Cincinnati SportsMedicine Research and Education Foundation
Mercy Health-Cincinnati SportsMedicine and Orthopaedic Center, Noyes Knee Institute

40TH ANNUAL

ADVANCES ON THE KNEE, SHOULDER, HIP & SPORTS MEDICINE

Sonesta Resort
Hilton Head Island, SC

May 22nd - 25th, 2026
Memorial Day Weekend

Lectures

Breakout Sessions

Why You Should Attend This Course:

- Hear internationally recognized experts speak on diagnosis and treatment techniques for knee, shoulder, elbow, and hip pathology
- Enjoy the holiday weekend combining a great educational meeting with relaxation in a resort setting
- Review advanced orthopaedic and rehabilitation products and educational materials in our Exhibitors' Gallery
- Talk personally throughout the conference with our course faculty during breaks, panel discussions and breakouts
- Network with other professionals
- Relax, enjoy the beachside atmosphere, and rekindle old friendships at our Chairmen's Low Country Buffet

Time to Enjoy the Resort

FACULTY

PHYSICIAN FACULTY

Frank R. Noyes, MD | Cincinnati, OH
Conference Co-Director; President, Cincinnati SportsMedicine Research and Education Foundation; Orthopaedic Surgeon, Mercy Health - Cincinnati SportsMedicine and Orthopaedic Center, Professor of Orthopaedic Surgery (Emeritus), Dept. of Orthopaedic Surgery, University of Cincinnati

Mahmoud Almasri, MD | Cincinnati, OH
Director, Hip Preservation Center, Mercy Health Physicians; Clinical and Research Faculty, Cincinnati SportsMedicine Research and Education Foundation; Assistant Team Physician, FC Cincinnati

Ankit Bansal, MD | Cincinnati, OH
Adjunct Faculty, Cincinnati SportsMedicine and Orthopaedic Center, Member, Orthopedic Service Line Council

Brian J. Chilelli, MD | Cincinnati, OH
Director, Cartilage Restoration Center, Mercy Health Physicians; Clinical and Research Faculty, Cincinnati SportsMedicine Research and Education Foundation

Jeffrey R. Dugas, MD | Brimingham, AL
Fellowship Director, ASMI; Managing Partner, Andrews Sports Medicine and Orthopaedic Center

Samer S. Hasan, MD, PhD | Cincinnati, OH
Chief of Orthopaedic Surgery, The Jewish Hospital-Mercy Health; Orthopaedic Surgeon, Mercy Health- Cincinnati SportsMedicine and Orthopaedic Center; Clinical and Research Faculty, Cincinnati SportsMedicine Research and Education Foundation and the Cincinnati Shoulder and Elbow Fellowship; Volunteer Instructor, Department of Orthopaedic Surgery, University of Cincinnati

Albert Lin, MD | Pittsburgh, PA
Professor and Vice Chair of Education, Residency Program Director, Chief, Shoulder Service, UPMC

Matthew Matava, MD | St. Louis, MO
Professor, Washington University Department of Orthopedic Surgery; Director, Sports Medicine Fellowship; Medical Director, St. Louis Blues Hockey Team

Michael Palmer, MD | Cincinnati, OH
Orthopedic Surgery and Sports Medicine, The Christ Hospital; Adjunct Clinical Faculty; Cincinnati SportsMedicine Research and Education Foundation

Anthony A. Romeo, MD | Burr Ridge, IL
Romeo Orthopaedics; Shoulder, Elbow, Sports Surgery; Past Professor, Department of Orthopaedics, Rush University; 34th President, American Shoulder, and Elbow Surgeons; Chief Medical Editor, Orthopedics Today

Edward M. Wojtys, MD | Ann Arbor, MI
William S. Smith Collegiate Professor, Department of Orthopaedic Surgery, University of Michigan; Editor-in-Chief, Sports Health: A Multidisciplinary Approach

REHABILITATION FACULTY

Timothy P. Heckmann, PT, ATC | Cincinnati, OH
Conference Co-Director; Rehabilitation Consultant, Cincinnati SportsMedicine Research and Education Foundation; Adjunct Clinical and Research Faculty, Cincinnati SportsMedicine Research and Education Foundation

