2026 Sports Medicine Symposium

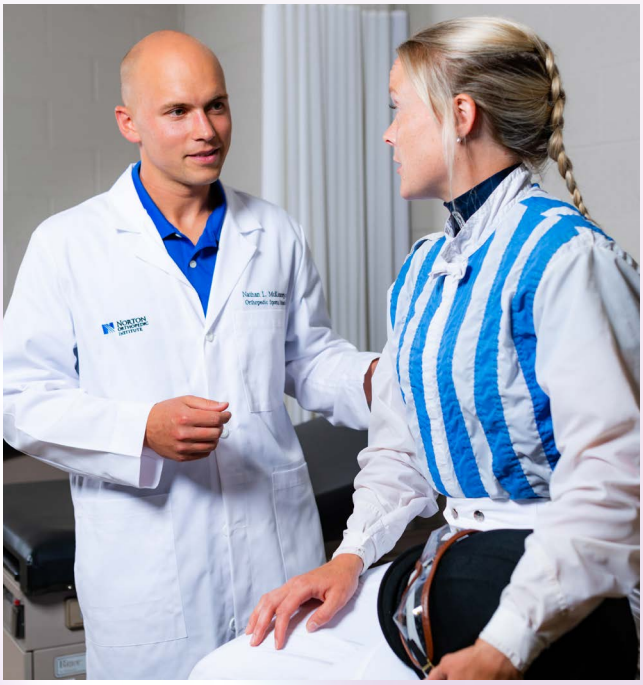
In person and livestreamed via Zoom

Friday, March 20, 2026
Program: 8 a.m. to 5:30 p.m. EDT
Cocktail reception: 5:30 to 7 p.m. (optional)

Millionaires Row at Churchill Downs
700 Central Ave.
Louisville, KY 40208

Saturday, March 21, 2026
8:25 a.m. to 12:25 p.m. EDT

Norton Orthopedic & Hand Center
Norton Medical Plaza II – Brownsboro
Suite 120
9880 Angies Way
Louisville, KY 40241



NORTON SPORTS HEALTH | KORT PHYSICAL THERAPY™

7 a.m. Registration; coffee with exhibitors

7:30 a.m. Virtual room opens

8 a.m. Welcome and opening remarks

Session 1: Precision Rehab: Targeted Approaches to Injury Risk and Recovery

8:05 a.m. **Diagnosis and Treatment of the High-level Fitness Athlete**
Justin M. Givens, M.D.

8:30 a.m. **The Impact of Different ACL Grafts on the Rehabilitation Process**
John Nyland, DPT, SCS, Ed.D., ATC, CSCS, FACSM

9 a.m. **No More Leaving Athletes Hamstrung: Rehabilitation Principles to Break the Injury and Reinjury Cycle in Posterior Thigh Injuries**
Daniel Love, P.T., DPT

9:25 a.m. **The Hidden Player in Groin Injuries: Pelvic Floor vs. Hip Adductors**
Teresa Smith, P.T., DPT, OCS, WCS, CSCS

9:50 a.m. **Questions and answers**
Panel discussion

10 a.m. Break; exhibits open

Session 2: Mental Health and Traumatic Brain Injury

10:20 a.m. **Mild and Moderate Traumatic Brain Injury Management in the Equestrian Athlete**
Adriana L. Natali, D.O.

10:45 a.m. **The Mental Edge: Bridging Psychology and Sports Medicine for Holistic Athlete Care**
Jacqueline M. Pabis, Ph.D.; Morgan L. Daffin, Psy.D., HSP; Kaitlin Zagami, PA-C, M.S., NASM-PES, CES, CSNC, ACSM-EP, MCMSc.

