



Schedule-at-a-Glance (Times in PDT)

Monday, April 24

Pre-Conference Workshops

4:00 p.m. - 5:30 p.m.

Magic Kingdom Ballroom Foyer
(Convention Center - Upper Level)

**AOASM Pre-Conference Workshop
Registration**

5:00 p.m. - 9:30 p.m.

Castle (Convention Center - Lower Level)

**BASIC Diagnostic Musculoskeletal
Ultrasound for the Wrist & Hand**

Tuesday, April 25

Pre-Conference Workshops

7:00 a.m. - 8:30 a.m.

Magic Kingdom Ballroom Foyer
(Convention Center - Upper Level)

**AOASM Pre-Conference Workshop
Registration**

7:30 a.m. - 12:00 p.m. and

1:30 p.m. - 5:30 p.m.

Safari (Adventure Tower)

**AOASM Sports Medicine Board
Review Course**

8:00 a.m. - 12:30 p.m. and

1:30 p.m. - 6:30 p.m.

Castle (Convention Center - Lower Level)

**INTERMEDIATE/ADVANCED Diagnostic
Musculoskeletal Ultrasound: An
Exploration of the Forearm, Wrist
and Hand**

8:00 a.m. - 12:00 p.m. and

1:30 p.m. - 5:30 p.m.

Monorail

(Convention Center - Lower Level)

Fascial Distortion Model Workshop

4:00 p.m. - 6:00 p.m.

Magic Kingdom Ballroom Foyer

(Convention Center - Upper Level)

**AOASM Clinical Conference
Registration Open**

6:00 p.m. - 9:30 p.m.

Adventure (Adventure Tower)

AOASM Board Meeting

Board of Directors

Wednesday, April 26 (AM)

Military Medicine

"Camp Pendleton"

7:00 a.m. - 5:30 p.m.

Magic Kingdom Ballroom Foyer
(Convention Center - Upper Level)

AOASM Registration Open

7:15 a.m. - 8:30 a.m.

Sleeping Beauty Pavilion

(Convention Center - Upper Level)

Light Continental Breakfast

8:00 a.m. - 8:15 a.m.

Magic Kingdom Ballroom 2

(Convention Center - Upper Level)

Welcome and Introductions

8:15 a.m. - 9:15 a.m.

Magic Kingdom Ballroom 2

(Convention Center - Upper Level)

**Postpartum Return to Readiness in the
Military**

9:15 a.m. - 10:00 a.m.

Magic Kingdom Ballroom 2

(Convention Center - Upper Level)

Concussion Blast Trauma

10:00 a.m. - 10:30 a.m.

Sleeping Beauty Pavilion

(Convention Center - Upper Level)

Refreshment Break

10:30 a.m. - 11:30 a.m.

Magic Kingdom Ballroom 2

(Convention Center - Upper Level)

**Russell M. Wright Memorial Lecture:
G-Force Injuries in Air Force Pilots**

11:30 a.m. - 12:00 p.m.

Magic Kingdom Ballroom 2

(Convention Center - Upper Level)

Business Meeting

11:30 a.m. - 5:00 p.m.

Adventure Lawn

Yoga/Stretch Area (On Your Own)

12:00 p.m. - 1:30 p.m.

Attendee Lunch (On Your Own)

Wednesday, April 26 (PM)

Performance Medicine

"Hollywood"

1:30 p.m. - 2:15 p.m.

Magic Kingdom Ballroom 2
(Convention Center - Upper Level)

**Sports Performance: Protection of
the Performer**

2:15 p.m. - 3:00 p.m.

Magic Kingdom Ballroom 2
(Convention Center - Upper Level)

**Performance Arts Medicine Discussion
Panel: Team Work Approach in
Management of the Artist**

3:00 p.m. - 3:30 p.m.

Sleeping Beauty Pavilion

(Convention Center - Upper Level)

Refreshment Break

3:30 p.m. - 4:00 p.m.

Magic Kingdom Ballroom 2

(Convention Center - Upper Level)

Cheer Medicine

4:00 p.m. - 5:00 p.m.

Magic Kingdom Ballroom 2

(Convention Center - Upper Level)

**Healthcare for the LGBTQ+ Athlete and
Adult**

5:15 p.m. - 7:00 p.m.

Magic Kingdom Ballroom 1 & 4

(Convention Center - Upper Level)

Welcome Reception (Cash Bar)

Poster Session

Exhibitor Time

OMT Area Open

5:15 p.m. - 7:00 p.m.

Magic Kingdom Ballroom 1 & 4

(Conference Center - Upper Level)

Poster Session

7:00 p.m. - 9:00 p.m.

