



## 2023 Orthopaedic Symposium

### Treating the Active Patient: A Multidisciplinary Approach

#### Day 1

##### **8:00am – 8:30am**

Introduction of conference, objectives, and Day 1 Speakers

##### **8:30am - 10:00am**

David Thompson, MBA, CSCS

Title: Nutritional optimization for health and performance in athletes versus sedentary clients

##### **10:00am – 10:15am**

Break (snacks provided)

##### **10:15am – 11:45am**

Gregory S. Pyszczyński, MS Exercise Physiology

Title: Applied Performance Engineering

##### **11:45am – 1:00pm**

Lunch break

##### **1:00pm – 1:30pm**

Expert panel discussion

##### **1:30pm – 3:00pm**

Jessica Matis, DNP, APRN

Title: Optimizing health through the utilization of a multidisciplinary approach with pharmacological and non-pharmacological methods





**3:00pm – 3:15pm**

Break (snacks provided)

**3:15pm – 4:45pm**

Jeffery Johnston, Ph.D.

Title: The Mind Body Connection

**Day 2**

**8:00am – 8:30am**

Review of Day 1 with introduction of Day 2 Speakers

**8:30am – 10:00am**

Brian Kern, MD:

Title 1: Treatment of Athletic Knee Injuries: ACL, MCL, meniscal repair, patellar instability

Title 2: Innovation in Total Knee Arthroplasty, Robotics & Smart Knee

**10:00am – 10:15am**

Break (snacks provided)

**10:15am – 11:45am**

Christopher Phillips, MD

Title: Medication considerations in the athlete with arthritis or autoimmune disease

**11:45am – 1:00pm**

Lunch break



**1:00pm – 1:30pm**

Expert panel discussion

**1:30pm – 3:00pm**

Spencer Romine, MD

Title: Current Conceptions in Shoulder Arthroplasty

**3:00pm – 3:15pm**

Break (snacks provided)

**3:15pm – 4:45pm**

Cory Midkiff, PT, DPT, Cert. MDT

Title: Physical Performance Optimization for the Active Patient