11:35 a.m. **Intersection of Name, Image and Likeness With Mental Health**
Michael E. Chapman, Ed.D., LAT, ATC

Noon **Questions and answers**
Panel discussion

12:10 p.m. Lunch break; exhibits open

Session 3: Developing Therapeutic Alliances: Maximizing the Athlete-Practitioner Relationship

12:45 p.m. **Panel discussion**

1:45 p.m. Break: exhibits open

Session 4: Biologic Augmentation and Nonoperative Management of Sports Injuries

2 p.m. **Using Musculoskeletal Ultrasound to Guide Physical Therapy Treatment**
Luke Brohm, P.T., DPT; Ryan Hamilton, P.T., DPT, OCS

2:25 p.m. **Clinical Evidence of Orthobiologics in Today's Orthopedic Practice**
Ryan E. Modlinski, M.D.

2:50 p.m. **Ultrasound-guided Minimally Invasive Treatment for Chronic Tendon Pain**
Joshua K. Wu, D.O.

3:15 p.m. **PRP Usage in Knee and Shoulder Surgery**
Nyagon G. Duany, M.D.

3:40 p.m. **Questions and answers**
Panel discussion

3:50 p.m. Break; exhibits open

Session 5: Innovative Approaches in Sports Injury Diagnosis and Treatment

4:05 p.m. **Finger Pulley Injuries: Modes and Methods of Treatment**
Benjamin T. Cunningham, M.D.

4:30 p.m. **Ulnar Collateral Ligament Injuries in the Throwing Athlete**
Stephanie A. Merimee, M.D.

4:55 p.m. **Use of Technology to Inform Rehabilitation Treatment Progression**
Clint Morris, DPT, P.T., SCS, OCS, Cert D.N.

5:20 p.m. **Questions and answers**
Panel discussion

5:30 p.m. Closing remarks and adjournment

5:30 p.m. Cocktail reception and networking event (optional)

Functional labs

8 a.m. Registration and coffee

8:25 a.m. Welcome

8:30 a.m. Concurrent sessions

Knee Anatomy and Dissection
Chad E. Smith, M.D.

Elbow/Wrist/Hand Anatomy and Dissection
Antony Hazel, M.D.

Musculoskeletal Ultrasound
Luke Brohm, P.T., DPT; Ryan Hamilton, P.T., DPT, OCS

Mental Readiness Matters: Identifying and Addressing Anxiety in Return-to-Sport Protocols
Morgan Daffin, Psy.D., HSP; Jacqueline M. Pabis, Ph.D.

9:45 a.m. Break

9:50 a.m. Repeat of concurrent sessions (see 8:30 a.m.)

11:05 a.m. Break

11:10 a.m. Repeat of concurrent sessions (see 8:30 a.m.)

12:25 p.m. Adjournment

Why you should attend

The 2026 Sports Medicine Symposium, presented by Norton Sports Health and KORT Physical Therapy, offers a unique opportunity for providers to stay at the forefront of innovation in injury prevention, diagnosis and rehabilitation for sports injuries across diverse athlete populations. With this year's focus on precision rehab, biologic augmentation, mental health and cutting-edge diagnostic techniques, attendees will gain practical evidence-based insights that can be immediately used to improve athlete care across all populations. This symposium format fosters interdisciplinary collaboration and equips attendees with the tools to enhance clinical decision-making, reduce injury recurrent, and support the athlete's recovery.

Target audience

This activity is targeted toward physicians and advanced practice providers in primary care and the specialties of emergency medicine, internal medicine, orthopedics, pediatrics, surgery and rehabilitation, as well as athletic trainers, physical therapists, emergency department and urgent care center personnel, and other clinical caregivers.

Educational objectives

- Describe evidence-based strategies for the evaluation, diagnosis and nonoperative management of common sports-related injuries across diverse athlete populations.
- Discuss key principles of injury prevention and rehabilitation that enhance athlete recovery and reduce future risk.
- Identify mental health implications and neurocognitive effects of traumatic brain injuries in athlete populations.

Course co-directors

Scotty R. Newcomer, D.O.
Orthopedic Sports Medicine Physician
Norton Orthopedic Institute

Robbie Hinkebein, P.T., DPT, OCS, ATC
Vice President of Operations
Select Medical

Continuing education credits

Physicians

American Medical Association

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 Norton Healthcare and KORT Physical Therapy. Norton Healthcare is accredited by the Kentucky Medical Association to provide continuing medical education for physicians.

