



May 28-June 1, 2019
Orange County Convention Center
Orlando, Florida USA
#ACSM19

www.acsmannualmeeting.org

A large, diverse group of people is seated in a convention hall, looking towards the front. The image is overlaid with a semi-transparent blue filter.

HIGHLIGHTED PROGRAMMING OF INTEREST TO CLINICIANS

NEW IN 2019:

Programming Focused on the Basic Science of
Exercise, Circadian Rhythms and Sleep

Content current as of February 1, 2019



Science. Discovery. Answers.

With rich, diverse clinical programming, ACSM's Annual Meeting offers learning opportunities for clinicians of all types and experience levels. Attendees may choose from more than 100 talks on clinically based topics, innovative hands-on workshops and case presentations spanning a wide range of diagnoses. These sessions feature clinicians and research scientists, which provides a robust learning experience and exchange of ideas that you can't get anywhere else!

Be Sure to Attend These Highlighted Lectures



The Joseph B. Wolffe Memorial Lecture

The Tortuous Path of Lactate Shuttle Discovery: From Cinders and Boards to the Lab and ICU

George A. Brooks, Ph.D., FACSM
University of California, Berkeley
Wed., May 29, 8:00-9:15 a.m.



President's Lecture

Weight Loss and Exercise as Breast Cancer Treatment: Could the Treadmill Ever Replace Taxol?

Jennifer Ligibel, Ph.D.
Dana-Farber Cancer Institute, Harvard Medical School
Thurs., May 30, 12:30-1:20 p.m.



The D.B. Dill Historical Lecture

Guidelines for Physical Activity and Health: Evolution Over 50 Years

William L. Haskell, Ph.D., FACSM
Stanford University School of Medicine
Fri., May 31, 8:00-9:15 a.m.



President's Lecture

Prehabilitation for Abdominal and Thoracic Surgery: Ready for Prime Time?

Liane Feldman, M.D.
McGill University
Sat., June 1, 11:15 a.m.-12:05 p.m.



Integrative Plenary

Circadian and Sleep Science for Health and Athletic Performance

Kenneth P. Wright, Jr., Ph.D.
University of Colorado Boulder
Thurs., May 30, 8:00-9:15 a.m.



Morris/Paffenbarger EIM Keynote Lecture

More Active People for a Healthier World

Fiona Bull, Ph.D.
World Health Organization
Tue. 5:30-6:15 p.m.



John R. Sutton Clinical Lecture

Sports Docs Without Borders: Lessons Learned from Implementing Change in the International Fields of Play

Margo Mountjoy, M.D., Ph.D., FACSM
McMaster University
Fri., May 31, 1:00-1:50 p.m.



Also Featuring...

Tutorial: We are Getting Fatter and Sicker: What can we do about it?

Peter Brukner, FACSM
University of Melbourne
Fri., 9:30-10:20 a.m.

Clinical Themes and Programming of Interest to Clinicians

Exchange Lectures



Wed. 10:40-11:30 a.m.
American Psychological Association
Exchange Lecture- Project REST:
Innovative Responses to Improving
Student Athlete Sleep and Wellbeing
Amy Athey



Fri. 2:10-3:00 p.m.
American Medical Society for Sports
Medicine Exchange Lecture -
If Exercise is Medicine, Why Aren't
More People Prescribing It?
Chad Asplund, FACSM



Wed. 1:00-1:50 p.m.
European College of Sport Science
Exchange Lecture- Sport Eligibility
and Classification in the Paralympic
Games – Past, Present, Future
*Walter R. Thompson, FACSM,
Yves Vanlandewyck*



Fri. 3:15-4:05 p.m.
American Orthopaedic Society
for Sports Medicine Exchange
Lecture - Bridge-Enhanced ACL
Repair (BEAR): A Possible New
Direction
Martha Murray



Fri. 9:30-10:20 a.m.
International Federation
of Sports Medicine
Exchange Lecture - Exercise
Medicine: Prescribing Exercise for
Specific High Risk Populations
James Lee John Bilzon



Fri. 4:25-5:15 p.m.
National Athletic Trainers' Association
Foundation Exchange Lecture:
The Tipping Point: Advances in
Active Concussion Prevention and
Treatment Practices
Johna K. Register-Mihalik

Other Lectures of Interest

Wed. 3:15-4:05 p.m.
Tutorial: CTE: State of the Science
Robert Cantu, FACSM

Wed. 4:25-5:15 p.m.
Tutorial: Select Issues in Managing Pain in Athletes:
A Team Physician Consensus Statement
Stanley A. Herring, FACSM

Thurs. 10:40-11:30 a.m.
Tutorial: Acute Infections in Athletes -
When can I go Back To Training, Doc?
Martin Schwellnus, FACSM

