

**19th Annual UCSF Sports Medicine Conference**  
**Thursday, December 5, 2024**

<b>3:00pm</b>	<i>Registration / Exhibitors</i>	
<b>4:00</b>	<b>Welcome and Introductions</b>	<b>Course Chairs</b>
<b>4:10</b>	<b>Top 5 Knee Problems in Primary Care</b> <b>Live On Screen Knee Exam Demonstration</b>	<b>Sara Edwards, MD</b>
<b>5:00</b>	<b>Question and Answer</b>	
<b>5:10</b>	<i>Coffee Break</i>	
<b>5:30</b>	<b>Top 5 Hip Problems in Primary Care</b> <b>Live On Screen Hip Exam Demonstration</b>	<b>Stephanie Wong, MD</b>
<b>6:20</b>	<b>Question and Answer</b>	
<b>6:30pm</b>	<i>Adjourn</i>	

## 19th Annual UCSF Sports Medicine Conference Friday, December 6, 2024

7:30am	<i>Continental Breakfast</i>	
8:00	<b>Welcome and Introductions</b>	<b>Course Chairs</b>
8:10	<b>Top 5 Shoulder Problems in Primary Care Live On Screen Shoulder Exam Demonstration</b>	<b>Elly LaRoque, MD</b>
9:00	<b>Question and Answer</b>	
9:10	<b>Top 5 Upper Extremity Problems in Primary Care Live On Screen Elbow/Hand/Wrist Exam Demonstration</b>	<b>Nicolas Hatamiya, DO</b>
10:00	<b>Question and Answer</b>	
10:10	<i>Break</i>	
10:20	<b>Top 5 Foot and Ankle Problems in Primary Care Live On Screen Foot and Ankle Exam Demonstration</b>	<b>Anthony Luke, MD, MPH</b>
11:10	<b>Question and Answer</b>	
11:20	<b>Top 5 Reasons to Refer to a Spine Specialist Live On Screen Lumbar Spine Exam Demonstration</b>	<b>Paolo Mimbella, MD</b>
12:10pm	<b>Question and Answer</b>	
12:20	<i>Lunch on own</i>	

### Optional Session

1:15-1:45pm | Yoga for Stress Relief | Alyssa Boldt, MS, ATC | 20 participants | Rm B

1:50	<b>Bayview B</b>	<b>Afternoon Announcements</b>	
		<b>Concurrent Workshops (Choose 1)</b> last 10 minutes   question and answer	
2:00	<b>Bayview B</b>	<b>Health Disparities in Sports Medicine</b>	<b>Michael Davies, MD</b>
	<b>Pacific H</b>	<b>Hands on: How to Perform a Knee Injection</b>	<b>Carlin Senter, MD</b> <b>Amber Dhillon, PA-C</b>
	<b>Pacific I</b>	<b>Hands on: Essential Spine Physical Exam</b>	<b>Sibel Demir, MD</b> <b>Peter Wu, MD</b>
	<b>Pacific J</b>	<b>Hands on Ultrasound Anatomy: Shoulder</b>	<b>Anthony Luke, MD, MPH</b> <b>Haley Oosterhouse, MD</b> <b>Zachary Bailowitz, MD</b> <b>Kevin McGill, MD</b>
2:50		<i>Transition/Break</i>	

**Concurrent Workshops (Choose 1)**

last 10 minutes | question and answer

3:00	<b>Bayview B</b>	<b>Red Flags in the Sports Physical for Kids and Young Adults</b>	<b>Celina de Borja, MD</b>
	<b>Pacific H</b>	<b>Hands on: How to Perform a Knee Injection</b>	<b>Elly LaRoque, MD Evar Saelee, PA-C</b>
	<b>Pacific I</b>	<b>Ice or Heat? Tape or Brace? Ibuprofen or No Ibuprofen? Debates in Acute Injury Management</b>	<b>Cam Lu, MPH, ATC Garrison Chan, MS, ATC</b>
	<b>Pacific J</b>	<b>Hands on Ultrasound Anatomy: Knee</b>	<b>Faustine Ramirez, MD Haley Oosterhouse, MD Zachary Bailowitz, MD Kevin McGill, MD</b>

