



AOASM<sup>2</sup><sub>5</sub>

ASHEVILLE, NC • April 30 - May 3, 2025

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# 2025 Clinical Conference Program





Dear Conference Attendees,

On behalf of the American Osteopathic Academy of Sports Medicine Executive Committee, Board of Directors, Conference Planning Committee, and the city of Asheville, North Carolina, it is my sincere pleasure to welcome you to the 40th Annual Clinical Conference of the AOASM.

### Welcome to Asheville:

First, I would like to extend our deepest sympathies and heartfelt support to the people impacted by Hurricane Helene, particularly those in Asheville. The resilience of Asheville and their community is truly inspiring, and we are confident that the strength and unity of Asheville will shine through during the rebuilding process. In these challenging times, we stand in solidarity with the region and join the "Be Part of the Comeback" campaign, celebrating Asheville's resilience and encouraging visitors to plan visits to the region! In addition to our conference, we will be partnering with a local community center to raise funds and support a sports equipment drive!

Asheville is located in the Blue Ridge Mountains at the confluence of the Swannanoa River and the French Broad Rivers, within the original boundaries of the Cherokee Nation. It's the heartbeat of the Blue Ridge Mountains, with more than a million acres of protected wilderness. There are plenty of places to hike to mountaintops or secluded waterfalls, bike along backcountry trails, fish in mountain streams and paddle along the rivers. Or if you prefer to drive on the Blue Ridge Parkway, you may find native wildflowers or visit Mount Mitchell, the highest point east of the Mississippi River.

Their artistic heritage also runs deep, rooted in the pioneering spirit of institutions like Black Mountain College—an experimental institution that became a crucible for avant-garde thought and artistic expression in the early 20th century. Along with today's art scene bursting with fine artists, mountain crafters, folk artists, numerous art galleries and performing arts venues, and an array of art events and artsy neighborhoods. And, of course, Asheville's most celebrated landmark, the Biltmore Estate, which is George Vanderbilt's 250-room castle, America's largest home and the nation's most-visited winery.

### Annual Conference:

AOASM welcomes you to "Expanding Horizons in Sports Medicine" at this year's Annual Conference. The inspiration for the educational conference and theme is the Blue Ridge mountains and the expanding reach of the collaborative team vision for our members. This year's conference has been designed

to reflect a broad reaching exciting and engaging curriculum for learners. The design includes half day sessions with the following themes:

- Pediatrics and Masters Athletes
- Wilderness and Outdoor Medicine
- Performance Medicine
- Focus on Clinical Research
- Nontraditional and Mass Event coverage
- Professional development hands on sessions in OMT, On Field Emergencies, and regenerative medicine

### Preconference Education:

AOASM CAQ Board Review 1-day course is returning for the 4th year with an excellent group of faculty and will be a great opportunity for members to finesse their knowledge on initial and re-certification Board material! Also, we will reintegrate musculoskeletal ultrasound course led by a team of talented and well-regarded sports medicine physicians, to develop beginner and intermediate-advanced ultrasound skill sets. Come join the pre-conference courses!

### Support for our students/residents/fellows:

With multiple colleges of osteopathic medicine and residency programs within driving distance of Asheville, we have a special opportunity to attract our osteopathic medical students/residents/fellows for this conference, so we built in workshops on splinting and casting, joint injections, sports-focused OMT lectures, and a speed mentoring activity. We will also continue the valuable case presentations and research, fellowship fair, and exclusive student/resident/fellow lunch programming.

Without the support and effort of our Executive Committee, Board of Directors, Planning Committee, speakers and moderators, sponsors and exhibitors, members of the Rees Group, and all of you who attended, this 40th Annual Clinical Conference could not have happened, and I humbly thank you all. I am honored to offer Asheville and our program for your education, networking, and fun. Both the conference and the city have much to offer, and we hope to offer a unique and interactive experience to "Expand Your Horizons" at this AOASM Clinical Conference!

Sincerely,

Mark Rogers, DO, CAQSM, FFAFP, FAOASM  
Program Chair, 2025 AOASM Clinical Conference



## 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. Others who may also benefit attending include athletic trainers, athletes, and physical therapists.

## AOASM 2025 Planning Committee

**Rance McClain, DO, FAOASM (AOASM President)**

**Mark Rogers, DO, FAOASM (AOASM Program Chair)**

R. Robert Franks, DO, FAOASM  
Barry Dockery, DO  
Bhavesh Joshi, DO, FAOASM  
Stephanie Aldret, DO, FAOASM  
Joshua Priddle, DO, FAOASM  
Priscilla Tu, FAOASM  
Noshir Y. Amaria, DO, ATC  
Stacey Dault, DO  
Brett DeGooyer, DO, FAOASM  
Gillian Wooldridge, DO, FAOASM  
Cara Conrad, DO  
Mary Mitchell, DO  
Christina Wong, DO  
Matthew Chung, FAOASM  
Olabode Agaja, DO  
Anne Marie Zeller, DO, FAOASM  
John Luksch, DO, FAOASM  
Christopher Rial, DO, FAOASM

Stephen Despins, DO  
Michele Gilsenan, DO, FAOASM  
Jennifer Trpkovski, DO, FAOASM  
Kate Quinn, DO, FAOASM  
Rance McClain, DO, FAOASM  
Al Kozar, DO, FAOASM  
Jason Smith, DO, FAOASM

## 40th Annual Conference Objectives

At the conclusion of the conference, the participant will be able to:

1. Understand the role and integration of musculoskeletal ultrasound in the diagnosis and treatment of athletic and common musculoskeletal injuries.
2. Evaluate overuse and traumatic injuries in pediatric sports medicine and formulate treatment protocols to facilitate safe return to sport.
3. Develop and understand current concepts in the diagnosis and treatment of injuries related to outdoor and wilderness sports activities.
4. Reinforce and understand an appreciation for the importance of osteopathic manipulative treatment, including fascial distortion model treatment and other modalities in the field of sports medicine.
5. Understand and be able to integrate strategies to improve sports performance in the athletic population.
6. Recognize the role research and scholarly activity play in advancing the science of osteopathic sports medicine.
7. Examine the role of regenerative medicine and their applicable techniques in the treatment and care of the athlete.
8. Develop and understand current concepts in the planning and covering mass events of various settings and types of sports and formulating an emergency action plan in the athletic population/events.