Designation: Norton Healthcare designates this live activity for a maximum of 11.75 *AMA PRA Category 1 Credits*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

For information related to continuing medical education, email **CME@nortonhealthcare.org**.

Nurses

Kentucky Board of Nursing

Day 1: Kentucky Board of Nursing (KBN) Approved Provider: Norton Healthcare Institute for Education & Development, provider number 4-0002-12-26-121. The program has been approved by Norton Healthcare Institute for Education & Development for 10.8 contact hours, which expires 12/31/2026. KBN approval of a continuing education provider does not constitute endorsement of program content. Nursing participants must attend the entire program, attest to the number of hours of attendance, and complete the evaluation to receive contact hours.

Day 2: Kentucky Board of Nursing (KBN) Approved Provider: Norton Healthcare Institute for Education & Development, provider number 4-0002-12-26-122. The program has been approved by Norton Healthcare Institute for Education & Development for 4.5 contact hours, which expires 12/31/2026. KBN approval of a continuing education provider does not constitute endorsement of program content. Nursing participants must attend the entire program, attest to the number of hours of attendance, and complete the evaluation to receive contact hours.

For more information related to nursing credits, contact Sally Sturgeon, DNP, R.N., SANE-A, AFN-BC, at **(502) 446-5889** or **sally.sturgeon@nortonhealthcare.org**.

Athletic trainers

KORT (BOC AP#: P2645) is approved by the Board of Certification Inc. to provide continuing education to Athletic Trainers (ATs). This program is eligible for a maximum of 8 Category A hours/CEUs for Friday, March 20, and a maximum of 3.75 Category A hours/CEUs for Saturday, March 21. ATs should claim only those hours actually spent in the educational program.

Physical therapists

This program has been approved by the APTA Kentucky, A Chapter of the American Physical Therapy Association, for 8 Category 1 contact hour(s) for Friday, March 20, and 3.75 Category 1 contact hour(s) for Saturday, March 21. Approval Number: CS10-2005-KPTA.

Guest faculty

Adriana L. Natali, D.O.
Physical Medicine & Rehabilitation Physician
UK HealthCare
Assistant Professor
University of Kentucky
Lexington, Kentucky

Faculty

Luke Brohm, P.T., DPT
Physical Therapist
Center Director
KORT Physical Therapy
Shepherdsville, Kentucky

Michael E. Chapman, Ed.D., LAT, ATC
Certified Athletic Trainer
Program Director
Assistant Professor, School of Athletic Training
Spalding University

Benjamin T. Cunningham, M.D.
Emergency Medicine Physician
Associate Executive Medical Director
Norton Healthcare Emergency Medicine Department

Morgan L. Daffin, Psy.D., HSP
Clinical Child and Adolescent Psychologist
Norton Children's Behavioral & Mental Health
Assistant Professor, Pediatrics
UofL School of Medicine

Nyagon G. Duany, M.D.
Orthopedic Surgeon
Orthopedic Sports Medicine Physician
Norton Orthopedic Institute

Justin M. Givens, M.D.
Orthopedic Surgeon Orthopedic Sports Medicine Physician
Norton Orthopedic Institute

Ryan Hamilton, P.T. DPT, OCS
Physical Therapist
KORT Physical Therapy

Antony Hazel, M.D.
Hand Surgeon
Norton Arm & Hand Institute

Daniel Love, P.T. DPT
Physical Therapist
Center Director
KORT Physical Therapy
Corydon, Indiana

Stephanie A. Merimee, M.D.
Hand Surgeon
Orthopedic Sports Medicine
Norton Arm & Hand Institute

Ryan E. Modlinski, M.D.
Nonoperative Orthopedics Physician
Orthopedic Sports Medicine Physician
Norton Orthopedic Institute