3:50 *Transition/Break***Concurrent Workshops (Choose 1)**

last 10 minutes | question and answer

4:00	<b>Bayview B</b>	<b>Knee and Hip Replacement: Questions My Patients Ask and My Answers</b>	<b>Jeff Barry, MD</b>
	<b>Pacific H</b>	<b>Hands on: How to Perform a Knee Injection</b>	<b>Nicolas Hatamiya, DO Amber Dhillon, PA-C</b>
	<b>Pacific I</b>	<b>Keys to the Use of Orthotics, Splints and Braces for Your Sports Medicine Patient</b>	<b>Tim Baldwin, COA, CFo, ATC</b>
	<b>Pacific J</b>	<b>Hands on Ultrasound Anatomy: Shoulder</b>	<b>Faustine Ramirez, MD Haley Oosterhouse, MD Zachary Bailowitz, MD Kevin McGill, MD</b>

4:50 *Transition/Break***Concurrent Workshops (Choose 1)**

last 10 minutes | question and answer

5:00	<b>Bayview B</b>	<b>Panel Discussion: When Can This Athlete Return to Play?</b>	<b>Gina Biviano, MD, ATC Danny Keller, PT, DPT Nirav Pandya, MD Moderator: Nicolas Hatamiya, DO</b>
	<b>Pacific H</b>	<b>Hands on: How to Perform a Knee Injection</b>	<b>Carlin Senter, MD David Jeong, MD Evar Saelee, PA-C</b>
	<b>Pacific I</b>	<b>Advanced Sideline Injury Assessment: Red Flags</b>	<b>Celina de Borja, MD Lexsy Stroh, MS, ATC</b>
	<b>Pacific J</b>	<b>Hands on Ultrasound Anatomy: Knee</b>	<b>Anthony Luke, MD, MPH Haley Oosterhouse, MD Zachary Bailowitz, MD Kevin McGill, MD</b>

5:50pm *Adjourn*

# 19th Annual UCSF Sports Medicine Conference

## Saturday, December 7, 2024

7:30am		<i>Continental Breakfast</i>	
8:00		<b>Welcome</b>	<b>Course Chairs</b>
8:05		<i>Transition to Workshops</i>	
<b>Concurrent Workshops (Choose 1)</b> last 10 minutes   question and answer			
8:10	<b>Bayview B</b>	<b>Concussion Update 2024</b>	<b>Carlin Senter, MD</b>
	<b>Pacific H</b>	<b>Assessing Readiness for Return to Play: Practical Tips for the PCP's Office</b>	<b>Rhonda Watkins, MD, MPH</b>
	<b>Pacific I</b>	<b>Hands on: Essential Shoulder Evaluation</b>	<b>Brian Feeley, MD</b> <b>Jamie Confino, MD</b>
	<b>Pacific J</b>	<b>Assessing Readiness for Return to Play: Advanced Tips for the Physical Therapist and Athletic Trainer</b>	<b>Jonathan Chiu, PT, DPT</b>
9:00		<i>Transition/Break</i>	
<b>Concurrent Workshops (Choose 1)</b> last 10 minutes   question and answer			
9:10	<b>Bayview B</b>	<b>Orthobiologics in Sports Medicine</b>	<b>Anthony Luke, MD, MPH</b>
	<b>Pacific H</b>	<b>Sideline Concussion Evaluation Pearls</b>	<b>Cindy J. Chang, MD</b> <b>Denise Tung, ATC</b>
	<b>Pacific I</b>	<b>Hands on: Essential Knee Evaluation</b>	<b>Michael Davies, MD</b> <b>Rhonda Watkins, MD, MPH</b>
	<b>Pacific J</b>	<b>Sports Medicine for the Martial Artist: Lessons from World Taekwondo</b>	<b>David Jeong, MD</b>
10:00		<i>Transition/Break</i>	
<b>Concurrent Workshops (Choose 1)</b> last 10 minutes   question and answer			
10:10	<b>Bayview B</b>	<b>Demystifying the Shoulder MRI: What chatGPT Won't Tell You</b>	<b>Brian Feeley, MD</b>
	<b>Pacific H</b>	<b>Hands on: Essential Foot and Ankle Evaluation</b>	<b>Nick Hatamiya, DO</b> <b>Gina Biviano, MA, ATC</b> <b>AK Misra, MD</b>
	<b>Pacific I</b>	<b>Hands on: Essential Hip Evaluation</b>	<b>Faustine Ramirez, MD</b> <b>Jamie Confino, MD</b>
	<b>Pacific J</b>	<b>Rehab for Sports Concussion Patients: Key to a Safe and Active Recovery</b>	<b>Nina Freitas, PT, DPT</b>
11:00		<i>Transition/Break</i>	
<b>Concurrent Workshops (Choose 1)</b> last 10 minutes   question and answer			
11:10	<b>Bayview B</b>	<b>Case Debate: Challenging Cases in Sports Medicine</b>	<b>Michael Davies, MD</b> <b>Brian Feeley, MD</b> <b>Cindy J. Chang, MD</b> <b>Moderator:</b> <b>Michael Davies, MD</b>
	<b>Pacific H</b>	<b>Hands on: Essential Elbow and Wrist Evaluation</b>	<b>Gopal Lanchandani, MD</b> <b>Annie Ting, OTD, CHT</b>
	<b>Pacific I</b>	<b>Hands on: Essential Hip Evaluation</b>	<b>Carlin Senter, MD</b> <b>AK Misra, MD</b>
	<b>Pacific J</b>	<b>Pelvic Floor PT for the Athlete</b>	<b>Jennifer Kinder, PT, MS, DPTSc</b>
12:00pm		<i>Lunch on own</i>	
1:00		<b>Prize drawing and thank you</b>	

