance to the 2-D Virtual Exposition featured on the Gather.Town platform. (Refer to the link, password, and instructions located under the "Virtual Platforms" section of the program.)
- Invitation to connect virtually for a group Yoga Exercise event. (All attendees will be emailed a fifth (5th) Zoom link for this optional exercise event on Saturday, May 1.)
- Access to join in and attend both the Speed Mentoring & Fellowship Fair sessions located on the Gather.Town platform. (More details noted later in this program.)
- Eligible to participate in all Virtual Clinical Conference gamification, social media raffles, and daily exercise challenges.
- Up to 13.25 hours of Category 1-A CME credits. (An online reporting form will be sent via email to complete. More details noted later in this program.)
- Up to 12 hours of BOC credits. (Attendees must claim these hours on their own. More details noted later in this program.)
- Up to 2.0 hours of Category 2-B CME credits for attending the virtual poster portal.

### Presentation Formats

- All virtual speakers this year will have the option to present LIVE or pre-record their presentation to be played live during their scheduled time. All speakers will be present and available for a moderated live Q&A if time allows at the end of each talk. Moderated Q&A will be hosted within the "chat box" feature of Zoom. Attendees will have the opportunity to ask a presenter a question by typing it in the chat box anytime while the presenter is lecturing or when the talk has concluded. Presenters will answer the questions live on camera if time allows or follow-up in the chat area once their session time ends.
- The poster presenters will be live and each will share a short, 3-minute presentation that will be viewed by attendees during the time allocated for the poster session. Each presenter will be available briefly for live Q&A if time allows or in the chat box anytime during the poster session. Attendees are asked to place their questions in the Zoom chat box anytime. Be sure to start each question with the name of presenter to ensure your question is addressed by the appropriate poster presenter. *TIP: PDF versions of the posters will be available on the virtual site for viewing at anytime. [Click here](#) to view the 2021 poster presentation.*

## Don't Miss the 2021 Memorial Featured Lectures

### Russell M. Wright

Dr. Wright was a founding member of AOASM, and left a legacy of courage, commitment, inquisitiveness, caring, honor, and mentorship. The [Rusty M. Wright Memorial Lecture](#) is held annually to remind us of our osteopathic beginnings and challenge us to live up to the standards set by our sports medicine pioneers.

This year's featured keynote speaker is:



### Jonathan Finnoff, DO, FACS, FAMSSM, RMSK

Friday, April 30  
3:15 p.m. - 4:00 p.m. CT  
*USOPC Response to COVID-19 and Tokyo 2020 Preparations*

Dr. Finnoff is the Chief Medical Officer for the United States Olympic & Paralympic Committee and a professor in the Department of Physical Medicine and Rehabilitation, Mayo Clinic College of Medicine and Science in Rochester, Minnesota. Dr. Finnoff is board certified in Physical Medicine and Rehabilitation, and Sports Medicine. [To read more, click here.](#)

### Allen Jacobs

The [Allen Jacobs Memorial Lecture](#) has been held since 2003 to help us remember his love of anatomy, teaching, and osteopathic medicine.

This year's featured memorial lecturer is:



### Albert Kozar, DO, FAOASM

Friday, April 30  
4:00 p.m. - 4:30 p.m. CT  
*The Posterior TriggerPoint: Ultrasound Techniques for Posterior Medial Scapular Pain Syndromes*

Dr. Kozar is board certified in neuromusculoskeletal medicine (NMM-OMM), sports medicine and family medicine, and was conferred a Fellow of American Osteopathic Academy of Sports Medicine in 2009. [To read more, click here.](#)

## Daily Social Media Contests!

### Friday, April 30: SOCIAL MEDIA CHALLENGE

Head on over to Twitter and post a selfie with you and the view outside your window today. We'll send one lucky poster (randomly chosen) a fun gift. Make sure you use [#AOASM2021](#) as a tag and include the location from which you are logging in. This contest is good for today (4/30) only, so don't forget to post something.

### Saturday, May 1: SOCIAL MEDIA CHALLENGE

#Saycheese! Have you taken your photo at the AOASM photo booth? It is open the entire time during the Virtual Clinical Conference, so there is still time to participate in today's social media contest. (You can find the virtual link below in the program or head over to Gather.Town to find it!) Then head on over to Twitter and post your picture at the AOASM booth. We'll send one lucky poster (randomly chosen) a fun gift. Make sure you use [#AOASM2021](#) as a tag using the frame name to be included. This contest is good for today (5/1) only, so don't forget to get your conference photo and post something to share with your fellow colleagues.

