



4th International Extreme Sports Medicine Congress

May 20-21, 2022

**Sports
Medicine**
UNIVERSITY OF COLORADO

Daily Guided Sports Activities
Friday morning & Saturday afternoon



cuextremesportscongress.org

FRIDAY, MAY 20

6:30-8:00	Guided Activities: HIIT, 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
9:20-9:30	Cave Diving: The deadliest extreme sport on earth, or not?
9:30-9:40	Base Jumping: Is experience good or bad?
9:40-9:50	Commando and Military Injuries: Late night stories
9:50-10:00	Update on CrossFit Injuries: Extreme indoors
10:00-10:10	High Altitude Medicine: What's the deal with this oxygen?
10:10-10:20	Athletic Injuries in Spaceflight, Mission Training, and Microgravity Exercise
10:20-10:30	Whitewater Kayaking Injuries: Consequences of chasing waterfalls
10:30-10:40	Skyrunning: Uphill physiological strategies – run or walk?
10:40-10:50	Q&A
10:50-11:00	Coffee Break
SESSION 2	
11:00-11:10	Cyclocross Injuries: Bikepacking injuries
11:10-11:20	European Hang-gliding and Paragliding Union Perspective on Injuries
11:20-11:30	Wing Suit Base Jumping Fatalities: Enough is enough
11:30-11:40	Sailing Injuries and Fatalities in the US: Gone with the wind
11:40-11:50	MMA: Much pain, some gain
11:50-12:00	Personality Characteristics of Extreme Athletes: Do we ever change?
12:00-12:10	Free Diving: The physiology and fatalities behind the quietest extreme sport
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: What is the latest research?
1:20-1:30	Ski Helmet Technology and Skier/Rider Behaviors: Chicken or egg?
1:30-1:40	Severe Traumatic Brain Injury and Predictors of Outcome
1:40-1:50	It's All About the Flip: Sport-specific concussion return to play protocol
1:50-2:00	The Winter Park Experience: Head trauma at 9,000 feet
2:00-2:10	First Aid in the Field: How do I save my biking partner's life after a crash?
2:10-2:20	Extreme Sports Goes to Tokyo: New trends in climbing injuries as an Olympic sport
2:20-2:30	Surfing in the Olympics
2:30-2:40	Injuries and Fatalities in Kite Surfing: Has the Olympic committee gone nuts?
2:40-2:50	Cannabis in Extreme Sports: Increasing performance or clouding judgement?
2:50-3:00	The Media's Role in Extreme Sport Injuries
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
3:30-3:40	Surf Survival and Surfiatrics: Because surfers also get old

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

SATURDAY, MAY 21

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

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Register at www.cuextremesportscongress.org