



4th International Extreme Sports Medicine Congress

June 5-6, 2020

Sports
Medicine
UNIVERSITY OF COLORADO

Daily Guided Sports Activities
Friday morning & Saturday afternoon



3:40-3:50
3:50-4:00
4:00-4:10
4:10-4:20
4:20-4:30
4:30-4:40
4:40-4:50
5:30-7:30

Overtraining in Extreme Endurance: "But I'm supposed to be tired"
Sports After Shoulder Replacement
The Science of HIIT: Exploring the medical role of intensity in training efficiency
Can I Skydive and Do an Ironman During Pregnancy?
Biologics and Injections Can Keep Us Going
Managing Energy Deficiency in Climbers
Roundtable: Eat well, sleep well, and have good genes
Keynote Address & Reception: Steph Davis www.stephdavis.co

San Millan
Seidl
Metzl
Welton
Frank
I. Schöffl

FRIDAY, JUNE 5

6:30-8:00	Guided Activities: rock climbing, mountain biking, trail running, hiking	
7:30-9:00	Breakfast & Registration	
9:00-9:10	Opening Remarks	
SESSION 1		
9:10-9:20	Skimo: Sport-specific performance testing and experiences with the German National Team	V. Schöffl
9:20-9:30	Cave Diving: The deadliest extreme sport on earth, or not?	Buzzacott
9:30-9:40	Base Jumping: Is experience good or bad?	Mei-Dan
9:40-9:50	Commando and Military Injuries: Late night stories	Silvestri
9:50-10:00	Update on CrossFit Injuries: Extreme indoors	Vogel
10:00-10:10	High Altitude Medicine: What's the deal with this oxygen?	Lemery
10:10-10:20	Athletic Injuries in Spaceflight, Mission Training, and Microgravity Exercise	Sieker
10:20-10:30	Whitewater Kayaking Injuries: The eskimo roll	Mendez
10:30-10:40	Skyrunning: Uphill physiological strategies – run or walk?	I. Schöffl
10:40-10:50	Q&A	
10:50-11:00	Coffee Break	
SESSION 2		
11:00-11:10	Cyclocross Injuries: Bike backpacking injuries	Bravman
11:10-11:20	European Hang-gliding and Paragliding Union Perspective on Injuries	Feletti
11:20-11:30	Wing Suit Base Jumping Fatalities: Enough is enough	Sieker
11:30-11:40	Sailing Injuries and Fatalities in the US: Gone with the wind	Nathanson
11:40-11:50	MMA: Much pain, some gain	Kerns
11:50-12:00	Personality Characteristics of Extreme Athletes: Do we ever change?	Monasterio
12:00-12:10	Free Diving: The physiology and fatalities behind the quietest extreme sport	Buzzacott
12:10-12:20	Q&A	
12:20-1:10	Lunch	
SESSION 3	Your Head and the Olympics	
1:10-1:20	Concussion in Adventure Athletes: Epidemiology and current guidelines	Provance
1:20-1:30	Ski Helmet Technology and Skier/Rider Behaviors: Chicken or egg?	Scher
1:30-1:40	Severe Traumatic Brain Injury and Predictors of Outcome	Weintraub
1:40-1:50	It's All About the Flip: Sport-specific concussion return to play protocol	Ballantine
1:50-2:00	The Winter Park Experience: Head trauma at 9,000 feet	Ebinger
2:00-2:10	First Aid in the Field: How do I save my biking partner's life after a crash?	Lemery
2:10-2:20	Extreme Sports Goes to Tokyo: New trends in climbing injuries as an Olympic sport	V. Schöffl
2:20-2:30	Surfing in the Olympics	Nathanson
2:30-2:40	Injuries and Fatalities in Kite Surfing: Has the Olympic committee gone nuts?	Feletti
2:40-2:50	Cannabis in Extreme Sports: Increasing performance or clouding judgement?	Cowin
2:50-3:00	The Media's Role in Extreme Sport Injuries	Pillifant
3:00-3:10	Q&A	
3:10-3:20	Coffee Break	
SESSION 4	Physiology and the Aging Athlete	
3:20-3:30	Golden Agers: Injury profiles in older climbers	Simon
3:30-3:40	Surf Survival and Surfiatrics: Because surfers also get old	Nathanson

