



Sports Medicine

UNIVERSITY OF COLORADO

4th International Extreme Sports Medicine Congress Faculty

Thomas Balazy, MD

Medical Director, Craig Hospital
CNS Medical Group
Denver, CO



Thomas E. Balazy, MD, has been at Craig since 1987 and for 17 years Dr. Balazy was Craig's Medical Director at the Multitrauma unit at Swedish Medical Center. Dr. Balazy received his medical degree and completed his residency at the University of Colorado Health Sciences Center, and completed a fellowship in spinal cord and brain injury at Craig. He is also an assistant clinical professor at the University of Colorado Health Sciences Center. Most recently, Dr. Balazy created the TRAC (Teenage Rehab at Craig) Program to provide a comprehensive patient and family rehabilitation plan of care for this age group. Dr. Balazy is board certified in Physical Medicine and Rehabilitation and Spinal Cord Injury Medicine. His involvement in

disabled skiing began in 1985 with Hal O'Leary in the early years of the Winter Park Handicapped Ski Program and continues today.

Sherrie Ballantine-Talmadge, DO

University of Colorado Department of Orthopedics
Boulder, CO



Dr. Ballantine-Talmadge is a primary care sports medicine physician who has been practicing at the CU Sports Medicine and Performance Center since its creation. Prior to starting at CU Sports Medicine and Performance Center, Dr. Ballantine-Talmadge was at Boulder Center for Sports Medicine. During her time at Boulder Center for Sports Medicine, Dr. Ballantine partnered with the Boulder community to further enhance the outreach programs through Boulder Valley School District, working closely with the athletic trainers as well as the school district. As part of the Brain Injury Resource Team, a huge area of focus for Dr. Ballantine-Talmadge is concussion, creating programs to benefit children of all ages.

For the last 9 years, she has been part of the multidisciplinary team that guides and implements the district-wide concussion program for all of Boulder Valley School District, taking care of both varsity as well as non-varsity athletes, and kindergartners through seniors in high school. Dr. Ballantine-Talmadge works closely with her physical therapist and has worked extensively in the Boulder community, creating multiple lines of care for concussion at all levels of sport. One of her specific areas of passion and interest is in partnering with her physical therapists to create innovative rehab and treatment for the sport medicine population. She enjoys working closely with all aspects of



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her concussion team to create these innovative and sport specific Return-to-Play plans. As a primary care sports medicine physician, Dr. Ballantine-Talmadge is keenly aware of the total care of the sports medicine patient, from head to toe. Outside of her love and passion for concussion, she also has interest in women in sports medicine as well as performing arts medicine. In addition, she serves as a team physician for Team USA with US Figure Skating and is the current Vice Chair of the Sports Medicine committee in US Figure Skating for education.

She is from Chicago where she was previously team physician at Northwestern. She enjoys spending time with her family, her husband, 2 daughters and their house rabbit (who thinks he is a dog), Finnegan Bailey Talmadge.

Jonathan Bravman, MD

University of Colorado Department of Orthopedics
Aurora, CO



Dr. Bravman treats a wide variety of sports, shoulder, knee, and trauma conditions. Fellowship-trained in sports medicine and shoulder surgery at Harvard-Massachusetts General Hospital, his research interests have focused on shoulder instability, clavicle fracture fixation biomechanics of ACL reconstruction, outcomes of shoulder surgery, as well as injuries in skeletally immature athletes, which has resulted in multiple regional, national and international presentations and publications. He has established himself as an orthopaedic innovator and young leader in his field.

Evalina Burger-Van der Walt, MD

Professor and Chair, University of Colorado Department of Orthopedics
Aurora, CO



Dr. Evalina Burger graduated medical school in South Africa at the University of the Free State with honors in General Surgery, Pediatrics and Psychiatry. She became the first woman to receive the Cornelius Wessels Medallion in Surgery. She continued her career and became a Captain in the South African Defense Force Medical Corp where she worked and acquired surgical skills in Orthopedics, treating injuries of war and land mine explosions. She completed her internship in the Military Hospital before joining the Defense Force. After her career in the military she was noted for the quality of her work in a war zone and was offered a position as an Orthopedic surgery resident. She completed her residency over the next six years, received the G.F. Dommissie Award for the best resident and also won the prize for the best resident research paper at the University of Pretoria during her residency.



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Following her residency, which included almost two years of spine training, she dedicated her career to spine surgery. She became the first female surgeon in South Africa to become an ABC Fellow and traveled to North America and Canada in 2000 as a visiting professor to several large institutions. She was recruited to Louisiana State University in 2001 where she established an Adult Spine Unit and worked there until 2006. She was recruited to the University of Colorado Denver Anschutz Medical Campus where she propelled her career, held several leadership positions including Chair of the Orthopedic Finance Committee, Executive Vice Chair and Vice Chair of Clinical Affairs for the Department of Orthopedics and established herself in the field of research. She has international recognition for her work on the thermoplastic behavior of metal rods and also received the prestigious White Cloud Award with her research group, showing the advantages of disc replacement.

Dr. Burger is currently a full professor at the University of Colorado Department of Orthopedics and assumed the role of Chair of the Department. She is the first recipient of the Robert D'Ambrosia Endowed Chair in Orthopedics. She continues to work diligently in a very complex spine practice, and has won a SPARK Innovations Award in 2018 and enjoys her leadership position.

Peter Buzzacott, MPH, PhD, FUHM

Curtin University
Perth, Australia



Dr. Buzzacott has >60 scientific papers published, four edited book chapters, and >60 peer-reviewed conference presentations, (in 14 countries). Currently he is employed as a Senior Research Fellow at Curtin University (a top 200 university) and is an Adjunct Research Fellow at the University of Western Australia, (a top 150 university). He is also a Guest Professor at the Naval Medicine University in Shanghai, and co-supervises two PhD students and one Masters student in Australia. He is a member of the Undersea and Hyperbaric Medicine Society, the American College of Epidemiologists and the European Undersea Baromedical Society. Dr Buzzacott is also a very active cave diver.



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George Dallam, PhD

Colorado State University – Pueblo
Pueblo, CO



Dr. Dallam is a professor in the School of Health Science and Human Movement at Colorado State University – Pueblo. He has taught a wide variety of classes in exercise physiology, research and statistics, behavior facilitation, sport psychology, kinesiology, biomechanics, management, exercise assessment and prescription, swimming, running and triathlon. He is currently chair of the CSU-Pueblo Faculty Compensation Committee and is the outgoing chair and an ongoing member of the CSUP Institutional Review Board.

