2026 ADVANCED TEAM PHYSICIAN COURSE

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This program has been identified as a CME activity of the American College of Sports Medicine

DECEMBER 4 – 6, 2026

Sheraton Phoenix • Phoenix, AZ

Preliminary Program

Revised 09/29/26

ACSM AMERICAN COLLEGE OF SPORTS MEDICINE

AMSSM AMERICAN MEDICAL SOCIETY FOR SPORTS MEDICINE

AMERICAN OSTEOPATHIC ACADEMY OF SPORTS MEDICINE

COURSE PLANNING COMMITTEE

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Boulder, CO

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Williamston, Michigan

Holly Benjamin, MD
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Chicago, Illinois

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University of Arizona
Tucson, AZ

Rebeccah R. Rodriguez, DO
Family Health & Sports Medicine Doctor
San Diego, CA

Timothy L. Miller, MD
The Ohio State University
Columbus, OH

DESCRIPTION

The Advanced Team Physician Course aims to provide up-to-date information on the evaluation and treatment of medical illnesses and musculoskeletal injuries occurring in competitive and recreational athletes. While the course focuses on athletes participating in team sports, many topics are applicable to competitions in individual sports. This live activity format uses lectures, case presentations, panel discussions, question-and-answer sessions as well as informal discussions with the faculty. Presenters rely on evidence-based medicine where available. This course is a collaborative effort between the American Medical Society for Sports Medicine (AMSSM), the American College of Sports Medicine (ACSM), and the American Osteopathic Academy of Sports Medicine (AOASM).

TARGET AUDIENCE

This conference should prove valuable to any team physician, certified athletic trainer, physical therapist or allied health professional concerned with the management or prevention of injuries to the team athlete.

OBJECTIVES

Upon completion of this education activity, learners should be able to:

- Develop protocols to determine if surgical or non-surgical interventions are the most appropriate for various musculoskeletal injuries in athletes in order to enhance recovery.
- Incorporate new guidelines into the care of athletes with hypermobility spectrum disorder to prevent musculoskeletal injuries and safe participation in sports.
- Incorporate best practices in developing emergency action plans for various sports to mitigate injury, disability and death for athletes.
- Describe the evidence for use of state of the art sports and performance science including biomechanical analysis in order to prevent injuries and enhance treatment of athletes.
- Recognize the various environmental and weather concerns during sporting events to develop best practices for safe participation in challenging environments.
- Incorporate best practices in sports medicine leadership and ethics in order to advocate for a healthy sports medicine career.

COURSE LOCATION

Elevate your stay in the Valley of the Sun at Sheraton Phoenix Downtown. The hotel is perfectly situated in the heart of downtown Phoenix, just steps from attractions like the Phoenix Convention Center, Chase Field, Arizona Science Center, Roosevelt Row, and Arizona Financial Theatre. Explore downtown with convenient access to the Valley Metro Light Rail or rent a bike from the hotel to experience more of the city. After a day of adventure, retreat to the hotel's newly renovated guestrooms and suites featuring the signature Sheraton Sleep Experience, modern amenities, Wi-Fi, and comfortable spaces to relax or recharge. Stay active in the 24-hour, 3,200-square-foot Sheraton Fitness center, complete with state-of-the-art equipment, strength-training tools, and a heated lap pool. Cool off at the outdoor pool and enjoy city views at Breeze Bar, or savor American Southwest-inspired cuisine at Carcara. For coffee, quick bites, cocktails, and casual gatherings, &More by Sheraton offers options throughout the day. Be in the middle of the action for all sessions, with the conference being held at Sheraton Phoenix Downtown.

FRIDAY, DECEMBER 4, 2026

7 - 7:45 a.m.
Registration and Continental Breakfast for Attendees

7:45 - 8 a.m.
Welcome Remarks
Sherrie Ballantine-Talmadge, DO and Susan M. Ott, DO

8 - 9:45 a.m. CHALLENGING SURGICAL PERSPECTIVES

8 - 8:05 a.m.
Introduction
Susan M. Ott, DO

8:05 - 8:25 a.m.
Ethical Decisions
Susan M. Ott, DO

8:25 - 8:45 a.m.
Rotator Cuff: Surgical vs Non-Surgical Decision Making
Timothy L. Miller, MD

8:45 - 9:05 a.m.
Knee: Surgical vs Non-Surgical Decision Making
Susan M. Ott, DO

9:05 - 9:25 a.m.
Hip Conditions in the Athlete
Kostas J. Economopoulos, MD

9:25 - 9:45a.m.
Q & A Panel

9:45 - 10 a.m.
Break

10 a.m. - Noon HYPERMOBILITY: WHAT'S UP WITH IT?

