

# 2026 SPORTS MEDICINE SYMPOSIUM

## Program Agenda:

7:15-7:45 am	Registration & Continental Breakfast
7:45-8 am	Welcome & Introduction John Doherty, MS, PT, ATC
8-8:45 am	Wearable Technology and Data - Driven Injury Prevention Debi Pillarella, DHSc, M.Ed.
8:45 - 9:30 am	Stop Loading and Start Exploding ... Re-Thinking Training for Active Older Adults Cody L. Sipe, MS, PhD, DipACLM
9:30 -9:45 am	Q&A
9:45-10 am	Break
10-10:45	Sleep, Alcohol and the Impact on Health and Performance John J. Durocher, Ph.D., ACSM-EP, CSCS
10:45-11:30 am	To Run or Not to Run ... Evolution in Thinking post-TIA Jonathan Edgington, MD
11:30-12:15 pm	Hip Impingement: Surgery vs. Physical Therapy: Which is better? Michael Kneseck, MD Michael Schumacher, PT
12:15-12:30 pm	Q&A
12:30-12:55 pm	Luncheon
12:55- 1:25 pm	Panel Discussion
1:25 - 1:30 pm	Evaluation and Adjournment

### Accreditation:

Powers Health (PH) is accredited by the Indiana State Medical Association to provide continuing medical education for physicians.

Powers Health Community Hospital is approved as a provider of nursing continuing professional development by VTL Center for Professional Development, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. 4.75 contact hours awarded for completed registration form, attendance of the entire live activity, and completion of the evaluation. VTL Provider Approval Number: IN228-3.

CNE contact hours awarded for completed registration form, attendance of the entire live activity, and completion of the evaluation.

### Designation:

Powers Health designates this live activity for a maximum of 4.75 AMA PRA Category 1 credit(s)<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

### Disclosure Policy:

In accordance with ACCME Standards for Integrity and Independence in Accredited Continuing Education, educational programs sponsored by the Powers Health must ensure balance, independence, objectivity, and scientific rigor in all sponsored educational programs. Prior to the activity, all faculty, authors, editors, and planners participating in a PH-sponsored activity are required to disclose to attendees any relevant financial relationship with an "ineligible company" whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.

### Disclosure Statement:

Debi Pillarella, DHSc, M.Ed.; Cody Sipe, PhD; John Durocher, PhD; Jonathan Edgington, MD; Michael Kneseck, MD; and Michael Schumacher, PT, disclose no relevant finance relationship with any ineligible companies. The CME/CNE staff discloses no relevant financial relationship with any ineligible companies.

**Saturday, Feb. 21**

**7:15 am-1:30 pm**

Center for Visual and Performing Arts  
1040 Ridge Road, Munster

## REGISTRATION

This symposium is **FREE**; preregistration required by Tuesday, Feb. 17, 2026.

To register, please use the QR code or login to HealthStream account; catalog tab; 41012.

If you have any questions, email Aquilina Ritacca, Continuing Medical Education Coordinator, at [aritacca@powershealth.org](mailto:aritacca@powershealth.org) or call 219-703-1790.



SCAN TO REGISTER

## Program Objectives:

1. Summarize at least three pieces of evidence supporting how wearable devices (i.e. smart watches, (tracking devices) improve physical activity adherence and functional outcomes in orthopedic and sports medicine arenas
2. Identify at least three major clinical risks of wearable devices (i.e. accuracy limitations, privacy/cybersecurity vulnerabilities, equity/access barriers)
3. Discuss current evidence gaps and the specific research questions that remain unanswered regarding long-term efficacy and cost-effectiveness
4. Develop a practical framework for deciding when (and when not) to incorporate wearables into patient care and return-to-play protocols
5. Explain the scientific evidence regarding the contributions of muscle strength and power to physical function in older adult populations
6. Identify power training movements, methods and equipment that can be used safely and effectively with older adults of varying abilities
7. Describe muscle power exercise programming recommendations to enhance functional capabilities with advancing age
8. Identify safety issues that should be addressed when using power movements
9. Snapshot of the research approaches and equipment we use to study sleep, health, and performance
10. The importance of sleep duration, sleep quality and sleep variability on health
11. The effect of acute binge alcohol consumption on sleep and cardiovascular health
12. Promoting optimum health and performance using FITT-VP.
13. Applying lifestyle strategies, including sleep hygiene, to enhance health and performance
14. Take home points and time for discussion
15. Review current evidence on total joints in athletic patients
16. Describe modern implant designs and preoperative consideration
17. Identify key patient selection criteria and preoperative consideration
18. Outline postoperative rehabilitation strategies and return to sports
19. Discuss technology precision in total joints and its support of precision surgery
20. Distinguish the bony morphology associated with FAI
21. Identify and understand the importance of the labrum in the hip
22. Explain how PT can alter hip impingement
23. Evaluate who is a surgical candidate for hip arthroscopy
24. Justify the goals of PT for pelvic tilt
25. Asses the goal of physical therapy after hip surgery