



36<sup>th</sup> Annual

**MEDICAL COLLEGE OF WISCONSIN  
SPORTS MEDICINE SYMPOSIUM**

March 13-14, 2025

*Sponsored by:*

Sports Medicine Division

Departments of Orthopaedic Surgery & Family and Community Medicine

*Guest Faculty include:*

Ciara Burgi, PT, Las Vegas Aces, WNBA

Melody Hrubes, MD, Hospital for Special Surgery, New York City

Nathaniel Jones, MD, Loyola University, Chicago



**MEDICAL  
COLLEGE  
OF WISCONSIN**

**CONTINUING EDUCATION  
PROGRAM**

## GUEST SPEAKERS

### **Ciara Burgi, DPT, FAAOMPT, CSCS, PES**

Director of Health and Performance,  
Las Vegas Aces – WNBA

### **Melody Hrubes, MD**

Physiatry and Sports Medicine, Hospital for Special Surgery  
Medical Director, HSS Performing Arts Medicine Collaborative

### **Nathaniel Jones, MD**

Associate Professor  
Loyola University, Chicago  
Medical Director, Loyola University Collegiate Sports  
Team Physician: Soccer USA, Loyola University  
2012 US World Cup Soccer Medical Team

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## FROEDTERT SPORTS MEDICINE SPEAKERS

### **Griffin Ewald, DPT**

TPI Level 1 Certified

### **Joe Fleming, DPT**

### **Mark Lydecker, MPT, LAT**

Adjunct Professor – Department of Physical Therapy  
UW-Milwaukee

### **Duane Mueller, LAT, PES, IASTM, BFR**

Froedtert Sports Performance and Fitness Training  
Internship Coordinator, AT and SPFT programs

### **Lara Seeby-Halas MSAT, LAT**

Froedtert Sports Performance and Fitness Training

### **Allison Sigrist, DPT, PCES**

Pregnancy and Post-Partum Exercise Program

### **Megan Wermager, DPT, CMPT**

Company Physical Therapist: Milwaukee Ballet

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## MEDICAL COLLEGE OF WISCONSIN SPEAKERS

### **Meghan Caballero, MD**

Assistant Professor

### **Demetrios Douros, MD**

Assistant Professor

Team Physician: Wisconsin Herd, Wauwatosa West HS,  
Milwaukee Bucks

### **Melanie Gartz, PhD, MS, MHS**

Assistant Professor of Anatomy, Cell Biology & Biochemistry

### **Laura Gottschlich, DO**

Associate Professor

Team Physician: Milwaukee Ballet, Milwaukee Lutheran HS &  
Milwaukee Bucks

### **Yuka Kobayashi, DO**

Assistant Professor

Team Physician: Milwaukee Brewers, Milwaukee Bucks

### **Jacquelyn Laplant, MD**

Assistant Professor, Ophthalmology

Consultant: Milwaukee Bucks

### **Mark W. Niedfeldt, MD**

Associate Clinical Professor

Team Physician: Milwaukee Brewers, Wisconsin Lutheran College,  
Concordia University & US National Snowboard Team

### **Caitlin Orner, MD**

Assistant Professor

### **Teresa Patitucci, PhD**

Associate Professor of Anatomy, Cell Biology & Biochemistry

### **William G. Raasch, MD**

Professor

Team Physician: Milwaukee Brewers, Milwaukee Ballet,  
Wisconsin Lutheran College & Wisconsin Lutheran HS

### **Joshua Raven, DO**

Clinical Instructor

Team Physician: Pius XI High School

### **Paulina Szakiel, MD**

Orthopaedic Surgery PGY-3

### **Kevin D. Walter, MD**

Associate Professor

Neurotraumatic Consultant, NFL

### **Dylan J. Wiese MD**

Orthopaedic Surgery PGY-3

### **Craig C. Young, MD**

Professor

Team Physician: Milwaukee Brewers, Milwaukee Bucks,  
Milwaukee Ballet

### **Karie Zach, MD**

Associate Professor

Team Physician: FC Milwaukee Torrent,  
Pius XI Catholic High School  
Neurotraumatic Consultant, NFL



