



ANNUAL CLINICAL CONFERENCE

APRIL 29 - MAY 2, 2026
GRAND HYATT SEATTLE

PRE-CONFERENCE WORKSHOPS - APRIL 28, 2026



Brett R. DeGooyer, DO, FAOASM
Clinical Conference Chair

Message from the Chair

Welcome to Seattle, The Emerald City

Dear Fellow Conference Attendees,

On behalf of the conference organizing committee and AOASM leadership, it is our distinct pleasure to welcome you to Seattle, Washington! This year's conference theme is "Osteopathic Sports Medicine: Hands-On from Start to Finish," and the program is packed with pre-conference workshops, presentations, breakout sessions, and activities that emphasize that theme. We express gratitude for everyone who has put immeasurable work into planning and running what is sure to be another unforgettable conference!

Seattle — a city of boundless energy, stunning natural beauty, and a spirit of innovation that runs as deep as Puget Sound itself. Whether this is your first visit to the Pacific Northwest or a long-awaited return, we hope that the days you spend here — both inside the conference halls and beyond them — leave you inspired, recharged, and connected.

Seattle sits at the intersection of mountain and sea, forest and city. It is a place where the peaks of the Cascade and Olympic mountain ranges frame a skyline known worldwide, and where the outdoor culture that defines the Pacific Northwest also shapes the very patients and athletic populations we serve. There is perhaps no more fitting backdrop for a gathering of sports medicine clinicians than a city whose residents hike, bike, paddle, climb, and compete with a fervor that would impress even the most dedicated athlete.

A City Forged By History

To truly appreciate Seattle, it helps to understand the remarkable journey that shaped it. Long before the first European settlers arrived, the Duwamish and Suquamish peoples called these shores home — living in harmony with Puget Sound for thousands of years. The city itself was named in honor of Chief Si'ám, a respected leader of the Duwamish and Suquamish tribes who fostered early relations between Indigenous peoples and settlers.

Seattle's fortunes changed dramatically in the late 1890s due to the Klondike gold rush, resulting in a fever transforming Seattle almost overnight into the primary gateway for prospectors heading to the Yukon. From that entrepreneurial foundation grew a city of extraordinary ambition. Logging, shipbuilding, and Boeing's rise as an aerospace giant gave Seattle the nickname "Jet City." Then, in the late 1980s and early 1990s, the city gave the world something entirely different: grunge. Nirvana, Pearl Jam, Soundgarden, and Alice in Chains emerged from Seattle's rain-soaked music clubs, forever altering global popular culture. Shortly after, Microsoft and then Amazon transformed the greater Seattle area into one of the world's premier technology hubs — a legacy that is visible in every gleaming tower on the downtown skyline.

This layered history — Indigenous roots, gold rush hustle, industrial might, musical rebellion, and tech-era reinvention — gives Seattle a character unlike any other American city. As you explore its neighborhoods over the coming days, you will find echoes of every era.



Message from the Chair, continued

Exploring Downtown Seattle

Your conference schedule will keep you engaged, but we strongly encourage you to carve out time to experience the city. The following highlights are within easy reach of the downtown conference area:

Pike Place Market

Founded in 1907, Pike Place Market spans nine historic acres along the Elliott Bay waterfront and is one of the oldest continuously operating public markets in the United States. Beyond the famous fish-throwing vendors — a spectacle not to be missed — you'll find local artisans, fresh Pacific Northwest seafood, independent coffee roasters, and an underground labyrinth of quirky shops. The recently completed Pike Place Overlook Walk now seamlessly connects the market to the revitalized waterfront below.

Pioneer Square

Just south of Pike Place lies Pioneer Square, Seattle's original downtown and a National Historic Landmark District. Brick and stone buildings dating to the post-1889 fire reconstruction line tree-shaded streets that now buzz with art galleries, wine bars, and craft cocktail lounges. This is also home to the Klondike Gold Rush National Historical Park — a free national park unit in the heart of the city, housed in the historic Cadillac Hotel — as well as Bill Speidel's Underground Tour, which explores the original street level buried beneath modern Seattle.

The Seattle Waterfront

Seattle's waterfront has undergone a dramatic renaissance in recent years. Stroll the new pedestrian promenade along Elliott Bay, take a ride on the Seattle Great Wheel — a 175-foot Ferris wheel with stunning views of the Olympic Mountains and downtown skyline — or visit the Seattle Aquarium. For a quintessential Pacific Northwest experience, board a Washington State Ferry for the scenic 35-minute crossing to Bainbridge Island; the roundtrip costs less than \$15 and offers some of the finest views of the city skyline available anywhere.

Seattle Center & The Space Needle

Built for the 1962 World's Fair, the 605-foot Space Needle remains one of the most recognizable structures in the American West. The surrounding Seattle Center campus is a 74-acre cultural hub that is home to the Museum of Pop Culture (MoPOP) — with its celebrated exhibits on the grunge era and Jimi Hendrix — as well as the dazzling Chihuly Garden and Glass, which showcases the work of world-renowned glass artist Dale Chihuly, a Washington State native. The Seattle Center Monorail provides a quick and fun connection from downtown Westlake Center.

Olympic Sculpture Park & Seattle Art Museum

The nine-acre Olympic Sculpture Park, an outdoor extension of the Seattle Art Museum, offers free public access to monumental large-scale artworks set against sweeping views of Elliott Bay and the Olympic Mountains. It is the largest green space in downtown Seattle and an ideal spot for a morning walk between sessions. The Seattle Art Museum itself — identifiable by the iconic 48-foot Hammering Man sculpture outside its doors — houses a world-class collection ranging from Northwest Coast Indigenous art to European masters and contemporary installations.

Capitol Hill & South Lake Union

For evenings out, Seattle's Capitol Hill neighborhood offers an eclectic array of acclaimed restaurants, independent coffee shops, and live music venues just a short ride from downtown. South Lake Union, anchored by Amazon's headquarters and the famous Spheres — glass domes housing an indoor rainforest — is a hub of contemporary dining and craft brewing. Seattle's coffee culture is legendary; wherever your evening takes you, a world-class cup is never far away.