Thurs. 2:40-3:30 p.m.
Tutorial: Pre-Competitive ECG Screening in the U.S. –
College and Professional
*Aaron Baggish, FACSM,
Jonathan Drezner*

Sat. 8:00-8:50 a.m.
Tutorial: Medicine Year in Review
Shawn Kane, FACSM

Hot Topics

Pediatrics

- Wed. 1:00-1:50 p.m.** Tutorial: Concussion: The Gender Divide Among Youth
M. Alysia Mastrangelo, FACSM, Nicole T. Yedlinsky
- Thurs. 9:30-11:30 a.m.** Highlighted Symposium: Evidence-Based Consensus Recommendations Regarding Selected Issues in Youth Contact and Collision Sports
Stanley A. Herring, FACSM, Fred Rivara, Michael McCrea, Carolyn Emery
- Thurs. 1:30-2:20 p.m.** Tutorial: Endurance Training in Children: How Much is too Much?
John Batson, FACSM
- Fri. 3:15-4:05 p.m.** Clinical Workshop: Examination of the Pediatric Elbow
Mary Lloyd Ireland, FACSM, Daryl Osbahr

Update on Concussion

- Wed. 10:40-11:30 a.m.** Clinical Workshop: Vestibular Rehabilitation Following a Sports Concussion
Jeff G. Konin, FACSM, Steven E. Spinks
- Wed. 1:00-1:50 p.m.** Tutorial: Concussion: The Gender Divide Among Youth
M. Alysia Mastrangelo, FACSM, Nicole T. Yedlinsky
- Wed. 2:10-3:00 p.m.** Clinical Workshop: Return to Play Decisions in Athletes with Intracranial Findings
Stanley A. Herring, FACSM, Margot Putukian, FACSM, Samuel Browd, Christopher Fox
- Wed. 3:15-4:05 p.m.** Tutorial: CTE: State of the Science
Robert Cantu, FACSM
- Wed. 4:25-5:15 p.m.** Clinical Workshop: Exercise Testing and Prescription in Post Concussion Syndrome Management
John Leddy, Robert Scales
- Sat. 9:00-9:50 a.m.** Clinical Workshop: Head Trauma - When it is not a Concussion
Matthew Gammons
- Sat. 10:10-11:00 a.m.** Clinical Workshop: Medical Retirement from Sport after Concussion
Thomas Bottiglieri, James Noble

Sleep and Circadian Rhythms

Featuring the 2019 World Congress on the Basic Science of Exercise, Circadian Rhythms and Sleep. See Final Program for details. Examples include:

- Wed. 10:40-11:30 a.m.** American Psychological Association Exchange Lecture- Project REST: Innovative Responses to Improving Student Athlete Sleep and Wellbeing
Amy Athey
- Wed. 3:15-5:15 p.m.** Basic Science World Congress – Symposium: Does Sleep Promote Recovery in Athletes?
Marco Tulio de Mello, Shawn Youngstedt, Rob Duffield
- Fri. 2:10-3:00 p.m.** Tutorial: Disruption of the Circadian Rhythm in Athletes: How to Cope
Dina Christina Janse van Rensburg, FACSM, Audrey Jansen van Rensburg

Psychology and Mental Health

- Fri. 2:10-3:00 p.m.** Clinical Workshop: Assessing and Managing Mental Health Concerns in Sports Medicine
Eugene Hong, Andrew Wolanin
- Sat. 8:00-8:50 a.m.** Tutorial: Exercise in the Prevention and Treatment of Mental Health Disorders: Translating Research into Real-World Settings
Chad Rethorst
- Sat. 10:10-11:00 a.m.** Tutorial: Stimulant Use in Sport: The Challenges of Caring for the Adderall and Red Bull Generation
John M. MacKnight, FACSM

Pain

- Wed. 10:40-11:30 a.m.** Exercise is Medicine®-Colloquium: Exercise is the Best Medicine for Back Pain
Stanley Herring, FACSM, Cindy Y. Lin
- Thurs. 1:30-3:30 p.m.** Symposium: Exercise and the Endocannabinoid System: Implications for Mental Health
Kelli F. Koltyn, FACSM, Cecilia J. Hillard, Kevin M. Crombie
- Thurs. 2:40-3:30 p.m.** Tutorial: Synergistic Perspectives of Exercise and Other Non-opiate Treatments for Patients with Chronic Pain
Matthew Kostek, FACSM, Eric Helm, Anna Polaski
- Fri. 10:40-11:30 a.m.** Colloquium: The Maze of Lower Back Pain
Dina Christina Janse van Rensburg, FACSM