## Clinical Conference CME and CE Requirements:

AOASM is accredited by the American Osteopathic Association to provide osteopathic continuing medical education for physicians. The AOASM designates the 2025 AOASM Clinical Conference for a maximum of **20.5** AOA Category 1A credits and will report CME and specialty credits commensurate with the extent of the physician's participation in this activity. A survey will be emailed at the end of the conference for paid registrants to attest the CME sessions attended.

**BOC CE Credits:** To receive BOC CE credits, one must complete the continuing education survey. A link to this survey will be sent to you after the conference. All athletic trainers must self-report their own continuing education activity following the conference. The AOASM designates the 2025 AOASM Clinical Conference for a maximum of **20.5** BOC CE credits.



## Registration

The Clinical Conference registration counter will be located in the **Embassy Suites Lobby** beginning on **Tuesday, April 29 from 4:00 p.m. - 6:00 p.m.** and will be open during the following hours during the week of the conference:

**Wednesday, April 30 | 7:00 a.m. - 5:30 p.m.**  
**Thursday, May 1 | 7:00 a.m. - 3:00 p.m.**  
**Friday, May 2 | 7:00 a.m. - 3:30 p.m.**  
**Saturday, May 3 | 7:15 a.m. - 11:45 a.m.**

Registration includes:

- Admission to all conference educational sessions
- Daily light continental breakfast
- Refreshment breaks
- Welcome Reception (cash bar)
- Conference materials
- Access to the Exhibit Area
- Up to 1.5 hours of Category 2B CME credits
- Up to 20.5 hours of Category 1A CME credits
- Up to 20.5 hours of BOC credits



## Badges

Your badge will admit you to all the educational sessions, refreshment breaks, and the exhibit area during the Clinical Conference. Please wear your badge at all times. Thank you!

## Embassy Suites Fitness Center

Enhance your stay and keep up with your fitness routine with a morning workout or end-of-day decompression session. The hotel fitness center is available to hotel guests 24/7 with hotel key card access.

## Run/Walk (On Your Own)

Check out a local guide for running/ walking in Asheville, [located here](#).

Asheville offers other urban trails, mural trails, day trip hiking trails, and much more. [Click here for more details](#).

## On-Site Meeting Room (Available Upon Request)

The AOASM has set aside a meeting room on a first-come, first-served basis for committees to set up on-site meetings. This space is also available to attendees for their own personal (nursing/meditation/ etc.) or professional use as needed.

Contact the AOASM Registration Desk for meeting room availability between **Wednesday, April 30, and Saturday, May 3.**

## Welcome Reception

On **Wednesday, April 30**, from **5:00 p.m. - 7:00 p.m.**, join your colleagues, visit the exhibitors, network, and enjoy hors d'oeuvres and a cash bar. Also attend the AOASM poster session while authors are present at their poster. The reception, posters, and the exhibit hall are located in the **Blue Ridge Pre-Function**.

## AOASM Speed Mentoring Mixer

Calling all students, residents, and fellows! Have you ever wondered about the possibilities of your sports medicine career? Join us **Wednesday, April 30**, in **French Broad Conference Center 3** immediately after the Welcome Reception (**7:00 p.m. to 9:00 p.m.**). Meet doctors who work in a variety of settings and teams. We will feature doctors from residency/fellowship programs, major hospitals, and under-served clinics, as well as colleges, universities, and those who serve on the Olympic Committee's Sports Medicine Division. **No registration needed - see you there!**

Thank you to this year's mentors:

- Jason Smith, DO, FAOASM
- Anne Marie Zeller, DO, FAOASM
- Aaron Wolkoff, DO
- Warren Bodine, DO, FAOASM
- Christopher Huckle, DO, FAOASM
- Noshir Y. Amaria, DO, ATC
- Bhavesh Joshi, DO, FAOASM
- Gillian Wooldridge, DO, FAOASM
- Mary Solomon, DO, FAOASM

## The Russell M. Wright Memorial Keynote

This year's featured memorial lecturer is:

**Christopher J. Mehallo, DO**

**Tendon Injury and Cutting-Edge Treatments**



This year's lecture will take place on **Thursday, May 1** from **10:00 a.m. - 11:00 a.m.** in **Blue Ridge Ballroom 3**.

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. Dr. Wright was a founding member of AOASM, and left a legacy of courage, commitment, inquisitiveness, caring, honor, and mentorship.

## Exhibit Hall

The AOASM 2025 Exhibit Hall is located in the **Blue Ridge Pre-Function**. Refreshment breaks are scheduled in the Exhibit Area throughout the conference during open hours. **We would like to thank the companies that are exhibiting with us this year.** Financial support received from the exhibitors assists the AOASM to offer a quality conference to our attendees. There is not a better time to see and compare suppliers for your clinic or facility than during the Clinical Conference this year. Plan to spend time looking over the products you are considering and the products you currently use.

The exhibits will be open on Wednesday, Thursday, and Friday during the following hours:

- Wednesday, April 30 | 5:00 p.m. - 7:00 p.m. (*Welcome Reception*)
- Thursday, May 1 | 9:00 a.m. - 2:00 p.m.
- Friday, May 2 | 7:30 a.m. - 10:30 a.m.

## Poster Area Hours

**Location: Blue Ridge Ballroom 1**

## Poster Session (CME available)

Wednesday, May 1 | 5:00 p.m. - 7:00 p.m.  
*Authors Present*

Posters will remain on display the following day **only**, through the morning refreshment break:  
Thursday, May 1 | 8:00 a.m. - 9:30 a.m.

