

2nd ANNUAL

Fight Medicine Course

Saturday, May 12, 2018

AGENDA

7:00 am **Registration and Continental Breakfast**

7:30 **Welcome**

Guillem Gonzalez-Lomas, MD and Sheryl Wulkan, MD

7:40 **Pre- and Post- Fight Assessment**

Gerard Varlotta, DO, FACSM

Orthopedic

8:00 **The Ringside Physician's Medical Bag: How to be Prepared in the Ring and on the Mat**

Donald Muzzi, MD

8:15 **Hand Injuries in Striking Disciplines: The Boxer's Fracture and Others**

Jacques H. Hacquebord, MD

8:30 **Avoiding Injuries as an MMA Fighter**

Jonathan D. Gelber, MD, MS

8:45 **Shoulder Injuries in Boxing and MMA**

Robin Gehrmann, MD

9:00 **Hip Injuries in Grappling**

Guillem Gonzalez-Lomas, MD

9:15 **Knee Injuries in Fighters**

Laith M. Jazrawi, MD

9:30 **Considerations in the Female Fighter**

Sheryl Wulkan, MD

9:45 **Case Presentation and Panel Discussion—Mat Demonstration**

Moderator: Guillem Gonzalez-Lomas, MD

Panel: Robin Gehrmann, MD, Jonathan D. Gelber, MD, MS, Sparkle Lee, Donald Muzzi, MD, Aljamain Sterling, and Sheryl Wulkan, MD

10:15 **Coffee Break**

Medical

10:30 **Concussions in Boxing and MMA**

Nitin K. Sethi, MD

10:50 **Head and Neck Injuries in Combat Sports: When to Stop a Fight**

Erich G. Anderer, MD

11:10 **Supplementation and Performance Enhancing Drugs in MMA and Boxing**

Sheryl Wulkan, MD

11:30 **Case Presentation and Panel Discussion—Medical Conditions**

Moderator: Sheryl Wulkan, MD

Panel: Eddie Claudio, Dinesh Dhanaraj, MD, Kevin J. Kearns, BS, Nitin K. Sethi, MD, and Aljamain Sterling

12:00 pm **Lunch**

1:00 **Keynote Lecture
Concussion in an Active Fighter**

Kurt Pellegrino

Training

1:40 **Fighting after 40: Conditions Affecting the Aging Fighter**

Kevin J. Kearns, BS

2:00 **The Athletic Trainer's Guidebook to Managing the Fighting Athlete**

Julia D. Drattell, MEd, ATC

2:20 **Preparing for a Fight and Coping with Defeat in Boxing and MMA**

Bonnie C. Marks, PsyD

2:40 **Recovering from a Career Threatening Injury to Fight Again: Pearls of Rehab**

Arie D. Assouline, PT, DSc, MS, CMPT

3:00 **Question and Answer**

3:35 pm **Adjourn**