He is also the former inaugural National Teams Coach for USA Triathlon and worked for many years with elite U.S. triathletes as a coach, advisor and consultant. Athletes coached directly by Dr. Dallam have included National Elite and Age Group Champions, Olympians, Pan American Games Medalists, World Age Group Champions and the top ranked male triathlete in the world in 2005-2006, Hunter Kemper.

Dr. Dallam has been involved in numerous research studies and the publication of their results at both CSUP and the USOC examining various aspects of triathlon performance and training, diabetes risk factor modification, and the effects of functional movement improvement on running. His primary research interest recently focused on the capability of human beings to adapt to nasal only breathing during exercise as a way to improve both health and performance.

Dr. Dallam was both the founder and a long-term member of the USA Triathlon National Coaching Commission. He has authored numerous articles and book chapters applying training principles to triathlon and is the co-author, with Dr. Steven Jonas, of *Championship Triathlon Training*, published in 2008 by Human Kinetics and *Teaching and Coaching Triathlon Successfully*, published in 2014 by Coaches Choice. He is currently writing *The Nasal Breathing Paradox during Exercise* for future publication. He is regularly sought as a speaker and expert on exercise related topics having provided insights to a broad range of publications.

Dr. Dallam has received both the United States Olympic Committee's Doc Counsilman Science in Coaching award (2004) and the National Elite Coach of the Year award (2005) for triathlon. He has also received all three of CSU-Pueblo's university-wide awards for teaching (2001), scholarship (2003 and 2021) and service (2005). He has further twice received the outstanding faculty member award (2005 and 2013) in the College of Engineering, Education and Professional Studies at CSU-Pueblo and the inaugural Scholarship Award (2021) in the newly formed School of Health Science and Human Movement. In 2022 he was honored as CSU-Pueblo Distinguished University Professor in recognition of career contributions at the university.

Finally, Dr. Dallam has been continuously training and competing in triathlon since 1981 and has recently also begun playing water polo again as a masters athlete.



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Steph Davis, Keynote Speaker

Moab, UT



Steph Davis started climbing 25 years ago as a college student in Maryland and ultimately quit law school to climb full time. She has gone on to climb some of the most difficult walls and mountains in the world, including several free ascents of El Capitan in Yosemite. Steph now combines her climbing skills with the ability to fly off mountains in a superhero suit with wings. She has written two books, maintains a blog, and runs her own climbing events in Moab, Utah.

Lindsay Donath, PT, DPT

CU Sports Medicine & Performance Center

Boulder, CO



Lindsay earned her Bachelor's degree in Athletic Training and her Doctorate of Physical Therapy at the University of Wisconsin-Madison. She has extensive experience with both on-the-field injury management as well as rehab for athletes of all ages. As an athletic trainer she has provided medical coverage for numerous events including Ironman triathlons, Olympic Development Programs, CONCACAF, and collegiate level events at the University of Wisconsin and CU Boulder. She has enjoyed working with every athlete, from the endurance runner to the roller derby team.

As a Physical Therapist, Lindsay has developed a specialty in treating both non-op and post-op hip injuries. She has gained expertise and helped develop protocols for hip labral repairs, PAOs, DFOs, and hamstring repairs. She enjoys working as an interdisciplinary team with other physicians, athletic trainers, coaches, and physical therapists throughout Colorado and beyond. Other specialties include Trigger Point Dry Needling (TDN), manual therapies, aquatic rehab, and return to run exercise progression.

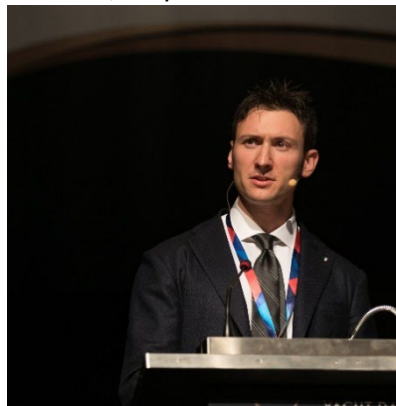


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Francesco Feletti, MD, PhD

Ravenna's Civil Hospital
Ravenna, Italy



Francesco Feletti is an Italian radiologist at Ravenna's civil Hospital, with a specific position in (Incarico Qualificato) "Integrated Osteo-Articular Diagnostics". His clinical activity includes the development of diagnostic care pathways for patients to be addressed to the specialist clinical area in the musculoskeletal, orthopedic, physiotherapy, and Sports Medicine fields to optimize the execution of radiological investigations as well as participate in the definition of the therapeutic-assistance path.

He contributes to the definition of operational diagnostic protocols in particular with II level imaging methods (CT, MRI, and Ultrasound) and III levels (Ultrasound guided infiltration of therapeutic substances, Arthro-MRI, Arthro-CT) for guaranteed efficiency and adequate levels of assistance. He has expertise in imaging-guided interventional orthopedics procedures and therapy with platelet-rich plasma injection. As a researcher, Dr. Feletti obtained his Ph.D. in Bioengineering at the Politecnico di Milano, and in 2021 he achieved the National Scientific Qualification for the position of Associate Professor from the Italian Minister of University and Research.

He currently has the Visiting Assistant Professor position at the University of Ferrara for the teaching module "Advanced Diagnostic and Therapeutic Techniques in Radiology" degree course in Medicine and Surgery, Department of Translational Medicine, Romagna. His scientific production is mainly about extreme sports injuries and radiology and includes 36 scientific papers, 23 book chapters, and three books.

James Genuario, MD

University of Colorado Department of Orthopedics
UCHealth Steadman Hawkins Clinic Denver
Englewood, CO



Specializing in the care of recreational and professional athletes, Dr. Genuario's areas of expertise include: athletic hip injuries and femoral acetabular impingement, hip preservation surgery, various knee and shoulder injuries, as well as minimally invasive shoulder and knee arthroscopy, orthopaedic trauma, and the cutting-edge science of regenerative medicine, including stem cells and platelet-rich plasma (PRP) therapy.

Dr. Genuario's philosophy of care is a commitment to his patients and their families to deliver care that is supported by the highest order of compassion, innovation, science, and technology.