Message from the Chair, continued

A Sports City that Speaks Our Language

As sports medicine professionals, you will find Seattle to be a city that takes sport seriously at every level. The Seahawks call Lumen Field home, while the Mariners play at T-Mobile Park — both stadiums are visible from many downtown vantage points. Seattle is also home to the Sounders FC, one of Major League Soccer's most storied franchises, and the multiple-time WNBA champions Seattle Storm. The broader Pacific Northwest outdoor athletic community — from trail runners tackling the slopes of Mount Rainier to weekend cyclists crossing the Bainbridge ferry route — reflects the very population that drives demand for the specialized care and innovation we gather here to advance.

We trust that the energy of this city, and the remarkable colleagues you will meet over the next five days, will fuel both your professional development and your personal enjoyment. Seattle is a city that rewards curiosity, and we encourage you to explore with open eyes.

A Few Practical Notes for Your Visit

Pre-conference Education:

AOASM CAQ Board Review 1-day course is returning for the 5th year with an excellent group of faculty. The MSK ultrasound course led by a team of talented and well-regarded sports medicine physicians, has also returned to develop beginner and intermediate-advanced ultrasound skill sets. A new course has been added this year to hone and enhance Osteopathic Manipulative Treatment skills – the “OMT in Motion” course, which is also lead by a team of talented and experienced faculty. Come join the pre-conference courses!

Support for our students/residents/fellows:

The AOASM Student/Resident/Fellows committee has planned wonderful experiences in sports-focused OMT interactive lectures, speed mentoring activity, luncheon and fellowship fair. The valuable case presentations and research will continue to be a valued staple of our conference!

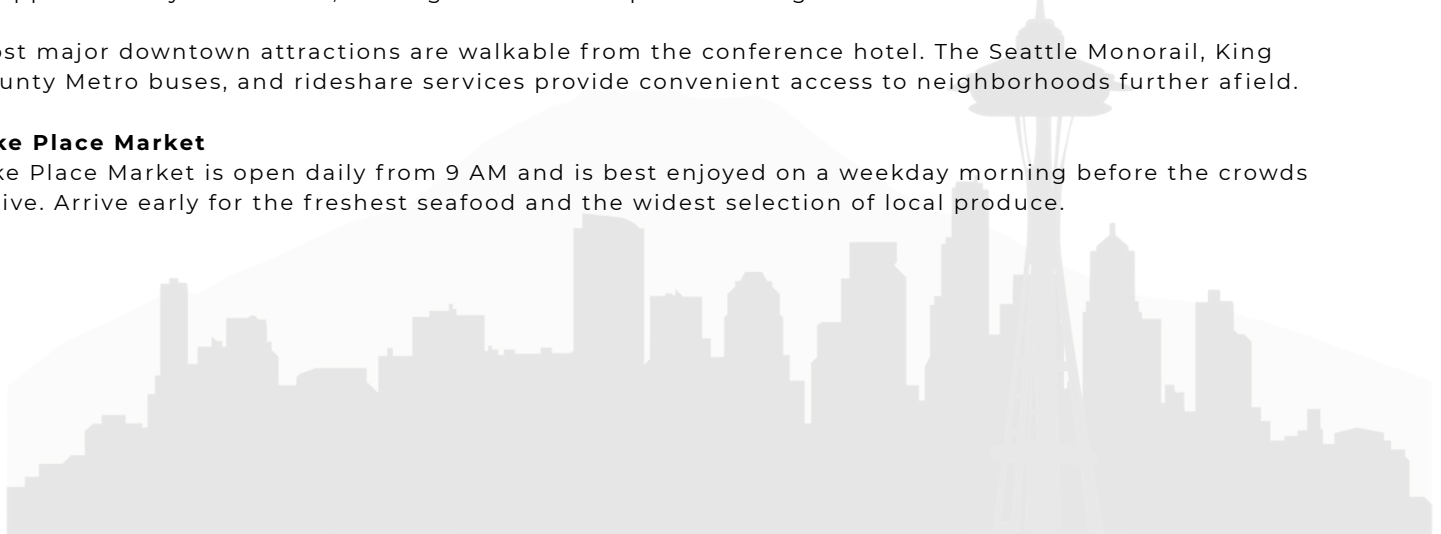
Getting Around the City

The Link Light Rail connects Seattle-Tacoma International Airport directly to downtown Westlake Station in approximately 35 minutes, making arrival and departure straightforward and affordable.

Most major downtown attractions are walkable from the conference hotel. The Seattle Monorail, King County Metro buses, and rideshare services provide convenient access to neighborhoods further afield.

Pike Place Market

Pike Place Market is open daily from 9 AM and is best enjoyed on a weekday morning before the crowds arrive. Arrive early for the freshest seafood and the widest selection of local produce.





Message from the Chair, continued

We are honored to gather in a city that embodies the same resilience, innovation, and dedication to performance that define our profession. From its Duwamish origins to its gold rush legacy, from the birth of grunge to the dawn of the tech era, Seattle has never stopped reinventing itself — and neither have we.

Without the support and effort of our Executive Committee, Board of Directors, Planning Committee, Student/Resident/Fellow Committees, speakers, moderators, sponsors, exhibitors, members of our new association management group - Oak Ridge AMC, and all of you who attended, this 41st Annual Clinical Conference would not be successful. Again, on behalf of myself, and the Planning Committee, we humbly say, "Thank You!"

Welcome to Seattle. Welcome to the conference. We look forward to the great work — and great conversations — ahead.