Post-Competitive Athlete Health

- Thurs. 3:45-5:45 p.m.** Symposium: Post-Competitive Athlete Health
Jonathan Drezner, Jeff Tanji, Andrew Tucker, Craig Young, FACSM
- Sat. 10:10-11:00 a.m.** Clinical Workshop: Medical Retirement from Sport after Concussion
Thomas Bottiglieri, James Noble

Transgender Athlete

- Fri. 3:15-4:05 p.m.** Tutorial: The Transgender Athlete: Care and Controversies
Amy M. West, Kathryn Ackerman, FACSM

Orthobiologics

- Fri. 10:40-11:30 a.m.** Tutorial: Clinical Implementation of Evidence-Based Orthobiologics
Michael Baria, James Borchers, FACSM

Sensors and Technology

- Sat. 8:00-8:50 a.m.** Colloquium: Integrating Mobile Health into Sports Medicine Practice: Making Sense of Sensors
Ignacio Gaunaurd, Luis Feigenbaum, Thomas Best, FACSM

Pre-Participation Evaluation/Periodic Health Assessment

Thurs. 2:40-3:30 p.m. Tutorial: Pre-Competitive ECG Screening in the U.S. – College and Professional
Jonathan Drezner, Aaron Baggish, FACSM

Clinical Decision Making, Injury Prevention and Return to Play

Wed. 2:10-3:00 p.m. Tutorial: The Management of Medications by the Sports Medicine Team: Inter-Association Consensus Statement
Cindy J. Chang, FACSM, Michael Smith, Timothy Weston

Wed. 2:10-3:00 p.m. Clinical Workshop: Return to Play Decisions in Athletes with Intracranial Findings
Stanley A. Herring, FACSM, Margot Putukian, FACSM, Samuel Browd, Christopher Fox

Wed. 3:15-5:15 p.m. Symposium: Is it Over-training or Under-recovering? Physiological, Nutritional and Medical Aspects to Consider
Stella Volpe, FACSM, Trent Stellingwerff, FACSM, Nanci Guest, Neil Walsh, FACSM, Alex M. McDonald

Thurs. 9:30-11:30 a.m. Highlighted Symposium: Evidence-Based Consensus Recommendations Regarding Selected Issues in Youth Contact and Collision Sports
Stanley A. Herring, FACSM, Fred Rivara, Michael McCrea, Carolyn Emery

Sat. 9:00-11:00 a.m. Symposium: Prehospital Care of Exertional Heat Stroke- Improving Policies to Improve Outcomes
Shawn Kane, FACSM, Douglas Casa, FACSM, Luke N. Belval

Professional Development and Practice Management

Wed. 3:15-4:05 p.m. Exercise is Medicine®-Tutorial: Docs, Move It or Lose It
Allison Bowersock, Rachele Pojednic, Carrie Jaworski, FACSM

Wed. 3:15-5:15 p.m. Symposium: CAQ Review Session (Part 1)
Kevin R. Vincent, FACSM, William O. Roberts, FACSM, Brian J. Krabak, FACSM, Jason L. Zaremski, FACSM, Mederic M. Hall, Heather K. Vincent, FACSM

Wed. 4:25-5:15 p.m. Exercise is Medicine®-Tutorial: Cost Outcomes of Assessing and Advising Physical Activity in Healthcare: Methods and Outcomes from Intermountain Healthcare
Trever J. Ball, Elizabeth A. Joy, FACSM

Thurs. 9:30-10:20 a.m. Exercise is Medicine®-Colloquium: Implementing the EIM solution in a South African Corporate Wellness Program and within a Medical Insurer Scheme
Georgia Torres

Fri. 10:40-11:30 a.m. Tutorial: Wellness and Life Balance for Sports Medicine Providers
William O. Roberts, FACSM

Fri. 2:10-3:00 p.m. Clinical Workshop: Grassroots Changemakers: How to Put Exercise Medicine into Action
Cherie Pettitt, Renee Jeffreys-Heil, Allison Bowersock, Cindy Y. Lin

Sat. 9:00-11:00 a.m. Symposium: CAQ Review Session (Part 2)
Jason L. Zaremski, FACSM, Heather Gillespie, FACSM, Eugene Hong, Ashley Zapf, Kathryn E. Ackerman, FACSM, Carrie A. Jaworski, FACSM

Musculoskeletal Topics

Spine

- Wed. 9:30-10:20 a.m.** Clinical Workshop: Physical Exam of the Lumbar Spine
Joseph Ihm, FACSM
- Wed. 10:40-11:30 a.m.** Exercise is Medicine® -Colloquium: Exercise is the Best Medicine for Back Pain
Stanley Herring, FACSM, Cindy Y. Lin
- Fri. 10:40-11:30 a.m.** Colloquium: The Maze of Lower Back Pain
Dina Christina Janse van Rensburg, FACSM