10 - 10:05 a.m.
Introduction
Sherrie Ballantine-Talmadge, DO

10:05 - 10:25 a.m.
EDS and Hypermobility Spectrum Disorder
Sherrie Ballantine-Talmadge, DO

10:25 - 10:45 a.m.
Managing the Hypermobile Hip: FAI vs Dysplasia, Surgery vs. Conservative
Laura Vogel, MD

10:45 - 11:05 a.m.
Pelvic Floor Dysfunction
Lara Baum, PT, DPT

11:05 -11:25 a.m.
Hypermobility in the Upper Extremities and It's Implications in Sports
Lara Baum, PT, DPT

11:25 - 11:45 a.m.
Challenging Surgical Consideration with the Hypermobile Patient
Erel Ben-Ari, MD

11:45 a.m. – Noon
Q & A Panel

Noon - 1:15 p.m.
Lunch (on your own)

1:15 - 3:15 p.m. ENDURANCE AND COLLISION SPORTS

1:15 - 1:20 p.m.
Introduction
Timothy L. Miller, MD

1:20 - 1:40 p.m.
Event Day: Medical Emergencies
Susan M. Ott, DO

1:40 - 2 p.m.
On the March: Bone Stress and Overuse Musculoskeletal Injuries
Timothy L. Miller, MD

2 - 2:20 p.m.
The Gut Punch: Abdominal and Pelvic/ Genitourinary Trauma
David Wartinger, DO

2:20 - 2:40 p.m.
Brace for Impact: Mitigating Injury Risk in Collision Sports
Timothy L. Miller, MD

2:40 - 3 p.m.
Sideline Nightmares: Catastrophic Injuries and Conditions
Susan M. Ott, DO / Timothy L. Miller, MD / Holly Benjamin, MD

3 - 3:15 p.m.
Q&A - Go or No-Go Cases Panel

3:15 - 3:30 p.m.
Break

3:30 - 5:30 p.m. TARGET ACQUIRED: BASEBALL & GOLF BIOMECHANICS AND INJURY PREVENTION

3:30 - 3:35 p.m.
Introduction
Holly Benjamin, MD

3:35 - 3:55 p.m.
The Pitching Motion: A Biomechanical Approach to Performance and Injury Prevention
Dimitrios Katsavelis, PhD

3:55 - 4:15 p.m.
Bridging the Gap Between Pitching Biomechanics and Common Overhead Injuries
Evan Werk, MD

FRIDAY, DECEMBER 4, 2026

4:15 - 4:35 p.m.
Leveling Up or Injury Setbacks: Education and Prevention of Injuries in Youth Sports
Amy Jo Overlin, MD

4:35 - 4:55 p.m.
From Clinical Eyes to 3D Motion: Integrating Biomechanical Analysis into Golf Performance After TSA
Dimitrios Katsavelis, PhD

4:55 - 5:15 p.m.
From Data to Decisions: Integrating Wearables and AI into Sports Medicine Practice
David Carfagno, DO

5:15 - 5:30 p.m.
Q & A

SATURDAY, DECEMBER 5, 2026

7 - 7:45 a.m.
Continental breakfast for attendees

7:15 - 7:50 a.m.
Breakfast with the Experts

7:50 - 8 a.m.
Welcome and Brief Updates

8 - 9:45 a.m. WEATHER RELATED CONSIDERATIONS WHEN COVERING AN EVENT

8:00 - 8:05 a.m.
Introduction
Anna L. Waterbrook, MD

8:05 - 8:25 a.m.
Heat
Derek Hatfield, MD

8:25 - 8:45 a.m.
Lightning and Extreme Weather
Aaron Thomas, MD

8:45 - 9:05 a.m.
Cold Weather, Altitude & Winter Sports Coverage
William Denq, MD

9:05 - 9:25 a.m.
Planning for Rescue
Jaron Santelli, MD

9:25 -9:45 a.m.
Q&A

9:45- 10 a.m.
Break

10 a.m. - 12 p.m. REDUCTION OF HARM AND PREVENTION IN ATHLETES

10 - 10:05 a.m.
Introduction
Sherrie Ballantine-Talmadge, DO

10:05 - 10:30 a.m.
Olympic Athlete Exploitation: Navigating Emerging Risks in an AI-Driven Sport Environment
Caroline Silby, PhD, CMPC