## AOASM 2026 Planning Committee Meeting

Interested in volunteering or speaking at the 2026 AOASM Clinical Conference? Join Dr. Brett DeGooyer, AOASM 2026 Program Chair, and other fellow attendees on **Thursday, May 1**, from **1:30 p.m. - 2:00 p.m.** to discuss and brainstorm for the 2026 Clinical Conference. Join us in the **French Broad Conference Center 3**.



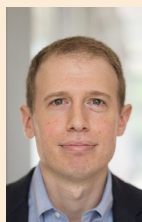


### The Allen Jacobs Memorial Lecture

This year's featured memorial lecturer is:

**Steve Rowson, PhD**

**Concussion Biomechanics: Characterizing Tolerance and Reducing Risk Through Helmet Design**



This year's lecture will take place on **Friday, May 2**, from **11:00 a.m. - 12:00 p.m.** in the **Blue Ridge Ballroom 3**.

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

### Group Outing: Excursion to the Biltmore Estate

**Join fellow AOASM attendees on a group outing to the Biltmore Estate on Thursday, May 1, 2025.** Nestled in the heart of Asheville, North Carolina, the Biltmore Estate stands as a testament to George Vanderbilt's vision of elegance and refinement. Built in 1895 as a retreat from the demands of city life, America's largest private home boasts 34 bedrooms, 43 bathrooms, and 65 fireplaces, spread across four acres of exquisite floor space. Each room reflects Vanderbilt's passion for art, culture, and literature, featuring masterpieces by Renoir, Whistler, and Sargent, alongside 16th-century tapestries and a library housing over 24,000 volumes in seven languages.

This year's group outing offers coach bus transportation to and from the Embassy Suites Asheville Hotel between 3:30 p.m. - 9:45 p.m. (*Advanced registration was required.*)

### AOASM OMS I-IV & Resident Breakouts

Don't miss attending this specific breakout scheduled on **Friday, May 2** from **9:20 a.m. - 11:00 a.m.** located in the **Foothills ABC** (DoubleTree Hotel).

*Note: This breakout will run concurrently with the general session, however, anyone is welcome to attend. It's recommended that*

*OMS I-III attend Casting and Splinting from 9:20 - 10:05 and Joint Injections from 10:15 - 11:00. It's recommended that OMS IV and Residents attend the Joint Injections from 9:20 - 10:05 and Casting and Splinting from 10:15 - 11:00.*

Special thanks to our in-kind sponsors for this breakout session:

- Essity BSN Medical
- Johnson & Johnson MedTech

### Student/Resident/Fellow Luncheon

Back by popular demand, a student/resident/fellow luncheon hosted by the AOASM will be held on **Friday, May 2**, from **12:15 p.m. - 1:30 p.m.**

The luncheon will take place in the **Blue Ridge Ballroom 1**.

*Pre-registration to attend this luncheon is required.*

### AOASM Fellowship Fair

This year the AOASM will be hosting another Fellowship Fair located in the **Blue Ridge Pre-Function** on **Friday, May 2** from **3:00 p.m. - 3:30 p.m.**, as a continuation following the Student/Resident/Fellow Luncheon event.

This event will be a great opportunity for prospective students and residents to interact with fellowship programs at the conference during a lunch period and at the afternoon refreshment break. Program tabletop displays will be located in the foyer space during the refreshment break. By combining these events into one day, both directors and potential applicants will have a chance to interact and foster interest for everyone involved.

*Pre-registration to attend the luncheon is required; however, anyone is welcome to attend the Fellowship Fair from 3:00 p.m. - 3:30 p.m. (There is no cost for programs to exhibit.)*

### Special Thanks

The AOASM would like to thank the following organizations that provided OMT tables for use at the 2025 Clinical Conference:

- VCOM-VA
- VCOM-Carolinas
- Liberty COM
- LMU

Our sincere thanks also goes to the following people for their generous contributions to the AOASM in 2024-2025. (*Donor list as of 4/22/25*)

- Steven Barrientos, DO
- John C. Biery, Jr., DO, FAOASM
- Warren Bodine, DO, FAOASM
- Angela C. Cavanna, DO, FAOASM
- Gregory Cibor, DO, FAOASM
- R. Robert Franks, Jr., DO, FAOASM
- Aron Gornowicz, DO, FAOASM
- Rachel Holeman, DO
- John Luksch, DO, FAOASM
- Thomas Nesmith
- Rolf Pesch
- Audra Ramsey, DO
- Mark Rogers, DO, FAOASM
- Sydney Shindler
- Brett Sprouse, DO, FAOASM
- Alayne Sundstrom, DO
- Sarah Marie McGinley Turner, DO
- Gillian Wooldridge, DO, FAOASM
- Anne Marie Zeller, DO, FAOASM

If you are interested in making a donation, please stop by the AOASM On-Site Registration Desk located in the **Embassy Suites Lobby**. Thank you.



### Award of Fellow Reception

Please make every effort to attend the AOASM Award of Fellow Reception, located in the **Blue Ridge Ballroom 1** on **Friday, May 2** from **6:00 p.m. - 8:00 p.m.** Celebrate with the AOASM as we induct our new 2025 Fellows into the oldest primary care sports medicine academy in the country, with an awards ceremony and cocktail reception to include appetizers & a cash bar.

*(Tickets are available for advance purchase or on-site purchase. Attendee guests are also invited to this great event at a separate fee.)*

### AOASM 2025 FAOASM Inductees

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

#### 2025:

John C. Biery, Jr., DO, FAOASM  
Matthew Chung, DO, FAOASM  
Christopher Huckle, DO, FAOASM  
Dwan Perry, DO, FAOASM  
Joshua Priddle, DO, FAOASM  
Brett Sprouse, DO, FAOASM

### AOASM Social Media

Don't forget to log on to AOASM social media networks this week to catch up with attendees, post conference photos, and comment about the conference!



#AOASM2025  
AOASM Facebook  
AOASM X

### Hotel WiFi

Basic complimentary WiFi is offered in public areas, guest rooms, and hotel meeting spaces for AOASM attendees.

