



3rd International Extreme Sports Medicine Congress

June 1-2, 2018

Sports
Medicine
UNIVERSITY OF COLORADO

Daily Guided Sports Activities
Friday & Saturday 6:30 am



FRIDAY, JUNE 1

7:00-9:00	Breakfast & Registration	
9:00-9:10	Opening Remarks	Mei-Dan
SESSION 1		
9:10-9:20	Medical Aspects of World Record Scuba Dives – Deep water and high altitude	Buzzacott
9:20-9:30	Extreme Track Cycling – Round and round we go	Glowney
9:30-9:40	Ultra Running Injuries – From hot deserts to arctic ultra races	Haas
9:40-9:50	Rock Climbing Injuries – From tendonitis to open fractures and everything in between	Lutter
9:50-10:00	Rodeo Injuries – You thought BASE jumping was crazy?	Stoneback
10:00-10:10	Moto GP and Formula One	Garabekyan
10:10-10:20	Kitesports Injuries: An update	Feletti
10:20-10:30	Extreme Swimming Injuries – I can swim longer than you can run	Hackett
10:30-10:40	Injuries in Skydiving – What’s more dangerous, the free fall or the canopy ride?	Gnirke
10:40-10:50	Q&A	
10:50-11:00	Coffee Break	
SESSION 2		
11:00-11:10	Base Jumping – No margin for error	Mei-Dan
11:10-11:20	Injuries in flying extreme sports: Analysis of USPPA and BHPA incident reports	Feletti
11:20-11:30	Skiing Injuries – From deep pow to big air	Welton
11:30-11:40	Snowboarding Injuries – The price of pow	Hackett
11:40-11:50	Motocross and Snow Mobile Injuries – Let’s go superman	Cygan
11:50-12:00	MMA - Much pain, much gain	Gnirke
12:00-12:10	Recreational Off-Highway Vehicle (ROV) Crash and Injury	Jennissen
12:10-12:20	Cyclocross Injuries - An hour in the pain cave	Provance
12:20-12:30	Q&A	
12:30-1:10	Lunch	
SESSION 3		
1:10-1:20	Concussion in Adventure Athletes – Epidemiology and current guidelines	Provance
1:20-1:30	Update on Helmet Technology – Are we there yet?	Scher
1:30-1:40	Severe Traumatic Brain Injury Resulting in Disorders of Consciousness	Weintraub
1:40-1:50	Motocross-associated Head and Spine Injuries	Daniels
1:50-2:00	Youth Health-Related Quality of Life During Recovery from Sport-Related Concussion	Russell
2:00-2:10	Field Management of Injuries in Extreme Environments – Football field vs. a third world mountain or river	Hackett
2:10-2:20	Free Diving – The physiology and fatalities behind the quietest extreme sport	Buzzacott
2:20-2:30	Water Quality and Extreme Sports	Heggie
2:30-2:40	Endurance Events Medical Coverage and Athletes Clearance	Hill
2:40-2:50	ABC’s of Wilderness Medicine – From first aid kit to field analgesia	Lemery
2:50-3:00	Volcanoes and Adventure Sports	Heggie
3:00-3:10	Q&A	
3:10-3:20	Coffee Break	
SESSION 4		
3:20-3:30	The Importance of Nutrition in Extreme Sports – Feeding the beast	Brunning
3:30-3:40	Epidemiology of Yoga-Related Injuries	Russell

3:40-3:50	Arenia Athletic and the Adolescent High Level Climber – The 5.14 denial	Lutter
3:50-4:00	Personality Characteristics of Elite Mountaineers and Base Jumpers – Are they really crazy?	Monasterio
4:00-4:10	Overtraining in Extreme Endurance – “But I’m supposed to be tired”	Kohler
4:10-4:20	Climate Change and Human Health	Lemery
4:20-4:30	Endocrine Stress Reactivity Associated with Extreme Sports – Hormones talk back	
4:30-4:40	Roundtable – Eat well, sleep well, and have good genes	
5:30-7:30	Keynote Reception: Stadium Club at Folsom Field, transportation provided	
	Extreme Sports – The mental factor	Erik Monasterio
	Grinding the Crack, Surviving Life	Jeb Corliss