10:30 - 10:55 a.m.
The Changing Landscape of Elite Athlete Performance: Current and Evolving Barriers and Opportunities to Athlete Performance
Caroline Silby, PhD, CMPC

10:55 - 11:20 a.m.
Athletes and Addiction
Nicholas Beller, Psy.D., LP, CADC

11:20 - 11:45 a.m.
Pain Management
Sherrie Ballantine-Talmadge, DO and Lara Baum, PT, DPT

11:45 a.m. - 12 p.m.
Q & A

12 - 1:30 p.m.
Lunch (on your own)

1:30 - 3:30 p.m. FROM SIDELINES TO STETHOSCOPE: ELEVATING THE ATHLETE'S PPE

1:30 - 1:45 p.m.
Introduction and PPE Monograph Update
Holly Benjamin, MD

1:45 - 2:05 p.m.
Comparing & Contrasting the High School & Collegiate PPE
Amy Jo Overlin, MD

2:05 - 2:25 p.m.
Rethinking Sports Clearance: The Periodic Health Evaluation in Para Athletes
Stephanie Tow, MD

2:25 - 2:45 p.m.
How to Approach the Professional/Olympic PPE: Clinical Pearls and Pitfalls to Avoid
Matthew Anastasi, MD

2:45 - 3:10 p.m.
Sports Cardiology & Endurance Medicine: The Endurance Athlete Physical
David Carfagno, DO

3:10 - 3:30 p.m.
Q & A

3:30 - 3:45 p.m.
Break

SATURDAY, DECEMBER 5, 2026

3:45 - 5:45 p.m. DO YOU KNOW WHAT YOUR ATHLETE IS TAKING AND DOING?

3:45 - 3:50 p.m.
Introduction
Rebeccah R. Rodriguez, DO

3:50 - 4:15 p.m.
Proper use of GLP1s (microdosing)
Rebeccah R. Rodriguez, DO

4:15 - 4:40 p.m.
Clinical, Ethical, and Professional Implications of Medically Supervised Performance Enhancement
Rebeccah R. Rodriguez, DO

4:40 - 5:05 p.m.
TUE/WADA
Susan M. Ott, DO

5:05 - 5:30 p.m.
Supplements
R. Robert Franks, DO

5:30 - 5:45 p.m.
Q & A

SUNDAY, DECEMBER 6, 2026

7 - 7:30 a.m.
Continental breakfast for attendees and breakfast with the experts

7:30 - 7:35 a.m.
Welcome and Brief Updates

7:35 - 9:20 a.m. MAINTAINING A HEALTHY SPORTS MEDICINE CAREER

7:35 - 7:40 a.m.
Introduction
Anna L. Waterbrook, MD

7:40 - 8 a.m.
How to Say No and When to Say Yes
Anna L. Waterbrook, MD

8 - 8:20 a.m.
Leadership
Steve Erickson, MD

8:20 - 8:40 a.m.
Advocacy for Sports Medicine/Enacting National Standards
A.J. Monseau, MD

8:40 - 9 a.m.
Occupational Hazard to the Team Physician
Matthew Anastasi, MD

9 - 9:30 a.m.
Panel Discussion

9:30 - 9:45 a.m.
Break

9:45 - 11:45 a.m. UPDATES AND WHAT'S HOT

9:45 - 9:50 a.m.
Introduction
Holly Benjamin, MD

9:50 - 10:05 a.m.
TPCC Updates
Holly Benjamin, MD

10:05 - 10:25 a.m.
Pay to Play and Its Effects on Youth Athletes
R. Robert Franks, DO

10:25 - 10:50 a.m.
The Aging Athlete: Athlete for Life, Male REDS, Low T, Overtraining and Longevity
David Carfagno, DO

10:50 - 11:10 a.m.
When the SCAT Doesn't Fit: Rethinking Concussion Assessment in Paralympic Athletes
Stephanie Tow, MD

11:10 - 11:30 a.m.
Long Term Implications of SRC: When to Have "The Talk"
R. Robert Franks, DO

11:30 - 11:45 a.m.
Q&A

11:45 a.m.
Closing Remarks

PROGRAM INFORMATION
ACSM, AMSSM and AOASM attest that the people responsible for the development of this live activity did so independently and were not influenced by commercial supporters.

