



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

[www.acsmannualmeeting.org](http://www.acsmannualmeeting.org)



# HIGHLIGHTED PROGRAMMING OF INTEREST TO CLINICIANS

## **NEW IN 2019:**

American Board of Internal Medicine – MOCs  
and American Board of Pediatrics – MOCs

*Content current as of March 7, 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*  
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  
*Jobna 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. 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. 10:40-11:30 a.m.**  
Tutorial: Acute Infections in Athletes -  
When can I go Back To Training, Doc?  
*Martin Schweltnus, 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, Ashley Zapf, 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, 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  
*Cayce Onks, Elizabeth Albright*

**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 Schwellnus, 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

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

| Hotels   | Single | Double | Triple | Quad  |
|--|--------|--------|--------|-------|
| Hyatt Regency Orlando                                | \$179  | \$179  | \$204  | \$229 |
| Rosen Centre Hotel ( <b>Headquarter Hotel</b> )      | \$195  | \$195  | \$215  | \$235 |
| Rosen Plaza Hotel                                    | \$169  | \$169  | \$189  | \$209 |
| Rosen Inn at Pointe Orlando ( <b>Student Hotel</b> ) | \$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<br>3/12/19 | Register by<br>4/18/19 | Register by<br>5/21/19 |
|--|--|------------------------|------------------------|------------------------|
| <b>Current ACSM Members</b><br><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                  |
| <b>Join ACSM now! (first time members)</b><br><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                  |
| <b>Non-ACSM member</b>   | 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](mailto: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](mailto:indycorp@altour.com)





401 WEST MICHIGAN STREET  
INDIANAPOLIS, IN 46202-3233  
PHONE: (317) 637-9200  
FAX: (317) 634-7817  
WWW.ACSM.ORG

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

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