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Jason Glowney, MD

Boulder Biologics
Boulder, CO



Dr. Jason Glowney is a board-certified Internal Medicine, Emergency Medicine, and Sports Medicine physician that hails from Chicago, Illinois, moving to Colorado in 2009 for a fellowship at the University of Colorado. He is uniquely qualified in the field of orthobiologics, with extensive training in Internal Medicine (hematology and rheumatology), Emergency Medicine (orthopedics and orthopedic trauma), intensive interventional orthopedics training from a Sports Medicine fellowship, and over ten years of post-fellowship experience in sports medicine, orthopedics, and biologic therapies.

In addition to medicine, Dr. Glowney recently completed his Master's degree in Applied Mathematics from the University of Washington. Areas of interest include the beauty of Lie Groups, Chaos Theory, and Complex Analysis. He endeavors to utilize algorithms of machine learning/artificial intelligence to aid in discovering the best applications of regenerative medicine in the field of orthobiologics, which brings distinctive qualifications to his specialty.

Tom Hackett, MD

The Steadman Clinic
Vail, CO



Dr. Tom Hackett is an orthopaedic surgeon whose practice focuses on the surgical and non-surgical treatment of elbow, shoulder and knee disorders. He is a specialist in the arthroscopic treatment of sports injuries and trained directly under Dr. Frank Jobe, the founder of the "Tommy John" procedure and one of the pioneers in shoulder and elbow surgery for "overhead" athletes. Dr. Hackett also has completed additional training in the management of fractures and musculoskeletal trauma at Harbourview hospital in Seattle.

Dr. Hackett is a former collegiate athlete who received a degree in anthropology from The Colorado College and has worked both locally and internationally as an archaeologist, mountaineer, guide, and ski patrolman. After developing extensive, hands-on experience in wilderness medicine and rescue he went on to formally study medicine; initially at the University of Wyoming and subsequently at Creighton University, where he received his medical degree.

Dr. Hackett then went on to complete a general surgery internship and orthopaedic surgery residency at Boston's prestigious New England Medical Center at Tufts University. He completed a Sports Medicine fellowship at the Kerlan-Jobe Clinic in Los Angeles, where he specialized in surgery of the shoulder and elbow. While in Los Angeles he served as an assistant team physician to the LA Lakers, Sparks, Dodgers,



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Kings, Ducks and Galaxy professional sports teams. He continues to assist with the medical management of the LA Dodgers, the Colorado Rockies, and is a team physician for the US Snowboard Team. Dr. Hackett is a diplomate of the American Board of Orthopaedic Surgery.

Dr. Hackett has conducted research in surgery of the shoulder, elbow and knee, and has published articles in peer reviewed medical journals. He is the author of several book chapters and has presented his research at national and international meetings.

Peter Hackett, MD

Altitude Research Center
Telluride, CO



Dr. Peter Hackett is a world-renowned high-altitude expert and altitude research pioneer. He is a leading authority on altitude illness, high altitude climbing, wilderness medicine, and the effects of altitude on people living and working in the mountains. Dr. Hackett is also a board-certified Emergency Physician. Dr. Hackett has been at the frontier of altitude research, with years of experience in the Himalayas, Denali, South America and in Colorado. Dr. Hackett has authored more than one hundred articles on altitude issues, has edited six books and is respected internationally for his expertise.

In addition to his extensive clinical and research experience, Dr. Hackett's recreational activities of high-altitude mountaineering, skiing, and living at altitude have lent him a personal understanding of altitude physiology. This includes the 111th summit on Mt. Everest.

Kenneth Hunt, MD

University of Colorado Department of Orthopedics
Aurora, CO



Kenneth J. Hunt, MD is Associate Professor and Vice Chair of Quality, Patient Safety and Outcomes at The University of Colorado School of Medicine, department of Orthopaedics. He is the Director of the UCHealth Foot and Ankle Center, Chief of the Foot and Ankle service, and Director of the UC Denver/Steadman Hawkins Denver Foot and Ankle Fellowship. Dr. Hunt also serves as team physician for University of Colorado Athletics and team physician for the Denver Nuggets. Dr. Hunt has a clinical practice focused on sports injuries to the foot and ankle and correction of foot and ankle arthritis and deformities.



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Pat Karns, MA, ATC

Osteopathic Integrative Medicine
Lakewood, CO



Pat Karns is an award-winning lecturer in the area of sports medicine trends. He has worked extensively with Olympic and Professional athletes for over 35 years, including time as the Head Athletic Trainer for the Colorado Avalanche Hockey Team during their two Stanley Cup wins; the Minnesota Timberwolves in the NBA; and Olympic sports, including soccer, luge, tennis and ice hockey.

He was appointed to the 2002 USA Winter Olympic Medical staff. He currently sits on a national committee providing peer-to-peer support for Athletic Trainers after critical incidents occur. A former instructor at the university level, Pat's work has been published in numerous countries. He is the only Athletic Trainer to receive the Chopper Travaligni Community Service award, recognizing his achievements in charity involvement.

Pat is a graduate of St. Cloud State University and holds a graduate degree from the University of Northern Colorado. He resides in Denver, Colorado. He's worked since 2005 on the medical advocacy for the retired athlete. Pat currently works with the physicians at Osteopathic Integrative Medicine in Lakewood, CO.

Jay Lemery, MD

University of Colorado School of Medicine
Aurora, CO



Jay Lemery, MD, is a Professor of Emergency Medicine at the University of Colorado School of Medicine, Chief of the Section of Wilderness and Environmental Medicine, and faculty in the Department of Environmental and Occupational Health at the University of Colorado School of Public Health. He is a Past-President of the Wilderness Medical Society.

Dr. Lemery has expertise in austere and remote medical care, as well as the effects of climate change on human health. At the University of Colorado, Lemery co-founded the Program on Climate & Health, based at the School of Medicine. He inaugurated the nation's first graduate medical education climate & health science policy fellowship for physicians in 2017, in partnership with numerous federal agencies and nonprofits. In 2022, the program will launch the 'Diploma in Climate Medicine' for healthcare providers, the first of its kind at a School of Medicine, offering a distinction for expertise and leadership in this novel field.

In 2017, Dr Lemery co-authored 'Enviromedics: the Impact of Climate Change on Human Health' and prior to that, co-edited 'Global Climate Change and Human Health: From Science to Practice', now in its second edition. Dr. Lemery was a technical contributor to the 13 U.S. Federal Agency, 'Fourth National



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Climate Assessment' (2018), and co-author on the landmark New England Journal of Medicine study on Excess Mortality in Puerto Rico after Hurricane Maria. From 2011-2016, he was a consultant for the Climate and Health Program at the Centers for Disease Control and Prevention.