Upper Extremity

- Fri. 4:25-5:15 p.m.** Tutorial: Overhead Throwing Injuries in Baseball and Workload: Volume, Velocity, and Finding the Missing Link
Jason L. Zaremski, FACSM, Edward G. McFarland, FACSM
- Sat. 9:00-9:50 a.m.** Clinical Workshop: Management of Acute Sports-related Upper Extremity and Trunk Injuries: Pearls and Pitfalls
Jack Spittler, Mark Riederer, Morteza P. Khodaei, FACSM

Shoulder

- Thurs. 1:30-3:30 p.m.** Symposium: The Diagnosis and Treatment of Rotator Cuff Pathology: From the Aging Weekend Warrior to the Elite Paralympic Athlete
Cheri Blauwet, Wayne Derman, Mederic Hall, Kentaro Onishi
- Sat. 8:00-8:50 a.m.** Tutorial: Optimizing Diagnosis of Challenging Shoulder Problems
Mark R. Hutchinson, FACSM, Edward McFarland, FACSM
- Sat. 10:10-11:00 a.m.** Clinical Workshop: Shoulder Examination: A Case Based Approach
Daniel C. Herman, FACSM, Melody Hrubes, Ashley Zapf

Elbow, Hand and Wrist

- Fri. 3:15-4:05 p.m.** Clinical Workshop: Examination of the Pediatric Elbow
Mary Lloyd Ireland, FACSM, Daryl Osbahr

Lower Extremity

- Wed. 2:10-3:00 p.m.** Tutorial: Exertional Compartment Syndrome: A Global Perspective
Mark Hutchinson, FACSM, Wes O. Zimmermann
- Fri. 4:25-5:15 p.m.** Clinical Workshop: Lower Extremity Examarama
Melody Hrubes, Terry Nicola, FACSM, Phil Skiba

Hip, Pelvis, Thigh and Groin

Thurs. 9:30-10:20 a.m. Clinical Workshop: The Physical Examination of the Potentially Unstable Hip
*Andrea Stracciolini, FACSM,
Yi-Meng Yen*

Sat. 8:00-8:50 a.m. Clinical Workshop: Functional Evaluation of the Hip and Pelvis
Jimmy D. Bowen

Thurs. 10:40-11:30 a.m. Tutorial: Groin Injury in Sport – Differentiating between Intra-articular (Hip) and Extra-articular (Non-hip) Causes: Clinical Assessment
Geoffrey Verrall

Knee

Thurs. 4:55-5:45 p.m. Clinical Workshop: The Clinical and Ultrasound Examination of the Knee
David Hrywniak, Siobhan M. Statuta

Fri. 3:15-4:05 p.m. American Orthopaedic Society for Sports Medicine Exchange Lecture - Bridge-Enhanced ACL Repair (BEAR): A Possible New Direction
Martha Murray

Leg

Wed. 2:10-3:00 p.m. Tutorial: Exertional Compartment Syndrome: A Global Perspective
*Mark Hutchinson, FACSM,
Wes O. Zimmermann*

Foot and Ankle

Thurs. 3:45-4:35 p.m. Clinical Workshop: Physical and Ultrasonographic Examination of the Ankle-Foot Complex Following Sports Injury
*John Fraser, Steve Blivin, FACSM,
Ken Fechner, Jay Hertel, FACSM,
Eliot Hu, Brad Wells*

Tendons, Ligaments and Cartilage

Wed. 9:30-10:20 a.m. Tutorial: Evaluation and Management of Patellar and Achilles Tendinopathies
Leonardo P. Oliveira, Peter Buffington

Fractures and Dislocations

Thurs. 3:45-4:35 p.m. Tutorial: Treating Challenging Stress Fractures from China to USA
*Mark Hutchinson, FACSM,
Guoping Li, Geoffrey Verrall*

Diagnostic Imaging

- Wed. 1:00-1:50 p.m.** Clinical Workshop: X-Ray Utilization in Musculoskeletal Sports Medicine – When is it Actually Needed?
Daniel C. Herman, FACSM, Kevin R. Vincent, FACSM
- Thurs. 1:30-2:20 p.m.** Clinical Workshop: Optimizing Use of Advanced Imaging in Athletic Imaging of the Lower-Extremity: Indications and Findings
Mark Hutchinson, FACSM, Michael Bresler, Dustin Nabhan, FACSM

Ultrasound

- Thurs. 2:40-3:30 p.m.** Clinical Workshop: US Basics
Kevin Vincent, FACSM
- Thurs. 3:45-4:35 p.m.** Clinical Workshop: Physical and Ultrasonographic Examination of the Ankle-Foot Complex Following Sports Injury
John Fraser, Steve Blivoin, FACSM, Ken Fechner, Jay Hertel, FACSM, Eliot Hu, Brad Wells
- Thurs. 4:55-5:45 p.m.** Clinical Workshop: The Clinical and Ultrasound Examination of the Knee
David Hrywniak, Siobhan M. Statuta

