



AOASM²₅

ASHEVILLE, NC • April 30 - May 3, 2025

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, FAFAP, 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)

Olabode Agaja, DO
Stephanie Aldret, DO, FAOASM
Noshir Y. Amaria, DO, ATC
Matthew Chung, DO, FAOASM
Cara Conrad, DO
Stacey Dault, DO
Brett DeGooyer, DO, FAOASM
Stephen Despina, DO
Barry Dockery, DO
R. Robert Franks, DO, FAOASM
Michele Gilson, DO, FAOASM
Bhavesh Joshi, DO, FAOASM
Al Kozar, DO, FAOASM
John Luksch, DO, FAOASM
Mary Mitchell, DO
Joshua Priddle, DO, FAOASM
Kate Quinn, DO, FAOASM
Christopher Rial, DO, FAOASM

Jason Smith, DO, FAOASM
Jennifer Trpkovski, DO, FAOASM
Priscilla Tu, DO, FAOASM
Gillian Wooldridge, DO, FAOASM
Christina Wong, DO
Anne Marie Zeller, 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 (4/30-5/3) 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 up to **20.5** BOC CE credit hours this year for the Clinical Conference (4/30-5/3).



Additional CME

The Pre-Conference Workshops offer up to an 8.5 additional Category 1-A CME credits hours. (Available at an additional fee. For workshop details, [click here.](#))

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 morning coffee
- AM & PM 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 celebrate the AOASM's 40th clinical conference with cake, champagne, a cash bar, and light hors d'oeuvres. 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:

- Noshir Y. Amaria, DO, ATC
- Warren Bodine, DO, FAOASM
- Christopher Huckle, DO, FAOASM
- Bhavesh Joshi, DO, FAOASM
- Becca Rodriguez Regnar, DO, FAOASM
- Jason Smith, DO, FAOASM
- Mary Solomon, DO, FAOASM
- Aaron Wolkoff, DO
- Gillian Wooldridge, DO, FAOASM
- Anne Marie Zeller, 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 **1:15 p.m. - 1:45 p.m.** to discuss and brainstorm for the 2026 Clinical Conference. Join us in the **French Broad Conference Center 3**.

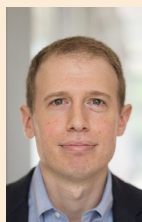


The Allen Jacobs Memorial Lecture

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**.

Alan Jacobs was a DO educator, and one of the earlier sports medicine physicians.

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 **3:15 p.m. - 9:45 p.m.** Refer to the SAAG for more specific shuttle details. (*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. A light refreshment break will be provided. (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
- Wake Forest
- 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. - 8:30 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

X • Facebook • Instagram

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)

See [Quick Links](#) page for dining suggestions!

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, FAOASM

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. - 5:05 p.m.

Blue Ridge Ballroom 3

Happy 40th AOASM

5:05 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: Stacey 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)

See [Quick Links](#) page for dining suggestions!

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 (Session Repeats)

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 (Session Repeats)

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 (Session Repeats)

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 (Session Repeats)

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 (Session Repeats)

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 (Session Repeats)

Noshir Y. Amaria, DO, ATC

Kevin Miller, PhD, ATC

3:15 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.

Bus loading begins at 3:15 p.m. - *don't forget your ticket!* Please view the [AOASM conference website](#) or **Page 5** of this schedule-at-a-glance for a complete detailed schedule.

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

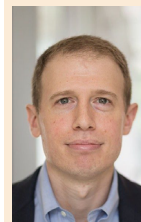
David Leslie, DO

John Neidecker, DO, FAOASM, ATC

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

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

Lunch (on your own)

See [Quick Links](#) page for dining suggestions!



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 (Session Repeats)

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 (Session Repeats)

Chris Whalen, DO

Allison Bardowell, DO

Jacob Brower, DO

Stephen Despina, DO

James Wilson, DO

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

Blue Ridge Ballroom 3

BREAKOUT: Regenerative Medicine: Tendinopathy Classification and Management (Session Repeats)

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 (Session Repeats)

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 (Session Repeats)

Chris Whalen, DO

Allison Bardowell, DO

Jacob Brower, DO

Stephen Despina, DO

James Wilson, DO

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

Blue Ridge Ballroom 3

BREAKOUT: Regenerative Medicine: Tendinopathy Classification and Management (Session Repeats)

Dominic King, DO

6:00 p.m. - 8:30 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



Group Outing: Excursion to the Biltmore Estate

Detailed Schedule of Events

3:15 p.m. - Vehicles arrive to Embassy Suites to load buses. (Don't forget your ticket!)

