



John Hancock  
the future is yours

# 4<sup>TH</sup> ANNUAL JOHN HANCOCK SPORTS & FITNESS EXPO

## SPORTS MEDICINE SYMPOSIUM

Hynes Convention Center, Boston, MA | Room #201  
Meet the Doctors! Booth # 1828

Presented by:

**boston.com**

In cooperation with:

Children's Hospital Boston,  
Division of Sports Medicine

Produced by:

**Conventures**

Booth # 2034

### SATURDAY, APRIL 16, 2011

FREE ADMISSION

10:00 am – 10:10 am	<i>Welcome</i>
Host:	<b>Lyle J. Micheli, M.D.</b> , Director, Division of Sports Medicine, Children's Hospital Boston
10:15 am – 11:00 am	Session I: <i>"The Young Runner"</i>
Presenter:	<b>Lyle J. Micheli, M.D.</b> , Director, Division of Sports Medicine, Children's Hospital Boston
11:15 am – 12:00 pm	Session II: <i>"Lower Extremity Stress Fractures in Runners"</i>
Presenter:	<b>Michael O'Brien, M.D.</b> , Division of Sports Medicine, Children's Hospital Boston
12:15 pm – 1:00 pm	Session III: <i>"Special Considerations Unique to the Female Runner"</i>
Presenter:	<b>Andrea Stracciolini, M.D.</b> , Division of Sports Medicine, Children's Hospital Boston
1:15 pm – 2:00 pm	Session IV: <i>"Run Smart: The Science Behind Training and Recovery"</i>
Presenter:	<b>Bridget Quinn, M.D.</b> , Division of Sports Medicine, Children's Hospital Boston
2:15 pm - 3:00 pm	Session V: <i>"The Basics of Barefoot Running"</i>
Presenter:	<b>Kristian Goulet, M.D.</b> , Division of Sports Medicine, Children's Hospital Boston
3:15 pm – 4:00 pm	Session VI: <i>"The Biomechanics of Running"</i>
Presenter:	<b>Thomas Vorderer, D.P.M.</b> , Division of Sports Medicine, Children's Hospital Boston
4:15 pm – 5:00 pm	Session VII: <i>"Therapeutic Exercises &amp; Stretches to Prevent Injury"</i>
Presenter:	<b>Carl Gustafson, PT, ATC</b> , Sports & Physical Therapy Associates, Inc.
5:15 pm – 6:00 pm	Session VIII: <i>"From Worrier to Warrior: Performance Under Pressure in the Marathon and in Everyday Life."</i>
Presenter:	<b>John M. Oleski, Ph.D.</b> , Performax, Wellesley, MA

### SUNDAY, APRIL 17, 2011

FREE ADMISSION

10:00 am – 10:10 am	<i>Welcome</i>
Host:	<b>Anne Marie Chicorelli, D.O.</b> , Division of Sports Medicine, Children's Hospital Boston
10:15 am – 11:00 am	Session I: <i>"Running Assessment"</i>
Presenter:	<b>Pierre d'Hemecourt, M.D.</b> , Division of Sports Medicine, Children's Hospital Boston
11:15 am – 12:00 pm	Session II: <i>"Barefoot Running, Is it for You?"</i>
Presenter:	<b>Warren Young, M.D.</b> , Division of Sports Medicine, Children's Hospital Boston
12:15 pm – 1:00 pm	Session III: <i>"Special Considerations Unique to the Female Runner"</i>
Presenter:	<b>Kate Ackerman, M.D.</b> , Division of Sports Medicine, Children's Hospital Boston
1:15 pm – 2:00 pm	Session IV: <i>"Knee Injuries in the Runner"</i>
Presenter:	<b>Bridget Quinn, M.D.</b> , Division of Sports Medicine, Children's Hospital Boston
2:15 pm - 3:00 pm	Session V: <i>"Performing Your Best at the Finish: Balancing Stress &amp; Recovery"</i>
Presenter:	<b>Sharon Chirban, Ph.D.</b> , Division of Sports Medicine, Children's Hospital Boston
3:15 pm – 4:00 pm	Session VI: <i>"Performance Nutrition: Nutrient Timing for Distance Runners"</i>
Presenter:	<b>Krista Austin, Ph.D., C.S.C.S.</b> , Performance & Nutrition
4:15 pm – 5:00 pm	Session VII: <i>"Pulmonary Problems in the Endurance Athlete"</i>
Presenter:	<b>Avi Grunin, M.D.</b> , Division of Sports Medicine, Children's Hospital Boston
5:15 pm – 6:00 pm	Session VIII: <i>"FOREVER FAST - USA Track &amp; Field Film - Positive Aging through Lifetime Competitive Fitness."</i>
Presenters:	<b>John Oleski, Ph.D.</b> , Performax, Wellesley, MA <b>George Araneo</b> , Life Skills Productions, Boston, MA

\* Schedule may be subject to change.

\*\*Capacity is limited and will be based on first come, first served basis so arrive early to guarantee a seat!