Warmly,

Brett R. DeGooyer, DO, FAOASM
Program Chair, Clinical Conference Planning Committee
American Osteopathic Academy of Sports Medicine





About the Conference

Planning Committee

Kate Quinn, DO, FAOASM
(AOASM President)
Brett DeGooyer, 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
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
Rance McClain, DO, FAOASM
Mary Mitchell, DO
Joshua Priddle, DO, FAOASM
Christopher Rial, DO, FAOASM
Mark Rogers, 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

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 Mission Statement

The mission of the American Osteopathic Academy of Sports Medicine is to provide:

- An educational forum for physicians and healthcare professionals to address the quality of healthcare for individuals in competitive, recreational, occupational, and industrial settings.
- Leadership to establish and promote fitness and exercise guidelines, and to guide healthcare policy relating to wellness, physical activities, and sporting events.
- 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.

Learning Objectives

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

- Understand the role and integration of musculoskeletal ultrasound in the diagnosis and treatment of athletic and common musculoskeletal injuries.
- Evaluate overuse and traumatic injuries in sports medicine and formulate treatment protocols to facilitate safe return to sport.
- Develop and understand current concepts in cardiac issues and ECG interpretation for athletes.
- Reinforce and understand an appreciation for the importance of osteopathic manipulative treatment in the field of sports medicine.
- Understand and appreciate the importance of other manual treatments and therapies, including TrP needling, Feldenkrais therapy, and pelvic floor therapy, in the field of sports medicine.
- Understand and be able to integrate strategies to improve sports performance in the athletic population, including nutrition for performance and recovery.
- Reinforce and understand an appreciation for the importance of concussion laws and prevention in the field of sports medicine.
- Recognize the role research and scholarly activity play in advancing the science of osteopathic sports medicine.
- Examine the role of ultrasound guided percutaneous tenotomy/debridement treatments and their applicability in the treatment and care of the athlete.
- Develop and understand current concepts in the field of sports medicine as they relate to martial arts, rodeo, industry, and the performing arts.



About the 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 2026 AOASM Clinical Conference (4/29-5/2) for a maximum of 22.25 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 22.25 BOC CE credit hours this year for the Clinical Conference.

Additional CME

The Pre-Conference Workshops offer up to eight (8) additional Category 1-A CME credit hours.

Exhibit Hall

The AOASM 2025 2026 Exhibit Hall is located in the Leonesa 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 exhibit hours are as follows:

Wednesday, April 29 | 5:00 - 7:00 pm
Thursday, April 30 | 9:00 am - 3:30 pm
Friday, May 1 | 7:30 - 11:30 am

Registration

The Registration Desk is located in the Leonesa Preconference area. Registration hours are as follows:

Tue, April 28: 4:00 - 5:30 pm
Wed, April 29: 7:00 am - 5:30 pm
Thur, April 30: 7:00 am - 5:00 pm
Fri, May 1: 7:00 am - 3:30 pm
Sat, May 2: 7:00 am - 11:45 am

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 22.25 hours of Category 1A CME credits
- Up to 22.25 hours of BOC credits

Name 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!

WIFI Information

Network Name: @Hyatt_Meeting
Password: AOASM2026

Social Media

Be sure to post conference photos and comments on social media.
#AOASM26



Special Lectures

The Russell M. Wright Memorial Lecture - April 30, 2026 (10:30 - 11:30 am) - Leonesa Ballroom

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.



The Zackery Lystedt Story: The History of Youth Concussion Laws
Stanley Herring, MD

This lecture tells the story of why and how youth sports concussion laws came to be passed in all 50 states and the District of Columbia in the United States focusing on the journey of Zackery Lystedt and his family. The Lystedt Law in the state of Washington was the first robust youth sports concussion law passed followed by an effort to duplicate it across the country.

The Allen Jacobs Memorial Lecture - May 1, 2026 (11:15 am - 12:15 pm) - Leonesa Ballroom

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.

The Agony of "De Feet" - Biomechanical contributions of the foot to lower extremity dysfunctions and running injuries

Delmas Bolin, MD, PhD

This year's lecture also serves as the American College of Sports Medicine® Exchange Lecture. The lecture highlights the role of the feet and foot mechanics to walking and running gait. Despite being the initial contact point for all gait, only minimal time is allocated in sports medicine curricula for gait, foot mechanics and orthotic training. Dysfunctions and injuries of the feet alter gait mechanics and have implications for injuries more proximally in the kinetic chain. This lecture looks at the functional anatomy of the foot and its contribution to gait related injuries, reviews evidence for specific interventions and clinical osteopathic evaluation and treatment.





Special Events and Programs

Welcome Reception and Poster Session - Wednesday, April 29 (5:00 - 7:30 pm) - Leonesa Prefunction

Join your colleagues, visit the exhibitors, network, and celebrate the AOASM's 41st clinical conference with light hors d'oeuvres and cash bar. Also attend the AOASM poster session while authors are present at their poster, starting at 5:30 in the Princessa Ballroom.

On-Site Committee Meetings - Thursday, April 30, 2026 (5:15 -6:15 pm)

Committee meetings will be held in the Leonesa, Portland, Discovery, and the Anderson Auditorium. These spaces may also be available to attendees for personal (nursing, meditation, etc) or professional use as needed. Stop by the registration desk for room availability.

Award of Fellow and Mentor of the Year Award Reception - Thursday, April 30, 2026 (6:30 - 7:30 pm) - Leonesa Ballroom

Please make every effort to attend the AOASM Award of Fellow Reception. Celebrate with the AOASM as we induct our new 2026 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. The Mentor of the Year Award will also be presented.

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

Olabode Agaja, DO, FAOASM
Noshir Amaria, DO, FAOASM
Geoffrey Dreher, DO, FAOASM
Townes Leigh, DO, FAOASM
David Leslie, DO, FAOASM
Lauren Leslie, DO, FAOASM
Jesse Shaw, DO, FAOASM

Group Outing: Seattle Mariners Game - Friday, May 1



We will be attending the Seattle Mariners baseball game against the Kansas City Royals on Friday, May 1. Pre-purchase of tickets is required.