Rehabilitation

- Fri. 9:30-10:20 a.m.** Clinical Workshop: Functional Manual Therapy in Sport
Amber Donaldson
- Fri. 10:40-11:30 a.m.** Clinical Workshop: Dry Needling
Peter Brukner, Melody Hrubes

Medical Topics

Recent Advances in Cardiology

- Wed. 9:30-11:30 a.m.** Exercise is Medicine® - Symposium: Exercise and the Aging Heart: Prevention and Management of Heart Failure (HF) and Atrial Fibrillation (AF)
Michael J. LaMonte, FACSM, Charles B. Eaton, Marco V. Perez, Marcia L. Stefanick
- Thurs. 2:40-3:30 p.m.** Tutorial: Pre-Competitive ECG Screening in the U.S. – College and Professional
Jonathan Drezner, Aaron Baggish, FACSM
- Thurs. 10:40-11:30 a.m.** Clinical Workshop: ECG Interpretation in Athletes: The International Criteria
Jonathan Drezner
- Fri. 1:00-3:00 p.m.** Symposium: Athletic Hearts: A Comparative Perspective
Rob Shave, Aaron L. Baggish, FACSM, Dave Dickson

Dermatology

- Sat. 8:00-8:50 a.m.** Clinical Workshop: Skin Cancer and Infections in the Athlete
Brian Adams

Doping

- Sat. 10:10-11:00 a.m.** Tutorial: Stimulant Use in Sport: The Challenges of Caring for the Adderall and Red Bull Generation
John M. MacKnight, FACSM

Endocrine and Metabolism

- Fri. 4:25-5:15 p.m.** Clinical Workshop: Endocrine Issues in Sports Medicine: Gonads, Thyroid, Adrenals, and More!
Kathryn E. Ackerman, FACSM, Bryan Holtzman, Kristin Whitney

Environmental Issues

- Sat. 9:00-11:00 a.m.** Symposium: Prehospital Care of Exertional Heat Stroke- Improving Policies to Improve Outcomes
Shawn Kane, FACSM, Douglas Casa, FACSM, Luke N. Belval

Infectious Disease

- Thurs. 10:40-11:30 a.m.** Tutorial: Acute Infections in Athletes - When can I go Back to Training, Doc?
Martin Schweltnus, FACSM

Neurology

- Thurs. 9:30-10:20 a.m.** Colloquium: Zebras within the Herd: When Nerve Pain Presents like a Musculoskeletal Complaint
Adam J. Susmarski, Adam J. Lewno

Nutrition and Hydration and Supplements

Wed. 3:15-4:05 p.m. Clinical Workshop: Diets Popular with Athletes: Case Studies in Sports Nutrition
Nancy Clark, FACSM, Jacque Scaramella, Petra Lundström

Thurs. 1:30-3:30 p.m. Symposium: Expert Update on the 2018 International Association of Athletics Federations (IAAF) Nutrition Consensus
Trent Stellingwerff, FACSM, Lindy Castell, Jennifer Sygo, Louise M. Burke, FACSM, Robert Chapman, FACSM

Fri. 9:30-10:20 a.m. Tutorial: Exit Gluten-free, Enter FODMAPs: Novel Diet Strategy to Manage Exercise-induced Gastrointestinal Syndrome
Dana M. Lis, Steph Gaskell

Sat. 8:00-8:50 a.m. Tutorial: Optimizing Nutritional Interventions to Treat the Female Athlete Triad: Mechanisms and Strategies
Mary Jane De Souza, FACSM, Nancy Williams, FACSM

Sat. 9:00-11:00 a.m. Symposium: Applied Sports Nutrition Translation: Bringing the Lab to the Field and Beyond
Floris Wardenaar, Trent Stellingwerff, FACSM, Kristin L. Jonvik, Rebecca Randell

Ophthalmology

Fri. 3:15-4:05 p.m. Clinical Workshop: Do you See what I See- The Role of Vision in Performance
Derek Cunningham, Fraser C. Horn

Rheumatology

Fri. 9:30-11:30 a.m. Symposium: Rheumatoid Arthritis: Incorporating Physical Activity in the Management of Inflammatory Disease and Associated Comorbidities
Kim Huffman, Patricia Katz, Brian Andonian

Fri. 10:40-11:30 a.m. Colloquium: The Maze of Lower Back Pain
Dina Christina Janse van Rensburg, FACSM

