FRIDAY, JUNE 5

6:30-8:00 Guided Activities: 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?
Siervogel
9:40-9:50 Commando and Military Injuries: Late night stories
Slenstvri
9:50-10:00 Update on CrossFit Injuries: Extreme indoors
Lemery
10:00-10:10 High Altitude Medicine: What’s the deal with this oxygen?
Lemery
10:10-10:20 Athletic Injuries in Spaceflight, Mission Training, and Microgravity Exercise
I. Schöffl
10:20-10:30 Whitewater Kayaking Injuries: The eskimo roll
Mendes
10:30-10:40 Skyrunning: Uphill physiological strategies – run or walk?
I. Schöffl
10:40-10:50 Q&A
10:50-11:00 Coffee Break

SESSION 2
11:00-11:10 Cyclocross Injuries: Bike backpacking injuries
Bravman
11:10-11:20 European Hang-gliding and Paragliding Union Perspective on Injuries
Feletti
11:20-11:30 Wing Suit Base Jumping Fatalities: Enough is enough
Siekerr
11:30-11:40 Sailing Injuries and Fatalities in the US: Gone with the wind
Kerns
11:40-11:50 MMA: Much pain, some gain
Nathanson
11:50-12:00 Personality Characteristics of Extreme Athletes: Do we ever change?
Monasterio
12:00-12:10 Free Diving: The physiology and fatalities behind the quietest extreme sport
Timmers
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: Epidemiology and current guidelines
Provanec
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
Ballantyne
1:50-2:00 The Winter Park Experience: Head trauma at 9,000 feet
Ebinge
2:00-2:10 First Aid in the Field: How do I save my biking partner’s life after a crash?
Lemery
2:10-2:20 Extreme Sports Goes to Tokyo: New trends in climbing injuries as an Olympic sport
V. Schöffl
2:20-2:30 Surfing in the Olympics
Nathanson
2:30-2:40 Injuries and Fatalities in Kite Surfing: Has the Olympic committee gone nuts?
Feletti
2:40-2:50 Cannabis in Extreme Sports: Increasing performance or clouding judgement?
Cowin
2:50-3:00 The Media’s Role in Extreme Sport Injuries
Pillifant
3:00-3:10 Q&A
3:10-3:20 Coffee Break

SESSION 4 Physiology and the Aging Athlete
3:20-3:30 Golden Ager: Injury profiles in older climbers
Simon
3:30-3:40 Surf and Survival Surfsuits: Because surfers also get old
Nathanson

SESSION 5 Keynote Address & Reception: Steph Davis
www.stephdavis.co
6:30-7:30

SESSION 6
7:30-7:40 Overtreining in Extreme Endurance: “But I’m supposed to be tired”
San Millan
7:40-7:50 Sports After Shoulder Replacement
Seidl
8:00-8:10 The Science of HIIT: Exploring the medical role of intensity in training efficiency
Metzl
8:10-8:20 Can I Skydive and Do an Ironman During Pregnancy?
Welton
8:20-8:30 Biologics and Injections Can Keep Us Going
Frank
8:30-8:40 Managing Energy Deficiency in Climbers
I. Schöffl
8:40-8:50 Roundtable: Eat well, sleep well, and have good genes

SESSION 7 Guided Activities: rock climbing, mountain biking, trail running, hiking
6:30-8:00

SESSION 8
8:00-8:10 Junior Rodeo Concerns: Underreporting injuries?
Stoneback
8:10-8:20 National High School Mountain Biking Inury Database Updates
Willick
8:20-8:30 Sport Specialization in the Adolescent Athlete: Is this a good idea?
Meier
8:30-8:40 Backcountry Skiing Risk: When do I take my kid?
Metz
8:40-8:50 Motocross Injuries in the Pediatric Population: Kids on wheels
Rhodes
8:50-9:00 Finger Injuries in Young Rock Climbers: These fingers can’t bear the load anymore
V. Schöffl
9:00-9:10 Roundtable: To leash or let go?

SESSION 9
9:10-9:20 Update on ACL Treatment in Elite Athletes
McCarty
9:20-9:30 Management of Articular Cartilage Injury and Biologics: The future is here
Dragoon
9:30-9:40 Hip Labral Tears and Subluxation: Stories of a shallow cup
Mei-Dan
9:40-9:50 Foot and Ankle Injuries: It’s not only snowboarder’s ankle
Hunt
9:50-10:00 Fixing Clavicle Fractures in Cyclists: Can I ride the same week?
Bravman
10:00-10:10 Hamstring Injuries in Long Distance Runners: It is a pain in the butt
Genuario
10:10-10:20 Guidelines for Treatment of Open Fractures in the Field and in Level 1 Trauma Center
Stoneback
10:20-10:30 Biceps Tenodesis in the Elite Climbers: Where do we put it?
Simon
10:30-10:40 Coffee Break

SESSION 10
10:40-10:50 The “Big Heart” of Climbers: Cardiac adaptation in elite athletes
I. Schöffl
10:50-11:00 Medical Support for Expedition-Length Adventure Races
Townes
11:00-11:10 Disability and the Extreme Sports Athlete
Balazy
11:10-11:20 In the Dark and Far From Home: Medical aspects of underground caving
Buzacott
11:20-11:30 Should You Go Climbing with Someone Who is Low in Self-Transcendence?
Monasterio
11:30-11:40 Team Physician Work: How to prepare for an NBA game vs. a World Cup ski race
Vidal
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SESSION 11
12:00-12:10 Should You Go Climbing with Someone Who is Low in Self-Transcendence?
Monasterio
12:10-12:20 Coffee Break
12:20-1:10 Lower Extremity Rehab in the Extreme Sports Athlete: Implications of premature clearance
Donath
1:10-1:20 Neck Rehab and the Mastery of Dry Needling
South
1:20-1:30 Run to the Finish, Not to the Bathroom: Pelvic floor dysfunction in the endurance athlete
Walton
1:30-1:40 Upper Extremity Rehab: On the shoulders of giants
Park
1:40-1:50 When to Clear an Adventure Sports Athlete for RTP
Mei-Dan
1:50-2:00 Q&A, Conclusion, Depart for Afternoon Guided Activities at 1pm: rock climbing,
mountain biking, trail running, hiking, paddle boarding

SATURDAY, JUNE 6

6:30-7:30 Breakfast

SESSION 1 Adolescents are Dominating Extreme Sports
7:30-7:40 Adolescent Domination and Increased Concern for Overuse and Acute Injuries
Provanec
7:40-7:50 Adolescent Skiing Injuries
Vidal
7:50-8:00 Elite Youth Rock Climber’s Perspective on Injury and Potential Speed Wall Risk
Meyers
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