SATURDAY, JUNE 6

6:30-7:30	Breakfast	
SESSION 1	Adolescents are Dominating Extreme Sports	
7:30-7:40	Adolescent Domination and Increased Concern for Overuse and Acute Injuries	Provance
7:40-7:50	Adolescent Skiing Injuries	Vidal
7:50-8:00	Elite Youth Rock Climber's Perspective on Injury and Potential Speed Wall Risk	Meyers
8:00-8:10	Junior Rodeo Concerns: Underreporting injuries?	Stoneback
8:10-8:20	National High School Mountain Biking Injury Database Updates	Willick
8:20-8:30	Sport Specialization in the Adolescent Athlete: Is this a good idea?	Metzl
8:30-8:40	Backcountry Skiing Risk: When do I take my kid?	Rhodes
8:40-8:50	Motocross Injuries in the Pediatric Population: Kids on wheels	Mayer
8:50-9:00	Finger Injuries in Youth Rock Climbers: These fingers can't bear the load anymore	V. Schöffl
9:00-9:10	Roundtable: To leash or to let go?	
SESSION 2	Diagnosis & Treatment Dilemmas: Surgical Intervention & Major Trauma	
9:10-9:20	Update on ACL Treatment in Elite Athletes	McCarty
9:20-9:30	Management of Articular Cartilage Injury and Biologics: The future is here	Dragoo
9:30-9:40	Hip Labral Tears and Subluxation: Stories of a shallow cup	Mei-Dan
9:40-9:50	Foot and Ankle Injuries: It's not only snowboarder's ankle	Hunt
9:50-10:00	Spine Injuries in the Extreme Sports Athlete: What if I can't feel my feet?	Ou-Yang
10:00-10:10	Fixing Clavicle Fractures in Cyclists: Can I ride the same week?	Bravman
10:10-10:20	Guidelines for Treatment of Open Fractures in the Field and in Level 1 Trauma Center	Stoneback
10:20-10:35	Hamstring Injuries in Long Distance Runners: It is a pain in the butt	Genuario
10:35-10:45	Biceps Tenodesis in the Elite Climbers: Where do we put it?	Simon
10:45-11:15	Coffee Break	
SESSION 3	All Over the Place	
11:15-11:25	Team Physician Work: How to prepare for an NBA game vs. a World Cup ski race	Vidal
11:25-11:32	The "Big Heart" of Climbers: Cardiac adaptation in elite athletes	I. Schöffl
11:32-11:39	Medical Support for Expedition-Length Adventure Races	Townes
11:39-11:46	Disability and the Extreme Sports Athlete	Balazy
11:46-12:01	In the Dark and Far From Home: Medical aspects of underground caving	Buzzacott
12:01-12:07	Should You Go Climbing with Someone Who is Low in Self-Transcendence?	Monasterio
SESSION 4	Rehab and Prevention	
12:07-12:14	Lower Extremity Rehab in the Extreme Sports Athlete: Implications of premature clearance	Donath
12:14-12:21	Neck Rehab and the Mastery of Dry Needling	South
12:21-12:28	Run to the Finish, Not to the Bathroom: Pelvic floor dysfunction in the endurance athlete	Walton
12:28-12:35	Upper Extremity Rehab: On the shoulders of giants	Park
12:35-12:42	When to Clear an Adventure Sports Athlete for RTP	Mei-Dan
12:42-12:50	Q&A, Conclusion, Depart for Afternoon Guided Activities at 1pm: rock climbing, mountain biking, trail running, hiking, paddle boarding	