Clint Morris, DPT., P.T., SCS, OCS, Cert D.N.
Physical Therapist
Center Director
KORT Physical Therapy
Georgetown, Indiana

John Nyland, DPT, SCS, Ed.D., ATC, CSCS, FACSM
Senior Research Scientist
Norton Sports Health

Jacqueline M. Pabis, Ph.D.
Pediatric Behavioral Health Provider
Norton Children's Hospital

Chad E. Smith, M.D.
Knee/Shoulder Orthopedic Surgeon
Orthopedic Sports Medicine Physician
Norton Orthopedic Institute

Teresa Smith, P.T. DPT, OCS, CSCS, WCS
Physical Therapist
Market Manager
KORT Sports Performance and Rehab

Joshua K. Wu, D.O.
Nonoperative Orthopedic Physician
Orthopedic Sports Medicine Physician
Norton Orthopedic Institute

Kaitlin M. Zagami, PA-C, M.S., NASM-PES, CES, CSNC, ACSM-EP, MCMSc.
Physician Assistant, Pediatric Sports Medicine
Norton Children's Orthopedics of Louisville
Affiliated with the UofL School of Medicine

Registration fees

Friday, March 20, 2026

In person

- General attendees: $100
- Residents, students, retirees: $40

Virtual

- General attendees: $50
- Residents, students, retirees: $25

Saturday, March 21, 2026

Lab option only

- General attendees: $50
- Residents, students, retirees: $30

To register:
Visit **NortonCME.com** and locate the activity by date, visit this **link** or scan the **QR code**.

Registration deadline
The deadline to register is Wednesday, March 18, 2026. Early registration is encouraged. Walk-in registration cannot be guaranteed, as this activity may be full and unable to accommodate you.

Special thanks to the planning committee

Kevin Brown, M.Ed., ATC (director, sports medicine, KORT Physical Therapy)

Karen Busse, M.S., CCMEC (director, Norton Healthcare Center for Continuing Medical Education)

Micaela Cornell, M.S. ATC, LAT (coordinator, sports medicine, Norton Healthcare)

Michael Fron, B.S. (manager, sports health, Norton Healthcare)

Tiff L. Haub, MSHA, ATC/L (director, sports health, Norton Healthcare)

Aaron Mangum, MAT, ATC, CSCS (coordinator, sports health, Norton Healthcare)

Mary Middleton, B.A., CCMEC (senior CME coordinator, Norton Healthcare Center for Continuing Medical Education)

Jeanne Morsman (business development manager, KORT Physical Therapy)

Course materials

Presentation slides and symposium information will be available at **NortonCME.com**. select the "Conference Details/Presentation" option and then this activity. Zoom participation links will not be posted to this website. They will be emailed to you after you register.

Course format

This symposium will be held in person on Millionaires Row at Churchill Downs, 700 Central Ave., Louisville, KY 40208, on Friday, March 20, and Norton Orthopedic & Hand Center, Norton Medical Plaza II – Brownsboro, Suite 120, 9880 Angies Way, Louisville, KY 40241, on Saturday, March 21. On Friday only, the live conference also will be livestreamed for off-site attendees. The livestreamed format will allow participants to submit questions for the presenters throughout the day. The functional labs on Saturday are available only in person.

Disclosure policy

Norton Healthcare adheres to the Kentucky Medical Association accreditation requirements, as well as the Standards for Integrity and Independence in accredited continuing education. During the planning process, all individuals in a position to control content (course directors, planners and presenters) must disclose all relevant financial relationships with ineligible companies and the nature of that relationship. This information is assessed by the Norton Healthcare Center for Continuing Medical Education to ensure mitigation of identified conflicts prior to the activity. Relationships with ineligible companies will be disclosed to activity participants.

Special needs

Norton Sports Health is committed to making this conference accessible to all individuals. If you have a disability, please provide a description of any auxiliary aids or services (identified in the Americans with Disabilities Act) needed at the time of registration. Most requests for aids or services can be obliged. For special requests, send an email to **CME@nortonhealthcare.org**.

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