DISCLAIMER
The material presented in this continuing medical educational program is being made available by ACSM, AMSSM, and AOASM for educational purposes only. This material is not intended to represent the only methods or procedures appropriate for the medical situation discussed.

STATEMENT OF NEED
A need for this live activity has been determined based on identifying professional practice gaps and previous course evaluations. The content of this course was based on current issues and hot topics provided by ACSM, AMSSM, and AOASM membership and leadership.

ACCREDITATION
This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the American College of Sports Medicine, American Medical Society for Sports Medicine, and American Osteopathic Academy of Sports Medicine. The American College of Sports Medicine (ACSM) is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

AMA/PRA Credits:
ACSM designates this live activity for a maximum of 19.25 *AMA PRA Category 1 Credit(s)™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

AAFP Credits
Application for CME Credit has been filed with the American Academy of Family Physicians. Determination of credits pending.

BOC – CEUs
The American College of Sports Medicine (BOC AP#P401) is approved by the Board of Certification, Inc. to provide continuing education to athletic trainers (Ats). This program is eligible for a maximum of 19.25 Category A hours/CEUs. Ats should claim only those hours actually spent in the educational program.

FACULTY

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IMAGE/LIKENESS/VOICE RELEASE

I understand and agree that, as a result of participating in the 2026 Advanced Team Physician Course, my image, likeness or voice may be recorded by photography, video or other medium. I hereby grant irrevocable and unrestricted permission to ACSM, AMSSM, and AOASM and its representatives or assignees to use my image, likeness or performance in any medium and for any purpose. I hereby waive any right to insight or approve such use or materials. Registering for the meeting acknowledges acceptance of these terms.

REGISTRATION

Advanced registration is strongly recommended and must be received by November 23, 2026. After this date, please plan to register onsite. After this date, registration will be on-site only and increase by $100.00. Registration is available online at https://www.acsm.org/meetings/advanced-team-physician-course.

FEE SCHEDULE

For Members of ACSM, AMSSM, AOASM:

Registration received by 11/23/2026
ACSM/AMSSM/AOASM Member (Host Hotel) - $675
ACSM/AMSSM/AOASM Member (Other Accommodations) - $825
ACSM/AMSSM/AOASM Fellow/Resident/Student Member (Host Hotel) - $575
ACSM/AMSSM/AOASM Fellow/Resident/Student Member (Other Accommodations) - $725

On-site Registration
ACSM/AMSSM/AOASM Member (Host Hotel) - $775
ACSM/AMSSM/AOASM Member (Other Accommodations) - $925
ACSM/AMSSM/AOASM Fellow/Resident/Student Member (Host Hotel) - $675
ACSM/AMSSM/AOASM Fellow/Resident/Student Member (Other Accommodations) - $825

Non-Members

Registration received by 11/23/2026
Non-Member Professional (Host Hotel) - $775
Non-Member Professional (Other Accommodations) - $925
Non-Member Fellow/Resident/Student (Host Hotel) - $675
Non-Member Fellow/Resident/Student (Other Accommodations) - $825

On-site Registration
Non-Member Professional (Host Hotel) - $875
Non-Member Professional (Other Accommodations) - $1025
Non-Member Fellow/Resident/Student (Host Hotel) - $775
Non-Member Fellow/Resident/Student (Other Accommodations) - $925

Note on Fee Differential: Registration costs are predicated on attendees staying at the Sheraton Phoenix Downtown Hotel. A $150 USD differential is assessed to attendees using other accommodations to offset expenses incurred. Meeting attendees will be confirmed with the Sheraton Phoenix Downtown Hotel master list (the above registration fees do not include hotel).

CANCELLATION POLICY

Registration may be cancelled by November 18, 2026, registration fee minus a $150 USD processing fee will be refunded. No refunds will be issued for cancellations received after November 18, 2026. Refunds will not be issued for cancellations made after the course begins for no-shows. Cancellation requests must be submitted to meeting@acsm.org

HOTEL ACCOMMODATIONS

Make reservations online or call the hotel directly at (602) 262-2500 and mention the Advanced Team Physician Course to receive the discounted rate. Reservations must be made by Friday, October 30, 2026 and are available on a first come, first-serve basis. The ATPC discounted hotel room rate is $204 plus applicable tax.

QUESTIONS/INFORMATION

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