

Sports Medicine Symposium

Premier Health's Sports Medicine Symposium intended for the credentialed healthcare and/or wellness provider and is focused on presenting the medical professional with new information that may not be currently used in their practice in order to improve patient care and outcomes.

This year's symposium will be held on Friday and Saturday, June 12 and 13, 2026. Both sessions will be held on the University of Dayton campus at Fitz Hall. There will be up to 10.5 CEU's being offered depending on which certification.

Learn more:

- Course Schedule
- Course Objectives
- Registration
- Continuing Education Units

Parking: Fitz Hall is a six-story red brick building. Once you have parked, then enter through the double doors and a symposium committee member will provide you with access to the second floor, home of the UD DPT program. The sign-in will be straight ahead after leaving the elevator.

Program Fees

Fees for registrations received by midnight on June 1, 2026:

- Registrations: \$125
- Premier Health Employees: \$50

Registration

Online registration and payment be available through June 1. For immediate questions, please call Amy Anders at (513) 227-5620. Registration must be done online.

Registration between June 2 and June 8 will incur an additional \$25 processing fee. No registrations will be accepted after June 8.

Cancellation fees: All cancellations must be submitted in writing and received by June 1, 2026, for a full refund. 50% refund will be given if written notice is received between June 2 and June 8, 2026. No refund will be given if written cancellation is not received by June 9, 2026. Cancellations can be emailed to Amy Anders at AEAnders@PremierHealth.com.

Sponsors

We sincerely thank our sponsors for their generous support. Their commitment to education and the advancement of sports medicine help make this event possible.



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Symposium Course Schedule

You will be asked to rank your choices for each session when you register. You will be entered in one topic per time slot. Every effort will be made to accommodate your top selections for each session; however, forms received first will have first priority. There will be limited numbers allowed in the *Human Cadaver Considerations for the Rehab Professional* due to being taught in smaller accommodations.

Friday, June 12, 2026

7:30 – 8:00	Registration		
AM Sessions	Topic A Applying for OT CEU	Topic B	Topic C Applying for CSCS CEU
8:00 – 9:00 and 9:05 – 10:05	How to Safely Train the Adolescent and Young Adult Athlete: Key Takeaways of Cardiotoxic Treatment Theresa Walchner, PT, MPT, CLT-LANA, Board Certified Clinical Specialist in Oncologic Physical Therapy and Kara Gnau, PT, DPT	Lumbar Disc Herniation in the Adolescent Athlete: Evaluation, Treatment Decisions, and Return-to-Play Strategies James Dunlap, MD	Cleared to Play, But Are They Ready? Closing the Gap Between Standard RTS Testing and True Functional Recovery Jacob Eriksen, PT, DPT
Midday Sessions	Topic D Applying for CSCS CEU	Topic E Applying for OT and CSCS CEU	Topic F Applying for OT CEU
10:10 – 11:10 and 11:15 – 12:15	Resisted Interval Throwing for Softball Players: A Comprehensive Guide Kara Gnau, PT, DPT	Communication Is the Key (2.0): Unlocking Peak Performance—One Strong Relationship & Clear Conversation at a Time Kurt Wilson, MA, CSCS, ATC	Considerations for Treating and Training the Parkinson's Patient Alec Heffner, AT, CSCS, TSAC-F, and Allison Boshart, PT, DPT
12:15 – 1:30	Lunch – on your own		
PM Sessions	Topic G	Topic H Applying for OT and CSCS CEU	Topic I Applying for CSCS CEU
1:30 – 3:00 and 3:05 – 4:35	Manual Therapy Assessment & Treatment of the Athlete's Proximal Lower Quarter Jamie Rodman, PT, DPT, SCS, MTC	Human Cadaver Considerations for the Rehab Professional Nicolas Hess PT, DPT, CSCS, MS	Incorporating Olympic Lifts and Plyometrics into Sports Performance and Rehab Christina Machi, MS, CSCS and Alec Heffner, AT, CSCS, TSAC-F

Saturday, June 13, 2026

7:30 – 8:00	Sign-in	
AM Sessions	Topic J Applying for OT CEU	Topic K
8:00 – 9:00	Thoracic Outlet Syndrome Max Farenwald, DO	Orthotic Applications in Sports Medicine Autumn H Tatum, CPO, MSOP, LPO
	Topic L	Topic M Applying for OT and CSCS CEU
9:05 – 10:05	Cartilage Restoration and Surgical Knee Preservation Jordan Grilliot, DO	Patterns Solve the Problem, Upper Body Training for Athletes Cole Pittsford, CSCS, USAW-1
	Topic N Applying for OT CEU	Topic O Applying for OT CEU
10:10 – 11:40	Musculoskeletal Ultrasound: Basic Introduction with Live Scanning Demonstration Jeffrey James, DO	Clinical Application of Neurodynamic Assessment and Treatment Chris Glanz, PT, DPT
11:40	Dismissed	