Ashley Campbell, PT, DPT, SCS | Nashville, TN
Director of Rehabilitation, Nashville Hip Institute at TOA, Director of Clinical Research and Education, Tennessee Orthopaedic Alliance, Adjunct Faculty, Belmont University School of Physical Therapy

George J. Davies,DPT, MED, PT, SCS, ATC, LAT, CSCS, PES, FAPTA | Edinburg, TX
Professor- Department of Physical Therapy; Sports Rehab Specialist-Sports Medicine Department, University Texas-Rio Grande Valley

Julie Jasontek, PT, MHS | Cincinnati, OH
Rehabilitation Supervisor, The Jewish Hospital - Mercy Health Orthopaedics and Sports Rehabilitation; Clinical Faculty, Cincinnati SportsMedicine Research and Education Foundation, American Society of Shoulder and Elbow Therapists, Member

Russell M. Paine, PT | Houston, TX
Director of Rehabilitation Sports Medicine, Department of Orthopedic Surgery at McGovern Medical School, The University of Texas Health Science Center at Houston; Has served as Rehabilitation Consultant, Houston Astros, Houston Rockets, and NASA

Kevin Wilk, DPT, FAPTA | Birmingham, AL
Founder, Assoc Clinical Director, Champion Sports Medicine; Vice President Clinical Research - Select Medical; Director Rehabilitative Research - American Sports Medicine Institute, Associate Clinical Professor, Programs in Physical Therapy, Marquette University, Milwaukee, WI.

SPORTS MEDICINE FELLOW AND RESEARCH FACULTY

Alexandria Lee-Norris, DO | Cincinnati, OH
Sports Medicine Fellow, Mercy Health - Cincinnati SportsMedicine and Orthopaedic Center

Aakash Patel, DO | Cincinnati, OH
Sports Medicine Fellow, Mercy Health - Cincinnati SportsMedicine and Orthopaedic Center

Samir Sharrak, DO | Cincinnati, OH
Sports Medicine Fellow, Mercy Health - Cincinnati SportsMedicine and Orthopaedic Center

Eric Smith, MD | Cincinnati, OH
Sports Medicine Fellow, Mercy Health - Cincinnati SportsMedicine and Orthopaedic Center

Taylor Timoteo, DO | Cincinnati, OH
Shoulder Fellow, Cincinnati Shoulder and Elbow Fellowship

Stephanie Smith, MS | Cincinnati, OH
Sportsmetrics™ Program Manager, Mercy Health - Cincinnati SportsMedicine and Orthopaedic Center

Carolyn Crampton, MS, ATC | Cincinnati, OH
Athletic Trainer, Mercy Health - Cincinnati SportsMedicine and Orthopaedic Center

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KAPPA DELTA AWARD RECIPIENTS
CLINICAL RESEARCH

ACCOMMODATIONS

Sonesta Resort: 130 Shipyard Dr., Hilton Head Island, SC 29928 Reservations: 843-842-2400 | www.sonesta.com
Group Code: CINCY2026

The course is being held in its entirety at the Sonesta Resort located on Shipyard Plantation. We have negotiated pre-conference and conference rates depending on your nights of stay. Room rate for Wednesday, 5/20, Thursday, 5/21, Tuesday, 5/26 = $279/night, plus taxes and fees
Friday, 5/22, Saturday, 5/23, Sunday, 5/24, Monday, 5/25 = $379/night, plus taxes and fees. Group rate ends April 22, 2026.

IMPORTANT: A deposit of one night's stay is required to hold each individual's reservation. Reservations must be cancelled three (3) business days prior to arrival and a cancellation number obtained to ensure advance deposit refund.

Holiday Inn Express Hilton Head Island: (2 miles from Sonesta Resort)
2 Tanglewood Drive, Hilton Head Island, SC 29928
Reservations: 843-842-6662

REGISTRATION FEE & REFUNDS

The course is limited to 300 participants. Please be aware that previous courses have sold out. Fees include all sessions, breakouts, course handouts, our buffet breakfasts, breaks, Chairmen's Beachside Cookout, course t-shirt and tote bag.