### Sunday, May 2: SOCIAL MEDIA CHALLENGE

Get up and stretch a bit between presentations. Then head on over to Twitter and share with your AOASM family a selfie of you and your pet and/or family member hanging out with you while attending AOASM 2021! We'll send one lucky poster (randomly chosen) a fun gift. Make sure you use [#AOASM2021](#) as a tag and include your pet/family member name(s) to be included. This contest is good for today (5/2) only until 6:00 p.m. CT, so don't forget to have fun and post something.

## Let's Connect!

Don't forget to log on to AOASM social media networks before, during, and after the Virtual Conference to catch up with attendees, post conference photos, and comment about the talks and events!

[AOASM Facebook \(Public Group\)](#)

[AOASM Twitter](#)

## Mind, Body, & Spirit 2.0 Virtual Conference Reception

### Friday, April 30

6:00 p.m. PT | 7:00 p.m. MT | 8:00 p.m. CT | 9:00 p.m. ET

Moderator: R. Robert Franks, DO, FAOASM

Please join us for our second - and hopefully last - virtual Mind, Body and Spirit Reception! Feed the body and free the mind with your favorite spirit as we virtually catch up from another year apart.

To toast our last virtual reception, our theme is "Anything But A Glass." As most of us have not been to an event in a year, wear your favorite jersey and drink with us in anything but a glass, or mug, or normal drinking vessel. There will be a prize awarded for most original drinking paraphernalia. Just like in grade school, everyone is able to participate in order to have a chance at the prize, so get that AOASM creativity going. We look forward to seeing you on April 30th for "Anything But A Glass!" (Location: An event Zoom link will be provided to attendees following the last educational session.)

## Daily Exercise Challenges – Win a Fun Gift!

### Friday, April 30: TODAY'S EXERCISE CHALLENGE:

Try something **new** today! Have you thought about checking out a new exercise online, trying a new routine, or changing up the scenery where you exercise? Today is the day! Have fun, work up a sweat, and share a picture or comment on how you met today's exercise challenge to be entered into a drawing! Post to [#AOASM2021](#)! Participate daily in our Exercise Challenges to be entered into a raffle. One lucky poster each day will receive a fun gift!

### Saturday, May 1: TODAY'S EXERCISE CHALLENGE:

Don't forget to get in some exercise today **on your own**, join the AOASM LIVE yoga group exercise today, or check out our **on-demand exercise video(s)** that are located on the 2021 [homepage](#)! Each day the AOASM will randomly select a participant to receive a fun gift! Participate daily by posting a picture or comment about the exercise challenge to social media [#AOASM2021](#)! Each poster will be entered into a raffle. Happy posting!

### Sunday, May 2: TODAY'S EXERCISE CHALLENGE:

Today's exercise challenge is to get outside and let's together participate in an asynchronous **Fun Run/Walk!** Remember to post a picture or comment to social media today at or before 6:00 p.m. CT using [#AOASM2021](#) about how you met today's exercise challenge to be entered into a drawing! Last chance to post and win a fun gift!

## LIVE YOGA - Brought to you Virtually!

### Saturday, May 1

We invite attendees to join us for a LIVE YOGA group practice to get in some great exercise with instructor Ashley Haan, CYT-200, on Saturday, May 1, from **7:45 a.m.-8:30 a.m. CT**. No experience needed, just plan to hang out virtually on Zoom with your fellow AOASM attendees to have some fun together before educational sessions kick-off! Note: No RSVP required. A special Zoom link for virtual yoga will be sent to all registrants 24 hours prior to the start of the optional event. Don't forget - after this fun virtual exercise session, be sure to post a picture or comment about meeting the AOASM Daily Exercise Challenge on social media using [#AOASM2021](#) to be entered into a fun raffle drawing.

## Virtual Golf Anyone for a Good Cause?

Let's raise funds for the **AOASM Rusty Wright Foundation**, and play virtual golf for a good cause. Click on the AOASM Virtual Charity Golf Event Link anytime **Friday, April 30 to Sunday, May 2** to participate in this fun event while raising funds for the AOASM and a chance to win prizes!

**Play Golf:** [https://www.aoasm.org/page/2021\\_AOASM\\_Virtual\\_Golf](https://www.aoasm.org/page/2021_AOASM_Virtual_Golf)  
**Event Code:** Emailed to all registered attendees the week of April 26, 2021. If you have not received this email communication, please email: [info@aoasm.org](mailto:info@aoasm.org).

