

Andrews Institute Rehab Symposium: Lower Extremity

Friday

March 3 2017

Morning Session

- 7:00 AM Registration & Breakfast
- 7:50 AM Welcome
David Joyner MD
- 8:00 AM Anatomy of the Knee: Video Demonstration
Andrew Ebert MD Chris Warrell MD
- 8:10 AM The Knee Exam: History and Technique
Steve Jordan MD
- 8:40 AM ACL Surgery
Roger Ostrander MD
- 9:10 AM Current Concepts in ACL Rehabilitation
Hunter Stark DPT, COMT, CSCS
- 9:40 AM Panel Discussion: Steve Jordan MD; Roger Ostrander MD; Hunter Startk DPT, COMT, CSCS
- 9:50 AM Break
- 10:05 AM Patellofemoral Surgery
Juliet DeCampos MD
- 10:35 AM Physical Therapy and the Patellofemoral Joint
Tiffany Vann PT, DPT
- 11:05 AM Meniscal Repair Versus Meniscectomy: When, Why, How?
Chris O'Grady MD
- 11:35 AM The Surgical Treatment of Multi-Ligament Knee Injury
Adam Anz MD
- 12:05 PM Rehabilitation of Meniscus/Multi-Ligament Injuries
Tyler Opitz DPT, SCS
- 12:35 PM Panel Discussion: Juliet DeCampos MD; Tiffany Vann PT, DPT; Chris O'Grady MD; Adam Anz MD; Tyler Opitz DPT, SCS

Lunch

- 12:45 PM Lunch
- 1:30 PM Vendor Presentation

Afternoon Session

- 1:45 PM Common Injuries of the Foot & Ankle - Surgery
Erik Nilssen MD
- 2:20 PM Rehabilitation of the Foot & Ankle
Megan Priddy PT, DPT, SCS
- 2:50 PM Panel Discussion: Erik Nilssen MD; Megan Priddy PT, DPT, SCS
- 3:00 PM Break
- 3:15 PM TKR Kinematics & Rehabilitation
Daxton Steele MD Will Coggin PT, DPT, CSCS
- 3:55 PM The Focused Hip Examination in the Pre-arthritis, Athletic Patient
Adam Anz MD
- 4:25 PM Rehabilitation of the Hip
Tyler Opitz DPT, SCS

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Afternoon Session

4:50 PM Panel Discussion: Daxton Steele MD; Will Coggin PT, DPT, CSCS; Adam Anz MD; Tyler Opitz DPT, SCS

5:00 PM Adjourn

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Saturday

March 4, 2017

Morning Session

- 7:30 AM Registration & Breakfast

- 8:00 AM Understanding the Regenerative Medicine Center
Tyler Opitz DPT, SCS
- 8:10 AM Regenerative Medicine - Biologics
Tyler Opitz DPT, SCS
- 8:55 AM Facility Management & Engagement
Albi Gilmer PT
- 9:40 AM Panel Discussion: Tyler Opitz DPT, SCS; Albi Gilmer PT

- 10:05 AM Lower Quarter Assessment, Treatment, and Integration into Performance Training
Tyler Wilkins MEd, ATC, CSCS
- 10:35 AM Return to Sports Participation and Discharge Testing
Anthony Inzillo PT, DPT, SCS
- 11:05 AM Debunking the Squat and Deadlift Myths
Hunter Stark DPT, COMT, CSCS
- 11:35 AM Running Analysis: Sprint & Endurance
Brent Hardy MEd, ATC, CSCS Albi Gilmer PT
- 12:05 PM Panel Discussion: Tyler Wilkins MEd, ATC, CSCS; Anthony Inzillo PT, DPT, SCS;
Hunter Stark DPT, COMT, CSCS; Brent Hardy Med, ATC, CSCS; Albi Gilmer PT

Lunch

- 12:15 PM Lunch

- 1:00 PM Vendor Presentation

Afternoon Session

- 1:15 PM Walk over to Rehabilitation Department

- 1:20 PM Lab Demonstrations: LQ Assessment & Integration; Return to Sports Participation &
Discharge Testing; Debunking the Squat/Deadlift; Running Analysis

- 4:30 PM Panel Discussion: Bringing It All Together

- 5:00 PM Adjourn