Magic Kingdom Ballroom Terrace

(Convention Center - Upper Level)

Speed Mentoring Mixer



Schedule-at-a-Glance (Times in PDT)

Thursday, April 27 (AM)

Research and Data “Silicon Valley”

6:30 a.m. - 7:30 a.m.
Adventure Lawn
HIIT Class

6:30 a.m. - 1:00 p.m.
Adventure Lawn
Yoga/Stretch Area (On Your Own)

7:00 a.m. - 4:30 p.m.
Magic Kingdom Ballroom Foyer
(Convention Center - Upper Level)
AOASM Registration Open

7:15 a.m. - 8:30 a.m.
Sleeping Beauty Pavilion
(Convention Center - Upper Level)
Continental Breakfast

8:00 a.m. - 8:45 a.m.
Magic Kingdom Ballroom 2
(Convention Center - Upper Level)
**Endurance Athlete Pearls: “Pumping”
Iron as We Move**

8:45 a.m. - 9:45 a.m.
Magic Kingdom Ballroom 2
(Convention Center - Upper Level)
Concussion

9:45 a.m. - 10:15 a.m.
Magic Kingdom Ballroom 1 & 4
(Convention Center - Upper Level)
Refreshment Break (Exhibitor Time)

9:45 a.m. - 3:45 p.m.
Magic Kingdom Ballroom 1 & 4
Exhibit Hall Open & OMT Area Open

9:45 a.m. - 10:15 a.m.
Nile (Adventure Tower)
2024 Program Planning Meeting
AOASM 2024 Program Chair:
Kate Quinn, DO, FAOASM

10:15 a.m. - 11:15 a.m.
Magic Kingdom Ballroom 2
(Convention Center - Upper Level)
Cold Water Submersion Treatment

11:15 a.m. - 12:15 p.m.
Magic Kingdom Ballroom 2
(Convention Center - Upper Level)
**Allen Jacobs Memorial Lecture:
Combat Acupuncture**

12:15 p.m. - 2:00 p.m.
Attendee Lunch (On Your Own)

12:15 p.m. - 3:15 p.m.
**Student/Resident/Fellow Luncheon
and Lectures***
**Attendance for the luncheon event is only
for students/residents/fellows.
Pre-registration is required to attend this
event.*

Thursday, April 27 (PM)

Breakout Sessions

2:00 p.m. - 3:15 p.m.
Monorail
(Convention Center - Lower Level)
**OMM Breakout Session 1: Shoulder
(Session Repeats)**

2:00 p.m. - 3:15 p.m.
Magic Kingdom Ballroom 2
(Convention Center - Upper Level)
**Breakout Session 1:
Battlefield Acupuncture
(Session Repeats)**

2:00 p.m. - 3:15 p.m.
Castle (Convention Center - Lower Level)
**Breakout Session 1: Gait, Structure and
More - Practical Ways to Assess and
Counsel Your Patients (Session Repeats)**

3:15 p.m. - 3:45 p.m.
Magic Kingdom Ballroom 1 & 4
(Conference Center - Upper Level)
Refreshment Break (Exhibitor Time)

3:45 p.m. - 5:00 p.m.
Monorail
(Convention Center - Lower Level)
**OMM Breakout Session 2: Shoulder
(Repeated from Session 1)**

3:45 p.m. - 5:00 p.m.
Magic Kingdom Ballroom 2
(Convention Center - Upper Level)
**Breakout Session 2: Battlefield
Acupuncture (Repeated from Session 1)**

3:45 p.m. - 5:00 p.m.
Castle (Convention Center - Lower Level)
**Breakout Session 2: Gait, Structure and
More - Practical Ways to Assess and
Counsel Your Patients (Repeated from
Session 1)**

Friday, April 28 (AM)

Sand, Sun and Surf “Venice Beach”

6:30 a.m. - 1:00 p.m.
Adventure Lawn
Yoga/Stretch Area (On Your Own)

6:45 a.m. - 7:30 a.m.
Safari (Adventure Tower)
Zumba® Class

7:00 a.m. - 8:30 a.m.
Magic Kingdom Ballroom 1 & 4
(Convention Center - Upper Level)
Light Continental Breakfast

7:00 a.m. - 10:00 a.m.
Magic Kingdom Ballroom 1 & 4
**Exhibit Hall Open & OMT Area Open
(Last Day!)**

7:00 a.m. - 3:30 p.m.
Magic Kingdom Ballroom Foyer
(Convention Center - Upper Level)
AOASM Registration Open