**How it works?** Each participant will be presented with 18 individual, virtual holes to be played in sequence, with four options to choose from on each hole. Note that participants can play on any device. It is quick and easy to sign up to play, plus you don't have to have "golf skills" to play. Upon choosing one of the four options presented, the score for the hole will be revealed. That score will vary between an eagle and a triple bogey. Each participant's total score will automatically tally as each hole is played, and will appear on the live leaderboard throughout and following their round of play. Attendees can play as many times as they want, starting the first day of the Virtual Conference until the **game officially ends on Sunday, May 2 at 6:00 p.m. CT**. Only the individual's best score will appear on the leaderboard if they choose to play more than one game.

**Donation required?** There is no limit to the number of games an attendee can play, the AOASM simply asks that a donation is pledged and honored with each game. The first time an attendee plays, the suggested minimum donation for physicians is \$50.00 and for students/residents/fellows, \$10.00. If additional play takes place by an individual, any donation amount is welcomed. Following the conclusion of a game, participants will be directed to the AOASM donation processing payment page. The system will also automatically generate a reminder email for the attendee to pay for the donation(s) pledged.

**Join a Team or Individual Play?** Attendees can choose to play on their own, or join a team. Team Captains have been selected from our honorable Past Presidents and Board Members. If interested in joining a team, [Click here](#) and add your name to start playing with a team.

*IMPORTANT: When signing up to play virtual golf please make sure that you add your team captain's last name WITH your last name so that we can see your name and team name represented on the event leaderboard.*

**EXAMPLE: John Smith-Kuprevich. (Use the hyphen or this will not show on the leaderboard both last names.)** If you are playing on your own simply click on the link above to get started now.

**Score Boards?** There is a live leaderboard where a participant can see how they have placed in the competition of all the other individual participant players. To view the AOASM TEAM scores, [click here](#).

**Prizes?** Winners will be announced at the closing remarks on Sunday, May 2, at 7:45 p.m. CT. **That is up to SIX PRIZES to win just for playing in the AOASM Virtual Charity Golf Event! You all have a shot there – so go have fun!**

## AOASM Business Meeting (Town Hall)

The AOASM will hold its Annual Business Meeting and President's Year Overview and Wrap-Up on Saturday, May 1 from 11:15 a.m. to 11:30 a.m. CT. All attendees (especially members) are encouraged to join.

## AOASM Virtual Photo Booth

While we miss seeing AOASM friends and family in person, why not still take a Virtual Conference photo and share with your fellow attendees to still connect this year! Attendees can take photos with their own devices, without needing to download and install an app. The AOASM Virtual Photo Booth can be used on any device with a camera and a web browser. Attendees can download their photo to their device and simply email and share it on social media, **#AOASM2021!**

You can find the virtual photo booth in the Gather.Town platform, or why wait? To take your Virtual Conference photo now— [click here!](#)

## Virtual Exhibit Hall

We would like to thank the companies that are virtually exhibiting with us this year. Financial support received from the exhibitors assists the AOASM in their efforts to offer a quality educational conference to our attendees. There is not a better time to see and compare suppliers for your clinic or facility than during the Virtual Conference this year. **The Virtual Exposition this year will be hosted only on Saturday, May 1st and will be located on the Gather.Town platform.** The link, password, and easy instructions on how to navigate through the 2-D Exhibit Hall are located on page 2. **Please plan time to stop by during the virtual breaks to hang out with these vendors anytime on Saturday, May 1, between 8 a.m. to 4 p.m. CT.**

### AFDMA: American FDM Association

Telephone: 916-834-4125

[Website](#)  
[Email](#)



AFDMA provides teaching to DOs and other professions on the fascial distortion model. The FDM is an effective, hands-on treatment modality.

### Financial Planning for Doctors

Christopher W. Tipper  
CEO



**Hunter Benefits Consulting Group**  
Telephone: 877-354-3849

[Website](#)  
[Email](#)



Shane Williams  
Financial Advisor



**Edward Jones**  
Telephone: 509-765-1881

[Website](#)  
[Email](#)



Commonly made IRA planning mistakes put clients' retirement plans in jeopardy and threaten client-advisor relationships. Put your IRA knowledge to work by bringing the 12 most common mistakes to life. Frequently discussed problem areas include beneficiary designations, spousal inheritance options and IRA, Roth IRA and RMD issues. Check out our resources located at the virtual booth, and contact one of us anytime to discuss financial planning.

### Fujifilm Sonosite

Telephone: 425-951-1200

[Website](#)  
[Email](#)



FUJIFILM Sonosite, Inc., the world leader in point-of-care ultrasound, delivers solutions that meet your imaging needs. Sonosite has earned worldwide recognition for its innovative product line, educational programs, and advocacy for ultrasound's many benefits.

### Organogenesis

Telephone: 800-824-9194

[Website](#)  
[Email](#)



Organogenesis offers a portfolio of bioactive and acellular biomaterial products in advanced wound care and surgical biologics, including orthopedics and spine. Organogenesis's versatile portfolio is designed to treat a variety of patients with repair and regenerative needs.