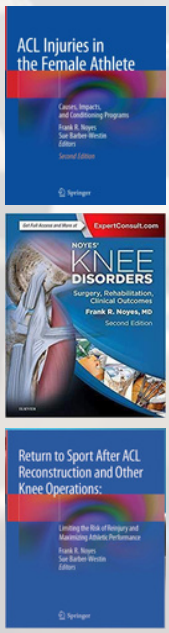
MD / DO	$1000
Resident / Fellow	$800
Physical Therapist	$800
Physical Therapy Assistant	$800
Athletic Trainer	$800
Physician Assistant	$800
Student	$800
($100 Refunded upon receipt of certified letter of training status)	
Other Allied Health Professional	$800

If your registration must be cancelled, a full refund will be given if we are notified (in writing) by March 31, 2026. Your fees, less 20% for administrative costs, will be refunded if we are notified (in writing) beginning April 1st up to April 30, 2026. No refunds will be made for any reason beginning May 1, 2026. Each participant who attends will receive a certificate of completion at the conclusion of the course. In case of adverse weather conditions or travel interruptions caused by national security issues, refunds will be determined on an individual basis. Cincinnati SportsMedicine Research and Education Foundation reserves the right to change speakers or cancel the conference if unforeseen circumstances arise.

CONTINUING EDUCATION UNITS & CMES

In support of improving patient care, Bon Secours Mercy Health Center for Continuing Education is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

JOINTLY ACCREDITED PROVIDER™
INTERPROFESSIONAL CONTINUING EDUCATION



Bon Secours Mercy Health Center for Continuing Education designates this live activity for a maximum of 27 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity. Bon Secours Mercy Health Center for Continuing Education designates this live activity for a maximum of 27 Hour(s) Attendance w/ No Credit.
**Presentations by Samer S. Hasan, MD, PhD, Ankit Bansal, MD, and Russell M. Paine, PT are not accredited for CME and have been excluded from the total AMA PRA Category 1 Credits™ approved for this course.*

Physician Assistants: The American Academy of Physicians Associates (AAPA) accepts *AMA PRA Category 1 Credits™* from organizations accredited by the ACCME.
Nurses: For the purpose of recertification, the American Nurses Credentialing Center (ANCC) accepts *AMA PRA Category 1 Credits™* issued by organizations accredited by the ACCME.
Physical Therapists: This course will be accredited by state designated representative bodies of the APTA. Each state varies on the number of CEUs approved. Participants may call their State Board or Cincinnati SportsMedicine Research and Education Foundation at (513) 853-8883 for more information.
Athletic Trainers: Cincinnati SportsMedicine Research and Education Foundation has been approved as a BOC Approved Provider for Category A CEUs. This program has been planned and implemented in accordance with the requirements and policies of the Board of Certification for the Athletic Trainer (BOC). Cincinnati SportsMedicine Research and Education Foundation is approved by the BOC to provide continuing education for Athletic Trainers.
Strength Coaches: The Executive Council of the NSCA Certification Commission (National Strength and Conditioning Association) has approved the conference for CEUs. CEUs are not automatically recorded. The CSCS and/or NSCA-Certified Personal Trainer attending this conference is eligible for CEUs depending on sessions attended.

For a Detailed Course Program & Online Registration
www.cincinnatisportsmed.com or SCAN QR CODE
Questions? contact Dawn Packer Email: drpacker@mercy.com
Fax: 513-853-8892 | Phone: 513-853-8883

ADDITIONAL EVENT DETAILS:

BREAKFAST BUFFET
Saturday through Monday,
6:00 am – 7:00 am
Participants will enjoy a full breakfast buffet to start their day.
(Guest or family not included.)