### Embassy Suites WiFi

Network: Hilton Honors Embassy

- If connecting in your guest room:  
Enter your Last Name and Room Number
- If connecting in meeting space:  
Select "I have a promotional code"  
and enter password "AVLES2023"

### DoubleTree WiFi

Network: Hilton Honors DoubleTree

- If connecting in your guest room:  
Enter your Last Name and Room Number
- If connecting in meeting space:  
Select "I have a promotional code"  
and enter password "AOASM"

### Enjoy Asheville This Week!

With a mix of spectacular natural beauty and artful innovation, Asheville, North Carolina is a prime place to nurture connections and inspire growth. Surrounded by the ancient Blue Ridge Mountains, Asheville is a hub of homegrown brands, creative food culture, rejuvenating outdoor experiences, and a deeply rooted art scene, all reflecting the city's ever-evolving spirit.

While only 2% of the region continues to heal from Hurricane Helene, the rest of Asheville is rising more vibrant and determined as ever, earning recognition as a top destination this year by Forbes

Travel Guide and The New York Times. The Biltmore is open, along with their Outdoor Center, and Antler Hill areas for tourist enjoyment. All the downtown restaurants and shops are open with the only exception of the River Arts District. Come early, stay extra to enjoy the downtown Asheville area which is the heart of it all, featuring 22 breweries to explore. A [field guide](#) is available to learn more and explore some of the best brewers in Asheville and North of Asheville. For more details and available attractions, check out the Asheville travel site [here](#).

Asheville's revival is a model of resilience, with [2025 marking a chapter of new openings, collaborative art, and numerous opportunities for personal growth](#). From immersive workshops with master artisans to transformative healing experiences in the heart of nature, Asheville invites travelers to reconnect.

The City of Asheville welcomes the AOASM attendees! Whether rediscovering its charm or experiencing it for the first time, 2025 offers a chance to engage with the essence of Asheville, a place where creativity, mindfulness, and collaboration define its past, present and future.

Plan your trip with heart at [ExploreAsheville.com](#).







## Detailed Schedule-at-a-Glance (Times in EDT)

### Tuesday, April 29

#### Pre-Conference Workshops

7:00 a.m. - 8:30 a.m.

Embassy Suites Lobby

#### **AOASM Pre-Conference Workshop Registration Open**

8:00 a.m. - 12:00 p.m. &

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

Foothills ABC (DoubleTree Hotel)

#### **INTERMEDIATE/ADVANCED Diagnostic Musculoskeletal Ultrasound Course "Learning to Use My Ultrasound Better"**

Workshop Lead by:

Albert Kozar, DO, FAOASM, R-MSK

(Available at an additional fee. For  
workshop details, [click here.](#))

7:30 a.m. - 12:00 noon &

1:00 p.m. - 5:30 p.m.

French Broad Conference Center 3

#### **AOASM Sports Medicine CAQ Board Review Course**

Course Co-Directors:

Jason Smith, DO, FAOASM (Co-Organizer)

Mark Rogers, DO, FAOASM (Co-Organizer)

(Available at an additional fee. For  
workshop details, [click here.](#))

4:00 p.m. - 6:00 p.m.

Embassy Suites Lobby

#### **AOASM Registration Open**

6:00 p.m. - 9:30 p.m.

French Broad 1-2

#### **AOASM Board Meeting**

### Wednesday, April 30 (AM)

Moderator: Josh Priddle, DO, FAOASM

7:00 a.m. - 5:30 p.m.

Embassy Suites Lobby

#### **AOASM Registration Open**

8:00 a.m. - 8:15 a.m.

Blue Ridge Ballroom 3

#### **Welcome/Introduction**

President: Rance McClain, DO, FAOASM

Program Chair: Mark Rogers, DO, FAOASM

8:15 a.m. - 8:45 a.m.

Blue Ridge Ballroom 3

#### **Mind the Growth Plate: Common Pediatric Injuries in Young Athletes**

Olabode Agaja, DO

8:45 a.m. - 9:15 a.m.

Blue Ridge Ballroom 3

#### **Overtraining in Pediatrics**

Brett DeGooyer, DO, FAOASM

9:15 a.m. - 9:45 a.m.

Blue Ridge Ballroom 3

#### **Management Considerations for Persistent Symptoms in Concussion**

Dwan Perry, DO

9:45 a.m. - 10:00 a.m.

Blue Ridge Pre-Function Foyer

#### **Refreshment Break**

10:00 a.m. - 10:30 a.m.

Blue Ridge Ballroom 3

#### **Preoperative Bone Health Optimization**

Gillian Wooldridge, DO, FAOASM

10:30 a.m. - 11:00 a.m.

Blue Ridge Ballroom 3

#### **French Osteopathic Approach of Young Rugby Players Treatment (AFABO International Exchange Lecture)**

Bernard Jurth, DO, PT, MA Ed

Franck Girard, DO, PT, MA Ed

Ludo Gironce, DO, PT, MA Ed

11:00 a.m. - 11:30 a.m.

Blue Ridge Ballroom 3

#### **AOASM Business Meeting**

Rance McClain, DO, FAOASM

AOASM President

11:30 a.m. - 12:15 p.m.

French Broad Conference Center 1-2

#### **Fellowship Program Meeting**

French Broad Conference Center 3

#### **Membership Committee Meeting**

Blue Ridge Ballroom 3

#### **Student/Resident/Fellow Meeting**

11:30 a.m. - 1:30 p.m.

#### **Lunch (On Your Own)**

### Wednesday, April 30 (PM)

Moderator: Bhavesh Joshi, DO, FAOASM

1:30 p.m. - 2:00 p.m.

Blue Ridge Ballroom 3

#### **Evaluating the Athlete with Exertional Leg Pain**

Fred Brennan, DO

2:00 p.m. - 2:30 p.m.

Blue Ridge Ballroom 3

#### **Fishing Medicine**

Jason Smith, DO, FAOASM

2:30 p.m. - 3:00 p.m.