Sport Specific Advances

Mass Participation Events

Wed. 3:15-5:15 p.m. Symposium: Medical Care at Mass Community-Based Cycling Events – Making Cycling SAFER
Martin Schwellnus, FACSM, Christa Janse Van Rensburg, FACSM, Jannelene Killops, Courtney Kipps

Olympic/Paralympic Sports

- Wed. 10:40-11:30 a.m.** Tutorial: Adaptive Cycling
Arthur Jason De Luigi,
Andrew H. Gordon
- Wed. 1:00-1:50 p.m.** European College of Sport Science
Exchange Lecture- Sport Eligibility
and Classification in the Paralympic
Games – Past, Present, Future
Walter R. Thompson, FACSM,
Yves Vanlandewyck
- Wed. 2:10-3:00 p.m.** Tutorial: Keeping Olympians Healthy
and Performing: The Mental Game
Margo Mountjoy, FACSM,
Jorunn Sundgot-Borgen, FACSM,
Carla Edwards
- Thurs. 9:30-11:30 a.m.** Symposium: PyeongChang 2018:
Sports Medicine Challenges and
Strategies and Subsequent Impact on
Winter Olympic Performance
Scott A. Mages, FACSM, Bill
Moreau, FACSM, Amber Donaldson,
Randall L. Wilber, FACSM,
Olympic Athlete
- Thurs. 1:30-3:30 p.m.** Symposium: The Diagnosis
and Treatment of Rotator Cuff
Pathology: From the Aging
Weekend Warrior to the Elite
Paralympic Athlete
Cheri Blauwet, Wayne Derman,
Mederic Hall, Kentaro Onishi

Baseball

- Fri. 4:25-5:15 p.m.** Tutorial: Overhead Throwing
Injuries in Baseball and Workload:
Volume, Velocity, and Finding the
Missing Link
Jason L. Zaremski, FACSM,
Edward G. McFarland, FACSM

Aquatics

- Wed. 9:30-11:30 a.m.** Symposium: Under the SEA:
The Benefits of Water Immersion
and Aquatic Exercise:
A Rising Tide of Evidence
Holly J. Benjamin, FACSM,
Bruce Becker, FACSM,
Hirofumi Tanaka, FACSM,
Mary E. Sanders, FACSM

Performing Arts

- Wed. 1:00-3:00 p.m.** Symposium: DIVA (Dance,
Instrumentalist, Vocalist, Actor) –
Exploring the World of Performing
Arts Medicine
Randall Dick, FACSM, Steve Rock,
Bronwen J. Ackermann,
Bryan Honeycutt, Sang Hie Lee

Lacrosse

- Thurs. 4:55-5:45 p.m.** Tutorial: The Science of Lacrosse: Evolution of Safe Play in a Rapidly Changing Sport
Andrew E. Lincoln,
Heather K. Vincent, FACSM,
Shane V. Caswell,
Margot Putukian, FACSM

Marathon

- Tue. 3:15-4:05 p.m.** Exercise is Medicine®-Tutorial: Ultramarathon: Exercise is Medicine?
Nicholas B. Tiller,
Guillaume Millet, FACSM

SPECIAL POPULATIONS

Special Olympics

- Fri. 9:30-10:20 a.m.** Tutorial: Special Olympics Athletes: Sideline Care, Complexities, and Opportunities
Jessie R. Fudge, FACSM,
Aaron L. Rubin, FACSM,
Tamerah N. Hunt, FACSM

Disabled Athlete

- Wed. 10:40-11:30 a.m.** Tutorial: Adaptive Cycling
Arthur Jason De Luigi,
Andrew H. Gordon

The Female Athlete

- | | | | |
|----------------------------|--|----------------------------|--|
| Tue. 1:00-3:00 p.m. | Exercise is Medicine®-Symposium: The Mind-Body Connection in Pregnancy: What You Should Know to Exercise
<i>Melanie Poudevigne, FACSM,</i>
<i>Kari Bo, Kate Rope,</i>
<i>Byron LaGary Carter,</i>
<i>Suzanne Carmack</i> | Sat. 8:00-8:50 a.m. | Tutorial: Optimizing Nutritional Interventions to Treat the Female Athlete Triad: Mechanisms and Strategies
<i>Mary Jane De Souza, FACSM,</i>
<i>Nancy Williams, FACSM</i> |
| Tue. 4:25-5:15 p.m. | Exercise is Medicine® - Colloquium: Healthcare Provider Experience with Exercise and Pregnancy Recommendations
<i>Anne Marie Zeller, Marie Haggart,</i>
<i>Karen Fleming</i> | | |

The Geriatric Athlete

- Tue. 1:00-1:50 p.m.** Exercise is Medicine®-Tutorial:
The Aging Athlete: How Physical
Activity, Behaviors, and Biomarkers
Affects Health Over a Lifetime
Ralph S. Bovard, FACSM

Exercise for Disease Prevention, Health Promotion and Treatment of Chronic Conditions

Physical and Sedentary Activity

- Tue. 2:10-3:00 p.m.** Exercise is Medicine® - Tutorial:
Move More or Sit Less? Illustrating
the Complex Relationships
between Moving and Sitting and
Health Outcomes
*Wendy J. Brown, FACSM,
Ulf Ekelund, FACSM*
- Tue. 3:15-5:15 p.m.** Exercise is Medicine®-Symposium:
Breaking Up is Important! Sedentary
Lifestyle and Physical Activity
*Jurgen M. Steinacker, FACSM,
Luis B. Sardinha, Susanne Kobel,
Alan E. Donnelly*
- Wed. 1:00-3:00 p.m.** Exercise is Medicine®-Symposium:
What Dose, Type and Intensity of
Exercise is the Best Medicine?
*Paul D. Thompson, FACSM,
Esmee A. Bakker, Duck-chul Lee,
FACSM, Barry A. Franklin, FACSM*
- Thurs. 9:30-10:20 a.m.** Exercise is Medicine® - Colloquium:
Dealing With the Reality of
Perceived Barriers to Exercise and
Physical Activity: How Do We Get
People Moving?
M. Felicia Cavallini, David J. Dyck
- Thurs. 10:40-11:30 a.m.** Exercise is Medicine®-Colloquium:
Prehabilitation- Current Evidence
and Future Directions
Philipp Zimmer, Moritz Schumann

Physical Activity in Treatment and Prevention of Chronic Disease

- Tue. 3:15-5:15 p.m.** Exercise is Medicine®-Highlighted
Symposium: Exercise and Autism:
Discovering the Possibilities
*Sean Healy, Susanna Dillon, David
Geslak*
- Wed. 10:40-11:30 a.m.** Exercise is Medicine®-Colloquium:
Exercise is the Best Medicine for
Back Pain
*Stanley Herring, FACSM, Cindy Y.
Lin*
- Wed. 1:00-3:00 p.m.** Exercise is Medicine®-Symposium:
The Role of Aerobic Exercise in
Facilitating Neurological Function
and Rehabilitation
*Jay L. Alberts, Amanda L. Penko,
Anson Rosenfeldt*
- Wed. 3:15-4:05 p.m.** Exercise is Medicine®-Tutorial:
Alternative Types of Exercise to
Prevent and Treat Hypertension: The
Wave of the Future
Linda S. Pescatello, FACSM, Yin Wu
- Wed. 4:25-5:15 p.m.** Exercise is Medicine®-Tutorial:
Physical Activity can Help Seniors
with Diabetic Foot
Li Li, FACSM
- Fri. 3:15-4:05 p.m.** Colloquium: How to Approach
the Extreme Athletic Body Ideal-
Prevention and Treatment of
Eating Disorders
*Jorunn Sundgot-Borgen, FACSM,
Christine Sundgot-Borgen,
Therese F. Mathisen,
Kethe Marie Elgesem Engen,
Solfriid Bratland-Sanda, FACSM*

Physical Activity for Cancer Prevention and Treatment

Wed. 9:30-10:20 a.m. Tutorial: To HIIT or Not to HIIT: High Intensity Interval Training Considerations for Cancer Survivors
Christina Dieli-Conwright, FACSM, Kyuwan Lee

Wed. 9:30-11:30 a.m. Exercise is Medicine®-Symposium: Exercise is Cancer Medicine: How do we Prove it? Breaking Down the Barriers to Translational Research in Humans
Kathryn H. Schmitz, FACSM, Dietmar W. Siemann, Allison Betof Warner, Neil M. Iyengar, Amy A. Kirkham

Wed. 1:00-1:50 p.m. Exercise is Medicine®-Tutorial: Exercise and Cancer: Clinical Endpoints Needed to Change Standard of Care
Melinda L. Irwin, FACSM, Tara Sanft

Wed. 2:10-3:00 p.m. Exercise is Medicine®-Tutorial: Making Exercise Standard of Care after Cancer: Results from an ACSM Roundtable
Kathryn H. Schmitz, FACSM, Anna Campbell

Thurs. 3:45-5:45 p.m. Symposium: Updating the Exercise Recommendations for Cancer Survivors: A Report on the ACSM Roundtable for Exercise and Cancer 2.0
Kerri Winters-Stone, FACSM, Joachim Wiskemann, FACSM, Kristin Campbell, FACSM

Sat. 8:00-8:50 a.m. Tutorial: New Developments in Cancer Prevention and Control: The Importance of Moving More and Sitting Less
Alpa Patel, FACSM, Christine M. Friedenreich

World Congress on Exercise is Medicine®

The 10th World Congress on Exercise is Medicine® has multiple sessions focused on the role of exercise in patient care. Sessions are Tuesday through Thursday, and encompass topics such as pediatrics, aging, and implementation of exercise into your clinical practice. You can claim CME credit for all EIM sessions.