If you have purchased tickets, please make your way to the T-Mobile Park after the last session of the day. The Park is less than 2 miles from the hotel. The game starts at 6:40 pm.



Student, Resident, and Fellow Program

Speed Mentoring - Wednesday, April 29, 2026 (7:00 - 8:00 pm) - Leonesa Ballroom

Calling all students, residents, and fellows! Have you ever wondered about the possibilities of your sports medicine career? Join us Wednesday, April 29, in Leonesa Ballroom immediately after the Welcome Reception. 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!

Our Mentors:

Olabode Agaja, DO, FAOASM
Stephanie Aldret, DO, FAOASM, CAQSM
Noshir Amaria, DO, FAOASM
Allison Bardowell, DO, CAQSM, C-NMM/OMM
Daniel Brannen, DO

Christopher Huckle, DO, FAOASM
David Leslie, DO, FAOASM
Lauren Leslie, DO, FAOASM
Brett Sprouse, DO, MBA, CAQSM, FAOASM
Kevin Valvano, DO, FAOASM

Journal Club - Thursday, April 30, 2026 (12:45 - 1:30 pm) - Leonesa Ballroom

Join us for Journal Club, which will feature, *Effectiveness of exercise for improving cognition, memory and executive function: a systemic umbrella review and meta-meta analysis*, from the Journal of Sports Medicine. Everyone is welcome to attend.

Student, Resident, Fellow Luncheon and Fellowship Fair - Friday, May 1, 2026 (12:30 - 1:30 pm) - Princessa Ballroom I/II

Students, Residents and Fellows will have the opportunity to network with attendings while enjoying lunch together. This year the fellowship fair will take place directly after lunch starting around 1:00pm. Students and Residents will have the opportunity to have their questions answered and meet with multiple primary care sports medicine fellowships. **Pre-registration to attend the luncheon is required.** All students and residents are welcome to attend the fellowship fair starting at 1:00pm.

Fellowship Programs (as of April 22):

- Campbell University Sports Medicine Fellowship
- Edward Via College of Osteopathic Medicine Virginia Campus / HCA Healthcare
- Houston Methodist Texas Medical Center
- LECOM Sports Medicine Fellowship
- Piedmont / VCOM- Auburn
- Rochester Regional Sports Medicine
- Sam Houston Regional Education Consortium
- University of Michigan Primary Care Sports Medicine Fellowship
- University of Michigan Health- West

Educational Sessions - Friday, May 1, 2026 (1:30 - 3:30 pm) - Princessa Ballroom I/II

Join us seated OMT, spine boarding workshops, and high yield topics (Jeopardy style).



PRE-CONFERENCE SCHEDULES

APRIL 28, 2026
GRAND HYATT SEATTLE



INTERMEDIATE / ADVANCED Diagnostic Musculoskeletal Ultrasound Course

Ultrasonography of Fasciae and Common Pathologies: The Game Changer

Tuesday, April 28, 2026

Pre-Conference Schedule-at-a Glance

(Subject to change, times in Pacific Time)

Course Director: **Albert Kozar, DO, CAQSM, FAOASM, R-MSK**

Faculty: **Matthew Chung DO, CAQSM, FAOASM, R-MSK; Barry Dockery, DO, CAQSM R-MSK; John Morasso DO, CAQSM, R-MSK**

Course Description: This year's course will explore the rapidly evolving use of ultrasound to assess fascia diagnostically. We will discuss paradigm changing assessment and therapeutic options that are game changing and can bring you to the forefront in current musculoskeletal evaluation. As always, we will include hands-on sessions for you to get experience in evaluating these structures.

Morning Session: Fascia of the Trunk and Lower Extremity

7:00 am – 7:55 am	Registration Open **
8:00 am – 8:30 am	Intro to Sonographic Imaging of Superficial & Deep Fascia (Kozar)
8:30 am – 9:30 am	Functional Biotensegrity: 5 Fascial Regions that will Change your Diagnostic & Therapeutic Paradigms (Kozar) (Lumber Interfascial Triangle (LIFT); TLF Composite (TLC); Lateral Intermuscular Septum of Thigh (LIST); Ligamentum Nuchae / Cervical Fascia; Serrati Fascia)
9:30 am – 10:00 am	The Fascia of the Thigh: Diagnostic Eval & Therapeutic Applications (Chung)
10:00 am – 10:30 am	The Fascia of the Lower Leg: Diagnostic Eval & Therapeutic Applications (Chung)
10:30 am – 10:40 am	Break
10:40 am – 12:00 am	Superficial & Deep Fascia (Morasso)
<i>Hands-On Scanning: 20 minute stations</i>	Fascia of Thigh & Lower Leg (Chung) Lumber Interfascial Triangle (LIFT), TLF Composite (TLC) & Lateral Intermuscular Septum of Thigh (LIST) (Dockery) Ligamentum Nuchae / Cervical Fascia & Serrati Fascia (Kozar)
12:00 pm – 1:00 pm	Lunch

Afternoon Session: Fascia of the Trunk and Upper Extremity

1:00 pm – 1:30 pm	The Fascia of the Arm: Diagnostic Eval & Therapeutic Applications (Morasso)
1:30 pm – 2:00 pm	The Fascia of Abdominal Wall & Groin: Diagnostic Eval & Therapeutic Applications (Dockery)
2:00 pm – 2:30 pm	The Clark 7: Hydrodissection of Chronic Upper Back Pain (Dockery)
2:30 pm – 3:00 pm	Posterior Layer TLF Glide Impairment in CLBP: Hydrodissection vs OMT: Methods & Results from TLF Study (Kozar)
3:00 pm – 3:30 pm	Introduction to Shear Wave Elastography for Assessment of MSK Conditions and Fascial Distortions (Morasso)
3:30 pm – 3:40 pm	Break
3:40 pm – 5:00 pm	Upper Extremity Fascia (Morasso)
<i>Hands-On Scanning: 20 minute stations</i>	Abdominal Wall Fascia (Chung) The Clark 7 (Dockery) TLF Scanning, including Posterior Layer Hydrodissection (Kozar)
5:00 pm – 5:30 pm	Panel Discussion: Fascia & Ultrasound: Evolving Applications (All Faculty) Question and Answer Session