He is currently the Medical Director for the National Science Foundation's Polar Research program and a physician consultant to the Exploration Medical Capability Element of NASA's Human Research Program. From 2014-2016, he was the EMS Medical Director for the United States Antarctic Program. He also holds academic appointments at the Harvard School of Public Health (FXB Center), where he is a contributing editor for its Journal, 'Health and Human Rights,' and was Guest Editor for the special edition on 'Climate Justice.' Dr. Lemery is a member of the Council on Foreign Relations and in 2021, was elected to the National Academy of Medicine.

Natalie Markland, PT, DPT, ATC

CU Sports Medicine and Performance Center
Boulder, CO, USA



Natalie is a physical therapist and AT specializing in lower-extremity rehab with a special interest in hips and knees. She is a member of the Hip Preservation Team. Natalie earned her undergraduate degree from George Fox University and her Doctorate of Physical Therapy from Creighton University. She is a Boulder County native and enjoys running, hiking, and playing with her dogs.

Eric McCarty, MD

University of Colorado Department of Orthopedics
Aurora, CO, USA



Dr. Eric McCarty joined the sports medicine team in July 2003, but he's certainly no stranger to the University or to Boulder. McCarty accepted the Chief of Sports Medicine and Shoulder Surgery position in the Department of Orthopedics at CU's School of Medicine in Denver, where he also is an associate professor, enabling him to return to his home state where he starred as both a prep and collegian. He returned to CU from Vanderbilt University, where he was an orthopedic surgeon, assistant professor and team physician for the Commodores' athletic teams for four years.

Dr. McCarty is the head team physician for the Colorado Avalanche, and both the University of Colorado and University of Denver athletic programs. As a board-certified orthopedic surgeon his specialized practice involves the care of collegiate athletes as well as recreational and highly competitive athletes



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from the community. A large part of his practice is the sports medicine care of high school athletes in the state of Colorado.

In addition to his busy clinical practice, Dr. McCarty is very active in research, teaching, and writing articles in the field of sports medicine and knee and shoulder surgery. He has received grants for his research and has given numerous talks at both the national and international level. One of his many interests is the care of the high school athlete, and his background allows him the ability to understand the issues surrounding the prep athlete. Dr. McCarty has been the recipient of over four dozen awards in his professional career, and has had papers published on 15 occasions while contributing to several others. He was born in Lundstuhl, West Germany. He graduated from Boulder High School in 1983, where he was the state's player of the year as a senior and considered one of the nation's top recruits after rushing for 1,301 and 13 touchdowns; he won the prestigious Denver Post Gold Helmet Award that same year.

Omer Mei-Dan, MD

University of Colorado Department of Orthopedics
Aurora, CO, USA



Dr. Omer Mei-Dan is a sports surgeon with the University of Colorado School of Medicine and the Chief of the Hip Preservation program. He specializes in hip preservation procedures, consisting of hip arthroscopy, cartilage regeneration and femur and acetabulum realignment techniques. He also has extensive research and clinical experience with PRP (platelets rich plasma) both in the surgical set up and as a joint preservation tool.

Dr. Mei-Dan has a longtime passion for research. He maintains an active program focusing on prospective randomized controlled studies investigating hip and pelvis pathologies, the management of various sports injuries, and in the developing field of platelet rich plasma. A robust research and publication record complement Dr. Mei-Dan's practice, as he has authored over 120 scientific articles, numerous book chapters, and is the author and editor of the first extreme sports medicine textbook.

Originally from Israel, Dr. Mei-Dan has trained and practiced medicine in Spain, New Zealand, and Australia, prior to settling down in the USA. He now holds Orthopedic surgery board certifications both in the United States and Israel.

Juxtaposed to his medical career, Dr. Mei-Dan is a world-renowned extreme sports athlete. For over 25 years he has dedicated personal development toward wing suit flying, rock and ice climbing, downhill mountain biking, White water kayaking and B.A.S.E. jumping. As a Red Bull athlete for over a decade, he executed many global, media-covered stunts. This personal interest (and injuries) has fostered a unique research track focused on orthopedic, mental, and hormonal dimensions characterized in extreme



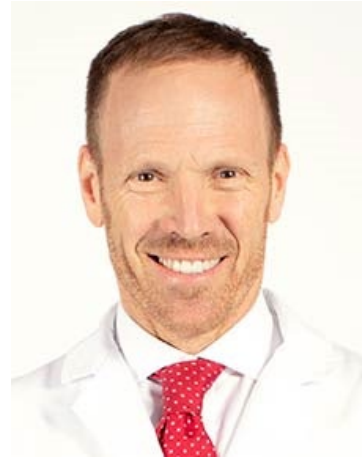
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sports athletes. As such, he organizes and hosts the biannual International Extreme Sports Medicine Congress in his hometown of Boulder, Colorado.

Jordan Metzl, MD

Hospital for Special Surgery
New York, NY, USA



With a practice of more than 20,000 patients, Dr. Metzl is widely known for his passion for sports medicine and fitness. He completed his residency training at Tufts Medical Center in Boston and Sports Medicine Fellowship Training programs at both Vanderbilt University and at Harvard Medical School.

In addition to his busy medical practices in New York City and Stamford, Connecticut, Dr. Metzl is the author of the bestselling titles *Running Strong*, *The Exercise Cure*, and *Athlete's Book of Home Remedies*, and has also authored three other books including *The Young Athlete*. Dr. Metzl is the medical columnist for *Triathlete Magazine*.

Dr. Metzl is a highly sought after teacher and fitness instructor. He lectures both nationally and internationally to health organizations, fitness communities, and in wellness venues on the topics of sports medicine, fitness, and preventive health.

His research interests include the treatment and prevention of running related injury, the effectiveness of preventive wellness programs, and the prevention of youth sport injury.

Dr. Metzl appears regularly on media programs including the Today Show, on radio including National Public Radio (NPR) and in print media including the New York Times, discussing the issues of fitness and health. In addition to his busy medical practice and academic interests, he practices what he preaches. You can [click here](#) to listen to Dr. Metzl on the NPR show Science Friday discussing the medicine of exercise.

He created the Ironstrength Workout, a functional fitness program for improved performance and injury prevention that he teaches in fitness venues throughout the country. The workout is featured free online where it has been performed by more than 9 million athletes around the world and was also featured in the New York Times. It is also available on DVD [here](#).

A former collegiate soccer player, Dr. Metzl is a 33-time marathon runner and 12- time Ironman finisher (and still going).