COURSE SOCIAL EVENTS
Chairmen's Low Country Buffet
Monday, May 25, 2026 7:00 pm – 10:00 pm
Location: Ocean Front Beach Pavilion
The low country buffet is a great chance for participants, guests, exhibitors and faculty to interact. We think you will enjoy the company, food, music and drink at our beachside event!
(Guest fees apply: adults $50 - children $25)

ATTEND THE PRE-CONFERENCE SPORTSMETRICS™ CERTIFICATION COURSE *May 21st and 22nd, 2026*

BECOME PART OF THE LARGEST EVIDENCE BASED ACL INJURY PREVENTION PROGRAM IN THE WORLD

SPORTSMETRICS™ USA

Serious knee injuries are sidelining female athletes at an alarming rate and although there is no absolute prevention from these types of injuries, there is finally something you can do to help reduce the risk of sustaining a serious knee injury. Cincinnati SportsMedicine Research and Education Foundation and the Noyes Knee Institute has led the way with the development of Sportsmetrics™, the first program scientifically proven to decrease knee injuries in female athletes. The specialized progression of jump/plyometric drills found in Sportsmetrics™ teaches athletes safe techniques for jumping and landing, in an effort to significantly reduce the risk of serious knee injury in female athletes and increase muscle strength, coordination and athletic performance.

- Save on travel and accommodations - attend two great educational meetings
- Be prepared to offer Sportsmetrics™ for your community
- SPORTSMETRICS™ can become your cornerstone for community outreach by focusing on injury prevention and athletic performance for healthy and recovering athletes!

CONTINUING EDUCATION CREDITS:

- 10.5 CEU's approved by the Board of Certification for Athletic Trainers
- 11.5 CEU's approved by the Ohio Physical Therapy Association for Physical Therapists
- CEU's vary from state to state- please check with your individual state for specifics

SCHEDULE
Thursday May 21st 2pm-7pm
Friday May 22nd 7am-2:30 pm

~~$790 Regularly Priced~~
EARLY BIRD PRICING $250
limited to first 25 registrants

The Certification will provide health professionals with:

- Research and development of the Sportsmetrics™ program
- Practical demonstration and participation in Sportsmetrics™ Technique & Training, including Sportsmetrics™ Agility& Speed, and the Sports Injury Test
- An understanding of video analysis of jumping and landing mechanics
- Detailed training in all aspects of the Sportsmetrics™ programs
- Recommendations for marketing and promotion

Featured in: ESPN The New York Times USA TODAY Sports Illustrated U.S.News & World Report The Washington Post

Friday, May 22

Session 1- Diagnostic Clarity & Surgical Decision-Making

Moderator: Mahmoud Almasri, MD

3:00 pm Functional Hip Anatomy - Mahmoud Almasri, MD
3:15 pm Prehab: Balancing the Anterior/ Posterior Priorities in Hip Disorders – Nonoperative Approaches - Ashley Campbell, DPT
3:30 pm Advances in FAI Surgery - Mahmoud Almasri, MD
3:45 pm Postoperative Rehabilitation Strategies After FAI Surgery - Julie Jasontek, PT
4:00 pm Abductor Disorders of the Hip- Approaches to Evaluation & Surgery - Michael Palmer, MD

Session 2- Challenging Recoveries and the Elite Performers

Moderator: Michael Palmer, MD

4:15 pm Micro-instability: Rehabilitation of the Unstable Hip - Ashley Campbell, DPT
4:30 pm Posterior Hip Syndromes: Deep Gluteal Syndrome, Hamstring Injuries, Sciatic Nerve, Spine Referred Pain - Michael Palmer, MD
4:45 pm What Happens When Rehabilitation Stalls - Julie Jasontek, PT
5:00 pm How to Rehab the High-Level Athlete - Ashley Campbell, DPT
5:15 pm Case Presentations with Q&A

Session 3- Evaluation and Exercise Strategies for the Complex Hip *(Breakout/ Demonstration)*

5:45 pm Evaluation and Exercise Strategies for the Complex Hip - Mahmoud Almasri, MD; Michael Palmer, MD; Ashley Campbell, DPT; Julie Jasontek, PT
6:30 pm Break
7:00 pm Arthroscopic Preservation Versus Total Hip Replacement - Ankit Bansal, MD
7:15 pm Hip Instability and Capsular Surgical Options - Ankit Bansal, MD
7:30 pm Adjourn

Saturday, May 23

Session 4: Examination of the Shoulder

Moderator: Anthony A. Romeo, MD

7:00 am Evidence Based Approach to the Shoulder Examination - Anthony A. Romeo, MD
7:15 am Shoulder Examination: The Physical Therapist's Perspective - Kevin E. Wilk, DPT