OMT in Motion

Tuesday, April 28, 2026

Pre-Conference Schedule-at-a Glance

(Subject to change, times in Pacific Time)

Course Director: Priscilla Tu, DO, FAOASM

Course Lecturers: Kate Quinn, DO, Ann Marie Zeller, DO, and Brett DeGooyer, DO

Course Description: OMT in Motion™ is a hands-on OMT course where participants can hone their manual medicine skills in a small group format. Common musculoskeletal complaints will be featured and include a review of anatomy, key history, examination and appropriate hands-on application of OMT led by Primary Care Sports Medicine physicians. Body regions that will be included are cervical, thoracic and lumbar spine, shoulder, elbow, wrist, hand, hip, knee, foot and ankle.

Morning Session: Cervical, Thoracic, Shoulder, Elbow, Wrist and Hand

7:00 am – 7:55 am	Registration Open **
7:55 am -8:00 am	Introduction
8:00 am – 8:10 am	Approach to Patients
8:10 am – 8:20 am	Cervical/Thoracic Spine Case Based Differential Diagnoses
8:20 am – 9:00 am	Cervical/Thoracic OMT Techniques and Hands on Instruction (Sports Related Concussion, Brachial Plexus Injuries/Stingers/Burners, Scoliosis, Scheuerman's Kyphosis)
9:00 am – 9:10 am	Break
9:10 am – 9:20 am	Upper Extremity Shoulder Case Based Differential Diagnoses
9:20 am – 10:00 am	Upper Extremity Shoulder OMT Techniques and Hands on Instruction (Tendinopathies/Tears, Impingement Syndrome, SC Joint Dysfunction)
10:00 am – 10:10 am	Break
10:10 am – 10:20 am	Upper Extremity Elbow Case Based Differential Diagnoses
10:20 am – 11:00 am	Upper Extremity Elbow OMT Techniques and Hands on Instruction (Epicondylitis, Nerve Entrapment Syndromes, Radial Head Subluxation)
11:00 am – 11:10 am	Break
11:10 am – 11:20 am	Upper Extremity Wrist and Hand Case Based Differential Diagnoses
11:20 am – 12:00 pm	Upper Extremity Wrist and Hand OMT Techniques and Hands on Instruction (DeQuervain's Tenosynovitis, Carpal Tunnel, Mallet Finger, Dupuytren's Contracture)
12:00 pm – 1:00 pm	Lunch

Afternoon Session:

1:00 pm – 1:10 pm	Thoracic/Lumbar Spine Case Based Differential Diagnoses
1:10 pm – 1:50 pm	Thoracic/Lumbar OMT Techniques and Hands on Instruction (Fractures, Spondylosis/Spondylolisthesis, Strains/Herniations, Leg Length Discrepancies)
1:50 pm – 2:00 pm	Break
2:00 pm – 2:10 pm	Lower Extremity Hip Case Based Differential Diagnoses
2:10 pm – 3:00 pm	Lower Extremity Hip OMT Techniques and Hands on Instruction (Impingement, Iliotibial Band Syndrome, Tendinopathies, Strains)
3:00 pm – 3:05 pm	Break
3:05 pm – 3:15 pm	Lower Extremity Knee Case Based Differential Diagnoses
3:15 pm – 3:50 pm	Lower Extremity Knee OMT Techniques and Hands on Instruction (Ligament Injuries, Tendinopathies, Meniscal Injuries, Apophysitis)
3:50 pm – 3:55 pm	Break
3:55 pm – 4:05 pm	Lower Extremity Foot and Ankle Case Based Differential Diagnoses
4:05 pm – 4:45 pm	Lower Extremity Foot and Ankle OMT Techniques and Hands on Instruction (Ankle Sprain, Tendinopathies (Achilles, Tibialis Anterior, Peroneus), Tarsal Tunnel Syndrome, Plantar Fasciitis, Apophysitis, Posterior Tibialis Tendon Insufficiency)
4:45 pm – 5:00 pm	Summary and Wrap Up



AOASM Sports Medicine Board Review Course For Initial Certification and Recertification

Tuesday, April 28, 2026

Pre-Conference Schedule-at-a Glance

(Subject to change, times in Pacific Time)

Course Faculty:

Jason Smith, DO, FAOASM (Co-Organizer); Mark Rogers, DO, FAOASM (Co-Organizer); Mary Solomon, DO, FAOASM; Priscilla Tu, DO, FAOASM; Lauren Leslie, DO, FAOASM, and Anne Marie Zeller, DO, FAOASM

Course Description:

The AOASM Sports Medicine Board Review Course for Initial Certification and Recertification will provide the sports medicine physician with an overview of the important aspects of sports medicine. Educators in each field will give in-depth, engaging, fast-paced, and high-yield lectures on board-relevant subjects in sports medicine. Each lecture will be followed by a question-and-answer session. Although this course is designed specifically to prepare the sports medicine specialist for the CAQ Sports Medicine Board Exam, it will also provide the practicing physician with an update on the latest knowledge and advances in sports medicine. The course will conclude with a take-home written exam with relevant questions and answers that can be used for board preparation. Your workshop fee includes refreshment breaks, materials, and up to 8.5 AOA Category 1-A CME credit hours.

