

# Health & Performance Meetings

## Program Agenda

### DAY 1: THURSDAY, MAY 15

MCCORMICK PLACE, ROOM W196 (LEVEL 1)

7:15 AM	Breakfast Available
8:00 AM	Welcome Remarks
8:05 AM	<p><b>Put Your Mask on First: Self-Care, Ethics, &amp; Well-being for Health and Performance Professionals</b>  <i>Justin Anderson, Ben Kenyon, Sam Tourek, Mandy Tyler</i>  —moderated by Dr. Kensa Gunter</p>
8:40 AM	<p><b>Why Isn't Your Player Recovering? Nutritional Considerations Related to Fatigue, Overtraining, &amp; Underperformance</b>  <i>Jennifer Sygo</i></p>
9:05 AM	<p><b>Exploring Patellar Tendinopathy &amp; Workload in Professional Basketball Players: A G League Pilot Study</b>  <i>Wiemi Douoguih, Scott Epsley, Bryan Heiderscheit, Pete Meisel, Jenny Strickler</i>  — moderated by Dan O'Brien</p>
9:45 AM	20-Minute Intermission
10:05 AM	<p><b>Health Through Movement: A Standardized Approach to Biomechanics Assessments Across the NBA</b>  <i>Keith D'Amelio, Barnett Frank, Matt Jordan, Greg Myer, Jess Zandler</i>  — moderated by Courtney Chaaban</p>
10:50 AM	<p><b>Plyometrics: Evidence-Based Progressions and Profiling</b>  <i>Mike Young</i></p>
11:15 AM	<p><b>Tools for Leveraging AI as a High-Performance Sports Practitioner</b>  <i>Sam Robertson</i></p>
11:40 AM	20-Minute Intermission
12:00 PM	<p><b>Approaches to Off-Season Strength and Conditioning in the Modern NBA Era</b>  <i>Bill Burgos, Juwan Howard, Jon Lee, Mike Young</i>  —moderated by Jesse Wright</p>
12:35 PM	<p><b>Team Decision Making Using Sport Technology</b>  <i>Joey Davey, Erik Phillips, Sam Robertson, Bobby Webster</i>  — moderated by Phil Anloague</p>
1:10 PM	Closing Remarks & Lunch Available

NBSCA Tradeshow, 1:30 PM - 4:30 PM



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**DAY 2: FRIDAY, MAY 16**

**MCCORMICK PLACE, ROOM W196 (LEVEL 1)**

*Blood Flow Restriction Therapies Workshop, 7:30 AM – 8:30 AM*

*NBATA Tradeshow, 9:00 AM – 12:00 PM*

12:00 PM	Lunch Available
1:00 PM	Welcome Remarks
1:05 PM	<p><b>Core Injuries in the NBA: Evolving Best Practices for Diagnosis, Treatment and Return to Play</b>  <i>L. Michael Brunt, Benton A. Emblom, Ashley Campbell, William C. Meyers</i>  — moderated by Fred Azar</p>
1:45 PM	<p><b>Who Wants to be Culturally Competent?—The Skillful Practice of Cultural Humility in Mental Health</b>  <i>Stephanie Pinder-Amaker</i></p>
2:10 PM	<p><b>Management Strategies for Soft Tissue Strains and Injuries in Professional Sports</b>  <i>Travis Maak, Christina Mack, Xavi Schelling, Andre Tucker, Tyler Williams</i>  — moderated by Asheesh Bedi</p>
2:50 PM	15-Minute Intermission
3:05 PM	<p><b>Venous Thromboembolism: Management Guidelines and Best Practices</b>  <i>Rachel Rosovsky</i></p>
3:30 PM	<p><b>Current Concepts in Blood Flow Restriction Therapy for Professional Athletes</b>  <i>Brittany Forbes, Jeremy Loenneke, Johnny Owens</i>  — moderated by Bill Moutzouros</p>
4:05 PM	Closing Remarks