Blue Ridge Ballroom 3

#### **Ski Resort Medicine: Common Ski and Snowboard Injuries**

Tin Vuong, DO

3:00 p.m. - 3:30 p.m.

Blue Ridge Pre-Function Foyer

#### **Refreshment Break**

3:00 p.m. - 3:30 p.m.

French Broad Conference Center 3

#### **OMED 2025 Planning Meeting**

Warren Bodine, DO, FAOASM

3:30 p.m. - 4:00 p.m.

Blue Ridge Ballroom 3

#### **Altitude Medicine**

Woody Woodson, DO

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

Blue Ridge Ballroom 3

#### **Achilles Tendinosis in the Ultra Runner**

Kyle Judkins, DO

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

Blue Ridge Ballroom 3

#### **Innovations in Exertional Heatstroke Management: Body Bag Cooling (NATA Exchange Lecture)**

Kevin C. Miller, PhD, LAT, ATC

5:00 p.m. - 7:00 p.m.

Blue Ridge Pre-Function

#### **Welcome Reception**



## Detailed Schedule-at-a-Glance (Times in EDT)

5:30 p.m. - 7:00 p.m.

Blue Ridge Ballroom 1

### Poster Session

Moderator: John Luksch, DO, FAOASM

(Authors will be present)

### Poster Presenters:

1. Fumi Adesanya
2. Hannah Ankrom
3. Urvaksh Avanthasa
4. Colleen Bannigan
5. Meaghan Barros
6. Meaghan Barros
7. Annemarie Beran
8. Jeffrey Berg
9. Chase Bowman
10. Dylan Carlson
11. Jack Carter
12. Amaad Choudry
13. Molly Cich
14. Sydney Clark
15. Michele Collingsworth
16. Cara Conrad
17. Allen Dennis
18. Karishma Dhanani
19. Max Farenwald
20. Madison Farmer
21. Kayla Fraser
22. Andres Gronda
23. Melody Hahn
24. Nicholas Hora
25. Nikolas Jen
26. Sophiah Kawachi
27. Kevin Killian
28. Devin Matteoni
29. Scott McIntosh
30. Marissa Meyer
31. Vincent Morra
32. Steven Munassi
33. Steven Munassi
34. Mason Nelson
35. Maria Nolan
36. Logan O'Donnell
37. Archan Patel
38. Darshit Patel
39. Marian Pedreira
40. Grace Pick
41. Atiya Qillawala
42. Benjamin Reiswig
43. Samuel Segal
44. Esra Siddeek
45. MacKenzie Spindler
46. Julia Stelter
47. Sumner Tillman

48. Christopher Tosino

49. Elizabeth Walker

50. Jackson Waters

51. Jeffrey Wisinski

52. Delaney Yorks

**Please note: Any poster numbers not shown have been withdrawn.**

[To view poster presenter titles, click here.](#)

*A special thank you to our case & research poster judges this year.*

7:00 p.m. - 8:30 p.m.

French Broad Conference Center 3

### Speed Mentoring

Gillian Wooldridge, DO, FAOASM

Jason Smith, DO, FAOASM

### Thursday, May 1 (AM)

Moderator: Stacy Dault, DO

7:00 a.m. - 3:00 p.m.

Embassy Suites Lobby

### AOASM Registration Open

7:25 a.m. - 7:30 a.m.

Blue Ridge Ballroom 3

### Welcome/Housekeeping

Mark Rogers, DO, FAOASM

7:30 a.m. - 8:00 a.m.

Blue Ridge Ballroom 3

### The Track and Field Thrower

Jeffrey Wisinski, DO

8:00 a.m. - 8:30 a.m.

Blue Ridge Ballroom 3

### Sports Dermatology

R. Robert Franks, DO, FAOASM

8:30 a.m. - 9:00 a.m.

Blue Ridge Ballroom 3

### Running on Empty? Screening and Managing LEA in Sport (AMSSM Exchange Lecture)

Jessica Knapp, DO

9:00 a.m. - 9:30 a.m.

Blue Ridge Pre-Function

### Refreshment Break & Exhibitor Time

9:30 a.m. - 10:00 a.m.

Blue Ridge Ballroom 3

### Sports Medicine Research

Gunnar Brolinson, DO, FAOASM



10:00 a.m. - 11:00 a.m.

Blue Ridge Ballroom 3

### Rusty Wright

### Memorial Lecture:

### Tendon Injury and

### Cutting-Edge Treatments

[Christopher J. Mehallo, DO](#)

11:00 a.m. - 12:00 p.m.

### Lunch (on your own)

### Thursday, May 1 (PM)

12:00 p.m. - 1:15 p.m.

Foothills ABC (DoubleTree Hotel)

### BREAKOUT: Fascial Distortion Model (FDM) Approach to Lower Extremity Injury

Angela Lim, DO

Matt Chung, DO, FAOASM

Nicole Fremarek, DO

Mary Mitchell, DO

Priscilla Tu, DO, FAOASM

12:00 p.m. - 1:15 p.m.

French Broad Conference Center 1-2

### BREAKOUT: Osteopathic Approach to the Pediatric Athlete

Kate Quinn, DO, FAOASM

12:00 p.m. - 1:15 p.m.

Blue Ridge Ballroom 3

### BREAKOUT: Emergency Action Plan Development and Heat Illness Procedure Lab

Noshir Y. Amaria, DO, ATC

Kevin Miller, PhD, ATC

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

Blue Ridge Pre-Function

### Refreshment Break & Exhibitor Time

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

French Broad Conference Center 3

### AOASM 2026 Planning Meeting

Brett DeGooyer, DO, FAOASM





## Detailed Schedule-at-a-Glance (Times in EDT)

1:45 p.m. - 3:00 p.m.

Foothills ABC (DoubleTree Hotel)

### **BREAKOUT: Fascial Distortion Model (FDM) Approach to Lower Extremity Injury**

Angela Lim, DO

Matt Chung, DO, FAOASM

Nicole Fremarek, DO

Mary Mitchell, DO

Priscilla Tu, DO, FAOASM

1:45 p.m. - 3:00 p.m.

