

# SPORTS MEDICINE AND PERFORMANCE SYMPOSIUM

March 31, 2023 | The Monument | Alpine/Ponderosa Room | 8 a.m. - 5 p.m.

## SESSIONS SPORTS MEDICINE & PERFORMANCE

Time	Title/Presenters	Time	Title/Presenters
0745-0800	Registration	1210-1255	Air Powered Breathing for Performance - Session 2 Alex Viada MS, CSCS
0800-0840	Keynote Martin Christofferson: Performance Training and Sports Medicine influence during my Olympic Training Journey; USA Bobsled	1255-1340	The Psychology of Sport, Pain and Injury Eddie O'Connor, PhD
0840-0925	Biomechanics Matter Even When They Don't: Part 1 Erik Meira, PT, DPT	1340-1400	Break - 20 minutes
0925-0945	Break - 15 minutes	1400-1445	How to Build a Mentally Tough Athlete Eddie O'Connor, PhD
0945-1030	Biomechanics Matter Even When They Don't: Part 2 Erik Meira, PT, DPT	1445-1530	Better Sleep Hollan Harper, DO
1030-1115	Air Powered Breathing for Performance - Session 1 Alex Viada MS, CSCS	1530-1600	Case Study Review: Injury through Performance and Return to Play Ray Jensen, DO Joseph Humpherys, DO
1115-1210	Lunch - 40 minutes		

*These sessions qualify for CME, BOC and NSCA credits pending*

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**ORTHOPEDICS AND  
SPORTS MEDICINE**  
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## Topics

## Objectives

### Keynote

Martin Christofferson USA Bobsled:  
Performance Training and Sports Medicine  
influence during my Olympic Training  
Journey

1. Identify the role sports medicine and performance training have played at various stages of training.
2. Discuss the various training methods I've been exposed to during my bobsled career.

### Biomechanics Matter

#### Even When They Don't - Sessions 1 and 2

Erik Meira, PT, DPT

1. Provide a basic description of dynamical systems and how that applies to rehabilitation/performance.
2. Describe the role of the quadriceps in deceleration.
3. Explain impulse, peak, and rate as they relate to changing momentum.
4. Explore the interface of an athlete's physical capacities with their fear/anxiety/confidence.

### Air Powered Breathing for Performance – Sessions 1 and 2

Alex Viada, MS, CSCS, USAT, USAC, ACSM.

1. Describe the research findings of currently employed performance breathing techniques.
2. Describe the differences between nasal and oral breathing strategies.
3. Understand the clinical and statistical differences around performance breathing techniques.
4. Describe the ANS effects incurred with various breathing strategies.
5. Describe how to apply breathing technique strategies for desired outcomes.

### The Psychology of Sport, Pain and Injury

Eddie O'Connor, PhD

1. Identify the 7 types of pain athletes experience and be able to address each.
2. Identify your educational role on the 5 psychological stages of the return to sport model.
3. Identify people at risk of psychological distress and continued disability utilizing a brief screening tool.
4. Know how to refer people in need of psychological services and facilitate follow through for optimal outcome.

### How to Build a Mentally Tough Athlete

Eddie O'Connor, PhD

1. Learn to be able to teach athletes how to be better and more consistent than their opponents in remaining: determined, focused, confident and in control under pressure.

### Better Sleep

Hollan Harper, DO

1. Identify factors that impact sleep.
2. Understand how abnormal sleep affects your physiology.
3. Understand sleep screening tools.
4. Explore evidence-based strategies to optimize sleep.

### Case Study Review

Ray Jensen, DO  
Joseph Humpherys, DO

1. Review return to play progression examples with individual case studies.