**Concurrent Workshops (Choose 1)**  
last 10 minutes | question and answer

1:10	<b>Bayview B</b>	<b>Recent Advances in Sports Nutrition: What's New and Promising</b>	<b>Lindsay Orbeta, MS, RD, CSSD</b>
	<b>Pacific H</b>	<b>Hands on: How to Perform a Subacromial Shoulder Injection</b>	<b>David Jeong, MD Nick Hatamiya, DO</b>
	<b>Pacific I</b>	<b>Hands on: Essential Foot and Ankle Evaluation</b>	<b>Cindy J. Chang, MD Haley Oosterhouse, MD</b>
	<b>Pacific J</b>	<b>Hands on: Advanced Elbow and Wrist Evaluation</b>	<b>Gopal Lanchandani, MD Annie Ting, OTD, CHT</b>

2:00 *Transition to workshop*

**Concurrent Workshops (Choose 1)**  
last 10 minutes | question and answer

2:10	<b>Bayview B</b>	<b>Sports Medicine Considerations for the Trans Athlete</b>	<b>Amy Hockenbrock, MD</b>
	<b>Pacific H</b>	<b>Hands on: How to Perform a Subacromial Shoulder Injection</b>	<b>Carlin Senter, MD David Jeong, MD Wendy Cook, PA-C</b>
	<b>Pacific I</b>	<b>Hands on: Essential Shoulder Evaluation</b>	<b>Drew Lansdown, MD Justin Jabara, MD</b>
	<b>Pacific J</b>	<b>Hands on: Advanced Spine Evaluation</b>	<b>Patricia Zheng, MD Lyndly Tamura, MD</b>

3:00 *Transition to workshop*

**Concurrent Workshops (Choose 1)**  
last 10 minutes | question and answer

3:10	<b>Bayview B</b>	<b>Demystifying Spine MRI Reports – Impending Doom or Expected Wear and Tear?</b>	<b>Conor O'Neill, MD</b>
	<b>Pacific H</b>	<b>Hands on: How to Perform a Subacromial Shoulder Injection</b>	<b>Kristin Wingfield, MD Elly LaRoque, MD</b>
	<b>Pacific I</b>	<b>Hands on: Essential Knee Evaluation</b>	<b>Nicholas Colyvas, MD Marcus Trotter, MD</b>
	<b>Pacific J</b>	<b>Hands on: Advanced Shoulder Evaluation</b>	<b>Drew Lansdown, MD Justin Jabara, MD</b>

4:00 *Transition to workshop*

**Concurrent Workshops (Choose 1)**  
last 10 minutes | question and answer

4:10	<b>Bayview B</b>	<b>How Much is Too Much? Relative Energy Deficiency in Sport (RED-S): Considerations for the PCP</b>	<b>Faustine Ramirez, MD</b>
	<b>Pacific H</b>	<b>Hands on: How to Perform a Subacromial Shoulder Injection</b>	<b>Kristin Wingfield, MD Wendy Cook, PA-C</b>
	<b>Pacific I</b>	<b>The Multidisciplinary Evaluation of the Runner</b>	<b>Anthony Luke, MD, MPH Brooke Schultz, MS, ACE-CPT Jill Gleason, PT, DPT</b>
	<b>Pacific J</b>	<b>Hands on: Advanced Knee Evaluation</b>	<b>Nicholas Colyvas, MD Marcus Trotter, MD</b>

5:00 *Adjourn*