

**2021 Ironman Sports Medicine Conference Agenda  
as of 6-1-21**

**Sunday October 3, 2021 Cardiac Issues and More**

<b>*Date</b>	<b>*Time Start</b>	<b>*Session Title</b>	<b>Speaker</b>
10/3/21	6:30 AM	Breakfast in the Exhibit Hall	
10/3/21	6:30 AM	Exhibit Hall	
10/3/21	7:25 AM	Opening Remarks by the Chairman	Robert E Sallis, MD
10/3/21	7:30 AM	Common Heat and Hydration Issues in Endurance Athletes	Robert E Sallis, MD
10/3/21	8:10 AM	Managing the Athlete with Sick Cell Trait	Francis G. O'Connor, MD
10/3/21	8:50 AM	Preventing Exertional Heat Stroke in Athletes: Updates	Larry Kenney, PhD
10/3/21	9:30 AM	Refreshment break in Exhibit Hall	
10/3/21	10:00 AM	Hydration and the Older Athlete	Larry Kenney, PhD
10/3/21	10:40 AM	Emergency Medical Preparedness: Lessons from the NFL	Allen Sills, MD
10/3/21	11:20 AM	Special Session on Leadership in Medicine	Dean C. Taylor, MD
10/3/21	12:00 PM	My Road to Kona- Ironman Race Slot Winner	Sam Sunshine, MD
10/3/21	12:15 PM	CME Portion of Program Adjourns	

**Monday October 4, 2021 Musculoskeletal Issues**

<b>*Date</b>	<b>*Time Start</b>	<b>*Session Title</b>	<b>Speaker</b>
10/4/21	6:30 AM	Breakfast in the Exhibit Hall	
10/4/21	6:30 AM	Exhibit Hall	
10/4/21	7:30 AM	Evaluation and Care of Common Foot and Ankle Problems	Cindy Chang, MD
10/4/21	8:10 AM	Anterior Cruciate Ligament Injuries	Dean C. Taylor, MD
10/4/21	8:50 AM	Management of Hamstring Injuries	Bryan Heiderscheit, PT, PhD
10/4/21	9:30 AM	Refreshment break in Exhibit Hall	
10/4/21	10:00 AM	Consideration and Care of Athletes with Spinal Cord Injury	Cindy Lin, MD
10/4/21	10:40 AM	Caring for Shoulder Dislocations and Instability	Dean C. Taylor, MD
10/4/21	11:20 AM	Management of Acute and Chronic Pain in Elite Athletes	Allen Sills, MD
10/4/21	12:00 PM	CME Portion of Program Adjourns	
10/4/21	12:15 PM	Medline Luncheon	
10/4/21	12:30 PM	Medline Presentation with Craig Alexander	Craig Alexander 2008, 2009 & 2011 Ironman Triathlon World Champion

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**Tuesday October 5, 2021 Environmental Issues**

<b>*Date</b>	<b>*Time Start</b>	<b>*Session Title</b>	<b>Speaker</b>
10/5/21	6:30 AM	Breakfast in the Exhibit Hall	
10/5/21	6:30 AM	Exhibit Hall	
10/5/21	7:30 AM	Sudden Cardiac Death: Fact Vs Fiction	Aaron Baggish, MD
10/5/21	8:10 AM	Incidence and Epidemiology of Sudden Cardiac Death in Athletes	Kimberly Harmon, MD
10/5/21	8:50 AM	Cardiac Pre-Participation Exam: What's New and What Not	Francis G. O'Connor, MD
10/5/21	9:30 AM	Refreshment break in Exhibit Hall	
10/5/21	10:00 AM	Update on COVID-19 and Exercise	Robert E Sallis, MD
10/5/21	10:40 AM	Shared Decision Making for Return to Play in Athletes with	Aaron Baggish, MD
10/5/21	11:20 AM	Return to Play after Exertional Illness	Francis G. O'Connor, MD
10/5/21	12:00 PM	CME Portion of Program Adjourns	

**Wednesday October 6, 2021 Update on Head and Spine Injury Management**

<b>*Date</b>	<b>*Time Start</b>	<b>*Session Title</b>	<b>Speaker</b>
10/6/21	12:00 PM	Exhibit Hall	
10/6/21	1:00 PM	State of the Art in Concussion Prevention	Allen Sills, MD
10/6/21	1:40 PM	Sideline Concussion Testing: An Evidenced Based Decision or Best Guess?	Kimberly Harmon, MD
10/6/21	2:20 PM	Spinal Injuries in Sports	Cindy Lin, MD
10/6/21	3:00 PM	Refreshment break in Exhibit Hall	
10/6/21	3:30 PM	Diagnosis and Management of Upper Extremity Radicular Chang Pain and Tingling	Cindy Chang, MD
10/6/21	4:10 PM	Return to Running after ACL Reconstruction: A Simple Question	Bryan Heiderscheit, PT, PhD
10/6/21	4:50 PM	The Role of Exercise for Treating Low Back Pain	Cindy Lin, MD
10/6/21	5:30 PM	CME Portion of Program Adjourns	

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**Thursday October 7, 2021 Current Concepts in Sports Medicine**

<b>*Date</b>	<b>*Time Start</b>	<b>*Session Title</b>	<b>Speaker</b>
10/7/21	12:00 PM	Exhibit Hall	
10/7/21	1:00 PM	Ironman Legends Series Guest Speaker	Michellie Jones
10/7/21	1:40 PM	Masters Athletes: Cardiac Concerns and Management	Aaron Baggish, MD
10/7/21	2:20 PM	UV Radiation and Skin Health in Outdoor Athletes: Myths Vs Reality	Larry Kenney
10/7/21	3:00 PM	Refreshment Break and Race Slot Entry: Pick up entry card for 2021 Ironman World Championship Race Slot Drawing	
10/7/21	3:30 PM	Movement Retraining for the Distance Runner: Finding the Right	Bryan Heiderscheit, PT, PhD
10/7/21	4:10 PM	Dealing with Sleep and Jet Lag: What to Tell Patients	Cindy Chang, MD
10/7/21	4:50 PM	What You Need to Know to Work in the Ironman Medical Tent	Robert E Sallis, MD
10/7/21	5:30 PM	2022 October Race Slot Drawing	Andrew Messick- CEO of Ironman
10/7/21	5:45 PM	Conference Adjourns	
<b>Friday October 8, 2021 Free Day to explore the island</b>			
<b>Saturday October 9, 2021 Ironman World Championship</b>			
10/9/21	5:30	Ironman Medical Tent	



















