

# IRONMAN MEDICAL SYMPOSIUM-

## AGENDA

**Date:** October 2-7, 2022 All lectures held at the Keauhou Ballroom at the Outrigger Kona Resort

Time	Sunday October 2, 2022 Cardiac Issues and More	Speaker
6:30 AM	Breakfast in the Exhibit Hall	
6:30 AM	Exhibit Hall	
7:25 AM	Opening Remarks by the Chairman	Robert E Sallis, MD
7:30 AM	Common Heat and Hydration Issues in Endurance Athletes	Robert E Sallis, MD
8:10 AM	Managing the Athlete with Sickle Cell Trait	Francis G. O'Connor, MD
8:50 AM	Preventing Exertional Heat Stroke in Athletes: Updates	Larry Kenney, PhD
9:30 AM	Refreshment break in Exhibit Hall	
10:00 AM	<ul style="list-style-type: none"> <li>Hydration and the Older Athlete</li> </ul>	Larry Kenney, PhD
10:40 AM	<ul style="list-style-type: none"> <li>Emergency Medical Preparedness: Lessons from the NFL</li> </ul>	Allen Sills, MD
11:20 AM	Special Session on Leadership in Medicine	Dean C. Taylor, MD
12:00 PM	My Road to Kona- Ironman Race Slot Winner	Sam Sunshine, MD

Time	Monday October 3, 2022 Musculoskeletal Issues	Speaker
6:30 AM	Breakfast in the Exhibit Hall	
6:30 AM	Exhibit Hall	
7:30 AM	Evaluation and Care of Common Foot and Ankle Problems	Cindy Chang, MD
8:10 AM	Anterior Cruciate Ligament Injuries	Dean C. Taylor, MD
8:50 AM	Management of Hamstring Injuries	Bryan Heiderscheit, PT, PhD
9:30 AM	Refreshment break in Exhibit Hall	
10:00 AM	Consideration and Care of Athletes with Spinal Cord Injury	Cindy Lin, MD
10:40 AM	Caring for Shoulder Dislocations and Instability	Dean C. Taylor, MD
11:20 AM	Management of Acute and Chronic Pain in Elite Athletes	Allen Sills, MD
12:00 PM	CME Portion of Program Adjourns	
12:15 PM	Medline Lunch Presentation with Craig Alexander 2008, 2009 & 2011 Ironman World Champion	Craig Alexander

## IRONMAN MEDICAL SYMPOSIUM AGENDA

Time	Tuesday October 4, 2022	Environmental Issues	Speaker
6:30 AM	Breakfast in the Exhibit Hall		
6:30 AM	Exhibit Hall		
7:30 AM	Sudden Cardiac Death: Fact Vs Fiction		Aaron Baggish, MD
8:10 AM	Incidence and Epidemiology of Sudden Cardiac Death in Athletes		Kimberly Harmon, MD
8:50 AM	Cardiac Pre-Participation Exam: What's New and What Not		Francis G. O'Connor, MD
9:30 AM	Refreshment break in Exhibit Hall		
10:00 AM	Update on COVID-19 and Exercise		Robert E Sallis, MD
10:40 AM	Shared Decision Making for Return to Play in Athletes with		Aaron Baggish, MD
11:20 AM	Return to Play after Exertional Illness		Francis G. O'Connor, MD
12:00 PM	CME Portion of Program Adjourns		
6:30 AM	Breakfast in the Exhibit Hall		

Time	Wednesday October 5, 2022	Current Concepts in Sports Medicine	Speaker
11:45 AM	Gatorade Sports Science Institute Luncheon and Presentation		TBA
12:00 PM	Exhibit Hall		
1:00 PM	Ironman Legends Series Guest Speaker		Michellie Jones
1:40 PM	Masters Athletes: Cardiac Concerns and Management		Aaron Baggish, MD
2:20 PM	UV Radiation and Skin Health in Outdoor Athletes: Myths Vs Reality		Larry Kenney, PhD
3:00 PM	Refreshment Break and Race Slot Entry: Pick up entry card for 2021 Ironman World Championship Race Slot Drawing		
3:30 PM	Movement Retraining for the Distance Runner: Finding the Right		Bryan Heiderscheit, PT, PhD
4:10 PM	Dealing with Sleep and Jet Lag: What to Tell Patients		Cindy Chang, MD
4:50 PM	What You Need to Know to Work in the Ironman Medical Tent		Robert E Sallis, MD
5:30 PM	CME Portion of Program Adjourns		
11:45 AM	Gatorade Sports Science Institute Luncheon and Presentation		TBA

# IRONMAN MEDICAL SYMPOSIUM

## AGENDA

<b>Time</b>	<b>Thursday October 6, 2-22 No Lectures scheduled. IRONMAN World Championship Women's Race and Medical Tent</b>	<b>Speaker</b>
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<b>Time</b>	<b>Friday October 7, 2022 Update on Head and Spine Injury Management</b>	<b>Speaker</b>
12:00 PM	Exhibit Hall	
1:00 PM	State of the Art in Concussion Prevention	Allen Sills, MD
1:40 PM	Sideline Concussion Testing: An Evidenced Based Decision or Best Guess?	Kimberly Harmon, MD
2:20 PM	Spinal Injuries in Sports	Cindy Lin, MD
3:00 PM	Refreshment break in Exhibit Hall	
3:30 PM	Diagnosis and Management of Upper Extremity Radicular Chang Pain and Tingling	Cindy Chang, MD
4:10 PM	Return to Running after ACL Reconstruction: A Simple Question	Bryan Heiderscheit, PT, PhD
4:50 PM	The Role of Exercise for Treating Low Back Pain	Cindy Lin, MD
5:30 PM	<b>Final Conference Adjourn</b>	

<b>Saturday October 8, 2022 IRONMAN World Championship Men's Race and Medical Tent</b>
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