7:00 am – 7:30 am	Registration Open
7:15 am – 7:30 am	Introductory Course Slide Review Kick-off
7:30 am – 7:50 am	Medical care and supervision of athletes – Dr. Smith <ul style="list-style-type: none"> - Role of the team physician - Event administration - Preparticipation exam
7:50 am – 8:30 am	Special Considerations in sports medicine – Dr. Solomon <ul style="list-style-type: none"> - The pediatric athlete - The master's athlete - The adaptive athlete - The female athlete
8:30 am – 9:30 am	Conditioning and Training – 60 mins <ul style="list-style-type: none"> - Exercise physiology – Dr. Zeller - Biomechanics – Dr. Rogers - Principles of Musculoskeletal Rehab – Dr. Rogers - Exercise Screening, Testing and Prescription -Dr. Tu - Nutrition – Dr. Solomon
9:30 am – 9:45 am	Break
9:45 am – 11:30 am	General Medical Conditions in Athletes – Part 1 <ul style="list-style-type: none"> - Sports Cardiology – Dr. David Leslie - Sports Pulmonology – Dr. Zeller - Sports Neurology – Dr. Smith - Behavioral and Psychological Problems in Sports Medicine – Dr. David Leslie
11:30 am – 12:10 pm	Environmental considerations in sports medicine <ul style="list-style-type: none"> - Environmental Illness - Dr. Smith - Altitude – Dr. Rogers
12:10 pm – 1:10 pm	Lunch (On your own)
1:00 pm – 2:15 pm	General Medical Conditions in Athletes – Part 2 <ul style="list-style-type: none"> - Head, Ears, Nose and Throat Injuries and Conditions- Dr. Zeller - Eye Injuries and Conditions – Dr. Rogers - Sports Infectious Disease - Dr. Tu - Sports Dermatology - Dr. Solomon



2:15 pm – 3:35 pm	Injury Prevention, Diagnosis and Treatment Part 1 <ul style="list-style-type: none">- Shoulder Injuries and Conditions – Dr. Rogers- Elbow and Forearm Injuries and Conditions – Dr. Tu- Wrist and Hand Injuries and Conditions – Dr. Tu
3:35 pm – 3:50 pm	Refreshment Break
3:50 pm – 5:10 pm	Injury Prevention, Diagnosis and Treatment Part 2 <ul style="list-style-type: none">- Pelvis, Hip and Thigh Injuries and Conditions – Dr. Zeller- Knee Injuries and Conditions – Dr. Lauren Leslie- Lower Leg, Ankle, and Foot – Dr. Rogers- Spine Injuries and Conditions – Dr. Smith
5:10 pm – 5:30 pm	Closing Comments with resource review and take-home exam



CONFERENCE SCHEDULE

APRIL 29 - MAY 2, 2026
GRAND HYATT SEATTLE



Tentative Schedule-at-a Glance

(Subject to change, times in Pacific Time)

Tuesday, April 28, 2026

Pre-Conference Workshops

7:00 am – 8:30 am	Preconference Workshop Registration Open	Leonesa Foyer
8:00 am – 5:30 pm	INTERMEDIATE / ADVANCED Diagnostic Musculoskeletal Ultrasound Course “Ultrasonography of Fasciae and Common Pathologies: The Game Changer” Course Director: Albert Kozar, DO, FAOASM, R-MSK	Discovery
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7:00 am – 5:30 pm	AOASM Sports Medicine CAQ Board Review Course Co-Course Directors: Jason Smith, DO, FAOASM and Mark Rogers, DO, CAQSM FAAFP, FAOASM	Portland B
4:00 pm – 5:30 pm	Conference Registration Open	Leonesa Foyer
6:00 pm – 9:30 pm	Board Meeting	Douglas Boardroom (6 th Floor)

Wednesday, April 29, 2026

7:00 am – 5:30 pm	Registration Open	Leonesa Foyer
7:00 am – 8:00 am	Continental Breakfast	Leonesa Foyer
7:00 am – 7:30 am	Morning Yoga with Nicole Goddard, DO	Menzies- 6 th Fl.
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12:00 pm – 1:30 pm	Lunch (on your own)	
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	Breakout B. ECG Interpretation in Athletes: Introducing IC25 Jonathan Drezner, MD	Leonesa
	Breakout C. Functional Biotensegrity: Clinical Assessment of Fascial Regions that will Change your Diagnostic & Therapeutic Paradigms Al Kozar, DO, FAOASM, R-MSK	Portland A
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3:00 pm – 3:30 pm	Break	Leonesa Foyer
5:00 pm – 7:00 pm	Welcome Reception with Exhibitors	Leonesa Foyer
5:30 pm – 7:00 pm	Poster Session	Princessa
7:00 pm – 8:00 pm	Student/Resident/Fellow Session: Speed Mentoring	Leonesa


Thursday, April 30, 2026

7:00 am – 5:00 pm	Registration Open	Leonesa Foyer
7:00 am – 8:00 am	Continental Breakfast	Leonesa Foyer
7:00 am – 7:30 am	Morning Yoga with Nicole Goddard, DO	Menzies- 6 th Fl.
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	Breakout B. OMT: Osteopathic Approach to the Athlete Evaluation Jeffrey Wisinski, DO, CAQSM and Larry Nolan, DO, FAAFP	Princessa I
	Breakout C. Percutaneous Tenotomy/Debridement Lab Jason Smith, DO, FAOASM	Princessa II
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6:30 pm – 7:30 pm	Award of Fellow Reception Mentor of the Year Award	Leonesa

Friday, May 1, 2026

7:00 am – 3:30 am	Registration Open	Leonesa Foyer
7:00 am – 8:00 am	Continental Breakfast	Leonesa Foyer
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9:30 am – 10:00 am	Snap Decisions in the ATR Billy Thompson, MD	Leonesa
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1:30 pm – 3:00 pm	Student/Resident Breakout Workshops	Princessa II
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6:45 pm	Group Outing – Kansas City Royals @ Seattle Mariners	T-Mobile Park

Saturday, May 2, 2026

7:00 am – 11:45 am	Registration Open	Leonesa Foyer
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POSTER SESSION

