

IRONMAN
WORLD CHAMPIONSHIP
MEDICAL SYMPOSIUM
Agenda



All Lectures are held in the Keauhou Ballroom at the Outrigger Kona Resort

Sunday October 20, 2024

4 HOURS CME

Lower Extremity Problems

Sunday October 20	Lecture Topic	Speaker
6:30 AM	Breakfast in 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	

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Monday October 21, 2024

4 HOURS CME

Head and Heart Issues

Monday October 21	Lecture Topic	Speaker
6:30 AM	Breakfast in 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	

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Tuesday October 22, 2024

4 HOURS CME

Current Issues in Sports Medicine

Tuesday October 22	Lecture Topic	Speaker
6:30 AM	Breakfast in Exhibit Hall	
7:30 AM	Shared Decision Making in Athletes: Did Data Change Risk?	Matthew W Martinez MD
8:10 AM	Patient Centered Medicine in the World of Performance Sport	Jane Thornton MD PhD
8:50 AM	Sports Medicine Ethics	Douglas B McKeag, MD
9:30 AM	Refreshment Break in Exhibit Hall	
10:00 AM	Disparities and Inequities in Youth Sports	Alex B. Diamond, DO, MPH,
10:40 AM	Female Athlete Health Across the Lifespan	Jane Thornton MD PhD
11:20 AM	Injury Prevention in Youth Sports	Alex B. Diamond, DO, MPH,
12:00 PM	ADJOURN	

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Wednesday October 23, 2024

4 HOURS CME

Musculoskeletal Issues

Wednesday October 23	Lecture Topic	Speaker
12: 30 PM-5:30PM	Exhibit Hall Open	
1:00 PM	Overuse: Concept and Treatment	Douglas B McKeag, MD
1:40 PM	Foot Core and Footwear: Application to Runners	Irene S. Davis, PhD, PT
2:20 PM	Exertional Leg Pain	Korin B. Hudson, MD
3:00 PM	Refreshment Break in Exhibit Hall	
3:30 PM	Groin and Pelvic Pain in the Athlete	Peter Larkins, MD
4:10 PM	Shockwave in the Management of Sports Injuries	Adam Tenforde, MD
4:50 PM	Case Studies of Injured Runners	Irene S. Davis, PhD, PT
5:30 PM	ADJOURN	

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Thursday October 24, 2024

4 HOURS CME

Ironman Medicine

Thursday October 24	Lecture Topic	Speaker
12: 30 PM-5:30PM	Exhibit Hall Open	
1:00 PM	Ultra-endurance Athletes: When is it Too Much?	Thomas Best, MD, Ph.D
1:40 PM	Mass Casualty Incidents in Sporting Venues	Korin B. Hudson, MD
2:20 PM	Post Partum Return to Sports	Jane Thornton MD PhD
3:00 PM	Refreshment Break in Exhibit Hall	
3:30 PM	Management of Lightning Injuries	Korin B. Hudson, MD
4:10 PM	What You Need to Know to Work in the Ironman Medical Tent	Robert Sallis, MD
4:50 PM	Ironman Legends Speaker	Robert Laird, MD
5:30 PM	FINAL ADJOURN	

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**Ironman Legends Series
Guest Speaker**

Thursday October 24, 2024 at 4:50 pm

Robert “Dr. Bob” Laird, MD



We are honored to extend our annual invitation to a distinguished Ironman legend, who generously shares their profound experiences at the Ironman World Championship. We are thrilled to reveal that this year's esteemed guest speaker is none other than the renowned “Dr. Bob” Laird.

With over three decades of service as the Medical Tent Director, Dr. Bob brings a treasure trove of knowledge and history to the Ironman Medical Tent. Inducted into the prestigious IRONMAN Hall of Fame in 2001, Dr. Bob Laird is a true icon in the realm of endurance sports.

Having crossed the finish line himself in 1988, Laird is credited with pioneering the medical protocols for the IRONMAN World Championship. Known affectionately as "Dr. Bob," his contributions have significantly elevated the standard of medical care for IRONMAN triathletes worldwide.

As the Director Emeritus of the Ironman World Championship Medical Tent and a retired Pediatric Physician, Dr. Bob Laird's legacy continues to inspire and shape the future of endurance sports medicine. He proudly resides in Nokomis, FL, a testament to his enduring connection to the Ironman community.

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All Lectures are held in the Keauhou Ballroom at the Outrigger Kona Resort

Friday October 25, 2024

No Lectures Scheduled

Free Day to Explore the Island



Saturday October 26, 2024



6:30 am- midnight



Ironman Medical Tent

Ironman Medical Tent “Mini-Internship”– conference participants are invited to volunteer for a 4-hour session working as part of the Ironman Medical team caring for race participants, under the direct supervision of conference faculty.