

2026 SANFORD SPORTS MEDICINE SYMPOSIUM

<u>2026 SANFORD SPORTS MEDICINE SYMPOSIUM</u>		
Agenda - Friday, April 17, 2026		
Session # 1	SPORTS MEDICINE IN 2026	
8-8:30 a.m.	Re-Evaluating the Load–Pain Relationship in Tendinopathy	Peter Malliaras, PhD
8:30-9 a.m.	A Research Update on Sport Specialization in Youth and Adolescent Athletes	Timothy McGuine, PhD, ATC
9-9:30 a.m.	Does Balance Training Need a (Virtual) Reality Check?	Jordan Olson, PT, DPT
9:30-9:45 a.m.	Panel Discussion Moderator: Kris Kimber, MD	
9:45 a.m.	Refreshment Break	
Session # 2	TENDINOPATHY	
10:15-11:45 a.m.	Staging and Progressing Tendon Loading in Clinical Practice Using an Integrated Approach	Peter Malliaras, PhD
11:45 a.m.-12:00 p.m.	Panel Discussion Moderator: Tyler Turbak, PT, DPT, OCS	
12:00 p.m.	Lunch	
Session # 3	LONG-TERM JOINT HEALTH	
1-1:30 p.m.	New Frontiers in Joint Preservation	Heath Gould, MD
1:30-2 p.m.	Meniscus Repair in 2026: Indications, Techniques and Outcomes	Erik Slette, MD
2-2:30 p.m.	Why Do ACL Surgeries Fail	Ben Noonan, MD
2:30-2:45 p.m.	Panel Discussion Moderator: Nathan Skelley, MD	
2:45 p.m.	Refreshment Break	
Session # 4	CURRENT TRENDS	
3-4 p.m.	A Clinical Perspective on Pitching Mechanics	Jonathan Sum, PT, DPT, OCS, SCS
4-4:30 p.m.	Why Do Research in Adolescent Sport Settings?	Timothy McGuine, PhD, ATC
4:30-5 p.m.	Hydrodilataion in Treatment of Adhesive Capsulitis	Donella Herman, MD, MEd
5-5:15 p.m.	Superior Capsule Reconstruction	Jonathan Sum, PT, DPT, OCS, SCS
5:15-5:30 p.m.	Panel Discussion Moderator: Mark Carlson, MD	
5:30 p.m.	Adjourn	
Agenda - Saturday, April 18, 2026		
Session # 5	BASEBALL	
8-9 a.m.	Common Pathologies with Throwing	Jonathan Sum, PT, DPT, OCS, SCS
9-9:30 a.m.	Ulnar Collateral Ligament Anatomy, Biomechanics, Pathology, and Reconstruction Techniques	Brandon Fisher, MD
9:30-10 a.m.	Management of Post-Operative Ulnar Collateral Ligament Injuries in the Overhead Athlete	Brandon Szklarski, PT, DPT, FAAOMPT
10-10:15 a.m.	Panel Discussion Moderator: Brett Fischer, PT, DPT, SCS	
10:15 a.m.	Refreshment Break	
Session # 6	NEW EVIDENCE	
10:30-11:15 a.m.	Evidence-Informed Tendon Rehabilitation: What has Changed?	Peter Malliaras, PhD
11:15-11:45 a.m.	Epidemiology: MLB Report on Pitcher Injuries	Jonathan Sum, PT, DPT, OCS, SCS
11:45 a.m.-12:15 p.m.	Preventing Sport Related Concussions in Adolescent Athletes: What is the Evidence?	Timothy McGuine, PhD, ATC
12:15-12:30 p.m.	Panel Discussion Moderator: Verle Valentine, MD, FACSM	
12:30 p.m.	Adjourn	