

*American Academy of Podiatric Sports Medicine along with the Oregon Podiatric Medical Association Present  
"The Best Sports Medicine Foot & Ankle Meeting in the World"*

*October 20-23, 2016*

*Portland Marriott Downtown Waterfront*

*Featured speaker Alberto Salazar "Adjusting foot strike to improve running efficiency". Alberto is an AAPSM Golden Foot Award recipient, International Track & Field Coach of the Year, former Marathon World Record Holder and 3 time New York Marathon Winner!*

*25+ Continuing Education Contact Hours (Nike Campus Tour limited to 120; sign-up now!)*

**Thursday, October 20, 2016**

8:00 am - 12:00 pm    Cadaver Lab –  
Diagnostic Ultrasound lab – followed by Therapeutic US lab  
Rob Conenello, DPM, Kevin DeWeber, MD, Paul Langer, DPM, Jim Ratcliff, DPM;  
PRP Techniques and Injections  
Jim Ratcliff, DPM; Amol Saxena, DPM; Tyna Moore, DC

OR

Surgical Techniques for Sports Medicine (Lisfranc's, Ankle & Peroneal Stabilization, Jones Fractures, 1<sup>st</sup> MPJ Arthroplasty, Achilles repair, etc)  
Amol Saxena, DPM; Richard Bouche, DPM;  
Maggie Fournier, DPM; John Grady, DPM

12:00 pm – 1:00 pm – Lunch on your own

1:00 pm - 5:00 pm    Surgical Techniques for Sports Medicine (Lisfranc's, Ankle & Peroneal Stabilization, Jones Fractures, 1<sup>st</sup> MPJ Arthroplasty, Achilles repair, etc)  
Amol Saxena, DPM; Richard Bouche, DPM;  
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**NOTE:** participants can repeat surgical or PRP/US lab for more contact hours & experience  
Dinner on own

**Friday, October 21, 2016**

7:00 am – 8:00 am    Optional Morning Fun Run – shoe testing with Nike/Hoka/Altra/361 USA/ON (Non-CME)  
8:00 am – 8:30 am    Continental Breakfast in Exhibit Hall  
8:30 am – 9:15 am    Improving Running Gait – Featured speaker – Alberto Salazar  
9:15 am – 10:00 am    Results of the AAPSM Survey: What we really need to know about Shoes as medicine  
10:00 am – 10:30 am    Shoe Creation: From Concept to Reality – Kevin Paulk  
10:30 am – 11:00 am    Break in Exhibit Hall  
11:00 am – 11:30 am    Pediatric Athlete – Matt Werd, DPM

**Friday, October 21, 2016 continued:**

11:30 am – 12:30 pm    Gait Examination – Jay Dichary, PT  
12:30 pm - 1:15pm    Box lunch in Exhibit Hall with Shoe testing available

## Workshops:

- 1:15 pm – 2:00 pm     Taping Workshop – Tim Dutra, DPM; Ted Forcum, DC, KT Tape  
  
Clinical exam of the foot and ankle –Rich Bouche, DPM  
  
Foot Orthotic Therapy in Sports panel: Rob Conenello, Paul Langer
- 2:00 pm - 2:45 pm     Teaching Proper Running Form– Jay Dichary, PT  
Cuboid Manipulation of the Foot and other pearls – Michael Chin, DPM;  
Ray McClanahan, DPM  
Bike Fit – Clint Laird, DPM; Matt Werd, DPM  
Skiing Injuries Workshop – Dalia Krakowski Clausen, DPM
- 2:45 pm - 3:15 pm     MRI of the Foot and Ankle – David Tsai, MD  
  
Break – & Travel to Nike HQ, Beaverton, (transport mode TBD)
- 3:15 pm – 4 pm         Expert to expert aka “stump the chump” en route (CME TBD)  
4:00 pm - 5:00 pm     Shoe technology update (Non-CME)
- 5:00 pm – 6:00 pm     Nike Campus Tour (Non-CME)
- 6:15 pm - 7:15 pm     AAPSM Membership Meeting/Award presentations Nike Campus, Tiger Woods Bldg.

## Saturday, October 22, 2016

- 7:00 am - 8:00 am     Fun Run, shoe testing, ElliptiGo and Alter-G Demos (non-CME)  
7:15 am – 8:00 am     Continental breakfast in Exhibit Hall  
8:00 am - 8:30 am     Common Basketball Injuries Panel – (Jones Fx, Ankle Sprains and other injuries with case  
Presentations for discussion) Moderator – John Grady, DPM – Panel: Rich Bouche, DPM;  
Alex Kor, DPM; Mike Lowe, DPM;
- 8:30 am - 9:00 am     How to Strengthen the Foot – Ray McClanahan, DPM  
9:00 am – 9:20 am     Update on Athletic Metabolism: REDs – Maggie Fournier, DPM  
9:20am – 10:00 am     Stress Fractures in the Athlete Panel– Case Presentations – Moderator: Paul Langer, DPM;  
Panel : Rob Connenello, DPM, Clint Laird, DPM
- 10:00 am – 10:30 am     Break  
10:30 am – 11:00 am     Shockwave Update – It’s Not Just for Heel Pain – Ludger Gerdesmeyer, MD  
11:00 AM- 11:30 AM     Leg Length Discrepancy Panel – Moderator: Clint Laird, DPM – Panel: Ted Forcum, DC  
Jay Dichary, PT
- 11:30 am – 12:30 pm     Lunch on your own – Visit Exhibits – shoe testing stations  
**Oregon Podiatric Medical Association Business Meeting** – Columbia Room
- 12:30 pm – 1:15 pm     Taping Workshop – Tim Dutra, DPM; Ted Forcum, DC, KT Tape  
  
Clinical exam of the foot and ankle – Rich Bouche, DPM

## Saturday, October 22, 2016 continued

Foot Orthotic Therapy in Sports panel: Rob Conenello, Paul Langer

1:15 pm - 2:30 pm Teaching Proper Running Form– Marc Cucuzella, MD;  
Cuboid Manipulation of the Foot and other pearls – Michael Chin, DPM;  
Ray McClanahan, DPM  
Bike Fit – Clint Laird, DPM; Matt Werd, DPM

2:30 pm - 3:00 pm Break – Visit Exhibits

3:00 pm – 3:30 pm Achilles Tendinopathy Update –Amol Saxena, DPM

3:30 pm – 4:00 pm MTSS in the Athlete – Rich Bouche, DPM

4:00 pm - 4:30 pm Heel Pain in the Athlete Panel with Case Presentations/Discussion – Moderator:  
Michael Chin, DPM – Panel: John Grady, DPM

4:30 pm-5:00pm Hallux Rigidus Panel-Moderator & Overview: Rich Bouche, DPM -Panel: Amol Saxena,  
DPM, John Grady, DPM

5:00 pm – 5:30 pm Rehab of Tendon Pathologies from a PT Perspective – Karl Kolbeck, PT

5:30 pm - 6:00 pm Original Research Pertaining to Proprioception and Balance in Ankle Sprains-  
Adam Kelly, ATC

Dinner on own

**Sunday, October 23, 2016:**

8:30 am – 12:30 pm Practice Management with Harry Goldsmith, DPM