3:30 p.m. - Depart for the Biltmore Estate Winery- Antler Hill

4:00 p.m. - Arrival to the Antler Hill/ Biltmore Winery
Enjoy Wine Tasting, Shopping, & other great outlets at the Antler Hill

5:00 p.m. - Early Bird Shuttle Available to Garden & Grounds access

6:00 p.m. - Load Buses for Biltmore House at Antler Village

6:15 p.m. - Depart for Biltmore House or Garden & Grounds access

6:30 p.m. - Guided Evening Visit of Biltmore House

6:30 p.m. - Early Bird Shuttle from Garden & Grounds touring - pick up at Biltmore House back to Antler Hill Village

7:00 p.m. - First Shuttle bus available from Biltmore House for both ticket holders to Antler Hill Village

7:15 p.m. - Second Shuttle Bus return from Biltmore House for both ticket holders to Antler Hill Village

7:30 p.m. - Shuttle Bus return from Biltmore House for both ticket holders to Antler Hill Village
Guests will be offered to be dropped at Antler Hill Village for dining at Bistro or Village Social, or return to hotel

7:45 p.m. - Approximate final shuttle return to Antler Hill Village
Guests will be offered to be dropped at Antler Hill Village for dining at Bistro or Village Social, or return to hotel

8:30 p.m. - Early Bird Shuttle return to Embassy Suites Hotel

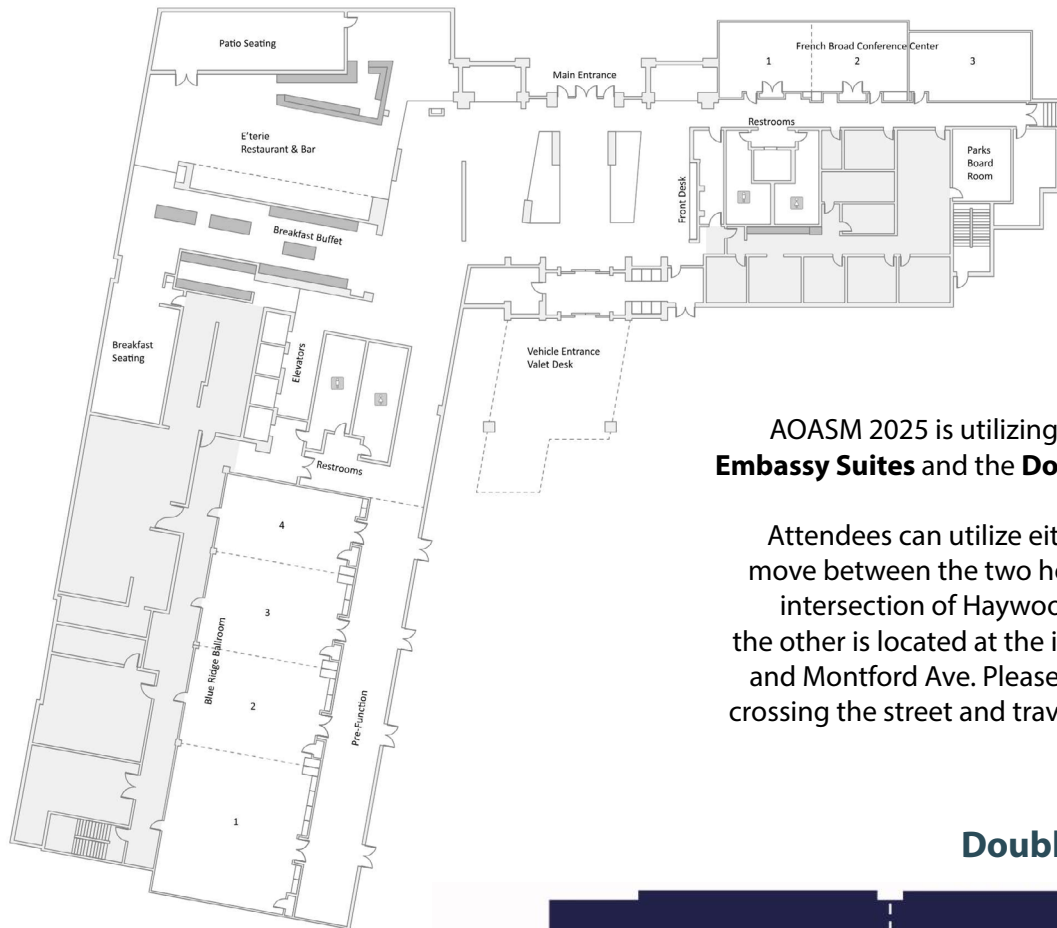
9:45 p.m. - Approximate final Shuttle return to Embassy Suites Hotel





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
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Website: 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

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Suite 28
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Phone: 978-474-9300
Email: info@hydrocision.com
Website: 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.



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Phone: 617-551-4000
Email: jmadison@radiuspharm.com
Website: 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

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Website: 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.



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Malvern PA, 18355
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Website: 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!