French Broad Conference Center 1-2

### **BREAKOUT: Osteopathic Approach to the Pediatric Athlete**

Kate Quinn, DO, FAOASM

1:45 p.m. - 3:00 p.m.

Blue Ridge Ballroom 3

### **BREAKOUT: Emergency Action Plan Development and Heat Illness Procedure Lab**

Noshir Y. Amaria, DO, ATC

Kevin Miller, PhD, ATC

3:30 p.m. - 9:45 p.m.

### **Group Outing: Excursion to the Biltmore Estate and Winery**

*Asheville's most celebrated landmark, is George Vanderbilt's 250-room castle, America's largest home and the nation's most-visited winery. (Available at an additional fee.)*

**Participants:** Meet at the Registration Counter in the Embassy Suites Lobby to line up for loading buses.

3:30 p.m. - Load onto buses

3:45 p.m. - Leave for Antler Hill

4:15 p.m. - Arrive at Antler Hill

6:00 p.m. - Winery and shops close

6:15 p.m. - Depart Antler Hill

6:30 p.m. - Private house tour

8:00 p.m. - Last dinner seating

9:45 p.m. - Last bus leaves for hotel

## **Friday, May 2 (AM)**

Moderator: John Luksch, DO, FAOASM

7:00 a.m. - 3:30 p.m.

Embassy Suites Lobby

### **AOASM Registration Open**

7:30 a.m. - 8:00 a.m.

French Broad Conference Center 3

### **DEI Committee Meeting**

Christina Wong, DO

7:55 a.m. - 8:00 a.m.

Blue Ridge Ballroom 3

### **Welcome/Housekeeping**

Mark Rogers, DO, FAOASM

8:00 a.m. - 9:15 a.m.

Blue Ridge Ballroom 3

### **Case and Research Podium Presentations**

Moderator: John Luksch, DO, FAOASM

### **Case Podium Presenters**

1. Judy Joseph, MD  
"Don't Settle with Concussions, Always Check the Neck"
2. Christine Lomiguen, MD  
"Rural Healthcare Disparity Success in Special Olympics Unified Sports Pre-Participation Physical Examination: A Case of Ectopic Atrial Tachycardia"
3. Anthony Noll, DO, MHA  
"Ball Too Hard? A Case Of Sudden-Onset Lower Extremity Weakness In A 28-Year-Old Male"

### **Research Podium Presenters**

4. Jordan Clark, DO  
"An Investigation of Pickleball-related Injuries"
5. Steven Gawrys, DO  
"US Youth Ages 4-13 Trends of Concussions Across 9 Sports From 2014-2023"

9:15 a.m. - 9:45 a.m.

Blue Ridge Ballroom 3

### **Sleeping Their Way to the Top: Sleep Medicine Essentials for Sports Medicine Professionals (ACSM Exchange Lecture)**

Del Bolin, MD, PhD

9:20 a.m. - 11:00 a.m.

Foothills ABC (DoubleTree Hotel)

### **Student/Resident Workshops**

### **Casting and Splinting (9:20 - 10:05)**

### **Joint Injections (10:15 - 11:00)**

9:45 a.m. - 10:15 a.m.

Blue Ridge Pre-Function

### **Refreshment Break & Exhibitor Time**

10:15 a.m. - 11:00 a.m.

Blue Ridge Ballroom 3

### **Point/Counterpoint Topics in Sports Medicine**

Moderator: John Luksch, DO, FAOASM

Panel:

Olabode Agaja, DO

Brooke Lemmen, DO

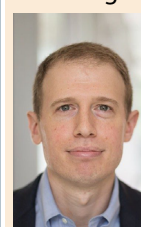
David Leslie, DO

John Neidecker, DO, FAOASM, ATC

Anne Rex, DO, FAOASM

11:00 a.m. - 12:00 p.m.

Blue Ridge Ballroom 3



**Allen Jacobs  
Memorial Lecture:  
Concussion  
Biomechanics:  
Characterizing Tolerance  
and Reducing Risk  
Through Helmet Design  
Steve Rowson, PhD**

12:00 p.m. - 12:15 p.m.

Blue Ridge Ballroom 3

### **Awards Presentations:**

### **Case & Research Podium**

### **Case & Research Poster**

### **Sports Medicine Club Chapter of the Year**

### **Altruistic Chapter of the Year**

John Luksch, DO, FAOASM

Chase Bowman

Brett Sprouse, DO

12:15 p.m. - 1:30 p.m.

Blue Ridge Ballroom 1

### **Student/Resident/Fellow Luncheon**

Cara Conrad, DO

Chase Bowman

12:15 p.m. - 1:30 p.m.

### **Lunch (on your own)**



## Detailed Schedule-at-a-Glance (Times in EDT)

### Friday, May 2 (PM)

1:30 p.m. - 3:00 p.m.

Foothills ABC (DoubleTree Hotel)

#### **BREAKOUT: Fascial Distortion Model (FDM) Approach to Upper Extremity Injury**

Angela Lim, DO

Matt Chung, DO, FAOASM

Nicole Fremarek, DO

Mary Mitchell, DO

Priscilla Tu, DO, FAOASM

1:30 p.m. - 3:00 p.m.

French Broad Conference Center 2

#### **BREAKOUT: Osteopathic Manipulative Treatment for Swimmers**

Chris Whalen, DO

Allison Bardowell, DO

Stephen Despina, DO

James Wilson, DO,

Jacob Brower, DO

1:30 p.m. - 3:00 p.m.

Blue Ridge Ballroom 3

#### **BREAKOUT: Regenerative Medicine: Tendinopathy Classification and Management**

Dominic King, DO

3:00 p.m. - 3:30 p.m.

Blue Ridge Pre-Function

#### **Fellowship Fair & Refreshment Break**

3:00 p.m. - 3:30 p.m.