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Rachel Meyers, PT, DPT

Cincinnati Children's Hospital Medical Center
Cincinnati, OH



Rachel Meyers, PT, DPT is an orthopedic resident at Cincinnati Children's Hospital Medical Center. She completed her Doctor of Physical Therapy degree at Duke University in 2021 and earned her Bachelor's degree from the University of Colorado Boulder in 2018. She currently serves on both the American Academy of Sports Physical Therapy (AASPT) Youth Athlete and Female Athlete special interest groups and also serves on the Pediatric Research in Sports Medicine (PRISM) Society's Communications Committee and Female Athlete Research Interest Group. Rachel

has presented both locally and nationally and has numerous peer-reviewed publications particularly on physical injuries and safe training practices in youth climbers. Rachel also helped lead and develop the first return to climb protocol for youth climbers with an international and interdisciplinary team. As a former competitive rock climber, Rachel has a special interest in the treatment and safety for youth adventure and endurance sport athletes.

Erik Monasterio, MD

Christchurch School of Clinical Medicine
Christchurch, New Zealand



Originally from Bolivia, but now working and living in New Zealand, Dr. Erik Monasterio is a Forensic Psychiatrist providing medico-legal reports and advice to the criminal courts in NZ for the assessment of people charged with the most serious criminal offending. Erik is also a senior clinical lecturer with the Christchurch School of Clinical Medicine.

Erik is an experienced mountaineer and explorer and has climbed previously unclimbed mountains in all the major

mountain chains of the world. In this context he has been involved in a number of search and rescue missions, and has shared the relatively unique sociocultural world of mountaineers and other risk-taking sports people. This has stimulated his research interest into the personality characteristics and stress physiology of "extreme" sports people and whether there is any similarity in their personality characteristics to those of antisocial risk-taking (criminal) populations. Erik is particularly interested in understanding motivation for extreme behaviors and how this influences a person's search for meaning. He has developed methods to improve performance under stress. Other research interests include; inappropriate use of psychiatric medications; the effects of new generation trade agreements on health; and the strategies utilized by pharmaceutical industry to extend monopolies. His research has been published in peer reviewed journals and book chapters and has been reported in a number of television documentaries.



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Andrew Nathanson, MD

Alpert Medical School, Brown University
Providence, RI



Dr. Nathanson is a clinical professor of Emergency Medicine at the Alpert Medical School of Brown University and has had a career-long academic interest in Marine Medicine, with a focus on water sports injuries and prevention. He has conducted numerous studies, published in peer-reviewed medical journals, on injuries and illness associated with surfing, sailing, and other ocean water sports. He is first author of 2 editions of the book *Surf Survival*, and serves as editor of *Surfing Medicine*, the journal of the Surfer's Medical Association. He is an avid surfer and sailor.

Dr. Nathanson is a fellow and active member of the Wilderness Medical Society (WMS) and has served as chair of the week-long course "Medicine for Mariners and Safety-at-Sea", held annually in the British Virgin Islands and Croatia for 8 years, as well as other WMS courses. He has also run the Alpert Medical school Wilderness Medicine course for the past 11 years. He lectures nationally and internationally on topics related to marine watersports safety.

David Ou-Yang, MD

University of Colorado Department of Orthopedics
Aurora, CO



Dr. David Ou-Yang specializes in treating adult degenerative, complex spine cases including revision spine surgery and deformity correction. He also treats all other spine pathology. He joined the spine group in 2016 after completing his spine fellowship here at the University of Colorado. He is a board certified, orthopedic spinal surgeon and assistant professor.

He focuses his non-clinical work in quality outcomes and quality improvement as well as clinical research. He also works closely with the spine specific resident and fellowship education programs. He was born and raised in Minnesota but prefers the milder climate of Colorado. When he is not at work, he enjoys golf, eating and spending time with his wife and daughter.



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Christian Paech, MD, PhD

Heart Center Leipzig
Leipzig, Germany



Dr. Paech is from Warburg, Germany and currently works at Heart Center Leipzig in Leipzig, Germany. He studied medicine at Ernst-Moritz-Arndt-University in Greifswald, Germany as well as University of Dresden. He is a specialist in pediatrics, pediatric cardiology, sports medicine, grown up congenital heart disease (GUH) and pediatric intensive care. He is a consultant of arrhythmia electrophysiology at the Olympic Center Leipzig, the Olympic Center Potsdam, and the Olympic Center Cottbus. He is a member of the German Association of Pediatric Cardiologists (DGPK), the Association for European Pediatric and Congenital Cardiology (AEPC), the German Society of Pediatric Sports Medicine (GPS), and the German Society of Sports Medicine (DGSP).

Kevin Pillifant, MA, ATC, CSCS

PGA
Boulder, CO



Kevin has been a certified athletic trainer for over 20 years. During this time, he has spent 14 years with the Chicago White Sox and 3 years with the San Diego Padres. He was fortunate to work with Dr. Richard Steadman at the Steadman Clinic in Vail for 5 years. His most cherished experience was working with the US Paralympic Ski Team which landed him a spot on the medical staff at the 2010 Paralympic Games. He is also proud to be a part of the medical staff with Medicine in Motion that provides medical coverage and treatments to the athletes competing in the ESPN X Games.

He is currently an athletic trainer on the PGA Tour and calls Boulder home base. When not traveling, he enjoys time with his daughter, riding his bike, and getting on the golf course.



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Aaron Provance, MD

Children's Hospital Colorado
Aurora, CO



Dr. Provance joined the Department of Orthopedics at the University of Colorado and Children's Hospital Colorado in July of 2006 as the first pediatric sports medicine fellow and after completing his fellowship he stayed on as an attending. In 2009, he became the Medical Director of the Sports Medicine Center at Children's Hospital Colorado. Collaborating with his surgical and hospital administrative partners, he developed one of the nation's leading Pediatric Sports Medicine Centers. He is an Associate Professor in the Department of Orthopedics at the University of Colorado.

In addition to his accomplishments in leadership, Dr. Provance has been an accomplished teacher, researcher, author, and mentor. He was instrumental in developing the Children's Hospital Colorado Concussion Program and the research arm of the Sports Medicine Center. His

specialties include orthopedic and medical conditions in the young athlete, as well as a special interest in adventure and extreme sports injuries in the youth. He has many published papers on skiing, mountain biking and rock climbing injuries in young athletes. He has also been a steadfast advocate for the care of the young athlete in service roles with the Colorado High School Activities Association. He has served as the Adams 12 Five Star Schools Medical Director for 11 years.

Jason Rhodes, MD

Children's Hospital Colorado
Aurora, CO



Jason Rhodes is an associate professor with The University of Colorado Department of Orthopedics and is Director of the Cerebral Palsy and Neuromuscular Program and clinical director of the Center for Gait and Movement Analysis at Children's Hospital Colorado. He specializes in gait and movement disorders and evaluating patients through motion analysis to determine optimum treatments to improve their gait and movement. He has worked to build a program focusing on motion analysis of athletes to aid in injury prevention, return to sport and sports performance. He is an avid mountain biker and back country skier and loves an adrenaline rush.



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Iñigo San Millán, DSc

University of Colorado School of Medicine
Aurora, CO



Dr. San-Millán is an Associate Research Professor in the Department of Physiology and Nutrition at the University of Colorado, Colorado Springs and Assistant Professor in the Division of Endocrinology, Metabolism, and Diabetes as well as Medical Oncology at the University of Colorado School of Medicine. He is an internationally renowned applied physiologist having worked for the past 25 years for many professional teams and elite athletes worldwide across multiple sports like soccer, cycling, football, basketball, track and field, rowing, triathlon, swimming and Olympics. Currently, Dr. San-Millán is the Director of Performance for Team UAE Emirates cycling team and the personal physiologist and coach of 2020 and 2021 Tour de France winner Tadej Pogacar.

Dr. San-Millán has also been consultant in exercise physiology and sports medicine to international organizations including the US Olympic Committee. He has been a pioneer in developing new methodologies for monitoring athletes at the metabolic and physiological level including the first method to indirectly measure mitochondrial function and metabolic flexibility as well as the codeveloper of the first methodology to deploy metabolomics assessment to professional sports. He is also the co-developer of the first method to indirectly measure skeletal muscle glycogen in a non-invasive manner using high frequency ultrasound. In other areas like cancer, his areas of research, clinical work and interest include exercise metabolism, cancer metabolism, metabolic health, nutrition, sports performance, diabetes and critical care. He has recently demonstrated for the first time the role of lactate in cancer as an oncometabolite, capable of regulating the expression of the main genes involved in breast and lung cancer.

Although now a recreational athlete, Dr. San-Millán used to be a competitive athlete and played soccer for 6 years for the developmental academy of Real Madrid soccer team as well as got to race as a professional cyclist for 2 years.

Irving Scher, PhD, PE

Guidance Engineering
Seattle, WA



Dr. Irving Scher is a Principal and Biomechanical Engineer at Guidance Engineering and Applied Research. He specializes in biomechanical engineering and accident reconstruction. Dr. Scher evaluates product safety and investigates human injuries in accidents and product failures by using biomechanical engineering techniques that apply the principles of engineering to the human body. He also uses mechanical engineering to analyze mechanical systems used for injury mitigation or those involved in accidents and product failures. He has reconstructed and evaluated injury



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claims resulting from transportation accidents, slips/trip and falls, consumer product failures, industrial equipment accidents, and recreational activities (such as skiing, snowboarding, water skiing, wakeboarding, cycling, and amusement park rides).

Dr. Scher has extensive experience with biomechanical engineering testing design and analysis. For recreational sports and motor vehicle accidents, Dr. Scher has researched human motion, forces, and injury potential using volunteer studies, anthropomorphic test devices, computational models of the human body, and statistical analyses. He has also investigated the effectiveness of personal protective devices, such as snowsport, bicycle, and motorcycle helmets. Dr. Scher has dedicated years of research to skiing and snowboarding safety and has conducted award-winning research in the areas of snowsport safety and human-machine interfacing.

Dr. Scher serves on the Board of Directors for the Safety Equipment Institute. He is the president and former scientific chair of the International Society for Skiing Safety; a USA delegate on the International Standards Organization committee TC83/SC4 on Snowsports Equipment; the vice-chair of ASTM F27 on Snow and Water Sports; and, the subcommittee chair for ASTM F27.60 for Research and Statistics. He is also an Affiliate Associate Professor in the Department of Mechanical Engineering at the University of Washington. Dr. Scher served on the ASTM International Board of Directors (2016 to 2019), was chair of ASTM F27 (2014 to 2019), and held the position of Adjunct Associate Professor of Clinical Physical Therapy in the Department of Biokinesiology and Physical Therapy at the University of Southern California (2004 to 2009).

Isabelle Schöffl, MD, PhD, MSc

University of Erlangen
Erlangen, Germany



Dr. Schöffl is a German Board-certified pediatrician and specialist in sports medicine, currently working in the department of Pediatric Cardiology of the University hospital Erlangen, Germany. She was appointed Visiting Professor at the School of Clinical and Applied Sciences, Leeds Beckett University, UK in 2019. She holds a masters degree in Sports Science and Marine Biology.

Dr. Schöffl's academic focus is on extreme sports medicine, climbing injuries, biomechanics and more recently the cardiopulmonary demands of climbing and trail running. She's also investigating the effects of physical exercise on the cardiopulmonary development of children with and without congenital heart disease. She is currently chairing the working group of sports cardiology in the German Society of pediatric cardiology and is one of the team physicians to the German Climbing Team and the German Skimountainering Team.

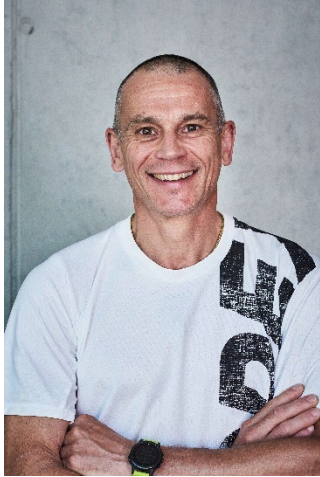


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Volker Schöffl, MD, MHBA, FAWM

University of Erlangen
Erlangen, Germany



Prof. Dr. Volker Schöffl is an Adjunct Professor of Trauma and Orthopedic Surgery, University Erlangen, Germany, an Adjoint Assistant Professor of Emergency Medicine at the University of Colorado School of Medicine and a Visiting Professor at the School of Clinical and Applied Sciences, Leeds Beckett University, UK. He is a Fellow of the Academy of Wilderness Medicine (WMS) and a German Board-certified General Surgeon as well as an Orthopedic and Trauma Surgeon. He also holds Board degrees for Sports Medicine and Emergency Medicine.

Dr. Schöffl's academic focus is on extreme sports medicine, climbing injuries, biomechanics of the hand, alpine and wilderness medicine and surgery in developing countries. He is section head of the Center of Sportsmedicine at the Klinikum Bamberg, Germany and heading a medical partnership program with the Khamouane Provincial Hospital in Thakhek, Laos, where he also regularly practises. He is a member of the Medical Commissions of the UIAA and the IFSC. He is the team physician to the German Climbing Team and to the German Skimountainering Team.

Adam Seidl, MD

University of Colorado Department of Orthopedics
Aurora, CO



Dr. Seidl is a fellowship-trained shoulder and elbow surgeon. He has been trained by and worked with world-renowned shoulder and elbow surgeons in the United States and France. As a Colorado native, Dr. Seidl is an active outdoorsman and enjoys fishing and skiing. Having been an athlete in college, Dr. Seidl has a keen interest in treating athletes, both competitive and recreational.

Dr. Seidl's clinical expertise includes the diagnosis and treatment of all shoulder and elbow problems. He has advanced training in arthroscopic and minimally invasive surgery, joint replacement and fracture care. Dr. Seidl is dedicated to understanding the needs of his patients and determining the safest and most effective treatment for each individual.



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Lorenzo Silvestri, MD

University of Colorado Department of Orthopedics
Rocky Mountain Regional Veterans Affairs Medical Center
Aurora, CO



Lorenzo Silvestri, MD is the Chief of Orthopedic Surgery at the VA Eastern Colorado Healthcare System -Department of Veterans Affairs in Denver. He is an Assistant Professor of Orthopedic Surgery at the University of Colorado, and Residency Site Director at the RMR VAMC in Aurora. Dr. Silvestri was born in Italy, and he has a dual citizenship. He is a Veteran Airborne Army Officer, who served 16 years in the military. He completed both his medical degree and orthopedic residency training at the University of Florence- Italy. He completed postgraduate training in the USA after three fellowships in Shoulder and Knee Surgery, Boston University, MA; Orthopedic Sports Medicine and Arthroscopy, ORV Richmond, VA; Orthopedic Trauma, Baylor College of Medicine Houston, TX.

He is board certified Orthopedic Surgeon (ABOS). His practice is mostly focused on orthopedic sports medicine working in an academic setting. When out of office, Dr. Silvestri is an aggressive outdoor sport enthusiast engaged in long endurance mountain biking competitions and backcountry skiing. He lives in the beautiful foothill around Denver on a horse ranch with his wife, two horses, two dogs, and many other lovely animals.

Matthew Smith, DPT, CSCS

Revo Physiotherapy and Sports Performance
Boulder, CO



Both an academic and field player All American College Lacrosse player, Matt understands the commitment, devotion and work required of success, whether it be on the field or in business. Matt exudes a passion for performance and shares excitement and drive for his clients success, whether that be returning to the golf course, or winning national championships. A graduate with honors from Drexel University's Doctorate of Physical Therapy program, as well as from Gettysburg College, Matthew has shown commitment and devotion to human performance both in the classroom and on the playing field.

After having worked at one of the most respected orthopedic firms in the nation, Matt understands the level of care and communication required for upstanding patient care. Matt continues to stay active in the lacrosse community on top of continually progressing his own fitness with everything from Olympic Lifting to epic bike rides. A husband and father, Matt can be seen running around Boulder pushing a stroller, as well as presenting to local Crossfit affiliates. Matthew continues to progress his knowledge base of Olympic lifting as well as the most current concepts in orthopedic/ sports rehabilitation by prescribing to most recent publications as well as being an active part of national societies.



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Jason Stoneback, MD

University of Colorado Department of Orthopedics
Aurora, CO



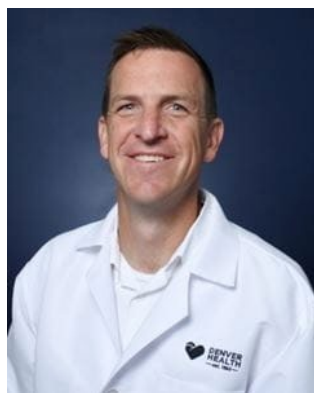
Jason W. Stoneback, MD is an Associate Professor in the Department of Orthopedics at the University of Colorado School of Medicine. He is the Vice Chair of Clinical Affairs, Chief of Orthopedic Trauma and Fracture Surgery and Director of the multidisciplinary Limb Restoration Program at the University of Colorado Hospital. Previously, Dr. Stoneback was the Director of the Orthopedic Trauma Service at Mercy Hospital in St. Louis, MO. He completed his Orthopedic Surgery Residency at the University of Colorado Denver, and his fellowship training in Orthopedic Traumatology at Saint Louis University in St. Louis, MO.

Dr. Stoneback specializes in the treatment of simple and complex fractures, non-unions, malunions, osteomyelitis, orthopedic infections, limb-length discrepancies, deformity correction, post-traumatic limb salvage and novel osseointegration surgery in amputees. The idea for an interdisciplinary approach to treat these conditions led to the creation of the Limb Restoration Program at the University of Colorado Hospital. The Limb Restoration Program combines comprehensive orthopedic, vascular, wound, and rehabilitative care to serve a growing number of patients with complex extremity injuries.

Dr. Stoneback's clinical and research interests focus on the interdisciplinary approach to optimize health outcomes in patients who lose or at risk of losing a limb. He has always been intrigued and inspired by the connection between form and function. He is highly motivated to provide patients with real options – often when all other choices have been exhausted.

Spencer Tomberg, MD

Denver Health
Denver, CO



Spencer Tomberg is an emergency medicine and non-operative sports medicine physician at Denver Health Medical Center. He is the Director of Didactic Education for the Residency in Emergency Medicine at Denver Health and is an Assistant Professor in Emergency Medicine at the University of Colorado. He works at the Winter Park Ski Area Clinic, the Level-1 Trauma Center at Denver Health and in the Denver Health Orthopedic Clinic. He enjoys playing soccer, skiing, dabbling in hockey and watching his kids grow.



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David Townes, MD, MPH, DTM&H

University of Washington School of Medicine
Seattle, WA



David Townes, MD, MPH, DTM&H, is a Professor in the Department of Emergency Medicine at the University of Washington School of Medicine and an Adjunct Professor in the Department of Global Health at the University of Washington School of Public Health.