Session 5: The Throwing Athlete: Diagnosis and Treatment of Common Problems

Moderator: Anthony A. Romeo, MD

7:30 am The Thrower's Shoulder: Diagnosis and Treatment - Jeffrey R. Dugas, MD
7:45 am Rehabilitation of the Overhead Athlete's Shoulder - Kevin E. Wilk, DPT
8:00 am Superior Labral-Biceps Complex: Rare Indications for SLAP Repair - Anthony A. Romeo, MD
8:15 am Good SLAP-Bad SLAP: Rehabilitation of Both - Kevin E. Wilk, DPT
8:30 am Can Neurocognitive Testing of the Upper Extremity Identify Deficits After Cleared for Return to Sports? Multi Center Study with Descriptive Data - George J. Davies, DPT
8:45 am Case Presentations with Q&A
9:00 am Break in Exhibitors' Gallery

Session 6: Modern Concepts in Treating Rotator Cuff Disease

Moderator: Albert Lin, MD

9:30 am New Concepts in Rotator Cuff Tendon Healing: Protein, Cells, Matrix, Augmentation - Anthony A. Romeo, MD
9:45 am Rotator Cuff Injuries in Throwing Athletes - Jeffrey R. Dugas, MD
10:00 am Evolution Towards Soft Tissue Anchors and Knotless Double Row RTC Repair - Albert Lin, MD
10:15 am Rehabilitation Following Rotator Cuff Repair Surgery: From Cuff Repair to Balloons - Kevin E. Wilk, DPT
10:30 am Case Presentations with Q&A

Session 7: Shoulder Instability: Diagnosis and Treatment

Moderator: Jeffrey R. Dugas, MD

10:45 am Management of the First Time Dislocation - Albert Lin, MD
11:00 am Non-Operative Rehabilitation of the Unstable Shoulder: Does it Work? - Kevin E. Wilk DPT
11:15 am Managing Glenoid and Humeral Bone Loss in Anterior Instability - Anthony A. Romeo, MD
11:30 am Post-Operative Management of Shoulder Instability - Julie Jasontek, PT
11:45 am Back to the Basics in Shoulder Rehabilitation: Why Do You See a "Bolster" Under the Arm in Articles: 10 Reasons with Scientific (Best Evidence) Support - George J. Davies, DPT
12:00 pm Case Presentations with Q&A
12:15 pm Break

12:45 pm Scapular Function and Contribution to Optimal Overhead Performance in the Throwing Athlete - Russell M. Paine, PT
1:00 pm New Treatment Options for Massive and Irreparable Rotator Cuff Tears - Samer S. Hasan, MD, PhD
1:15 pm Treatment and Evaluation of Internal Impingement of the Shoulder: Special Emphasis on the Adolescent Athlete - Russell M. Paine, PT
1:30 pm Posterior and Multidirectional Instability - Samer S. Hasan, MD, PhD
1:45 pm Adjourn

Session 8: Diagnosis, Treatment, and Rehabilitation Options for Shoulder Pathology

4:00 pm Comprehensive Examination of the Shoulder - Anthony A. Romeo, MD; Albert Lin, MD; Jeffrey R. Dugas, MD
5:00 pm Evaluation and Management of Impingement and the Stiff Shoulder - Kevin E. Wilk, DPT; George J. Davies, DPT; Julie Jasontek PT
6:00 pm Objective Return-to-Sports Criteria for the Upper Extremity - George J. Davies, DPT; Julie Jasontek, PT; Kevin E. Wilk, DPT
7:00 pm Adjourn

Sunday, May 24

Session 9: Shoulder Arthritis: Modern Treatment Techniques

Moderator: Anthony A. Romeo, MD

7:00 am TSA vs rTSA Decision Making for the B2 Glenoid - Albert Lin, MD
7:15 am Anatomic Total Shoulder Arthroplasty in 2026: Indications and Technique - Anthony A. Romeo, MD
7:30 am Reverse TSA for Fracture: Outcomes and Technique - Albert Lin, MD
7:45 am Conservative and Post-Operative Treatment Options for the Arthritic Shoulder - Julie Jasontek, PT
8:00 am Case Presentations with Q&A