French Broad Conference Center 3

#### **Sports Osteopathy Committee Meeting**

Michelle Gilsenan, DO, FAOASM

3:30 p.m. - 5:00 p.m.

Foothills ABC (DoubleTree Hotel)

#### **BREAKOUT: Fascial Distortion Model (FDM) Approach to Upper Extremity Injury**

Angela Lim, DO

Matt Chung, DO, FAOASM

Nicole Fremarek, DO

Mary Mitchell, DO

Priscilla Tu, DO, FAOASM

3:30 p.m. - 5:00 p.m.

French Broad Conference Center 2

#### **BREAKOUT: Osteopathic Manipulative Treatment for Swimmers**

Chris Whalen, DO

Allison Bardowell, DO

Stephen Despina, DO

James Wilson, DO,

Jacob Brower, DO

3:30 p.m. - 5:00 p.m.

Blue Ridge Ballroom 3

#### **BREAKOUT: Regenerative Medicine: Tendinopathy Classification and Management**

Dominic King, DO

6:00 p.m. - 7:30 p.m.

Blue Ridge Ballroom 1

#### **Award of Fellow Reception Mentor of the Year Announcement**

### Saturday, May 3 (AM)

Moderator: John Biery, Jr., DO, FAOASM

7:15 a.m. - 11:45 a.m.

Embassy Suites Lobby

#### **AOASM Registration Open**

7:55 a.m. - 8:00 a.m.

Blue Ridge Ballroom 3

#### **Welcome/Housekeeping**

Mark Rogers, DO, FAOASM

8:00 a.m. - 8:30 a.m.

Blue Ridge Ballroom 3

#### **eSports Medicine**

Dominic King, DO

8:30 a.m. - 9:00 a.m.

Blue Ridge Ballroom 3

#### **Rapid Fire Position Updates**

Stephanie Aldret, DO, FAOASM

9:00 a.m. - 9:30 a.m.

Blue Ridge Ballroom 3

#### **AOA Update**

Robert Dolansky, DO

9:30 a.m. - 9:45 a.m.

Blue Ridge Pre-Function

#### **Refreshment Break**

9:45 a.m. - 10:15 a.m.

Blue Ridge Ballroom 3

#### **Hoopfest Lessons: Tips and Tricks from the World's Largest 3on3 Basketball Tournament**

Nicholas Strasser, DO

10:15 a.m. - 10:45 a.m.

Blue Ridge Ballroom 3

#### **Warriors Without Armor: Expectations of Rugby Coverage**

Payton Fennell, DO

10:45 a.m. - 11:15 a.m.

Blue Ridge Ballroom 3

#### **Diversity and Disparities in Brain Health: Neurological Inequities in Sports**

Ima Ebong, MD

11:15 a.m. - 11:45 a.m.

Blue Ridge Ballroom 3

#### **K Tape: "Ouch! My Knee Hurts, and the Marathon is in Two Weeks!"**

John Biery, Jr., DO, FAOASM

Nina Gartenhaus

11:45 a.m.

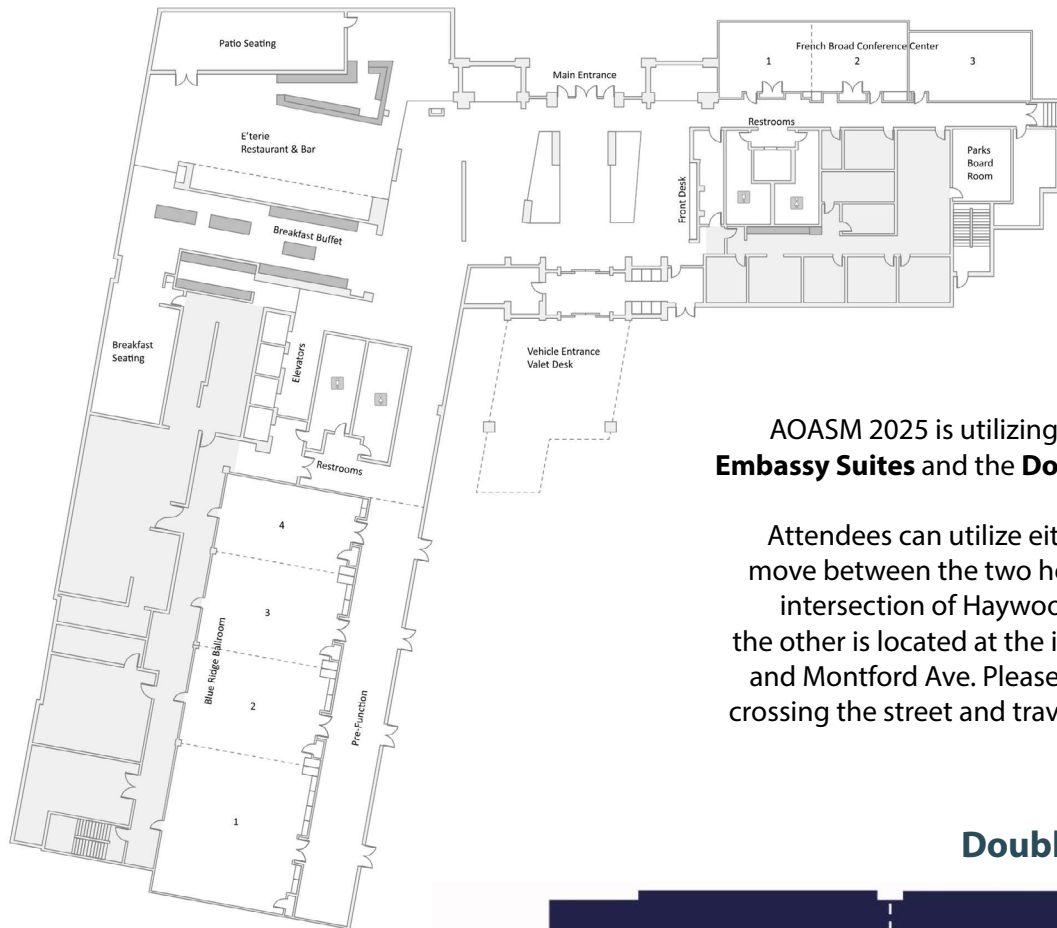
#### **Conference Adjourns**





# AOASM 2025 Clinical Conference Maps

## Embassy Suites by Hilton Asheville Downtown



AOASM 2025 is utilizing meeting spaces in both **Embassy Suites** and the **DoubleTree Downtown Hotel**.