8:00 a.m. - 9:30 a.m.
Magic Kingdom Ballroom 2
(Convention Center - Upper Level)
**Case and Research Podium
Presentations**

9:30 a.m. - 10:00 a.m.
Magic Kingdom Ballroom 1 & 4
(Convention Center - Upper Level)
**Refreshment Break
(Exhibitor Time: Last Chance!)**



Schedule-at-a-Glance (Times in PDT)

9:30 a.m. - 10:00 a.m.
Nile (Adventure Tower)
Program Directors Meeting

10:00 a.m. - 10:30 a.m.
Magic Kingdom Ballroom 2
(Convention Center - Upper Level)
Nutrition for Sports Performance

10:30 a.m. - 11:30 a.m.
Magic Kingdom Ballroom 2
(Convention Center - Upper Level)
Fascial Distortion Model

11:30 a.m. - 11:45 a.m.
Magic Kingdom Ballroom 2
(Convention Center - Upper Level)
Case & Research Presentation Awards

11:45 a.m. - 1:00 p.m.
Attendee Lunch (On Your Own)

Friday, April 28 (PM) Breakout Sessions

1:00 p.m. - 2:30 p.m.
Monorail
(Convention Center - Lower Level)
**OMM Breakout Session 1: Knee
(Session Repeats)**

1:00 p.m. - 2:30 p.m.
Magic Kingdom Ballroom 2
(Convention Center - Upper Level)
**Breakout Session 1:
Sports Medicine Exam Pearls
(Session Repeats)**

1:00 p.m. - 2:30 p.m.
Castle (Convention Center - Lower Level)
**Breakout Session 1:
Fascial Distortion Model
(Session Repeats)**

2:30 p.m. - 3:00 p.m.
Sleeping Beauty Pavilion
(Convention Center - Upper Level)
Fellowship Fair
All are welcome to attend this event!

2:30 p.m. - 3:00 p.m.
Sleeping Beauty Pavilion
(Convention Center - Upper Level)
Refreshment Break

3:00 p.m. - 4:30 p.m.
Monorail
(Convention Center - Lower Level)
**OMM Breakout Session 2: Knee
(Repeated from Session 1)**

3:00 p.m. - 4:30 p.m.
Magic Kingdom Ballroom 2
(Convention Center - Upper Level)
**Breakout Session 2: Sports Medicine
Exam Pearls (Repeated from Session 1)**

3:00 p.m. - 4:30 p.m.
Castle (Convention Center - Lower Level)
**Breakout Session 2: Fascial Distortion
Model (Repeated from Session 1)**

6:00 p.m. - 10:00 p.m.
Disneyland Resort Hotel - Adventure Lawn
**Red Carpet Event:
Award of Fellow Reception**
*Advance ticket purchase required.
Optional cocktail wear.*

Saturday, April 29 (AM) Nutrition and Endurance "Napa Valley"

6:30 a.m. - 11:00 a.m.
Adventure Lawn
Yoga/Stretch Area (On Your Own)

7:00 a.m. - 7:30 a.m.
Adventure Lawn
Vinaysa Flow Yoga

7:15 a.m. - 8:30 a.m.
Sleeping Beauty Pavilion
(Convention Center - Upper Level)
Light Continental Breakfast

7:15 a.m. - 11:00 a.m.
Magic Kingdom Ballroom Foyer
(Convention Center - Upper Level)
AOASM Registration Open

8:00 a.m. - 9:00 a.m.
Magic Kingdom Ballroom 2
(Convention Center - Upper Level)
Dive Medicine

9:00 a.m. - 9:45 a.m.
Magic Kingdom Ballroom 2
(Convention Center - Upper Level)
Principles of Hydrodissection

9:45 a.m. - 10:15 a.m.
Magic Kingdom Ballroom 2
(Convention Center - Upper Level)
AOA Update

10:15 a.m. - 10:30 a.m.
Sleeping Beauty Pavilion
(Convention Center - Upper Level)
Refreshment Break

10:30 a.m. - 11:30 a.m.
Magic Kingdom Ballroom 2
(Convention Center - Upper Level)
**Bridging the Gap: Rehab to
Performance**

11:30 a.m. - 12:00 p.m.
Magic Kingdom Ballroom 2
(Convention Center - Upper Level)
**G.O.L.F.2G.O.L.F. Low Back Pain
and the FDM**

12:00 p.m. - 12:30 p.m.
Magic Kingdom Ballroom 2
(Convention Center - Upper Level)
**Sun, Surf, Sand & Skin: Sports
Dermatology for the Outdoor Athlete**

12:30 p.m.
Conference Adjourns