Symposium Course Objectives

June 12, 2026

How to Safely Train the Adolescent and Young Adult Athlete: Key Takeaways of Cardiotoxic Treatment

Theresa Walchner, PT, MPT, CLT-LANA, Board Certified Clinical Specialist in Oncologic Physical Therapy

Kara Gnau, PT, DPT

Objectives:

- Define AYA cancer population.
- Define cardiotoxicity.
- Identify cardiotoxic agents and their effect on heart function and activity.
- Participants will be able to implement UNCCRI VO2 peak protocol.
- Identify other disciplines for supportive care of the athlete with cancer diagnosis.

Lumbar Disc Herniation in the Adolescent Athlete: Evaluation, Treatment Decisions, and Return-to-Play Strategies

James Dunlap, MD

Objectives:

- Differentiate lumbar disc herniation from other causes of low back pain in adolescent athletes based on history, physical examination findings, and red flag indicators.
- Identify clinical and imaging factors that guide nonoperative versus operative treatment decisions in adolescents with lumbar disc pathology.
- Describe expected neurologic recovery patterns and prognostic indicators following conservative management and surgical intervention.
- Apply evidence-based rehabilitation principles in the management of adolescent lumbar disc herniation, including post-operative progression.
- Develop return-to-play criteria that incorporate neurologic status, functional recovery, sport-specific demands, and recurrence risk.

Cleared to Play, But Are They Ready? Closing the Gap Between Standard RTS Testing and True Functional Recovery

Jacob Eriksen, PT, DPT

Objectives:

- Identify key neuromuscular and biomechanical risk factors for ACL re-tear.
- Explain why limb symmetry index (LSI) values derived from hop tests can overestimate functional recovery.
- Describe the neuroplastic changes that occur following ACL injury and reconstruction.
- Appraise the relative strengths and limitations of common RTS testing modalities.
- Apply a progressive, multi-domain RTS testing framework.

Resisted Interval Throwing for Softball Players: A Comprehensive Guide

Kara Gnau, PT, DPT

Objectives:

- Participants will compare and contrast biomechanics of the shoulder with overhand and underhand pitching.
- Define resisted interval throwing and summarize a list of external equipment that athletes can utilize during training.
- Execute return to play decision making and integrate progressive throwing programs to athletes.

Communication Is the Key (2.0): Unlocking Peak Performance—One Strong Relationship & Clear Conversation at a Time

Kurt Wilson, MA, CSCS, ATC

Objectives:

- Define professional relationship behaviors (trust, reliability, psychological safety, mutual respect) that directly improve team communication and decision-making across rehab → return-to-play → performance.

- Map the “information needs” of each discipline (AT/PT/OT/S&C/physician) and tailor message depth, tone, and timing to reduce friction and rework.
- Apply structured communication tools (SBAR, closed-loop communication, teach-back) to improve clarity, ownership, and follow-through during high-variance, high-noise environments (practice, game-day, busy clinics).
- Use relationship-building micro-skills (active listening, curiosity questions, shared mental model check-ins, “two-minute trust deposits”) to prevent escalation and strengthen collaboration.
- Handle conflict and return-to-play tension using an assertive, respectful script (e.g., DESC) while preserving relationships and protecting athlete/patient safety.
- Commit to a measurable action step (one weekly cadence + one template/tool) to strengthen interprofessional communication within 30 days.

Considerations for Treating and Training the Parkinson's Patient

Alec Heffner, AT, CSCS, TSAC-F

Allison Boshart, PT, DPT

Objectives:

- Summarize the progression of Parkinson’s Disease.
- Describe the role of exercise in the treatment of Parkinson’s Disease.
- Assess the physical abilities that Parkinson’s patients need to train.
- Implement strength and conditioning principles to enhance the physical capabilities of the Parkinson’s patient.
- Create a workout plan to mitigate to rate of progression of Parkinson’s disease.

Manual Therapy Assessment & Treatment of the Athlete’s Proximal Lower Quarter

Jamie Rodman, PT, DPT, SCS, MTC

Objectives:

- Understand evidence based manual therapy intervention of the lower quarter.
- Identify movement dysfunctions of the lumbar spine, SIJ, & hip.
- Utilize appropriate application of manual therapy techniques for the proximal lower quarter.
- Understand home exercise program instructions to support manual therapy techniques.
- Know when to utilize muscle energy technique, mobilization, or manipulation.

Human Cadaver Considerations for the Rehab Professional

Nicolas Hess PT, DPT, CSCS, MS

Objectives:

- Summarize neck and upper extremity human gross anatomy.
- Identify neuromuscular structures of the neck and upper extremity.
- Discuss clinical scenarios relating to human gross anatomy.
- Palpate structures on human cadavers to explore tissue integrity.