## Did someone say Virtual Exhibit Hall BINGO?

As the world changes, so too does the way we meet and play this year! **Let's Play Virtual BINGO while visiting the Exhibitors in Gather.Town on Saturday, May 1st.** Simply plan time to stop by each booth in our 2-D Exhibit Hall to complete your BINGO card for a chance to win a great PRIZE! We're living in unprecedented times; therefore, attendees can also earn "Free Spaces" on the BINGO card if you can answer "YES" to the things you've experienced since March 2020!

To get started download your Bingo card [here!](#)  
After completing your card, please plan to submit it no later than **Sunday, May 2, by 4:00 p.m. CT** to [info@aoasm.org](mailto:info@aoasm.org).

## Special Thanks

The AOASM would like to thank the following company that provided commercial support dollars towards the 2021 Virtual Conference:



Organogenesis  
Bronze Level Sponsorship

## Speed Mentoring

### Saturday, May 1

It's back by popular demand! Calling all students, residents, and fellows: have you ever wondered about the possibilities of your sports medicine career or how to launch your sports medicine dreams? Join us Saturday, May 1, from **3:00 p.m.-3:45 p.m. CT**, immediately following the educational sessions. No additional registration is needed. The session will take place on the platform Gather.Town, a fun way to see other attendees through video conferencing and listen to each mentor give a quick spiel. We'll follow that with dedicated time for participant one-on-one questions in a small group setting! *Simply log into Gather.Town (the platform link and password are noted on page 2)* and don't miss being a part of this highly recommended and well-attended session!

A special thank you goes to our Mentors this year:

- Bhavesh Joshi, DO
- William Kuprevich, DO, FAOASM
- Kate Quinn, DO, FAOASM
- Chris Rial, DO, FAOASM
- Jason Smith, DO, FAOASM
- Brett Spain, DO, FAOASM
- Ron Torrence, DO, FAOASM

## AOASM Fellowship Fair

### Saturday, May 1

Calling all students and residents! interested in a sports medicine fellowship? The AOASM will be hosting a virtual fellowship fair Saturday May 1, between **4:00 p.m. and 5:30 p.m. CT**. Connect with faculty to ask further questions about their programs. This is an event you do not want to miss, so mark your calendars to log into Gather.Town (*the platform link and password are noted on page 2*) during this interactive session. For a list of Vendors please [click here](#), and we'll see you there!

## Passing of the Gavel | Induction of Incoming President | AOA Update

### Sunday, May 2: 3:00 p.m.-3:45 p.m.

Don't miss this important jam-packed session to include:

- Outgoing Presidential Address: William Kuprevich, DO, FAOASM
- Incoming Presidential Address: Becca Rodriguez Regner, DO, FAOASM
- AOA leadership, Thomas Ely, DO, Induction of Incoming President, Becca Rodriguez Regner, DO, FAOASM
- AOA Update: Thomas Ely, DO

## AOASM 2021 FAOASM Inductees

Congratulations to the newest recipients of the distinguished AOASM Award of Fellow:

- John Luksch, DO, FAOASM
- Jason McHugh, DO, FAOASM
- Alexandra Myers, DO, FAOASM
- Ron Torrance, DO, FAOASM

## Virtual Gamification Raffle & Prize Winners

The AOASM is excited to incorporate virtual gamification at this year's Virtual Conference. Be sure to participate in all the fun challenges, games, and raffle opportunities. Announcement of the Virtual Gamification Raffle & Prize Winners will be made at the closing remarks on **Sunday, May 2, from 7:45 p.m.-8:00 p.m. CT**.

## Conference Educational Credits

### AOA Credits

The AOASM is accredited by the American Osteopathic Association to provide osteopathic continuing medical education for physicians. The AOASM designates this program for a maximum of **13.25** of AOA Category 1-A credits and will report CME and specialty credits commensurate with the extent of the physician's participation in this activity. *Attendees will receive a CME reporting form link following the AOASM Virtual Conference. Attendees will be responsible for completing the online CME reporting form by the required deadline. Thank you.*

### AOASM 2021 Posters Credits

Between now and December 31, 2021, attendees may receive up to TWO Category 2-B AOA credits for this virtual poster session. To receive ONE credit, review 10–20 posters; to receive TWO credits, review 21 or more posters. To receive the credit you must scroll to the bottom of the submission and leave your name and a comment or question for EACH of the posters you review. You *cannot* receive credit without "signing" and acknowledging your review with a comment or question. To view posters, go to: <https://aoasmposters.org/>.