APRIL 29, 2026
GRAND HYATT SEATTLE

AOASM Poster Presentations
Wednesday, April 28, 2026 | Seattle, Washington

#	Title	Presenter(s)	Authors	Category
1	SkiSure: A Surveillance Study of Water Ski Injuries and Access	Randy Aldret, EdD, ATC, CSCS	Randy Aldret, Stephanie Aldret, Taylor Hardin	Research
2	Bilateral Calcific Patellar Tendinopathy in an Adolescent Athlete Treated With Fluoroscopic-Guided Barbotage	Vanshika Arora, DO	Vanshika Arora, Sabrina Drobeck, Flint Ray	Case
3	Pain in the Pelvis: Atypical Course of Groin Pain in a Collegiate Cross-Country Athlete	Annemarie Beran, DO	Annemarie Beran, Colleen Bannigan, Chad Hyatt	Case
4	Sole Searching in a Water-Skier	Meagan Bickmann, BS and Catelyn Swenson, BS	Meagan Bickmann, Catelyn Swenson, Stephanie Aldret	Case
5	“Ouch, my knee hurts, and my half-marathon is in two weeks.” A Non-Invasive Osteopathic Approach to Patelofemoral Pain	John Biery, DO	John Biery, Nina Gartenhaus	Case
6	Longitudinal analysis of multifidus muscle composition in individuals with anterior cruciate ligament reconstruction.	Claire Bischel, BSc	Claire Bischel, Liang-Ching Tsai, Mark A. Lyle, John M. Popovich, Jr.	Research
7	Combating Poor Sleep Health Among Collegiate Athletes	Nicholas Bohannon, OMS-III	Nicholas Bohannon, Robert Walker, Stacies Fairley	Research
8	Dropping more than the ball in a high school football player	Chase Bowman, DO	Chase Bowman, Grant Ralston	Case
9	Are We Splitting Up? Rare Cause of Wrist Pain in a Collegiate Female Golfer	Brett Brodsky, DO	Brett Brodsky, Neal Patel, Chad Hyatt, Del Bolin	Case
10	Discussing Risk of Continuing Contact Sports in an APOE Positive Mixed Martial Artist	John Brus, DO	John Brus, John Neidecker, Ally Manifold, Dylan April, Justin Dalugdug	Case
11	Chronic Ulnar-Sided Wrist Pain in a Baseball Player: A Hook of Hamate Nonunion	Kaedon Buchmiller, DO	Kaedon Buchmiller, Braden Geddes	Case
12	Acute Compartment Syndrome After Blunt Trauma in a Football Athlete	Sheetal Chopra, DO	Sheetal Chopra, Michael Goodlett, Tyler Teurlings, Benton Emblom, Krish Patel	Case
13	One Door Closes, Another Door Opens: The Role of Osteopathic Manipulative Treatment in an Athlete’s Head Injury	Michele Collingsworth, DO	Michele Collingsworth, Yousuf Siddiqui, Max Schaefer	Case
14	IT’S A PROCESS	Delaney Connolly, OMS-II	Delaney Connolly, Nicholas Hora, Mary Mitchell	Case
15	Arcuate Sign: An Indicator for Knee Internal Derangement	Madison DeWitt, OMS-I and Jessica Lee, OMS-I	Madison DeWitt, Jessica Lee, Lucas Gmutza, Matthew Weirath, Mark Rogers	Case
16	Open Right Index Finger Fracture From Helmet Entrapment in a Football Player: A Case Report	Jonathan Elder, BS and Nathan Cantrell, BS	Jonathan Elder, Nathan Cantrell, Stephen Despina	Case
17	Soleus Herniation in Female Cross Country Athlete: A Case Study	Isabella Evans-Riester, OMS-II	Isabella Evans-Riester, Brett Brodsky, Chad Hyatt, James Farmer, Colleen Bannigan	Case
18	Synovial Fluid Biomarker and Crystal Analysis in Knee Effusions: Associations with Radiographic Osteoarthritis Severity	Neelam Ferrari, BS and William Studt, BS	Neelam Ferrari, William Studt, Gabriel Fury, Sean Delany, Benjamin Rogers, Grant Thomas, Stephanie Gwin, Stephen Stache, Adam Chrusch, Philip Motley, Bradley Smith, Christopher Mehallo	Research
19	Can AI Safely Instruct Patients How to Recover from a Concussion?	Steven Gawrys, DO	Steven Gawrys, Dillon Reno, Andrew Roush, Antonio Lopez, Manuel Britto, Ryan Mark	Research
20	The Pulseless Knee: Restoring Perfusion One Step at a Time	Yousef Hasanain, DO	Yousef Hasanain, Chris Naco, Josiah Valk	Case
21	Trust the Data, Feel the Body: A Qualitative Synthesis of Athlete Experiences With Wearable Readiness and Recovery Metrics	Yousef Hasanain, DO	Yousef Hasanain, Christopher Trigger	Research
23	Persistent Anterior Hip Pain in a Collegiate Female Track Athlete	Rachel Holeman, DO and Nathan Doyel, DO	Rachel Holeman, Nathan Doyel, Townes Leigh	Case