CONTINUING EDUCATION  
PROGRAM

	<b>Thursday, March 13, 2025</b>
<b>8:00 AM</b>	Introduction - Craig Young, MD
8:05	Running Biomechanics - Melody Hrubes, MD - ◊
8:35	Periodization of Long-Term Rehab - Ciara Burgi, PT - ◊
9:05	Artificial Intelligence in Rehabilitation - Megan Wermager, DPT
9:35	<b>Q&amp;A</b>
<b>9:45</b>	<b>Break/EXHIBITS</b>
10:00	Avascular Necrosis - Yuka Kobayashi, DO
10:40	Clavicle Injuries - Laura Gottschlich, DO
11:15	<b>BREAKOUT SESSION A*</b> A1 - Toradol Injections - Meghan Caballero, MD A2 - Successive Development of Physical Qualities in Rehab from Post-Surgery to High Performance - Ciara Burgi, PT
<b>12:00 PM</b>	<b>LUNCH / EXHIBITS</b>
1:00	Cold Related Injury - Craig Young, MD - ◊
1:30	Heat Related Injury - Craig Young, MD - ◊
2:05	Mechanism of Injury in Athletes: The Typical vs the Unusual - William Raasch, MD - ◊
2:35	<b>Q&amp;A</b>
2:45	<b>BREAKOUT SESSION B*</b> B1 - Concussion Cases & Questions - Kevin Walter, MD - § B2 - Anatomy Lab: Hip & Elbow - Teresa Patitucci, PhD, Melanie Gartz, PhD, Paulina Szakiel, MD & Dylan Wiese, MD - ◊†
3:30	<b>BREAKOUT SESSION C*</b> C1 - Cryotherapy in Sport: Phase Management to Recovery and Performance - Joe Fleming, DPT - ◊ C2 - Anatomy Lab: Hip & Elbow - Teresa Patitucci, PhD, Melanie Gartz, PhD, Paulina Szakiel, MD & Dylan Wiese, MD - ◊†
4:15	<b>BREAKOUT SESSION D*</b> D1 - Therapy and Training Recommendations for Return to Golf Post Orthopaedic Surgery - Griffin Ewald, DPT - ◊ D2 - Caring for the Artistic Athlete - Melody Hrubes, MD
<b>5:00</b>	Day 1 Concludes

\*Choose one featured section or workshop for each breakout session - see registration form

† Limited enrollment section: assignment based on order of registration (for requests over enrollment limit, attendees will be placed in the other session offered)

§Bring your interesting cases & questions

◊National Strength and Conditioning Association (NSCA) approved sessions counting for Category A CEU(s)

	<b>Friday, March 14, 2025</b>
<b>7:55AM</b>	Overview - Yuka Kobayashi, DO
8:00	Transitioning Back to Sport and Achieving the Last 5% - Ciara Burgi, PT - ◇
8:30	Technology and Return to Sport Testing - Ciara Burgi, PT - ◇
9:00	Ophthalmic Trauma in Sports: From Injury to Recovery - Jacquelyn Laplant, MD
<b>9:30</b>	<b>Q&amp;A</b>
<b>9:50</b>	<b>Research Poster Viewing with presenters</b>
10:20	Sports Neurology - Melody Hrubes, MD
10:50	PRP - Karie Zach, MD
11:20	Rehabilitation Post Regenerative Medicine Procedures - Mark Lydecker, MPT
<b>11:50</b>	<b>Q&amp;A</b>
<b>12:00 PM</b>	<b>LUNCH</b>
12:55	Sports & Sleep - Nate Jones, MD - ◇
1:30	Hip Impingement - Demetrios Douros, MD
2:00	Hip Preservation - Caitlin Orner, MD
2:30	Peptides & Testosterone Replacement – Mark Niedfeldt, MD
3:00	<b>Q&amp;A and Break/Poster Viewing</b>
3:20	<b>BREAKOUT SESSION E*</b> E1 - Respiratory Muscle Training for Sport Performance - Allison Sigrist, DPT - ◇ E2 - Anatomy Lab: Hip & Elbow - Teresa Patitucci, PhD, Melanie Gartz, PhD, Paulina Szakiel, MD & Dylan Wiese, MD - ◇†
4:05	<b>BREAKOUT SESSION F*</b> F1 - Training for Elasticity in End-Stage Rehabilitation Lab - Duane Mueller, LAT & Lara Seeby-Halas, LAT - ◇ F2 - Caring for Rowing Athlete - Joshua Raven, DO
4:45	Day 2 Concludes

\*Choose one featured section or workshop for each breakout session - see registration form

† Limited enrollment section: assignment based on order of registration (for requests over enrollment limit, attendees will be placed in the other session offered)

◇National Strength and Conditioning Association (NSCA) approved sessions counting for Category A CEU(s)

## SAVE THE DATE!!



**37th ANNUAL SPORTS MEDICINE SYMPOSIUM – TBD**  
Watch for more info on our [website!](#)

COURSE DIRECTORS: Yuka Kobayashi, DO, Mark Lydecker, MPT, LAT, & Craig Young, MD

COURSE COORDINATORS: Wendy Engel & Amy Peters

COURSE PLANNING COMMITTEE: Dan Bruss, PT, CSCS, Laura Gottschlich, DO, Joe Hoff, MS, LAT, and William Raasch, MD

## **SYMPOSIUM OBJECTIVES:**

This symposium is designed for primary care physicians, emergency medicine physicians, physical therapists, athletic trainers, nurses, coaches, athletic directors, and anyone who is interested and involved in the care of athletes of all ages and abilities. Topics and speakers are subject to change. Team, institutional and hospital affiliations are current as of brochure printing.