### BOC / Physical Therapy Credits

This program is BOC-approved for 13.25 hours of continuing education for certified athletic trainers (ATCs). ATCs will need to complete the CME/CEU reporting form. (A link will be provided to you at the end of the program.) CE requirements vary for ATCs, PTs, and PTAs and these professionals must self-report their CEs, following their respective boards' procedures. A certificate of attendance will be provided, but if an attendee requires additional documentation for self-reporting, please contact [info@aoasm.org](mailto:info@aoasm.org).



## Conference Evaluation Link

[Click here](#) to fill out the AOASM 2021 conference evaluation. This evaluation link will also be emailed following the Virtual Conference. Please take time to comment on the meeting. We listen to what you have to say, and we try to incorporate your comments and suggestions into future meetings. Please complete the evaluation link by **May 31, 2021**.

## Future AOASM Annual Meetings

### AOASM & AAO 2022 (Joint Conference):

March 23-27, 2022  
Rosen Shingle Creek Resort  
Orlando, Florida

### AOASM 2023:

April 26-29, 2023  
Disneyland Hotel  
Anaheim, California



# Final Program

All times are listed in U.S. Central Time

Friday, April 30

## TIME BY ZONE

1:00 p.m.-7:00 p.m. PT	2:00 p.m.-8:00 p.m. MT	3:00 p.m.-9:00 p.m. CT	4:00 p.m.-10:00 p.m. ET
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**Moderator: Blake Boggess, DO, FAOASM**

3:00 p.m.-3:15 p.m. CT

**President Welcome Remarks**

- William Kuprevich, DO, FAOASM

**Program Chair Welcome Remarks**

- Blake Boggess, DO, FAOASM

3:15 p.m.-4:00 p.m. CT

**Rusty Wright Memorial Keynote Speaker**

*USOPC Response to COVID-19 and Tokyo 2020 Preparations*

Jon Finnoff, DO, Medical Director for the USOPC

**Moderator: Jeffrey Bytowski, DO, FAOASM**

**Hot Topics in Sports Medicine**

4:00 p.m.-4:30 p.m. CT

**Allen Jacobs Memorial Featured Lecture**

*The Posterior Trigger Point: Ultrasound Techniques for Posterior Medial*

*Scapular Pain Syndromes*

Albert Kozar, DO, FAOASM

4:30 p.m.-5:00 p.m. CT

**Normal is Only a Setting on a Washing Machine: Mental Health and the Athlete**

Jeanne Doperak, DO

5:00 p.m.-5:30 p.m. CT

**Using Tech in the Clinic and Training Room**

Brent Pickett, DO

5:30 p.m.-6:00 p.m. CT

**Cardiac Implications of COVID-19 for Athletes**

Kim Harmon, MD

6:00 p.m.-6:15 p.m. CT

**Virtual Break**

- Virtual Charity Golf
- Virtual Photo Booth
- Connect on Social Media: [#AOASM2021](#)
- AOASM Challenges

**Moderator: John Luksch, DO, FAOASM**

6:15 p.m.-8:00 p.m. CT

**Podium Presenter Case and Research Presentations**

**Case Podium Presenters**

1. Olabode Agaja, DO:  
*Platelet Rich Plasma Injection for a Latissimus Dorsi Tear in a Baseball Player*
2. Nathan Fitton, DO:  
*Dangers of Bruce Lee Side Kicks*
3. Mark Hanna:  
*A case of May-Thurner Syndrome in a 16-year-old female athlete*
4. Justin Quinette, DO:  
*SIRVA/Rhabdomyolysis Following Second mRNA SARS-CoV-2 Vaccination*
5. Brock Browning & Camille Drouin-Allaire:  
*Tibial Tuberosity Fracture in Adolescent Male*

**Research Podium Presenters**

6. Brett Brodsky:  
*Cardiac Pathology following COVID-19 Infection in Division 1 Athletes*
7. Michael Downing:  
*Examining Osteopathic Manipulative Treatment in Injured NCAA Athletes From a Single University*
8. Andres D. Maeso & Scott Hyland, Jr., DO:  
*Acetabular Labral Tears in Division 1 Collegiate Athletes: A Comparative Analysis of Operative Versus Conservative Management*
9. Christopher Mulholland, DO:  
*NSAID Use Poses Stress Fracture Risk*
10. Thomas Page & Taesung Kim:  
*Changes in Body Composition and Metabolic Rate in Division 1 Wrestlers from Pre-Season to Peak Season*

8:00 p.m.-9:00 p.m. CT

**Mind, Body, & Spirits**

**Virtual Conference Reception 2.0**

Moderator: R. Roberts Franks, Jr., DO, FAOASM

**TODAY'S EXERCISE CHALLENGE:**

**Try something new today!** Have you thought about checking out a new exercise online, trying a new routine, or changing up the scenery where you exercise? Today is the day! Have fun, work up a sweat, and share a picture or comment on today's exercise challenge to be entered into a drawing! Post to [#AOASM2021](#)! Participate daily in our Exercise Challenge to be entered into a raffle. One lucky poster each day will receive a fun gift!