Session 10: Diagnosis and Treatment of Common Elbow Problems in the Athlete

Moderator: Kevin E. Wilk DPT

8:15 am Arthroscopic Treatment Options for the Athlete's Elbow - Anthony A. Romeo, MD
8:30 am UCL Injuries in the Throwing Athlete: Decision Making Strategies - Jeffrey R. Dugas, MD
8:45 am Rehabilitation Following Elbow Injuries and Surgeries - Kevin E. Wilk, DPT
9:00 am Case Presentations with Q&A
9:15 am Break
9:45 am Non-Prosthetic Treatment Options for Glenohumeral Osteoarthritis - Samer S. Hasan, MD, PhD
10:00 am Shoulder Arthroplasty Options for the Young Active Patient - Samer S. Hasan, MD, PhD
10:15 am Distal Biceps Tendon Injuries - Samer S. Hasan, MD, PhD
10:30 am Break in Exhibitors' Gallery

Session 11: Knee Anatomy and Comprehensive Knee Exam and Update on ACL Surgery and Rehabilitation

Moderator: Frank R. Noyes, MD

11:00 am The Key to the Knee: Medial and Anterior Knee Anatomy - Eric Smith, MD
11:15 am The Key to the Knee: Lateral and Posterolateral Knee Anatomy - Aakash Patel, DO
11:30 am Comprehensive Knee Exam and Diagnosis of Ligament Injuries - Frank R. Noyes, MD
11:45 am Mechanisms of ACL Failures - Edward M. Wojtys, MD
12:00 pm ACL Surgery and Graft Selection - Brian J. Chilelli, MD
12:15 pm ACL Reconstruction in the Skeletally Immature Patient - Matthew J. Matava, MD
12:30 pm Rehabilitation Principles after ACL Surgery - Timothy P. Heckmann, PT
12:45 pm Advanced Phase Rehabilitation Following ACL Reconstruction - Kevin E. Wilk, DPT
1:00 pm Current Concepts of Meniscal Repair - Matthew J. Matava, MD
1:15 pm 2026 Update on Treatment of Meniscus Tears - Brian J. Chilleli, MD
1:30 pm Case Presentations with Q&A
1:45 pm Break
2:15 pm Early Factors of ACL Rehabilitation: Avoiding Lack of Extension Through Activation of the Quadriceps - Russell M. Paine, PT
2:30 pm Adjourn

Session 12: Advances in the Diagnosis and Treatment of the Lower Extremity

4:00 pm Comprehensive Examination of the Knee - Frank R. Noyes, MD; Brian J. Chilelli, MD; Matthew J. Matava, MD; Edward M. Wojtys, MD
5:00 pm What's New in the Treatment of Patellofemoral Pain and Instability - Frank R. Noyes, MD; Brian J. Chilelli, MD; Matthew J. Matava, MD; Timothy P. Heckmann, PT
6:00 pm Demonstration of Rehabilitation Techniques after Knee Surgery - Timothy P. Heckmann, PT; George J. Davies, DPT; Kevin E. Wilk, DPT
7:00 pm Adjourn

Monday, May 25

Session 13: Return To Sports: Evaluation, Testing, and Sportsmetrics™

Moderator: Edward M. Wojtys, MD
7:00 am Special Consideration for the Female Athlete - Carolyn Crampton, ATC
7:15 am 2026 Update: Objective Tests and Criteria for Return-to-Sports After Knee Injuries - Frank R. Noyes, MD
7:30 am Neurocognitive Single-Response and Multi-Response Running T-Test: New Ecologically Valid Data for Functional LE Testing - George J. Davies, DPT
7:45 am Scientific Basis and Development of the Sportsmetrics™ Neuromuscular Training Programs - Frank R. Noyes, MD
8:00 am Demonstration of the SportsMetrics™ Neuromuscular Training Program and Return-to-Play App - Stephanie L. Smith, MS
8:15 am Case Presentations with Q&A

