



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	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?	P. Hackett
10:10-10:20	The nasal breathing paradox: shut up and go, fast.	Dallam
10:20-10:30	Skyrunning: Uphill physiological strategies – run or walk?	I. Schöffl
10:30-10:40	Sailing Injuries and Fatalities in the US: Gone with the wind	Nathanson
10:40-10:50	Q&A	
10:50-11:00	Coffee Break	
SESSION 2		
11:00-11:10	Cyclocross Injuries: Bikepacking injuries	Bravman
11:10-11:20	Injuries in paragliding & CO: are near-miss the key?	Feletti
11:20-11:30	Wing Suit Base Jumping Fatalities: Enough is enough	Mei-Dan
11:30-11:40	Free Diving: The physiology and fatalities behind the quietest extreme sport	Buzzacott
11:40-11:50	Team Physician Work: How to prepare for an NBA game vs. a World Cup ski race	T. Hackett
11:50-12:00	Personality Characteristics of Extreme Athletes: Do we ever change?	Monasterio
12:00-12:10	First Aid in the Field: Tales from CU Wilderness Medicine	Lemery
12:10-12:20	Cannabis in Extreme Sports: Increasing performance or clouding judgement?	Karns
12:20-12:30	Q&A	
12:30-1:10	Lunch	
SESSION 3	Your Head and the Olympics	
1:10-1:20	Concussion in Adventure Athletes: What is the latest research?	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	Tomberg
2:00-2:10	Extreme Sports went to Tokyo: New trends in climbing injuries	V. Schöffl
2:10-2:20	Surfing in the Olympics	Nathanson
2:20-2:30	Injuries and Fatalities in Kite Surfing: Has the Olympic committee gone nuts?	Feletti
2:30-2:40	Skateboarding in the Olympics: The adolescent takeover	Zenaide
2:40-2:50	The Media's Role in Extreme Sport Injuries	Pillifant
2:50-3:00	Q&A	
3:00-3:10	Coffee Break	
SESSION 4	Physiology and the Aging Athlete	
3:10-3:20	Golden Agers: Injury profiles in older climbers	V. Schöffl
3:20-3:30	Surf Survival and Surfiatrics: Because surfers also get old	Nathanson

3:30-3:40	Overtraining in Extreme Endurance: "But I'm supposed to be tired"	San Millan
3:40-3:50	Shoulder instability in Consequence athletes	T. Hackett
3:50-4:00	The Science of HIIT: Exploring the medical role of intensity in training efficiency	Metzl
4:00-4:10	Can I Skydive and Do an Ironman During Pregnancy?	Welton
4:10-4:20	Biologics and Injections Can Keep Us Going	Glowney
4:20-4:30	Managing Energy Deficiency in Climbers	I. Schöffl
4:30-4:40	Roundtable: Eat well, sleep well, and have good genes	
5:30-7:30	Keynote Address & Reception: Steph Davis "The Power of the Mind" not eligible for CME credit	

SATURDAY, MAY 21

SESSION 1	Adolescents are Dominating Extreme Sports	
7:00-7:50	Breakfast	
7:50-8:00	Adolescent Domination and Increased Concern for Overuse and Acute Injuries	Provance
8:00-8:10	Elite Youth Rock Climber's Perspective on Injury and Potential Speed Wall Risk	Meyers
8:10-8:20	Junior Rodeo Concerns: Underreporting injuries?	Stoneback
8:20-8:30	National High School Mountain Biking Injury Database Updates	Willick
8:30-8:40	Sport Specialization in the Adolescent Athlete: Is this a good idea?	Metzl
8:40-8:50	Backcountry Skiing Risk: When do I take my kid?	Rhodes
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	Hamstring Injuries in Long Distance Runners: It is a pain in the butt	Genuario
9:30-9:40	Sports After Shoulder Replacement	Seidl
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	Hip Labral Tears and Subluxation: Stories of a shallow cup	Mei-Dan
10:35-10:45	Biceps Tenodesis in the Elite Climbers: Where do we put it?	V. Schöffl
10:45-11:15	Coffee Break	
SESSION 3	All Over the Place	
11:15-11:25	The How can nasal breathing protect endurance athletes?	Dallam
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 Athlete: Implications of premature Clearance	Donath
12:14-12:24	EKG in Extreme Athletes	Paech
12:24-12:31	Run to the Finish Line, Not to the Bathroom: Pelvic floor dysfunction in the endurance athlete	Walton
12:31-12:38	Upper Extremity Rehab: On the shoulders of giants	Markland
12:38-12:45	Rehab at high performance - the role of objective feedback	Smith
12:45-12:52	When to Clear an Adventure Sports Athlete for RTP	Mei-Dan
12:52-1:00pm	Q&A, Conclusion, To-Go Lunch, Depart for Afternoon Guided Activities: Rock climbing, mountain biking, trail running, hiking, paddle boarding	



Register at www.cuextremesportscongress.org