**TODAY'S SOCIAL MEDIA CHALLENGE:**

Head on over to Twitter and post a selfie with you and the view outside your window today. We'll send one lucky poster (randomly chosen) a fun gift. Make sure you use [#AOASM2021](#) as a tag and include the location from which you are logging in. This contest is good for today (4/30) only, so don't forget to post something.

**TIME BY ZONE**

7:00 a.m.-3:30 p.m. PT	8:00 a.m.-4:30 p.m. MT	9:00 a.m.-5:30 p.m. CT	10:00 a.m.-6:30 p.m. ET
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**Don't Miss These Fun Events Located in Gather.Town**

- **Check out Gather.Town**  
8:00 a.m. - 6:00 p.m. CT
- **Virtual Exhibit Hall**  
8:00 a.m. - 4:00 p.m. CT
- **Speed Mentoring**  
3:00 p.m. - 3:45 p.m. CT
- **Virtual Fellowship Fair**  
4:00 p.m. - 5:30 p.m. CT
- **Photo Booth, Games, Virtual Golf, and Social Spaces**  
All Day!

**Instructor: Ashley Haan, CYT-200**

7:45 a.m.-8:30 a.m. CT

**LIVE YOGA**

(Yoga Zoom link emailed to all attendees.)

**Moderator: John Luksch, DO, FAOASM**

9:00 a.m.-11:00 a.m. CT

**Case and Research Abstract Poster Presentations**

**Case Poster Presenters**

1. Jaffer Babaa, DO:  
*Glenoid Dysplasia in a High School Male Athlete*
2. Steven Barrientos, DO:  
*Case Study: Back Pain in Collegiate Division I Hockey Player*
3. Kelsey Diemer, DO:  
*An Electric Case with a Shocking Sequela*
4. Edgar Dollar, DO:  
*The Metacarpal Left Standing*
5. Steven Douville, MS, & Miles Kimbrough  
*Minimally Invasive Tenex Procedure for Achilles Tendinopathy: A Case Report*
6. Stewart King & Jeffery Johnson:  
*Acute Biceps Femoris Partial Thickness Tear in Collegiate Athlete Treated with PRP*
7. Nicole Fremarek, DO:  
*Shoulder Pathology versus Upper Extremity Somatic Dysfunction: Utilization of FDM and OMT for the Resolution of Shoulder Pain*
8. Ansam Hasan, MD:  
*What Lies Beneath the Bruise*
9. Raymond Jabola, DO:  
*A Case of the Diagnostic Advantage of Dynamic Musculoskeletal Ultrasound Over Magnetic Resonance Imaging in the Diagnosis of Spigelian Hernias*
10. Blaire Lutes & Erin Buck:  
*Long QT Syndrome in Collegiate Swimmer - A Case Report*
11. Elizabeth McBee, MS:  
*Pectorals Major Tear in a Division 1 Wrestler*
12. James Meiling, DO:  
*Skiing the Slopes with a Large Thoracic Spinal Cord Ependymoma: A Case Report*
13. Daniel Morgan, DO:  
*When the Thumb Hits the Floor: Conservative Treatment of Salter-Harris Type IV Thumb Fracture in a High School Football Player*
14. Kathleen Naylor, DO:  
*A Bloodcurdling Knee Injury: A Case of a Complicated ACL Injury in a Young Female Athlete*
15. Andrew Nguyen, DO:  
*Suprascapular Nerve Block and the Spencer Technique: A Novel Approach to Adhesive Capsulitis*