SATURDAY, JUNE 2

7:00-8:30	Breakfast	
SESSION 1	Epidemiology of Youth Injury in Adventure and Extreme Sports	Moderator: Provance
8:30-8:40	Kids in Adventure and Extreme Sports – Reasons for concern	Caine
8:40-8:50	Skiing	Provance
8:50-9:00	Snowboarding	Russell
9:00-9:10	Rock Climbing	Lutter
9:10-9:20	All-Terrain Vehicles	Jennissen
9:20-9:30	Rodeo	Stoneback
9:30-9:40	Aquatic Adventure Sports	Buzzacott
9:40-9:50	Motocross	Daniels
9:50-10:00	Skateboarding	Feletti
10:00-10:10	Wilderness Environments	Heggie
10:10-10:20	Mountain Biking	Caine
10:20-10:35	Roundtable – To leash or to let go?	
10:35-10:45	Coffee Break	
SESSION 2	Diagnosis and Treatment Dilemmas – Surgical Intervention and Major Trauma	
10:45-10:55	So You Tore Your ACL – What next?	McCarty
10:55-11:05	Management of Articular Cartilage Injury – The future is here	Vidal
11:05-11:15	Hip Labral Tears and Subluxation – Stories of a shallow cup	Mei-Dan
11:15-11:25	Shoulder Dislocation – Should I go conservative or surgical?	Seidl
11:25-11:35	Treatment of Biceps Pain in the Extreme Athlete	McCarty
11:35-11:45	Clavicle Fractures in Cyclists – Can I still ride the same week?	Bravman
11:45-11:55	Guidelines for Treatment of Open Fractures in the Field and in Level 1 Trauma Center	Stoneback
11:55-12:05	Foot and Ankle Injuries – It’s not only snowboarder ankle	Hunt
12:05-12:15	Spine Injuries in the Extreme Sports Athlete – Treating the tingling	Ou-Yang
12:15-12:30	Roundtable – Bone talks	Seidl
12:30-1:10	Lunch	
OPEN PAPERS SESSION – Climate Change and Human Health		
1:10-1:17	Findings of Gender Personality Differences in BASE Jumpers – the X and the Y of it	Monasterio
1:17-1:24	The Effect of Helmets on the Risk of Head and Neck Injuries Among Skiers and Snowboarders	Russell
1:24-1:31	CrossFit Injuries: Beef it up	Vidal
1:31-1:38	The Media’s Role in Extreme Sports Injuries	Pillifant
1:38-1:45	Head Injuries from Snow Park Jumps – Examining edge catches	Scher
1:45-1:52	Adaptive Extreme Sports for Persons with Disabilities – Beyond the wheelchair	Gale
1:52-2:00	Fluency of Motion in Parkour by Means of Wearable Devices	Feletti
2:00-2:10	Q&A	
SESSION 3	Rehab and Prevention	
2:10-2:20	Shoulder Rehab after Dislocation – Can it happen again?	Nyland
2:20-2:30	Hip Rehab – How to hold them back	Donath
2:30-2:40	Rehab after ACLR – Can I be stable again?	Nyland
2:40-2:50	Swimmer’s Shoulder – It’s not about the shoulder	Friday
2:50-3:00	When to Clear an Adventure Sports Athlete for RTP	Mei-Dan
3:00-3:10	Let’s Talk Rehab	
3:10-3:20	Coffee Break	
	Fatalities in Extreme Sports	
3:20-3:30	Base Jumping and Wing Suit Flying – Are those the most fatal extreme sports?	Mei-Dan
3:30-3:40	Fatalities in Climbing – Ground fall and rock hit trauma	Lutter
3:40-3:50	Skydiving – Is it safer than driving your car?	Gnirke
3:50-4:00	Fatalities in Skiing and Snowboarding – From avalanche to objects collision	Provance