Session 14: Arthrofibrosis and Special Subjects

Moderator: Frank R. Noyes, MD
8:30 am The Stiff Knee and Prevention of Arthrofibrosis - Frank R. Noyes, MD
8:45 am Rehabilitation Techniques to Avoid Knee Arthrofibrosis - Timothy P. Heckmann, PT
9:00 am Mechanical Symptoms Around the Knee - Edward M. Wojtys, MD
9:15 am Memorial Day Tribute - George J. Davies, DPT
9:45 am Return to Play Data and ACL Recovery: Functional Testing, Questionnaire, and Ultimate Decision Making - Russell M. Paine, PT
10:00 am Break in Exhibitors' Gallery

Session 15: Diagnosis and Treatment of Complex Knee Disorders

Moderator: Brian J. Chilelli, MD
10:30 am Lateral Knee Joint Injuries: Diagnosis and Treatment - Brian J. Chilelli, MD
10:45 am Medial Knee Injuries - Edward M. Wojtys, MD
11:00 am Posterior Cruciate Ligament Reconstruction - Frank R. Noyes, MD
11:15 am Orthobiologics for Treatment of Osteoarthritis: What is the Evidence - Brian J. Chilleli, MD
11:30 am Management of Osteoarthritis in Young Athletes - Matthew J. Matava, MD
11:45 am Partial Knee Replacement: Patellofemoral and Tibiofemoral Advances - Frank R. Noyes, MD
12:00 pm Advances in Total Knee Replacement for Young and Active Patients - Alexandria Lee-Norris, DO
12:15 pm Advanced Rehabilitation and Objective Testing after Knee Replacement - Timothy P. Heckmann, PT
12:30 pm Case Presentations with Q&A
1:00 pm Adjourn

Session 16: Complex Knee Disorders and Return to Sports

4:00 pm Complex Knee Disorders Requiring Diagnosis and Treatment - Frank R. Noyes, MD; Brian J. Chilelli, MD; Samir Sharrak, DO; George J. Davies, DPT; Timothy P. Heckmann, PT; Kevin E. Wilk, DPT
6:00 pm Objective Tests and How to Determine Safe Return to Sports to Avoid Reinjury: Core, Hip, Lower Extremity Functional Considerations - Timothy P. Heckmann; PT, George J. Davies, DPT; Kevin E. Wilk, DPT
7:00 pm Adjourn

Please note that presentations by Samer S. Hasan, MD, PhD, Ankit Bansal, MD, and Russell M. Paine, PT are not eligible for CME credit. These presentations have been separated on the schedule and will be given at the end of the sessions.

Cincinnati SportsMedicine
Research & Education Foundation

40TH ANNUAL

ADVANCES ON THE KNEE, SHOULDER, HIP & SPORTS MEDICINE

4700 E. Galbraith Road, Suite 205
Cincinnati, Ohio 45236

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2026 ADVANCES ON THE KNEE, SHOULDER, HIP & SPORTS MEDICINE

Attendee's name: _____ Credentials: _____

Address: _____

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Work phone: _____ Mobile phone: _____ T-Shirt Size (unisex): ☐ Small ☐ Medium

Email: _____ ☐ Large ☐ X Large ☐ 2x Large

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PT Lic# & State: _____ BOC Cert #: _____ NSCA #: _____

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Please select: ☐ M.D./D.O. $1,000 ☐ Resident/Fellow $800 ☐ Physician Assistant $800

☐ Physical Therapist $800 ☐ P.T. Assistant $800 ☐ Athletic Trainer $800 ☐ NSCA $800

☐ Student $800 ($100 refunded upon receipt of letter verifying training status) ☐ Other $800 (please specify) _____

☐ **PRE-CONFERENCE SPORTSMETRICS™ CERTIFICATION COURSE $790 MAY 21-22, 2026 (*CALL ABOUT EARLY BIRD DISCOUNT*)**

How did you hear about this course? _____

REGISTRATION OPTIONS

Fax 513-853-8892 | **Phone** 513-853-8883
Email drpacker@mercy.com
Mail Dawn Packer 4700 E. Galbraith Road, Suite 205
Cincinnati, OH 45236
Checks payable to Cincinnati SportsMedicine Research & Education Foundation

ONLINE REGISTRATION: