

FRIDAY, JUNE 5th

6:30-8:00
7:30-8:50
8:50-9:00

Guided Activities | HIIT, rock climbing, mountain biking, trail running, hiking
Breakfast & Registration
Opening Remarks

Session 1

Physiology and Trauma in High-Stakes Environments

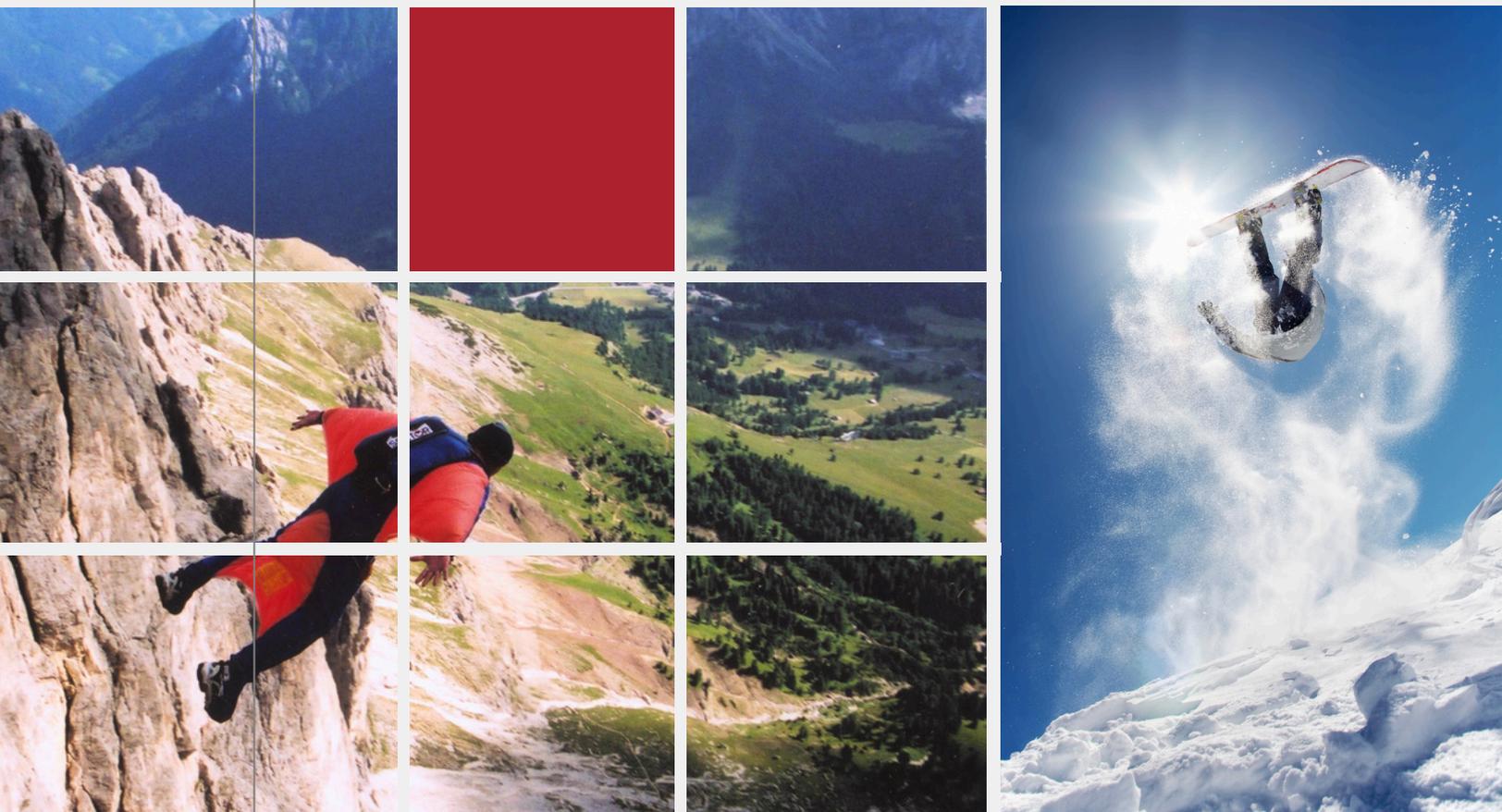
- 9:00-9:10 Skimo: The Ski-Mountaineering Dilemma: Is it Harder on Your Heart or Legs?
Volker Schöffl, MD
- 9:10-9:20 The Genetics and Physiology of Breath-Hold Diving: The Human Adaptation
Melissa Ilardo, PhD
- 9:20-9:30 Base Jumping Injuries and Fatalities: Is Experience Good or Bad?
Omer Mei-Dan, MD
- 9:30-9:40 Formula 1 Injury Mechanism: Survive to Drive
Tigran Garabekyan, MD
- 9:40-9:50 Commando and Military Injuries: Late Night Stories
Noam Reshef, MD
- 9:50-10:00 Update on CrossFit Injuries: Extreme Indoors
Laura Vogel, MD
- 10:00-10:10 High Altitude Medicine: What's the Deal with This Oxygen?
Linda Keyes, MD
- 10:10-10:20 Rodeo Injuries: Did Someone See My Thumb?
Jason Stoneback, MD
- 10:20-10:30 Mistakes That Will Kill You:
Rescue Operations Takeaways from Denali to the Tetons
David Weber
- 10:30-10:40 Off Shore Sailing Injuries: From Solo the World to America's Cup
Andrew Nathanson, MD, FACEP, FAWM
- 10:40-10:50 Alpine Ski Racing Injuries: Super G or Superman
Bob Poehling
- 10:50-11:00 Q&A
- 11:00-11:10 Refreshment Break

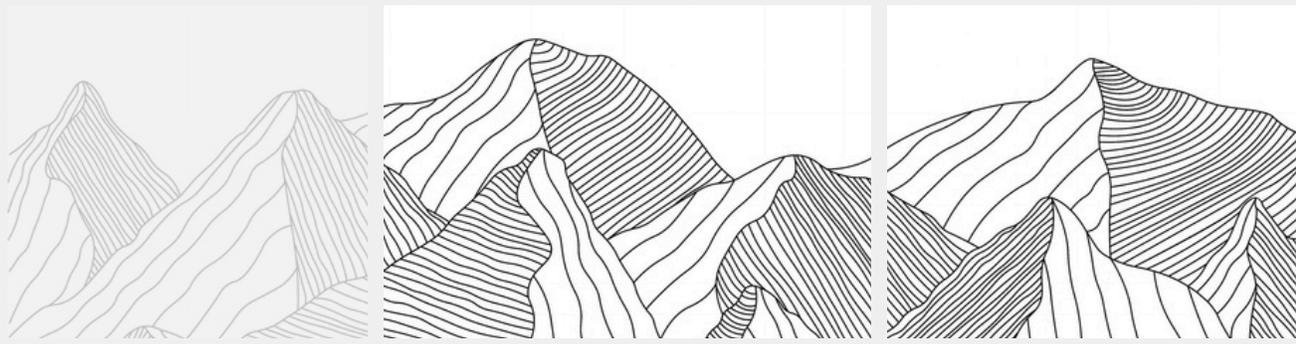


Session 2

The Science of Risk: Extreme Athletes, Injuries, and Performance

- 11:10-11:20 The High Price of Shredding: Avoiding Catastrophic MTB Injuries
Meredith Ehn, DO, DPT, CAQSM
- 11:20-11:30 Supplements for Bone and Joint Health: Do Science and Marketing Headbutt?
Nicholas Tiller, MD
- 11:30-11:40 Wing Suit Base Jumping Fatalities: Flying Too Close to the Sun
Omer Mei-Dan, MD
- 11:40-11:50 The Science of HIIT: Exploring the Medical Role of Intensity in Training Efficiency
Jordan Metz, MD
- 11:50-12:00 Snowboarding – Double Backflip Landing on Your Head Kind of Thing
Brett Toresdahl, MD
- 12:00-12:10 Para-Alpinism – The New Extreme Combo’s Medical Consideration
Matthew Wilkes, MD
- 12:10-12:20 Surfing Injuries: From Big Waves to Foiling
Andrew Nathanson, MD, FACEP, FAWM
- 12:20-12:30 Preventing Backcountry Avalanche Fatalities: Rolling in The Deep
Paige Pagnucco
- 12:30-12:40 Q&A
- 12:40-01:20 Lunch





Session 3

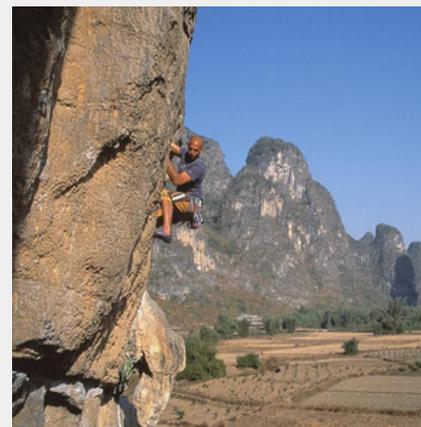
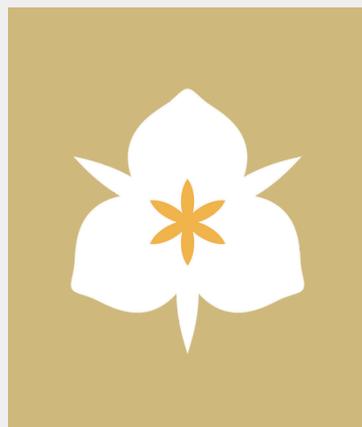
Challenges and Advancements in Extreme Sports Medicine

- 1:20-1:30 GLP1 Effects on Athletic Activity - Ozempic Tales
Jocelyn Wittstein, MD
- 1:30-1:40 Gynecologic Health in Female Ultramarathon Runners
Isa Schöffl, MD
- 1:40-1:50 Beyond the Shell: Have We Hit the Ceiling on Ski Helmet Protection?
Irving S. Scher, PhD, PE
- 1:50-2:00 Sports Specific RTP from Concussion in the Extreme Sports Medicine
Sherrie Ballantine-Talmadge, DO
- 2:00-2:10 The Ultimate Balance of Endurance and Precision: U.S. Biathlon
Brett Toresdahl, MD
- 2:10-2:20 Extreme Sports in the Olympic Games: New Trends in Climbing Injuries
Volker Schöffl, MD
- 2:20-2:30 Osseointegration: From the Top of Everest to Paralympics
Jason Stoneback, MD
- 2:30-2:40 Injuries and Fatalities in Kite Surfing: Has the Olympic Committee Gone Nuts?
Francesco Feletti, MD, PHD
- 2:40-2:50 Search and Rescue - More than Helicopter Parenting
David Weber
- 2:50-3:00 Q&A
- 3:00-3:10 Refreshment Break



Session 4 **The Aging Extreme Sports Athlete**

- 3:10-3:20 Golden Agers: Injury Profiles in Older Climbers
Volker Schöffl, MD
- 3:20-3:30 "Surfiatics": Or How to Age into Extreme Sports
Andrew Nathanson, MD, FACEP, FAWM
- 3:30-3:40 Atrial Fibrillation in The Aging Endurance Athlete: Out of Rhythm
Ben Levine, MD
- 3:40-3:50 Bone and Joint Optimization in Female Masters Athlete
Jocelyn Wittstein, MD
- 3:50-4:00 Which Injection Should I Get to Keep Me Going: Are You on Steroids, or PRP?
Brian Cole, MD, MBA
- 4:00-4:10 Return to Extreme Level Athleticism After Ceramic Hip Resurfacing
David Young, MD
- 4:10-4:20 Returning to High Level Sports After Shoulder Replacement
Jonathan Bravman, MD
- 4:20-4:30 Maximizing Endurance Longevity: Training and Competing in Later Life
Nicholas Tiller, MD
- 4:30-4:40 Menopause in the Mountains: Still Here, Still Climbing
Linda Keyes, MD
- 4:40-4:50 Q&A
- 5:30-7:30 Keynote Address & Reception





SATURDAY, JUNE 6th

7:00-8:00

Breakfast

Session 1

Inclusive Extreme Athlete Care: From Pediatric to Prenatal to Para-Athletes

8:00-8:10

Can I Skydive, Climb Everest and Do an Ironman During Pregnancy?
Linda Keyes, MD

8:10-8:20

The Extreme Adaptive Athlete: Breaking Barriers
Stuart Willick, MD

8:20-8:30

Extreme Sports in Health Policies: Madness or Real Opportunity
Francesco Feletti, MD, PHD

8:30-8:40

Climbing Rehab Paradigms
Katey Blumenthal, DPT

8:40-8:50

Sport Specialization in the Adolescent Athlete
Jordan Metzl, MD

8:50-9:00

Update on Finger Injuries in Youth Rock Climbers
Rachel Meyers, MD

9:00-9:10

Uphill Battles, Downhill Victories: Youth MTB Racing
Aaron Provance, MD



Session 2**Diagnosis & Treatment Dilemmas: Surgical Intervention & Major Trauma**

- 9:10-9:20 Update on ACL Treatment in the Extreme Athlete
Travis Maak, MD
- 9:20-9:30 Hamstring Injuries in Long Distance Runners: It is a Pain in the Butt
James Genuario, MD
- 9:30-9:40 Shoulder Instability in Consequence Athletes: Can I Open My Parachute now?
Eric McCarty, MD
- 9:40-9:50 Foot and Ankle Injuries: Don't Break a Leg
Kenneth Hunt, MD
- 9:50-10:00 Spine Injuries in the Extreme Sports Athlete: What if I Can't Feel My Feet?
Sonny Gill, MD
- 10:00-10:10 Fixing Clavicle Fractures in Downhill MTB: Can I Ride the Same Week?
Jonathan Bravman, MD
- 10:10-10:20 Guidelines for Treatment of Open Fractures in the Field
Jason Stoneback, MD
- 10:20-10:30 Can I Win Ultras and Climb 5.14's after a PAO for Hip Dysplasia
Omer Mei-Dan, MD
- 10:30-10:40 Biceps Tenodesis in the Elite Climbers and Kayakers: Where Do We Anchor It?
Eric McCarty, MD
- 10:40-10:50 Knee Joint Preservation: Can we get them back in action or is it really a Hail Mary?
Brian Cole, MD, MBA
- 10:50-11:10 Refreshment Break

Session 3**Insights Across the Spectrum**

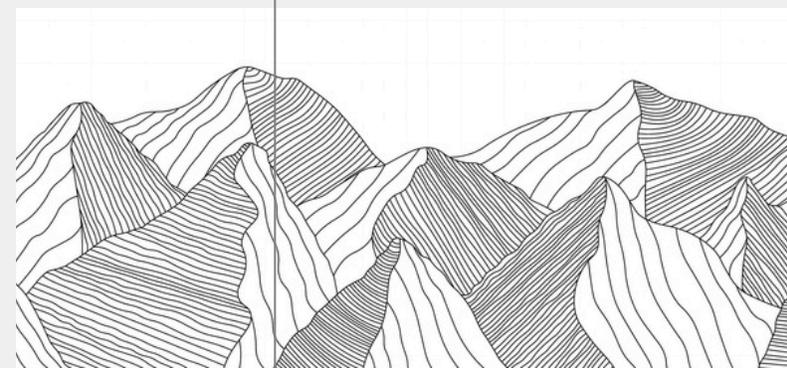
- 11:10-11:20 Ski Boot-Binding Interfaces and Season-Ending Knee Injuries
Irving Scher, PhD, PE
- 11:20-11:30 The "Big Heart" of Climbers: Cardiac Adaptation in Elite Athletes/VO@max
Ben Levine, MD
- 11:30-11:40 Genomic Signatures of Human Performance: Extreme Athletes and Human Potential
Melissa Iardo, PhD
- 11:40-11:50 How to Maintain Bone Density in Space: NASA Vibrations
Jocelyn Wittstein, MD
- 11:50-12:00 "Surviving the Sun" | Cancer, Aging or Chemicals: Treat Your Poison
Andrew Nathanson, MD, FACEP, FAWM
- 12:00-12:10 The Role of Mindfulness, Meditation, and Focus Work in Injuries in Extreme Sports
Heather Gill, PhD
- 12:10-12:20 A Continuum-of-Care Framework: Crisis Advocacy, Social Work & Psychotherapy
Chloe Svolakos, LCSW
- 12:20-12:30 Managing Energy Deficiency in Endurance Athletes
Isa Schöffl, MD
- 12:30-12:35 Q&A
- 12:35-01:10 Lunch

Session 4**Rehabilitation & Prevention**

- 1:10-1:20 Lower Extremity Rehab: Implications of Premature Clearance
Emily Spiegelberg, PT
- 1:20-1:30 Spinal Torsion and Shear Forces: Cross Training for Extreme Sport Athletes
Audrey Mallon
- 1:30-1:40 Run to the Finish Line, Not to the Bathroom: Pelvic Floor Dysfunction in the Endurance Athlete
Jenna Welton Noel, PT, DPT, OCS, CAPP-P
- 1:40-1:50 Upper Extremity Rehab: On the Shoulders of Giants
Katey Blumenthal, DPT
- 1:50-2:00 Rehab at High Performance: The Role of Objective Feedback
Greg Rickenbacker, PT, DPT
- 2:00-2:10 Returning to Extreme Sport After Respiratory Illness: Back Too Soon?
Nicholas Tiller, MD
- 2:10-2:20 Can Pre-Activity Checklist Save Extreme Sports Athletes Lives?
Ben Mei-Dan
- 2:20-2:35 Spiraling down from the sky: Understanding physiology, cognition and fear in paraglider pilots
Jessica Love and Matt Wilkes, MD
- 2:35-2:40 Return to Sport Clearance of the Extreme Athlete – A Death Trap
Omer Mei-Dan, MD

Session 5**The Expedition Team Physician**

- 2:40-2:50 Challenging Sideline Coverage: Equestrian Sports Medicine
Sherrie Ballantine-Talmadge, DO
- 2:50-3:00 Team Physician Work: How to Prepare for an NBA Game vs. a World Cup Ski Race
Carrie Jaworski, MD
- 3:00-3:10 Protecting Both Sides: Evolution of Emergency Preparedness in Sports Medicine
Carrie Jaworski, MD
- 3:10-3:20 Medical Coverage in Space: The NASA Thing
Jay Lemery, MD
- 3:20-3:30 Wilderness Medicine Fellowship from Expeditions and Undersea to Hyperbaric Medicine
Scott McIntosh, MD
- 3:30-3:45 **Round Table Discussion: Wilderness Medicine Fellowship and Position Statement Paper**
- 3:45 **Q&A & Conclusion | Depart for Afternoon Guided Activities**



On March 18, 1911,
the Utah State
Legislature designated
the **sego lily** as the
state flower.

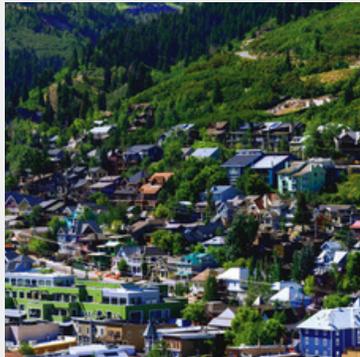
45th State

Utah Statehood Day
January 4, 1896

Park City, Utah
was founded in
1869 as a silver
mining town.



Utah is home to
5 National Parks
often referred to
as the **Mighty 5**.



Utah is called the
honeybee state. Its one
word motto—"Industry"—
and beehive emblem
reflect Utah's pioneering
spirit and commitment to
hard work.

