



# #AOASM2020 Virtual CME Conference

## Schedule-at-a-Glance

### Friday, May 1

Time by Zone
1:00 p.m.-5:30 p.m. PT
2:00 p.m.-6:30 p.m. MT
3:00 p.m.-7:30 p.m. CT
4:00 p.m.-8:30 p.m. ET

**Moderator: Becca Rodriguez Regner, DO, FAOASM**

3:00 p.m.-3:15 p.m. CT  
**President Welcome Remarks**  
Shawn Kerger, DO, FAOASM

**Program Chair Welcome Remarks**  
Becca Rodriguez Regner, DO, FAOASM

3:15 p.m.-3:45 p.m. CT  
**Sports Nutrition and Performance**  
Jeffrey Bytowski, DO, FAOASM

3:45 p.m.-4:15 p.m. CT  
**Sports Cardio**  
Ajit Raisinghani, MD

4:15 p.m.-4:45 p.m. CT  
**Sports Performance**  
Coach Nick Szyndlar  
University of Saint Katherine

4:45 p.m.-5:00 p.m. CT  
**Virtual Break**

**Moderator: Melissa Tabor, DO, FAOASM**

5:00 p.m.-7:00 p.m. CT  
**Podium Presenter Case and Research Presentations**

**Moderator: Becca Rodriguez Regner DO, FAOASM**

7:00 p.m.-7:30 p.m. CT  
**Osteopathic Treatment of the Runner's Pelvis**  
Rance McClain, DO, FAOASM

7:30 p.m.-8:30 p.m. CT  
**Mind, Body, Spirits - Virtual Social**

#### TODAY'S EXERCISE CHALLENGE:

Don't forget to get in exercise today on your own, or check out our On Demand Exercise Videos located on the AOASM 2020 [Homepage](#). Reminder to post to social media [#AOASM2020](#) a picture or comment on how you met today's exercise challenge!

### Saturday, May 2

Time by Zone
7:00 a.m.-2:30 p.m. PT
8:00 a.m.-3:30 p.m. MT
9:00 a.m.-4:30 p.m. CT
10:00 a.m.-5:30 p.m. ET

**Moderator: Melissa Tabor, DO, FAOASM**

9:00 a.m.-11:00 a.m. CT  
**Presented Live: Case and Research Abstract Poster Presentations**  
(Posters will be available for viewing on the AOASM website. Viewing details are forthcoming.)

11:00 a.m.-11:15 a.m. CT  
**Virtual Break**

11:15 a.m.-11:30 a.m. CT  
**AOASM Business Meeting (Town Hall)**  
Shawn Kerger, DO, FAOASM (President)  
Susan Rees (Executive Director)

**Moderator: Michael Sampson, DO, FAOASM**

11:30 a.m.-1:30 p.m. CT  
**Pain Management and Opioids: Balancing Risks and Benefits**  
**AOA CO\*RE**  
Anita Gupta, DO, PharmD, MPP  
AOA Speaker

1:45 p.m.-3:15 p.m. CT  
**Speed Mentoring**  
Moderator: Priscilla Tu, DO, FAOASM  
Calling all Students, Residents, and Fellows! Have you ever wondered about the possibilities of your sports medicine career? Join us today and meet some AOASM greats! No registration needed, simply use the conference registration link to access this event following the educational sessions.

3:15 p.m.-3:30 p.m. CT  
**Student/Resident/Fellow Virtual Break**

3:30 p.m.-4:30 p.m. CT  
**AOASM Virtual Fellowship Fair**  
Moderator: Kate Quinn, DO, FAOASM  
The AOASM will be hosting a virtual fellowship fair for students and residents. Mark your calendars to stay joined in for this interactive session! No registration needed, simply use the conference registration link to access the virtual fair.

#### TODAY'S EXERCISE CHALLENGE:

Join Dr. Priscilla Tu LIVE today and explore a different way of HIIT with Zumba! Come join our Virtual Dance Party starting at 8am CST! Be prepared to work up a sweat as you shake what your momma gave you! (To participate [click here.](#))

### Sunday, May 3

Time by Zone
1:00 p.m.-5:00 p.m. PT
2:00 p.m.-6:00 p.m. MT
3:00 p.m.-7:00 p.m. CT
4:00 p.m.-8:00 p.m. ET

**Moderator: Christina Wong, DO**

3:00 p.m.-3:30 p.m. CT  
**Passing of the Gavel: Outgoing and Incoming Presidential Addresses**  
**AOA Update**  
**Case & Research Award Recognition**

3:30 p.m.-4:00 p.m. CT  
**Female Athlete Mental Health**  
Shira Oretzky, PhD, CMPC

4:00 p.m.-4:30 p.m. CT  
**Autism/Asperger's Disease in Peds Athletes**  
Warren Bodine, DO, FAOASM

4:30 p.m.-5:00 p.m. CT  
**Tx of Common Peroneal Nerve Entrapment with Neural Hydrodissection in Dancers**  
Steven Karageanes, DO, FAOASM

5:00 p.m.-5:15 p.m. CT  
**Virtual Break**

**Moderator: Christina Wong, DO**

5:15 p.m.-5:45 p.m. CT  
**Pinch Hitting in a Pandemic: From Sports Medicine to Public Health**  
Jason Smith, DO, FAOASM

5:45 p.m.-6:15 p.m. CT  
**CAQSM: Exam Updates, Tips and Strategies**  
Arnold Cuenca, DO

6:15 p.m.-6:45 p.m. CT  
**Intro Fascial Distortion Model**  
Todd Capistrant, DO

6:45 p.m.-7:00 p.m. CT  
**Closing Remarks**  
Becca Rodriguez Regner, DO, FAOASM

#### TODAY'S EXERCISE CHALLENGE:

Today's exercise challenge is an Asynchronous **Fun Run/Walk!** Reminder to post to social media [#AOASM2020](#) a picture or comment on how you met today's exercise challenge!