



Clinical Programming

Research. Practice. Discovery.

From clinical lectures to hands-on workshops to case presentations on a wide range of diagnoses, ACSM's Annual Meeting has something for clinicians of all types and experience levels.



Joseph B. Wolfe Memorial Lecture
Molecules, Medals & Medicine:
Maximizing Human Potential Through
Exercise & Technology

John Hawley

Wednesday: 8 – 9:15 a.m.



D.B. Dill Historical Lecture
May the Force Be with Youth

Avery Faigenbaum, FACSM

Thursday: 10:15 – 11:15 a.m.



John R. Sutton Clinical Lecture
“Everything Everywhere All at Once”:
Attaining Achievable Goals Amidst
Chaos – No Matter Your Career Stage

Cindy Chang, FACSM

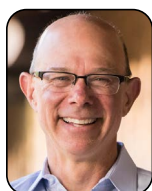
Friday: 11 – 11:50 a.m.



President's Lecture
Bridging the Gap or Falling
Behind: How Academia-Industry
Partnerships Are No Longer Optional
for Exercise Science

Rachele Pojednic, FACSM

Friday: 12:45 – 1:35 p.m.



Morris/Paffenbarger/Blair EIM Keynote
Lecture
Frontiers in Human Performance
Research: Insights from
Biomechanical Simulation and
Machine Learning

Scott Delp

Wednesday: 9:30 – 11 a.m.

Highlighted Symposium

Integrating Science, Sport, and Software: A
Strong Youth Project Initiative

Matthew Seeley, FACSM, LeighAnne Paulson,

Carrie Jaworski, FACSM, Michael Jones, Anthony Beutler

Thursday: 8 – 9:30 a.m.

Highlighted Symposium

Leveraging Technology to Promote Physical
Activity and Health Behavior Changes in Older
Adults

Kathryn Porter Starr, Tina Brinkley, Jason Fanning,

Jaime Hughes

Friday: 9 – 10:30 a.m.

Colloquium

A New Discipline on the Podium: The Evolution of
Gymnastics Medicine

Elspeth Hart, Alyssa Herrera-Set, Kerry Bair

Thursday: 1 – 1:50 p.m.

Symposium

Active Aging Begins in Childhood: Pediatric
Exercise Counseling and Exercise Therapeutics
as the Foundation for Active Aging

Dan Cooper, Tiwaloluwa Ajibewa, Kendra Ward, Alan Wang

Tuesday: 12:30 – 2 p.m.

Colloquium

Addressing the Underutilization of Qualified
Exercise Professionals within Obesity
Management: Reframing Fitness Culture

Myles O'Brien, Taniya Nagpal

Thursday: 11:30 a.m. to 12:20 p.m.

Symposium

Advances in the Evaluation and Treatment of Achilles Tendinopathy

Adam Tenforde, FACSM, Stephanie Cone,
Karin Grävare Silbernagel, Michelle Bruneau

Wednesday: 9:30 – 11 a.m.

Symposium

Advancing Equity in Concussion Care: Development and Validation of the Para SCAT6 for Wheelchair Athletes

Eric Post, Katelyn Mitchell, Ashley Triplett

Wednesday: 3:15 – 4:45 p.m.

Exchange Lecture

American Academy of Pediatrics

Exchange Lecture

Kyle Nagle

Wednesday: 1 – 1:50 p.m.

Exchange Lecture

American Medical Society for Sports Medicine

Exchange Lecture

Rebecca Myers

Wednesday: 9:30 – 10:20 a.m.

Symposium

Applying a Female Lens to Research and Practice in Soccer

Travis Anderson, Georgie Bruinvels, José Maria Oliva Lozano,
Katie Jeanfreau, George Chiampas

Friday: 1:45 – 3:15 p.m.

Tutorial Lecture

Art & Science: Elevating the Standards of High-Performance Return to Sport

Jennifer Neudorfer, Heather Linden

Friday: 9 – 9:50 a.m.

Clinical Workshop

Band Camp and Beyond - Unique Physical Demands of Marching Arts Athletes

Deborah Seeley, Janet Konecne, Edmer Lazaro

Thursday: 11:30 a.m. to 12:20 p.m.

Tutorial Lecture

Building a University-Based Cancer Rehabilitation Program: A Collaborative Model for Student Education and Patient Care

Karen Wonders, FACSM

Friday: 11 – 11:50 a.m.

Online Exclusive Tutorial Lecture

Collaborative Integration of MDs, CEPs, and Technology for Enhanced Patient Outcomes

Cassandra Ledman, Brian Coyne, Garrett Griffith, FACSM

Colloquium

Decoding Underperformance: From Nutritional Deficiency and Overtraining to Recovery Gaps and Subclinical Dysfunctions

Franz Burini, FACSM

Wednesday: 5 – 5:50 p.m.

Tutorial Lecture

Developing the Exercise Oncology Workforce: Learning from the CARES Lab

Mary Kennedy, FACSM, Keith Thraen-Borowski, FACSM

Friday: 8 – 8:50 a.m.

Symposium

Exercise and Cancer – From Nice to Have to Need to Know

Kathryn Schmitz, FACSM, Richard Simpson, FACSM,
Neil Iyengar

Thursday: 8 – 9:30 a.m.

Clinical Workshop

Exercise is Medicine – On Campus

Registration Workshop

Jason Ng, Richelle Marracino

Thursday: 1 – 1:50 p.m.

Symposium

Exercise vs. Mimetics: Can Pills and Protocols Match the Power of Physical Activity?

Brandon Roberts, Sarah Deemer, Paige Geiger

Thursday: 8 – 9:30 a.m.

Tutorial Lecture

Footwear in Runners throughout the Lifespan

Sara Raiser, Daniel Herman, FACSM

Friday: 4 – 4:50 p.m.

Symposium

From the Field to the Clinic: Supporting Special Olympics Athletes Through Fitness, Health, and Research

Aaron Rubin, FACSM, Melissa Otterbein, Andrew Lincoln

Thursday: 4:15 – 5:45 p.m.

Tutorial Lecture

Fueling Recovery and Performance: How Sleep Shapes the Athletic Edge

Joanna Fong-Isariyawongse

Friday: 4 – 4:50 p.m.

Tutorial Lecture

How Does Marijuana REALLY Impact Athletic Performance?

Jeff Konin, FACSM

Wednesday: 5 – 5:50 p.m.

Tutorial Lecture

Integrating Digital Health Technologies to Make the FITT in Exercise Prescriptions More Precise

Alexander Wright, Linda Pescatello, FACSM

Thursday: 2 – 2:50 p.m.

Tutorial Lecture

Making a Splash and a Difference: Innovative Aquatic Exercise Programs for Clinical and Underserved Populations

Ryan Conners, FACSM, John Coons

Wednesday: 1 – 1:50 p.m.

Exchange Lecture

National Athletic Trainers' Association

Exchange Lecture

Francesca Genoese

Thursday: 1 – 1:50 p.m.

Symposium

Navigating Intra-articular Hip Pathology Through Pregnancy: From Womb to Baby

Sherrie Ballantine Talmadge, Omer Mei-dan, Jessica Lee

Wednesday: 1 – 2:30 p.m.

Symposium

Optimizing Health and Performance in Winter Sport: Team USA's Integrated Approach for Milano-Cortina 2026

Amber Donaldson, FACSM, Jen Bryant, Jim Doorley

Thursday: 2 – 3:30 p.m.

Clinical Workshop

Performance Under Pressure: Applied Mental Toughness Strategies for Professionals in Health, Sport, and Human Potential

Andreas Stamatis, FACSM

Thursday: 4:15 – 5:05 p.m.

Colloquium

Prevention, Recognition and Management of Musculoskeletal Failure

Elizabeth Joy, FACSM, Kevin Vincent, FACSM

Thursday: 1 – 1:50 p.m.

Tutorial Lecture

Real World Monitoring of Adolescent Concussion- Leveraging Wearable Data into Clinical Care

David Howell, Julie Wilson, Catherine Donahue

Tuesday: 5:45 – 6:35 p.m.

Tutorial Lecture

Real-World Research, Real-World Impact: Designing Exercise Studies With Stakeholders, Not For Them

Mary Kennedy, FACSM, Rachele Pojednic, FACSM

Tuesday: 5:45 – 6:35 p.m.

Symposium

Special Topics in Pediatrics: Translational Research, Equipment and Injury Prevention, and Specialized Clinical Management

Christina Master, FACSM, James Wilkes, Kristy Arbogast,

Brian Vernau

Tuesday: 2:15 – 3:45 p.m.

Symposium

Strength in Motion: Integrating Technology and Science to Advance Exercise Rehabilitation Across the Cancer Care Continuum

Adam Lewno, Franchesca Konig, Subha Hanif,

Adam Susmarski

Tuesday: 4 – 5:30 p.m.

Tutorial Lecture

Swimming/Immersion Induced Pulmonary Edema

Kathryn Vidlock

Thursday: 11:30 a.m. to 12:20 p.m.

Symposium

The Revised ACSM Position Stand on Resistance Training: What's New?

Stuart Phillips, FACSM, Marily Oppezzo, Austin Baraki

Wednesday: 3:15 – 4:45 p.m.

Tutorial Lecture

The Team Physician Consensus Statement: Selected Issues for the Master Athlete and the Team Physician: 2026 Update

Margot Putukian, FACSM

Wednesday: 5 – 5:50 p.m.

Colloquium

The Venn Diagram of Sports Medicine and Wilderness Medicine

Philip Van Der Griend, A.J. Weinhold

Friday: 1:45 – 2:35 p.m.

Tutorial Lecture

Under Pressure: Elite Athlete Mental Health

Ashley Cain, Mariah Bell, Bradie Tennell

Friday: 8 – 8:50 a.m.

Tutorial Lecture

Ushering in a New Era of Concussion Treatment

Christina Master, FACSM, David Howell, FACSM

Thursday: 2 – 2:50 p.m.

Online Exclusive Tutorial Lecture

Wearables to Wisdom: Harnessing LLMs and Multimodal Data for Smarter Sports Medicine

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