Incorporating Olympic Lifts and Plyometrics into Sports Performance and Rehab

Christina Machi, MS, CSCS

Alec Heffner, AT, CSCS, TSAC-F, TPI F2

Objectives:

- Describe the Stretch Shortening Cycle.
- Identify different phases of a Power Clean.
- Select exercises that help improve rate of force development.
- Develop a program to increase athletic power.
- Determine at when it is appropriate for an athlete to resume power training during the rehabilitation process.

June 13, 2026

Thoracic Outlet Syndrome

Max Farenwald, DO

Objectives:

- Describe the anatomy and biomechanics of the thoracic outlet including neurovascular structures and common compression sites.
- Differentiate neurogenic, venous, and arterial TOS.
- Identify key subjective history findings and risk factors associated with TOS.
- Perform and interpret appropriate physical examination techniques.
- Outline an updated evidence based clinical workup strategy.
- Distinguish thoracic outlet syndrome from common differential diagnoses.

Orthotic Applications in Sports Medicine

Autumn H Tatum, CPO, MSOP, LPO

Objectives:

- Describe the design principles of sport orthoses.
- Describe the goals of sport orthoses.
- Compare and contrast the indications and contraindications for prefabricated, custom-fit and custom designed sport orthoses.
- Identify various components and materials used in the fabrication of sport orthoses.
- Compare and contrast the clinical indications for various sport orthosis designs for the foot/ankle, knee, wrist, elbow and shoulder Explain the process of proper orthotic device delivery, fitting and regular follow-up for maintenance of proper device functioning.
- Identify therapy training concepts that will benefit the user of sport orthoses.
- Describe the expected long-term outcomes of the implementation of a treatment plan for an individual using a sport orthosis.
- Describe current evidence that is helping to shape care for relevant patient populations.

Cartilage Restoration and Surgical Knee Preservation

Jordan Grilliot, DO

Objectives:

- Provide historical context for cartilage restoration.
- Discuss modern cartilage restoration and knee preservation techniques.
- Review outcomes of cartilage repair and restoration.
- Provide brief discussion on the BEAR ACL repair technique.

Patterns Solve the Problem, Upper Body Training for Athletes

Cole Pittsford, CSCS, USAW-1

Objectives:

- Discuss why all athletes should train upper body regardless of sport.
- Learn the different movement pattern categories.
- Learn how to build a weekly training program using movement patterns.
- Show how to progress/regress exercises based on athletes' needs.
- Learn how to periodize that program based on yearly competition calendar.
- Demonstrate how to modify a training program based on sport specificity, injury history, and anatomical differences.

Musculoskeletal Ultrasound: Basic Introduction with Live Scanning Demonstration

Jeffrey James, DO

Objectives:

- Understand the basic physics of ultrasound.
- Identify differences between tissue types on ultrasound.
- Understand basic scanning techniques and identify selected anatomic structures on ultrasound.
- Gain insight into interventional procedures using musculoskeletal ultrasound.

Clinical Application of Neurodynamic Assessment and Treatment

Chris Glanz, PT, DPT

Objectives:

- Define what is meant by the term neurodynamics.
- Be able to perform precise upper limb standard neurodynamic tests.
- Understand what is a normal and abnormal response to select neurodynamic tests.
- Learn to identify neurogenic pain mechanisms and understand how to use response to neurodynamic testing to assist in identifying neurogenic pain mechanisms.
- Learn how to perform neurodynamic treatment techniques with various levels of intensity based on a patient's presentation.

Continuing Education Units

Premier Health (BOC AP# P2175) is applying for approval by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of 10.5 Category A hours/CEUs. ATs should claim only those hours actually spent in the educational program. According to the education levels described by the PDC, the following continuing education course is considered to be Essential Level. For questions concerning the BOC continuing education units, please contact Samantha Twining at sntwining@premierhealth.com.

The Sports Medicine Symposium has applied and is awaiting approval for 10.5 CEU hours through the Ohio Physical Therapy Association for Physical Therapists. Approval codes will be on file.

Selected presentations are being applied for and are pending for possibly 10.5 CEU hours through the Ohio Occupational Therapy, Physical Therapy, and Athletic Trainers (OTPTAT) Board for Occupational Therapists. Approval codes will be on file.

National Strength and Conditioning Association (NSCA) Continuing Education Units for selected presentations are being applied for and are pending for category A for certified individuals attending this event. Approval codes will be on file.

Premier Health does not discriminate on the basis of race, color, national origin, religion, sex, disability, military status, sexual orientation or age. Premier Health is committed to accessibility and nondiscrimination in all aspects of its continuing education activities. Participants who have special needs are encouraged to contact program organizers so that all reasonable efforts to accommodate these needs can be made.

