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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 09/15/26



COURSE PLANNING COMMITTEE



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Boulder, CO

Susan M. Ott, DO
Elevance Healthcare
Carson City, Michigan



Holly Benjamin, MD
University of Chicago
Chicago, Illinois

Anna L. Waterbrook, MD
University of Arizona
Tucson, AZ



Rebecca 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 - 9:45 a.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.

Projectile Injuries - Emergency Action Plans

Holly J. Benjamin, MD

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 Deng, 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.

Olympic/Professional

TBD

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

Rebecca R. Rodriguez, DO

3:50 - 4:15 p.m.

Proper use of GLP1s (microdosing)

Rebecca R. Rodriguez, DO

4:15 - 4:40 p.m.

Diabetes

TBD

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

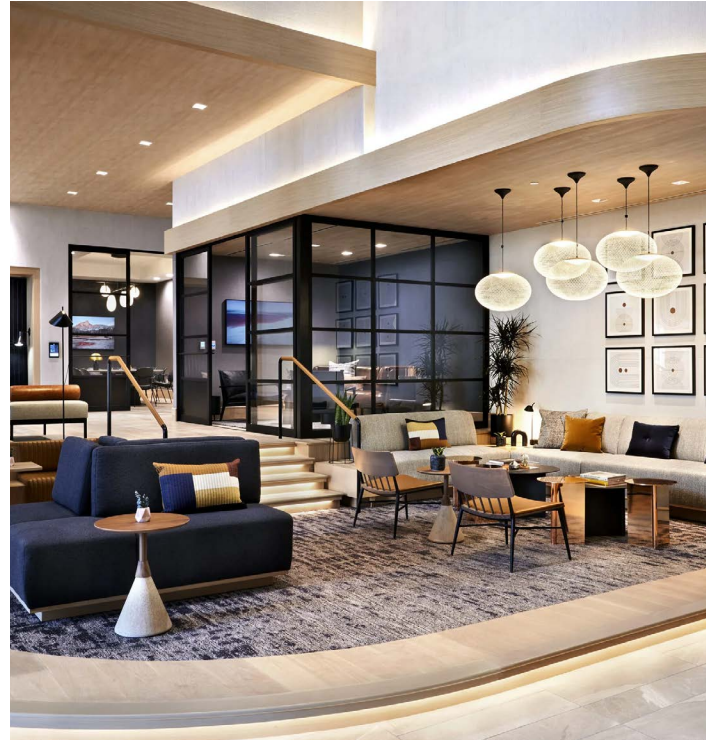
Non-Member Fellow/Resident/Student (Host Hotel) - \$775

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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