

2023 Primary Care Sports Medicine and Wilderness Medicine Conference

Delta by Marriott – South Burlington, Vermont
October 15 – 17, 2023

Sunday, October 15, 2023

Time	Topic	Presenter
1:15 – 1:45 pm	Registration and Exhibits	
1:45 – 2:00	Welcome Remarks	Kimberly Sikule, MD, CAQSM
2:00 – 2:45	Cases from the Juneau Ice Field	Andrew Park, DO, MPH, FAWM, DiMM Sameer Sethi, MD Sarah Schlein, MD, FAWM, DiMM
2:45 – 3:30	Emergency Management of Lower Extremity Ski Injuries	James L. Glazer, MD, FACSM, CAQSM
3:30 – 4:15	Common Upper Extremity Skiing Injuries Around the Shoulder	Nathan K. Endres, MD, CAQSM
4:15 – 5:15	Workshop 1: Avalanche Simulation	Andrew Park, DO, MPH, FAWM, DiMM Sameer Sethi, MD Sarah Schlein, MD, FAWM, DiMM

(continues on following pages)

Monday, October 16, 2023

Time	Topic	Presenter
8:00 – 8:30 am	Breakfast and Exhibits	
8:30 – 9:15	Conservative Management of the Wrist	Jennifer M. Elsinger, OT, CHT
9:15 – 10:00	Uncommon Pathology Seen Commonly in Endurance Athletic Events	Katherine W. Dolbec, MD, FACEP, CAQSM
10:00 – 10:15	Break and Exhibits	
10:15 – 11:00	Meniscal Injuries: Diagnosis and Management	J.P. Begly, MD, CAQSM
11:00 – 11:45	Urgent versus Emergent Referrals in Orthopedics for Primary Care	Matthew Gammons, MD, CAQSM
11:45 – 1:15 pm	Exhibits and Lunch (On Your Own)	
1:15 – 1:30	Workshop Remarks	Kimberly Sikule, MD, CAQSM
1:30 – 2:30	Workshop 2: Common Injection Workshop for Primary Care	Matthew Gammons, MD, CAQSM
2:30 – 2:45	Break and Exhibits	
2:45 – 3:45	Workshop 3: Shoulder Examination: Dynamic Principles and Osteopathic Considerations	Matthew Lunser, DO, CAQSM
3:45 – 4:45	Workshop 4: Writing an Exercise Prescription: Pearls, Potency, and Practice	Catherine Mygatt Naden, MD, CAQSM

Tuesday, October 17, 2023

Time	Topic	Presenter
7:00 – 8:00 am	Breakfast and Exhibits	
8:00 – 8:45	Management of Common Injuries in the Adaptive Athlete	Kate Geschwind, MD
8:45 – 9:30	Pediatric Heat Illness	Sarah Schlein, MD, FAWM, DiMM
9:30 - 10:00	Break and Exhibits	
10:00 – 11:00	Workshop 5: Elevating Athletic Injury Recovery: Integrating the Wisdom of Sports Medicine with Chinese Medicine	Darren Maynard, LAc. C.SMA
11:00 – 12:00 pm	Workshop 6: Planning a Mass Participation Event	Tracey Viola, DO, CAQSM