



Agenda

# IRONMAN<sup>®</sup>

## WORLD CHAMPIONSHIP

### MEDICAL SYMPOSIUM

October 20–24, 2024

## Agenda

All lectures are held in the Keauhou Ballroom at the Outrigger Kona Resort.

### Sunday, Oct. 20

### Lower Extremity Problems

4.0 Hours CME

| TIME     | TOPIC   | SPEAKER                 |
|----------|---|-------------------------|
| 6:30 am  | Breakfast in the Exhibit Hall                       |                         |
| 7:25 am  | Opening Remarks by the Chairman                     | Robert Sallis, MD       |
| 7:30 am  | Evaluation of the Injured Runner                    | Adam Tenforde, MD       |
| 8:10 am  | Biomechanical Approach to Patellofemoral Pain       | Irene S. Davis, PhD, PT |
| 8:50 am  | Competing with Knee OA                              | Thomas Best, MD, Ph.D   |
| 9:30 am  | Refreshment Break in Exhibit Hall                   |                         |
| 10:00 am | An Update on ACL Injury                             | Peter Larkins, MD       |
| 10:40 am | Hamstring Injuries: Myths and Facts                 | Thomas Best, MD, Ph.D   |
| 11:20 am | Evaluation of Foot and Ankle Conditions in Athletes | Adam Tenforde, MD       |
| 12:00 pm | Adjourn   |                         |

### Monday, Oct. 21

### Head and Heart Issues

4.0 Hours CME

| TIME           | TOPIC   | SPEAKER                  |
|----------------|---|--------------------------|
| 6:30 am        | Breakfast in the Exhibit Hall                                 |                          |
| 7:30 am        | Cardiac Care of the Athlete: New Frontiers or Refining Focus? | Matthew W Martinez, MD   |
| 8:10 am        | Preventing Sudden Cardiac Arrest in Athletes                  | Christina L. Master, MD  |
| 8:50 am        | Exercise Prescription in Athletes with HCM                    | Matthew W Martinez, MD   |
| 9:30 am        | Refreshment Break in Exhibit Hall                             |                          |
| 10:00 am       | Concussion Update   | Douglas B McKeag, MD     |
| 10:40 am       | Minds Matter: Seeing Concussion through New Eyes              | Christina L. Master, MD  |
| 11:20 am       | Rule Changes: Do They Actually Work to Prevent Injury?        | Alex B. Diamond, DO, MPH |
| 12:00 pm       | My Road to Kona – 2023 Ironman Race Slot Winner's Journey     | Scott Grosse, MD         |
| 12:15 pm       | Adjourn   |                          |
| 2:00 - 5:00 pm | Swim Clinic 1 – 2:00-3:30 pm<br>Swim Clinic 2 – 3:30-5:00 pm  | Outrigger Pool           |
| 5:30 pm        | Welcome Reception – BayView Lawn area                         |                          |



| Tuesday, Oct. 22 | Current Issues in Sports Medicine | 4.0 Hours CME |
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| TIME     | TOPIC  | SPEAKER                         |
|----------|--|---------------------------------|
| 6:30 am  | <b>Breakfast in the Exhibit Hall</b>                                 |                                 |
| 7:30 am  | Shared Decision Making in Athletes: Did Data Change Risk?            | <i>Matthew W Martinez, MD</i>   |
| 8:10 am  | When to Say No – When Should We Be Discouraging Sport Participation? | <i>Jordan MetzI, MD</i>         |
| 8:50 am  | Sports Medicine Ethics   | <i>Douglas B McKeag, MD</i>     |
| 9:30 am  | Refreshment Break in Exhibit Hall                                    |                                 |
| 10:00 am | Disparities and Inequities in Youth Sports                           | <i>Alex B. Diamond, DO, MPH</i> |
| 10:40 am | What You Need to Know to Work in the Ironman Medical Tent            | <i>Robert Sallis, MD</i>        |
| 11:20 am | Injury Prevention in Youth Sports                                    | <i>Alex B. Diamond, DO, MPH</i> |
| 12:00 pm | Adjourn  |                                 |

| Wednesday, Oct. 23 | Musculoskeletal Issues | 4.0 Hours CME |
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| TIME           | TOPIC  | SPEAKER  |
|----------------|--|--|
| 7:30 - 8:15 am | <b>Join the IronStrength Workout with Dr. Jordan MetzI!</b>  | <i>Bay View Lawn Area</i>  |
| 11:45 am       | <b>Special Lunch Presentation by Storz Medical: “Muscle and Tendon Injuries”</b> Sign up at the registration desk when you arrive. | <i>Olav Aleksander Bu,<br/>Adam Tenforde, MD,<br/>Prof. Dr. Ludger Gerdesmeyer</i> |
| 12:30-5:30pm   | <b>Exhibit Hall Open</b>   |  |
| 1:00 pm        | Overuse: Concept and Treatment   | <i>Douglas B McKeag, MD</i>  |
| 1:40 pm        | Foot Core and Footwear: Application to Runners   | <i>Irene S. Davis, PhD, PT</i>   |
| 2:20 pm        | Exertional Leg Pain  | <i>Korin B. Hudson, MD</i>   |
| 3:00 pm        | Refreshment Break in the Exhibit Hall  |  |
| 3:30 pm        | Groin and Pelvic Pain in the Athlete   | <i>Peter Larkins, MD</i>   |
| 4:10 pm        | Shockwave in the Management of Sports Injuries   | <i>Adam Tenforde, MD</i>   |
| 4:50 pm        | Case Studies of Injured Runners  | <i>Irene S. Davis, PhD, PT</i>   |
| 5:30 pm        | Adjourn  |  |

| Thursday, Oct. 24 | Ironman Medicine | 4.0 Hours CME |
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| TIME         | TOPIC   | SPEAKER   |
|--------------|---|---|
| 12:30-5:30pm | <b>Exhibit Hall Open</b>  |   |
| 1:00 pm      | Ultra-endurance Athletes: When is it Too Much?  | <i>Thomas Best, MD, Ph.D</i>                              |
| 1:40 pm      | Mass Casualty Incidents in Sporting Venues  | <i>Korin B. Hudson, MD</i>                                |
| 2:20 pm      | From the Starting Line in Kona to My Sports Medicine Practice in New York – Combining Lessons Learned From Both | <i>Jordan MetzI, MD</i>                                   |
| 3:00 pm      | Refreshment Break in Exhibit Hall. Entry cards for the 2024 Ironman Race Slot Drawing are available.            |   |
| 3:30 pm      | Management of Lightning Injuries  | <i>Korin B. Hudson, MD</i>                                |
| 4:10 pm      | Considerations For The Masters Athlete  | <i>Jordan MetzI, MD</i>                                   |
| 4:50 pm      | <b>Ironman Legend Guest Speaker</b> Inside the Ironman Medical Tent: Three Decades of Expertise and Insights    | <i>Robert Laird, MD</i>                                   |
| 5:30 pm      | <b>Final Adjourn</b>  |   |
| 5:30 pm      | 2024 Ironman Medical Symposium Race Slot Drawing (Women Only)   | <i>Robert Laird, MD,<br/>Peter Larkins MD, Joe FederI</i> |

**FRIDAY, Oct. 25:** No lectures scheduled. FREE day to explore the island!

**SATURDAY, Oct. 26:** 6:30 am - Midnight: **IRONMAN World Championship and Medical Tent**