



May 17th, 2025

Theme: Wrestling Sports Medicine

Continuing Education Credits: 8.5 BOC Category A Credits

Conference Objectives:

- Promote collaboration within the multidisciplinary sports medicine team
- Assess attendees knowledge of orthopedic conditions, treatment plans and return to sport criteria.
- Evaluate injuries to determine treatment plans and appropriate referral
- Design and implement a preventative and reconditioning program for various injuries
- Identify specific nutrition concepts that are specific to athletes
- Present and explore the latest research and application behind modern modalities used in recovery

7:30 AM – 8:00 AM Conference Check-In at Mansfield Health Education Center on Campus of St. Vincent's

7:55 - 8:00 Welcome - Jim Elliott, MD

Session 1: 8:00 - 10:15AM

1. **"Wrestling Potpourri"** - Ben Phipps, MD
>Discussion on skin diseases, rules on injury time, neuro and concussion, choked out etc...mouthpieces, cauliflower ear, infections, etc.<
2. **"You Might Be a Wrestler....."** - Don Gleason, ATC
>Discussion of the Unique Sport of Wrestling including an overview of the common injuries, treatment and practices.
3. **"Lower Extremity Wrestling Injuries"** - Josh Bowler, MD, Travis Sherman, DPT, Ryan Roche, ATC & Paisley Jaeger
>Healthcare provider team presentations on upper and lower extremity wrestling case studies including their treatment plan.



Session 2: 10:15 - 12:15 PM

- 1. "Sports Medicine for the Female Wrestler"** - Steve Klepps, MD, Jaimee Turley, DPT & Stacy Molt, ATC
>Unique aspects to coaching, treating, and just being around female wrestlers.
- 2. "Upper Extremity Wrestling Injuries"** - Jim Elliott, MD, Levi Oblander, DPT & MacKinzie Sluggett, ATC
>Healthcare provider team presentations on upper extremity wrestling case studies including their treatment plan.

LUNCH Provided by Yellowstone Kellys

Session 3: 12:45 - 3:00 PM

- 1. "Current Knee Trends"** - Jessica Hart, MD
>Explaining her process of repairing ACLs including the importance of ALL the ACLs and Meniscus repair update.
- 2. "Modern Advancements in Outpatient Physical Therapy"** - Lisa Stebbins, DPT and Jon Van den Boogaard, VALD Representative
>The field of Physical Therapy is undergoing rapid transformation driven by advancements in technology and shifts in the healthcare climate. Learn more about some of these modern advancements and trends specific to outpatient physical therapy.

Session 4: 3:00 - 5:00 PM PERFORMANCE - Mental & Physical

- 1. "Athlete's Mental Profile"** - Danny Desin, EdD, CMPC
>Interactive mental health session detailing the "mental toughness" of a wrestler.
- 2. Beartooth Performance Presents: Strength and Nutrition of a Wrestler - a Case Presentation.**
Dayne Dyer, CSCS & Logan Cole
>A Case presentation on a high wrestler discussing weight lifting and nutrition routines.

Ortho Montana, PSC (BOC #597) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of 8.5 Category A hours/CEUS. ATs should claim only those hours actually spent in the educational program. This conference qualifies for continuing education renewal credits for the state of Montana for Physical Therapist and Physical Therapy Assistants.