

**FREE
ADMISSION**



John Hancock
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3RD ANNUAL JOHN HANCOCK SPORTS & FITNESS EXPO

SPORTS MEDICINE SYMPOSIUM

Presented by:

Children's Hospital Boston, Division of Sports Medicine

Saturday, April 17th and Sunday, April 18th | 10:00 am - 6:00 pm
Hynes Convention Center, Boston, MA | Room #201

**Meet the
Doctors!**
Booth # 1828

Produced by:



SATURDAY, APRIL 17th

10:00 am – 10:10 am	<i>Welcome</i>	
Host:	Lyle J. Micheli, M.D., Director, Division of Sports Medicine, Children's Hospital Boston	
10:15 am – 11:00 am	Session I:	<i>"The Young Runner"</i>
Presenter:	Lyle J. Micheli, M.D., Director, Division of Sports Medicine, Children's Hospital Boston	
11:15 am – 12:00 pm	Session II:	<i>"When Are You Overtraining?"</i>
Presenter:	Michael O'Brien, M.D., Division of Sports Medicine, Children's Hospital Boston	
12:15 pm – 1:00 pm	Session III:	<i>"Special Considerations in the Female Athlete"</i>
Presenter:	Andrea Stracciolini, M.D., Division of Sports Medicine, Children's Hospital Boston	
1:15 pm – 2:00 pm	Session IV:	<i>"Commitment, Control, Challenge: The Hardy Marathoner"</i>
Presenter:	Sharon Chirban, Ph.D., Sports Psychologist, Division of Sports Medicine, Children's Hospital Boston	
2:15 pm - 3:00 pm	Session V:	<i>"The Biomechanics of Running"</i>
Presenter:	Thomas Vorderer, D.P.M., Division of Sports Medicine, Children's Hospital Boston	
3:15 pm – 4:00 pm	Session VI:	<i>"Therapeutic Exercises & Stretches to Prevent Marathon Injury"</i>
Presenter:	Carl Gustafson, PT, ATC, Sports & Physical Therapy Associates, Inc.	
4:15 pm – 5:00 pm	Session VII:	<i>"Chronic Injuries in Runners"</i>
Presenter:	Sarah Gibson, M.D., Division of Sports Medicine, Children's Hospital, Boston	
5:15 pm – 6:00 pm	Session VIII:	<i>"Ask The Experts: Panel Q&A"</i>
Presenters:	Lyle J. Micheli, M.D. Andrea Stracciolini, M.D. Thomas Vorderer, D.P.M. Sarah Gibson, M.D.	Michael O'Brien, M.D. Sharon Chirban, Ph.D. Carl Gustafson, PT, ATC

SUNDAY, APRIL 18th

10:00 am – 10:10 am	<i>Welcome</i>	
Host:	Elizabeth Beck, PA-C, Division of Sports Medicine, Children's Hospital, Boston	
10:15 am – 11:00 am	Session I:	<i>"Prehab – Rehabilitation & Physical Performance"</i>
Presenter:	Pierre A. d'Hemecourt, M.D., Division of Sports Medicine, Children's Hospital Boston, Associate Medical Director BAA Boston Marathon	
11:15 am – 12:00 pm	Session II:	<i>"Deep Venous Thromboses in Endurance Athletes"</i>
Presenter:	Peter Kriz, M.D., Division of Sports Medicine, Children's Hospital Boston	
12:15 pm – 1:00 pm	Session III:	<i>"Special Considerations in the Female Runner"</i>
Presenter:	Andrea Stracciolini, M.D., Division of Sports Medicine, Children's Hospital Boston	
1:15 pm – 2:00 pm	Session IV:	<i>"The Runner's Brain: 7 Mental Strategies for Running Boston"</i>
Presenter:	Jeff Brown, Psy.D., ABPP, Psychologist, Boston Marathon Medical Team McLean Hospital and Harvard Medical School	
2:15 pm - 3:00 pm	Session V:	<i>"The Biomechanics of Running Injures"</i>
Presenter:	Thanh Dinh, D.P.M., Division of Sports Medicine, Children's Hospital Boston, Podiatry, Beth Israel Deaconess Medical Center	
3:15 pm – 4:00 pm	Session VI:	<i>"Thermal Illnesses in Athletes"</i>
Presenter:	Jansen Tiongson, M.D., Division of Sports Medicine, Children's Hospital Boston	
4:15 pm – 5:00 pm	Session VII:	<i>"From Worrier to Warrior: Performance Under Pressure in the Marathon and in Everyday Life."</i>
Presenter:	John M. Oleski, Ph.D., Performax, Wellesley, MA	
5:15 pm – 6:00 pm	Session VIII:	<i>"Ask The Experts: Panel Q&A"</i>
Presenters:	Pierre A. d'Hemecourt, M.D. Andrea Stracciolini, M.D. Thanh Dinh, D.P.M. John M. Oleski, Ph.D.	Peter Kriz, M.D. Jeff Brown, Psy.D., ABPP Jansen Tiongson, M.D. Elizabeth Beck, PA-C

* Schedule may be subject to change.

**Capacity is limited to 100 and will be based on first come, first served basis so arrive early to guarantee a seat!