

# 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. Pyszczynski, MS Exercise Physiology

Title: Applied Performance Engineering

11:45am - 1:00pm

Lunch break

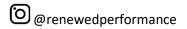
1:00pm - 1:30pm

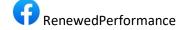
Expert panel discussion

1:30pm - 3:00pm

Jessica Matis, DNP, APRN

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







3:00	pm –	3:15	pm
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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)

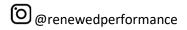
## 10:15am - 11:45am

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