World Congress on The Basic Science of Exercise, Circadian Rhythms and Sleep

This year's Basic Science World Congress focuses on biological and physiological mechanisms of exercise, circadian rhythms and sleep. The Basic Science World Congress is a unique opportunity to bring together interdisciplinary investigators for the most comprehensive meeting on this topic. The program includes keynote lectures, tutorials and symposia from leading experts.

Clinicians' Reception with Poster Presentations

Thurs., May 30, 6:00-7:00 p.m.

Network with top experts in your field at the clinical reception. The top eleven clinical abstracts and clinical case presentations have been selected for poster presentation during this event.

Separate Registration Required

Post-Conference on Ultrasound

Organizer: Kevin R. Vincent, FACSM
Saturday Afternoon



Housing and Registration

Meeting Hotels

ACSM has reserved blocks of rooms at several hotels near the Orange County Convention Center. Reserve online at www.acsmannualmeeting.org or call (888) 665-1367 (US Toll-free) or (801) 505-5258 (International). Rooms are available on a first-come, first-served basis until April 25, 2019, or until the block sells out, whichever comes first. The Rosen Centre Hotel is the headquarter hotel. Visit www.acsmannualmeeting.org for more hotel information.

Hotels	Single	Double	Triple	Quad
Hyatt Regency Orlando	\$179	\$179	\$204	\$229
Rosen Centre Hotel (Headquarter Hotel)	\$195	\$195	\$215	\$235
Rosen Plaza Hotel	\$169	\$169	\$189	\$209
Rosen Inn at Pointe Orlando (Student Hotel)	\$129	\$129	\$139	\$149

Registration Fees

NOTE: Pre-registration ends May 21. A \$50 processing fee will be applied to all professional onsite registration fees. [Register at www.acsm.org](http://www.acsm.org) for best service.

		Register by 3/12/19	Register by 4/18/19	Register by 5/21/19
Current ACSM Members <i>(dues must be current at time of meeting)</i>	Professional, Fellow	\$230	\$265	\$335
	Professional-in-Training	\$205	\$240	\$310
	Single day rate	\$150	\$150	\$150
	ACSM student members	\$100	\$110	\$120
	Single day/student rate	\$ 45	\$ 45	\$ 45
	ACSM Alliance members	\$480	\$515	\$585
	Single day rate	\$185	\$185	\$185
	ACSM Student Alliance members <i>(student ID required)</i>	\$120	\$135	\$150
	Single day/Student Alliance rate	\$ 75	\$ 75	\$ 75
Join ACSM now! (first time members) <i>(fee includes ACSM membership and meeting registration fees) Must complete back of form</i>	Professional	\$470	\$505	\$575
	Professional-in-Training	\$360	\$395	\$465
	Student	\$110	\$120	\$130
Non-ACSM member	Non-member Professional	\$480	\$515	\$585
	Single day rate	\$185	\$185	\$185
	Non-member Student <i>(student ID required)</i>	\$120	\$135	\$150
	Single day/student rate	\$ 75	\$ 75	\$ 75

Cancellation policy: Cancellations will be accepted if sent in writing to the ACSM National Center and postmarked or e-mailed to meeting@acsm.org by April 18, 2019. A service charge of \$50 will be applied to all cancellations. Refunds will not be issued for cancellations made after April 18, 2019.

Travel: For assistance in making travel arrangements to Orlando, consider using ACSM's preferred travel agency, ALTOUR. To explore your travel options, email indycorp@altour.com



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Mark Your Calendar for These Meeting Dates, Deadlines, and Discounts!

February 2019	Abstract Submitters Receive Accept/Reject Notifications
March 12, 2019	First Early Registration Deadline – Best Value for New ACSM Members
March 2019	Advance Program Becomes Available
March 1, 2019	Sports Medicine Fellow Research and Clinical Case Abstract Deadline and Late-Breaking Abstract Deadline
April 18, 2019	Second Discount Registration Deadline
April 25, 2019	Housing Deadline
May 21, 2019	Last Cut-off for Discounted Registration and Pre-registration Services End
May 28-June 1, 2019	66th American College of Sports Medicine Annual Meeting, 10th World Congress on Exercise is Medicine® and World Congress on the Basic Science of Exercise, Circadian Rhythms and Sleep
June 20, 2019	2020 Annual Meeting Session Proposals Due