



7:00 – 7:50 AM REGISTRATION/VENDOR AREA OPEN

7:50 – 8:00 AM OPENING COMMENTS AND FOUNDATION UPDATE

SESSION I

8:00 – 8:50 AM **Blood Flow Restriction And Muscle Strengthening**

Principles, Rationale and Methods
Paul G. Silvestri, MS, LAT, ATC

Blood Flow Restriction in Rehabilitation and Sports Enhancement
Scott C. Greenberg, PT, DPT, CSCS

Panel Discussion and Questions

8:50 – 9:40 AM **The Start Of A New Decade: Where Do We Stand?**

Management of the Irreparable Rotator Cuff Tear
Bradd G. Burkhart, MD

Revisiting Graft Selection in ACL Reconstruction
Randy S. Schwartzberg, MD

Panel Discussion and Questions

9:40 – 9:55 AM BREAK/VENDOR AREA OPEN

SESSION II

9:55 – 10:45 AM **Core Muscle Injuries In Athletes**

Core Muscle Injuries: Etiology, Diagnosis and Treatment Options
Bryan L. Reuss, MD

Prevention and Rehabilitation Strategies for Core Muscle Injuries
Lenni Jo Yarchin, PT, DPT, OCS

Panel Discussion and Questions

10:45 – 11:20 AM **Ethical Principles for the Sports Medicine Provider: Don't Bet on Your Career**

Darryl P. Conway, MA, AT, ATC

11:20 – 11:40 AM **Longitudinal Comparison of Concussion and Musculoskeletal Injury Incidence in Recreationally Competitive College Sports**
Chandler A. Collins, Katherine A. Herzfeld & Christopher J. Quinn, UCF Physical Therapy Students

11:40 – 11:45 AM **Orlando Orthopaedic Center Foundation Presentation to UCF Physical Therapy Research**

11:45 – 12:15 PM LUNCH/VENDOR AREA OPEN

SESSION III

12:15 – 1:25 PM **Thoracic Outlet Syndrome In Athletes**

Pathophysiology and Clinical Presentation
Christopher S. Warrell, MD

Evaluation and Treatment of TOS in Athletes
Michael J. Muehlberger, MD

Rehabilitation Principles and Strategies for TOS in Athletes
Mark T. Vinson, MEd, LAT, ATC, CSCS

Panel Discussion and Questions

1:25 – 2:00 PM **Hypertrophic Cardiomyopathy: Unique Presentation, Administrative Concepts and Ethical Dilemma**
Darryl P. Conway, MA, AT, ATC

2:00 – 2:15 PM BREAK/VENDOR AREA OPEN

SESSION IV

2:15 – 3:05 PM **THE IMPORTANCE OF SLEEP IN SPORTS**

The Science of Sleep and Relationship to Athletic Performance
Jeffrey A. Downing, DO

Lack of Sleep and Correlations with Injury
Brent N. Fulton, MD

3:05 PM Panel Discussion and Questions

Closing Comments and Instructions

3:05 – 5:05 PM **WORKSHOPS**

Healthcare Provider's Response to the Opioid Crisis
Location: Salon 11

CPR for Healthcare Professionals
Location: Salon 12