AOASM Poster Presentations
Wednesday, April 28, 2026 | Seattle, Washington

24	Ala My Problems	Nicholas Hora, DO	Nicholas Hora, Emily Barnett, Jordan Kittle, Marigrace Lynch, Matthew Chung, Mark Rogers	Case
25	The Gridiron Grip	Bruce Hukins, BS	Bruce Hukins, Stephanie Aldret	Case
26	Complex presentation of persistent hip pain previously treated with surgery	Nicholas Humphries, DO and John Morasso, DO	Nicholas Humphries, John Morasso	Case
27	Platelet Rich Plasma Hastens Recovery in a High School Wrestler	Max Kostyk, DO	Max Kostyk, John Neidecker	Case
28	Curveball at L5-S1: Rapid Lumbar Discal Cystogenesis in a Collegiate Baseball Player	Andrew Krueger, DO, ATC	Andrew Krueger, Dominic Riccione, Jonathan Carmouche, Mark Rogers	Case
29	Indiana Sports' Achilles Heel: Exploring Autonomic Regulation as a Modulator of Achilles Tendon Injury Risk and Recovery	Tyler Maple, MS	Tyler Maple, Bill Pearson	Research
30	Medial Geniculate Artery Pseudoaneurysm: A Case Report	Devin Matteoni, DO	Devin Matteoni	Case
31	Kinetic Chain Disruptions and Surgical Management of Refractory Achilles Tendinopathy in a Post-OATS Reconstructive Ankle: A Case Report	Hunter McKenzie, OMS-II	Hunter McKenzie	Case
32	Scoot, Scootin', Surgery: Facial Fracture in a College Athlete Following E-Scooter Accident	Addison Moore, DO	Addison Moore, Brett Sprouse, Michael Goodlett	Case
33	When Episodic Infections Mask Chronic Inflammation: A Complex Case of Low Back Pain	Tyler Narsingh, MD	Tyler Narsingh, Christopher Rial, Christine Lomiguen	Case
34	A NON-OPERATIVE APPROACH TO THE MANAGEMENT OF MOREL-LAVALLEE LESION	Thomas K. Nesmith, BS	Thomas K. Nesmith, Brett Sprouse, Bradley L. Young	Case
35	Pain Of The Pedis: A Case of A 90-Year-Old Female with Foot Pain and Swelling	Anthony Noll, DO, MHA	Anthony Noll, Harrison Loftus, Alexander Hinckley	Case
36	Findings, Outcomes, and Management Strategies of Non-Operative Lisfranc Injuries in Elite Collegiate Wrestlers: A Case Series	Varun Patel, OMS-II and Garrett Kuchan, OMS-II	Varun Patel, Garrett Kuchan, Sean Collins, Mark Rogers	Case
37	Anterior Talar Dome Fracture Following an Inversion Ankle Injury	Tejas Patel, BS	Tejas Patel, Jacob Turnbull	Case
38	Ultrasound-Guided Percutaneous TenJet Debridement for Chronic Achilles Tendinopathy	Shahil Patel, DO	Clay Guynn, Shahil Patel	Case
39	DRIVING HABITS of HIGH SCHOOL ATHLETES POST-CONCUSSION	Max Pearl, OMS-III	Max Pearl, Anand Rabara, Kyler Strange, Patrick Palmer	Research
40	A Rare Case of a Hoffa's Fat Pad Ganglion Cyst Causing Infrapatellar Impingement in a Collegiate Athlete	Justin Prusinski, MS	Justin Prusinski, Angela Cavanna	Case
41	Hit Hard, Fall Fast, Come Back Strong: The Changing Landscape of Sport-Related Brain Injuries	Aayush Raman, BS	Uzair Chaudary, Aayush Raman, Max Narduzzi, Farzana Alam, Brian Beatty	Research
42	A 'Loosey Goosey' Wing	Christopher Rodas, DO	Christopher Rodas, Mathew Zatkan	Case
43	Multimodal Approach to Hiker's Hip Pain	Mereze Roy, DO	Mereze Roy, Anna Van Niekerk	Case
44	A Case Of The Present Reflexes	Kyle Ryland, DO	Kyle Ryland, Mahmoud Jaber, Lauren Chorny, Isabella Castellano, Matthew Garber, Lisa Awe	Case
45	Snap, Crackle, POPS	Justin Salak, DO	Justin Salak, Julia Stelter	Case
46	Heel of Stone: Calcific Achilles Tendinitis in an Amateur Boxer	Justin Salak, DO and Michael Shaffer, DO	Michael Shaffer, Braden Gregory	Case
47	The Domino Effect: The Hidden Cost of Stability	Lucas Thibodaux, OMS-II	Lucas Thibodaux, Stephanie Aldret	Case
48	One-Sided Strength: When Chest Day Looks Different - A Case of Unilateral Chest Wall Musculoskeletal Anomaly in a Young Adolescent Athlete	Sean Thuesen, DO	Sean Thuesen, Nicholas Nguyen, John Tuttle	Case

AOASM Poster Presentations
Wednesday, April 28, 2026 | Seattle, Washington

49	The Role of Osteopathic Manipulative Treatment in the Management of Chronic Extensor Carpi Ulnaris Tendonitis in a Golfer	Katherine Waghorne, DO	Katherine Waghorne, Kurt Heinking	Case
50	Back on the Ice: Early Return to Play Following Arthroscopically Assisted Management of a Tibial Pilon Fracture	Caitlin Wetzel, MS, ATC	Caitlin Wetzel, Courtney Dodds, Kevin Martin	Case
51	Olympic Marathon Running Is Stressful	Christopher Whalen, DO	Christopher Whalen, James Willson	Case
52	Oh Snap! A Case report of Snapping Biceps Femoris Syndrome in a collegiate female basketball player	Addison Wood, DO	Addison Wood, Patrick Szukics	Case
53	Leaving it all on the mountain...including the ankles	David Woodson, DO	David Woodson	Case



COMMITTEE MEETING SCHEDULE

APRIL 30, 2026
GRAND HYATT SEATTLE



Committee Meetings Schedule

Thursday, April 30, 2026

5:15 p.m. – 6:15 p.m.

Committee	Room	Chair
Membership	Princessa I	Bhavesh Joshi, DO
OMED Planning	Discovery	Gillian Wooldridge, DO
Past Presidents	Portland	Rob Franks, DO
Sportsosteopathy	Leonesa	Michele Gilsenan, DO and Kate Quinn, DO
Student Executive Board	Eliza Anderson Auditorium	David Sprouse, DO, Warren Bodine, DO, Jaston Canestrino, DO

Friday, May 1, 2026

7:00 a.m. – 7:45 a.m.

Committee	Room	Chair
DEI	Discovery	Christina Wong, DO



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