**Case Poster Presenters (Continued)**

16. Saagar Patel:  
*A Case Report: The use of Platelet-Rich Plasma as a Treatment Method for a Lisfranc Injury in an Active 14-Year-Old Girl*
17. Kishan Patel:  
*An Unusual Mechanism of Subchondral Lateral Femoral Condyle Fracture – A Case Report*
18. Reginald Pinder, DO:  
*Diagnosing Pancreatic Cancer In An Otherwise Healthy Collegiate Athlete*
19. Alyssa Piscitello, MS:  
*Congenital Bicuspid Aortic Valve and Role of Preparticipation Physicals*
20. Caroline Pupke:  
*Collegiate Diver Makes a Splash with Chronic Scaphoid Fracture*
21. Micah Schmal, DO:  
*Pre-participation Physicals and Abnormal Findings in the Era of Covid-19: A Case Report and Literature Review*
22. Priya Sharma, DO:  
*Foot Pain in a Female Athlete*
23. Lin Shen, DO:  
*Ultrasound-Guided Hydrodissection Using 5% Dextrose in Sterile Water and Platelet Releasate to Treat Ulnar Nerve Entrapment Post Ulnar Nerve Translocation in D1 Women's Basketball Student Athlete*
24. Jessica Suba, DO:  
*A Presentation of COVID: Ascending Paralysis in a Young Runner*
25. Jessica Suba, DO:  
*Constitutional Growth Delay Presenting as Significant Exercise Intolerance*
26. Gandharv Telhan, DO:  
*Case Study: Back Pain and Dermatologic Findings in a Division II Football Player*
27. Nicole Thomas & Amaad Choudry:  
*COVID Complications in a Division 1 Baseball Player*
28. Joshua Torres:  
*Gradual Hip Pain in a Collegiate Volleyball Player*
29. Arianna Vessal:  
*Wrist Function Recovery Course in a Scaphoid Nonunion Fracture With Avascular Necrosis: A Case Report*
30. Mereze Visagie & Steven Kerr:  
*Valuable use of Ultrasound for Diagnosis, Monitoring and Treatment in a Case of Bilateral knee Chondrocalcinosis*
31. Rock Vomer, DO, DPT:  
*A Hole in One*

**Research Poster Presenters**

32. Michael Henehan, DO:  
*Evaluation of the EMG Characteristics of a Single Motion Shoulder Exercise*
33. Elise McNulty:  
*Implications of Athletic Identity in High School, College, and Elite Athletes*
34. Nicholas Ott:  
*Ultrasound-guided Posterior Iliac Crest Aspiration: A Case Series*
35. Amit Piple:  
*Cervical Spine CT Scans Can Miss Fracture When Football Equipment is in Place*

11:00 a.m.-11:15 a.m. CT

**Virtual Break**

- Gather.Town (Social Spaces - Network)
- Virtual Exhibit Hall - Exhibitor Time
- Gamification
- Virtual Charity Golf
- Virtual Photo Booth
- Play Virtual BINGO

## Saturday, May 1 (Continued)

### TIME BY ZONE

7:00 a.m.-3:30 p.m. PT	8:00 a.m.-4:30 p.m. MT	9:00 a.m.-5:30 p.m. CT	10:00 a.m.-6:30 p.m. ET
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**Moderator: Rance McClain, DO, FAOASM**

11:15 a.m.-11:30 a.m. CT

**AOASM Business Meeting (Town Hall)**

William Kuprevich, DO, FAOASM (President)  
Susan Rees, MS (Executive Director)

11:30 a.m.-12:30 p.m. CT

**Team USA - Olympic Sports Medicine Coverage & Performance**

- Becca Rodriguez Regner, DO, FAOASM
- Brittani H. Cookinham-Freund, PT, DPT, PhD, ATC, LAT
- William Roundtree, MD
- Perry Williams, DC, DACBSP, USAW

12:30 p.m.-12:45 p.m. CT

**Virtual Break**

- Gather.Town (Social Spaces - Network)
- Virtual Exhibit Hall - Exhibitor Time
- Gamification
- Virtual Charity Golf
- Virtual Photo Booth
- Play Virtual BINGO

**Moderator: Priscilla Tu, DO, FAOASM**

**Hot Topics in Sports Medicine**

12:45 p.m.-1:15 p.m. CT

**The COVID-19 Pandemic: Sports Medicine Updates and My Experience with MLB**

Angela Cavanna, DO, FAOASM

1:15 p.m.-1:45 p.m. CT

**Care of the Pediatric Athlete**

Alex Diamond, DO

1:45 p.m.-2:15 p.m. CT

**Orthobiologics**

Paul Tortland, DO, FAOASM

2:15 p.m.-2:45 p.m. CT

**Athletes and the Arts**

Steven Karageanes, DO, FAOASM

2:45 p.m.-3:00 p.m. CT

**Virtual Break**

- Gather.Town (Social Spaces - Network)
- Exhibit Hall - Exhibitor Time
- Gamification
- Virtual Charity Golf
- Virtual Photo Booth
- Play Virtual BINGO

3:00 p.m.-3:45 p.m. CT

**Speed Mentoring (Location: Gather.Town)**

Moderator: Jason Smith, DO, FAOASM

3:45 p.m.-4:00 p.m. CT

**Virtual Break**

- Gather.Town (Social Spaces - Network)
- Virtual Exhibit Hall - Last Chance to Stop By!
- Gamification
- Virtual Charity Golf
- Virtual Photo Booth
- Play Virtual BINGO - Last Chance!