Attendees can utilize either of two crosswalks to move between the two hotels: one is located at the intersection of Haywood St. and Carter St. and the other is located at the intersection of Haywood St. and Montford Ave. Please always use caution when crossing the street and travel in groups when possible.

## DoubleTree Downtown Hotel





## AOASM 2025 Sponsors & Exhibitors

### Sponsors

Thank you to **HYDROCISION** (Gold Sponsor) and **RADIUS HEALTH** (Silver Sponsor) for their sponsorship of the AOASM 2025 clinical conference.



RADIUS®

Thank you to **FUJIFILM SONOSITE** for their in-kind sponsorship of the AOASM 2025 pre-conference workshops and clinical conference.



### Exhibitors

The Exhibit Area is located in the **Blue Ridge Pre-Function**.

The Welcome Reception is located in the Exhibit Hall during non-compete hours for attendees and vendors to network from **5:00 p.m. - 7:00 p.m. on Wednesday, April 30**. In addition, the refreshment breaks will be located in the exhibit area on **Thursday, May 1**, and **Friday, May 2**, during the exhibit hall's open hours.

Please plan time to stop by and visit with the exhibiting companies, which lend valuable financial support to the AOASM Clinical Conference.

#### EXHIBIT HALL OPEN HOURS:

Wednesday, April 30 | 5:00 p.m. - 7:00 p.m.

Thursday, May 1 | 9:00 a.m. - 2:00 p.m.

Friday, May 2 | 7:30 a.m. - 10:30 a.m.

### Ferring Pharmaceuticals

100 Interpace Parkway  
Parsippany, NJ 07054  
Phone: 757-754-1134  
Email: [kevin.gladstone@ferring.com](mailto:kevin.gladstone@ferring.com)  
Website: [euflexxa.com](http://euflexxa.com)

EUFLEXXA (1% sodium hyaluronate) is indicated for the treatment of pain in osteoarthritis (OA) of the knee in patients who have failed to respond adequately to conservative non-pharmacologic therapy and simple analgesics (e.g., acetaminophen)."



### HydroCision

267 Boston Road  
Suite 28  
North Billerica, MA 01845  
Phone: 978-474-9300  
Email: [info@hydrocision.com](mailto:info@hydrocision.com)  
Website: [hydrocision.com](http://hydrocision.com)

HydroCision's TenJet device offers sports medicine physicians a definitive treatment option for chronic tendinopathy. Using TenJet and ultrasound visualization, physicians can precisely excise calcifications and degenerative tendon tissue without harming healthy tendon.



### Johnson & Johnson MedTech

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Phone: 603-721-1299  
Email: [MGlossos2@ITS.JNJ.com](mailto:MGlossos2@ITS.JNJ.com)  
Website: [jnmedtech.com/en-US/companies/depuysynthes](http://jnmedtech.com/en-US/companies/depuysynthes)

DePuy Synthes, the Orthopaedics Company of Johnson & Johnson, provides one of the most comprehensive Orthopaedics portfolios in the world that helps heal and restore movement for the millions of patients we serve. DePuy Synthes solutions, in specialties including joint reconstruction, trauma, craniomaxillofacial, spinal surgery and sports medicine, in addition to the VELYS™ Digital Surgery portfolio, are designed to advance patient care while delivering clinical and economic value to health care systems worldwide.



### Radius Health

22 Boston Wharf  
7th Floor  
Boston MA, 02210  
Phone: 617-551-4000  
Email: [jmadison@radiuspharm.com](mailto:jmadison@radiuspharm.com)  
Website: [radiuspharm.com](http://radiuspharm.com)

Radius is a biopharmaceutical company dedicated to transforming the future for underserved, global patient populations in bone health and related therapeutic areas. Radius consistently embraces opportunities to improve the lives of our patients, their caregivers, our communities, our partners, and each other.

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## AOASM 2025 Sponsors & Exhibitors (Continued)

### Regenexx

6151 Thornton Ave  
#400  
Des Moines, IA 50321  
Phone: 720-323-8692  
Email: [mzackroff@regenexx.com](mailto:mzackroff@regenexx.com)  
Website: [regenexx.com](http://regenexx.com)

Regenexx is a physician network utilizing the world's most advanced bone marrow aspirate and blood platelet procedures for orthopedics. Regenexx is devoted to growing your orthobiologics practice through a turnkey approach with advanced technology, precise treatment and candidacy guidelines, proven research with a patient registry database, extensive physician and lab training, insurance coverage, marketing with patient referrals, and continued support services.



### Trice Medical

40 General Warren Blvd  
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Malvern PA, 18355  
Phone: 610-989-8080  
Email: [rboettner@tricemedical.com](mailto:rboettner@tricemedical.com)  
Website: [tricemedical.com](http://tricemedical.com)

Tenex Health TX provides a safe, single procedure for removing pain-causing soft and hard tissue provided by advanced ultrasonic cutting technology.



APRIL 29 - MAY 2 • SEATTLE, WASHINGTON  
WITH WORKSHOPS ON APRIL 28

## SAVE THE DATES!

Start making plans today to join us for **AOASM 2026** in Seattle, WA. You won't want to miss...

- Speed Mentoring for students, residents, and fellows
- Welcome Reception & Poster Session
- The Russell M. Wright Memorial Lecture
- Off-site Events
- Student/Resident/Fellow Luncheon
- Fellowship Fair
- The Allen Jacobs Memorial Lecture
- Award of Fellow Reception

...and more!