By attending this course, participants will (depending on breakout sessions attended):

1. Select components of evaluation, diagnosis and treatment of common elbow, shoulder, back, hip, knee and ankle musculoskeletal injuries to athletes, as well as medical conditions in athletic populations and sport related concussions.
2. Construct a set of standards for on-field injuries and evaluation of injuries both on the sideline and in the office setting.
3. Identify application skills in sideline and clinic applications, such as building rehabilitation programs and training for elasticity/return to sport.
4. Determine strategies for effective implementation of Sports Medicine Team services, such as physical therapy or radiologic testing.
5. Review, critique, and develop strategies to implement scientific evidence appropriately to the care of athletes.

## **REGISTRATION:**

**Pre-Registration Fees (in person):** \$425 for physicians, \$325 for PT/NP/PA, \$275 for ATC/LAT's & Residents, and \$100 for students with accompanying letter from supervisor. Fees include registration and program materials, snacks and lunches. Additional fees: \$25 for AMA PRA CME Credit Certificate, \$10 fee after the Pre-Registration date of March 7<sup>th</sup>.

**Pre-Registration Fees (remote/streaming):** \$375 for physicians, \$275 for PT/NP/PA, \$225 for ATC/LAT's & Residents. *Important notes for the remote streaming option – there will be **no** attendee choice for breakout sessions since only one room is set up to broadcast; remote viewers will automatically be assigned to sessions in that room. Remote attendees will not necessarily be able to interact with the speakers.*

## **REFUNDS & CANCELLATIONS:**

All registrations include a 25% nonrefundable processing fee. To receive a refund, written notice of cancellation must be received prior to March 7, 2025. After that date, no refunds will be granted. Fees will not be refunded for no-shows. Early registration is recommended; a limited number of registrations will be accepted on site.

## **BREAKOUT SESSION SIGN UP:**

Please rank breakout sessions in order of preference. We will make every effort to give you your highest choices. Space is limited in some sections to allow maximal instructor/attendee interactions. **REQUESTS WILL BE FILLED IN ORDER RECEIVED.** Sign up early for best selection. For duplicate sessions place an asterisk at your 1<sup>st</sup> choice.

*If you fail to provide alternatives and the session is already filled, we will randomly place you in an open session.*

## **ACCREDITATION:**

### Accreditation Statement:

The Medical College of Wisconsin is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

### Designation of Credit Statement:

The Medical College of Wisconsin designates this live activity for a maximum of 15.75 *AMA PRA Category I Credit(s)*<sup>TM</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### Hours of Participation for Allied Health Professionals:

The Medical College of Wisconsin designates this activity for up to 15.75 hours of participation for continuing education for allied health professionals. This program has been planned and implemented in accordance with the requirements and policies of the Board of Certification for the Athletic Trainer (BOC) through the joint providership of Froedtert Sports Medicine of Froedtert Sports Medicine and Medical College of Wisconsin. Froedtert Sports Medicine (BOC AP# P8529) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of 15.75 Category A hours/CEUs. ATs should claim only those hours actually spent in the educational program.

National Strength and Conditioning Association (NSCA) approved up to 1.0 CEU(s) in Category A for certified individuals attending approved sessions at this event.

Wisconsin Physical Therapy Association has approved this program for up to 15.75 hours of prescribed credit.

The Illinois Chapter Continuing Education Committee has certified that this course meets the criteria for approval of Continuing Education offerings established by The Illinois Physical Therapy Association. Program approved for 15.5 CE hours.

*Topics, speakers, titles, and credit hours are subject to change.*

**HOTEL ACCOMMODATIONS:****SpringHill Suites by Marriott - Milwaukee West/ Wauwatosa**

10411 West Watertown Plank Rd., Wauwatosa, WI 53226

[Reserve Online](#)

**Hotel Amenities Include:**

- Complimentary daily breakfast
- Complimentary Wi-Fi throughout the hotel
- Complimentary Parking
- 119 spacious suites with either one king or 2 queen beds
- Each suite includes a microwave, Keurig coffee maker, and mini refrigerator
- Access to state-of-the-art fitness center
- 24-hour market offering snacks, beverages, and more

**Reservations may be cancelled up to 48 hours prior to arrival at no cost.** Check-in: 4pm / check-out 11am.

To reserve by phone: **414-257-3424**/ Ask for the MCW nightly rate: \$129