He received his medical degree from the University of Massachusetts and completed his internship and residency in emergency medicine at the University of Illinois at Chicago where he also completed a fellowship in International Emergency Medicine earning a Master's Degree in Public Health (MPH) with a concentration in Health Policy and Administration. He holds a Diploma in Tropical Medicine and Hygiene (DTM&H) from the London School of Hygiene and Tropical Medicine.

He is currently a Medical Advisor for the Bureau for Humanitarian Assistance (BHA) at the United States Agency for International Development (USAID) and a Medical Epidemiologist in the Emergency Response and Recovery Branch (ERRB) at the Centers for Disease Control and Prevention (CDC).

Previously, he was an Epidemic Intelligence Service (EIS) Officer in the Malaria Branch at the CDC and served as a Lieutenant Commander in the United States Public Health Service (USPHS).

He has worked extensively in the areas of wilderness and expedition medicine from Antarctica to Mt. Kilimanjaro to Yosemite National Park. He has served as the medical director for multiple expedition length adventure races and is an editor of Expedition and Wilderness Medicine (textbook) published by Cambridge University Press.

Laura Vogel, MD

Banner Health
Phoenix, AZ



Laura was born and raised in Arizona, where she attended the University of Arizona as a National Merit Scholar and graduated summa cum laude. She then moved to New York where she received her doctorate of medicine at Columbia University. During medical school, she was involved in several teaching programs for undergraduate students interested in medicine and began pursuing her own career in orthopaedic surgery with an elective research year. She stayed at Columbia University for an Orthopaedic Surgery Residency and continued her research pursuits, as well as team physician coverage at the high school, collegiate, and professional levels. She then completed an Orthopaedic Sports Medicine Fellowship at the University of Connecticut, where she wrote numerous book chapters and scientific articles and served as an assistant team physician for the Huskies. Her final year of training was spent in Boulder with Dr. Mei-Dan furthering her expertise in Hip



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Preservation. She is now a Hip Preservation and Sports Medicine Orthopedic Surgeon with TOCA at Banner Health, Banner Medical Group in Phoenix, Arizona. In her free time, she enjoys endurance running and triathlons, mountaineering, scuba diving, CrossFit, and gastronomy.

Jenna Walton Noel, PT, DPT, OCS

UCHealth Steadman Hawkins Physical Therapy and Rehabilitation Clinic - Denver
Englewood, CO



Jenna completed her Doctor of Physical Therapy degree at University of Colorado Anschutz Medical Campus and her orthopedic residency training at University of Utah Healthcare. She now practices as a Board Certified Orthopedic Clinical Specialist at UCHealth Steadman Hawkins Clinic Denver with a sub specialization in pelvic health. She gained her pelvic floor rehabilitation certification through the American Physical Therapy Association and co-founded the pelvic health program at Steadman Hawkins. Her passion lies in Women's Sports Medicine and in helping women maintain healthy and active lifestyles across the lifespan through pregnancy, postpartum care and menopause. Outside of her work with UCHealth, Jenna also serves on medical staff for US Figure Skating providing event coverage for domestic and international competition assignments.

Alan Weintraub, MD, FACRM, FAAPMR

University of Colorado School of Medicine
Aurora, CO



Alan H Weintraub MD,FACRM,FAAPMR is an Associate Clinical Professor at University of Colorado School of Medicine. For over 36 years, Dr. Weintraub served as the Medical Director of Craig Hospitals Brain Injury Program and recently has stepped back to devote his time to teaching, his family and recreational pursuits. Dr. Weintraub is widely recognized for his clinical and research expertise in Brain Injury medicine and Neurorehabilitation advocating for best evidence informed practices from the onset of injury and throughout an individual's lifespan.



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Linnea Welton, MD

MultiCare Health System
Auburn, WA



Dr. Welton is a board certified orthopaedic surgeon with dual fellowship training in hip preservation and sports medicine. Originally from the Pacific Northwest, she earned her Bachelor of Arts and Bachelor of Science degrees at University of Washington. After climbing the tallest peaks in the Pacific Northwest, working as a ski instructor, personal trainer, and research scientist, Dr. Welton pursued her medical degree at University of Colorado. There she obtained certification in Global Health, focusing her work on needs assessment projects for remote hospitals in Uganda. She completed her orthopaedic surgery residency at University of Michigan. She helped develop the Global Health & Disparities Program for University of Michigan and received the Health Volunteers Overseas Travelling Fellowship in Nicaragua. Dr. Welton returned to Colorado

for fellowships in Sports Medicine Surgery followed by Hip Preservation. Dr. Welton has since built the Hip Preservation and Sports Surgery Service for the MultiCare Health System, based out of Auburn, WA. She serves patients in the greater Pacific Northwest Region, including providing care for Puget Sound University and Pacific Lutheran University athletes and has consulted for the National Women's Soccer League - OL Reign. Outside of her clinical and surgical practice Dr. Welton enjoys mountaineering, rock climbing, wake surfing, back country skiing, training for triathlons and spending time with her two awesome kids and husband.

Stuart Willick, MD

University of Utah Orthopaedic Center
Salt Lake City, UT



Stuart Willick, MD is a sports medicine physician at the University of Utah in Salt Lake City, where he serves as the Fellowship Director of the multi-disciplinary sports medicine fellowship. He has worked with numerous elite sports organizations, including the University of Utah, the United States Ski and Snowboard Association, US Speedskating, USA Nordic, US Bobsled and Skeleton Federation, USA Climbing and the International Olympic and Paralympic Medical Committees. His research focus is sports injury epidemiology and injury prevention. He has worked in various clinical, research and administrative capacities at the Olympic and Paralympic

Games since Sidney 2000. He worked at the Tokyo 2020 Olympic and Paralympic Games as Medical Director for the International Paralympic Committee



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Mauricio Zenaide, MD

ORTOCENTER

São Paulo, Brazil



Dr. Mauricio Rodrigues Zenaide is from São Paulo, Brazil and specializes in orthopaedics, traumatology, knee surgery, and sports medicine. He has worked with high level athletes, initially in professional soccer, from 2010 to 2018, and now works with high level skateboarding athletes. He was the Team Physician of Santos FC from 2010-2018. Since 2018, he has served as the Medical Doctor of the Brazilian National Skateboarding Federation (CBSK). He is an orthopedic surgeon in ORTOCENTER, the orthopaedic clinics in Santos, São Paulo. His clinical focus is all aspects of knee surgery, specifically ligament reconstruction, meniscal injuries, and knee arthroplasty. Dr. Zenaide is a member of the Brazilian Orthopedics Society and the Brazilian Knee Society.