Gather.Town will be available until 6:00 p.m. for attendees to hang out, network, play games, and connect with fellow attendees.

4:00 p.m.-5:30 p.m. CT

**AOASM Virtual Fellowship Fair (Location: Gather.Town)**

Moderator: Kate Quinn, DO, FAOASM

**TODAY'S EXERCISE CHALLENGE:**

Don't forget to get in exercise today **on your own**, or check out our **on-demand exercise video(s)** that are located on the AOASM 2021 [homepage](#). Remember to post to social media [#AOASM2021!](#)

**TODAY'S SOCIAL MEDIA CHALLENGE:**

#Saycheese! Have you taken your photo at the AOASM Photo Booth? It is open the entire time during the Virtual Conference, so there is still time to participate in today's social media contest. (You can find the virtual link on page 4 in the program or head over to Gather.Town to find it!) Then head on over to Twitter and post your picture at the AOASM booth. We'll send one lucky poster (randomly chosen) a fun gift. Make sure you use [#AOASM2021](#) as a tag using the frame name to be included. This contest is good for today (5/1) only, so don't forget to get your conference photo and post something to share with your fellow colleagues.



TIME BY ZONE

1:00 p.m.-6:00 p.m. PT

2:00 p.m.-7:00 p.m. MT

3:00 p.m.-8:00 p.m. CT

4:00 p.m.-9:00 p.m. ET

**Moderator: Brett DeGooyer, DO, FAOASM**

**Business of Medicine**

3:00 p.m.-3:45 p.m. CT

**Passing of the Gavel: Outgoing and Incoming Presidential Addresses**

- William Kuprevich, DO, FAOASM
- Becca Rodriguez Regner, DO, FAOASM

**AOA Induction of the Incoming AOASM President**

- Thomas Ely, DO
- Becca Rodriguez Regner, DO, FAOASM

**AOA Update**

- Thomas Ely, DO (AOA President)

3:45 p.m.-4:30 p.m. CT

**Transgender Athletes, Obesity Bias and Ethics**

Eric Friedman, MD

4:30 p.m.-5:00 p.m. CT

**Financial Planning for Doctors and Healthcare Professionals**

- Shane Williams, Financial Advisor
- Doug Orton, CRPC
- Christopher W. Tipper, CEO

5:00 p.m.-5:15 p.m. CT

**Virtual Break**

- Virtual Charity Golf - Tournament ends at 6 p.m. CT!
- Virtual Photo Booth
- Connect on Social Media: [#AOASM2021](#)
- AOASM Challenges

**Moderator: Brett DeGooyer, DO, FAOASM**

**Business of Medicine**

5:15 p.m.-6:15 p.m. CT

**Steps to Starting a Cash-Based Sports Medicine Practice**

Daniel Clearfield, DO, MS, FAOASM

**Moderator: Brett DeGooyer, DO, FAOASM**

6:15 p.m.-6:45 p.m. CT

**Billing and Coding in Sports Medicine**

Anthony Ceraulo, DO

6:45 p.m.-7:15 p.m. CT

**Telehealth**

Megan Wahl, MS, LAT, ATC, CSCS

7:15 p.m.-7:45 p.m. CT

**Sports Medicine Physician Wellness**

Neesheet Parihk, DO

7:45 p.m.-8:00 p.m. CT

**Case & Research Award Recognition**

John Luksch, DO, FAOASM

**Announcement of Virtual Gamification Raffle & Prize Winners**

Blake Boggess, DO, FAOASM

**Closing Remarks**

Blake Boggess, DO, FAOASM

**TODAY'S EXERCISE CHALLENGE:**

Today's exercise challenge is to get outside and let's together participate in an asynchronous **Fun Run/Walk!** To be entered into a drawing, remember to post a picture or comment by 6:00 p.m. CT to social media, [#AOASM2021](#), on how you met today's exercise challenge! Last chance to post and win a fun gift!

**TODAY'S SOCIAL MEDIA CHALLENGE:**

Get up and stretch a bit between presentations. Then head on over to Twitter and share with your AOASM family a selfie of you and your pet and/or family member hanging out with you while attending AOASM 2021! We'll send one lucky poster (randomly chosen) a fun gift. Make sure you use [#AOASM2021](#) as a tag and include your pet/family member name(s) to be included. This contest is good for today (5/2) only, so don't forget to have fun and post something by 6:00 p.m. CT or sooner!

**Thank you again for attending the  
AOASM 2021 Virtual Clinical Conference.**

**We'll see you next year!**

