



Sports Medicine Symposium

February 21, 2026

9:30 a.m.–12:30 p.m.

Check in at 9:10 a.m.

First keynote speaker at 9:30 a.m.

Final keynote speaker at Noon

TBK Bank Sports Complex

4850 Competition Drive, Bettendorf, IA 52722



**Scan to learn more
and register.**

BREAKOUT SESSIONS

Choose from eight, 30 minute sessions

- RED-S (Relative Energy Deficiency in Sport) (FIRST KEYNOTE)
- Sports Psychology: Balancing the Game: Importance of Mental Wellness for Student-Athletes
- Golf Performance
- Essential Taping Techniques for Athletes
- The Pickleball Phenomenon: Exploring the health benefits and risks of the fastest growing sport in America!
- Sports Nutrition: Prescription to Practice
- Fleet Feet
- Get Your Arm and Body Game-Ready: What to Do Now, In-Season and After
- Powerlifting Essentials Powered by Level 2 Fitness
- Keeping Track of Kneecaps (FINAL KEYNOTE)

Sports Medicine Symposium

BREAKOUT SESSIONS

FIRST KEYNOTE SPEAKER

RED-S (Relative Energy Deficiency in Sport)

Kelly Krei, DO, CAQSM

RED-S is a common syndrome in sports and leads to declining athletic performance. RED-S not only affects athletic performance but also several other health systems. It is a result of energy imbalance when energy output is greater than energy input.

FINAL KEYNOTE SPEAKER

Keeping Track of Kneecaps

Atef Kotob, MD

Clinical implications of patellar dislocation and recurrent instability on athletes.

Sports Psychology: Balancing the Game: Importance of Mental Wellness for Student-Athletes

Madline Turner, LMHC

This breakout session explores the unique mental health challenges student-athletes of all ages face – from performance pressures, coping with injuries, and managing academics and sport. We will dive into practical coping skills, talk through how to create supportive environments for athletic success and personal well-being, and clarify how performance-focused sports psychology differs from mental health counseling for athletes in order to equip attendees to better support the whole individual.

Golf Performance

Carter Bernier, DPT, Level 1 TPI Certified

Shawna Elliot, PGA, Level 2 TPI Fitness

Led by Titleist Performance Institute-certified specialists and expert physical therapists from MercyOne Genesis, this session combines personalized rehabilitation and training strategies for golf performance. Designed for golfers of all skill levels, this is your chance to elevate your game using proven, science-backed techniques.

Essential Taping Techniques For Athletes

Zach Thompson, DPT, ATC; Katie Rheingans, ATC;

Luke Whitlock, MS, LAT, ATC

Learn how to perform essential taping techniques for wrist and ankle to help your athletes stay in the game.

The Pickleball Phenomenon: Exploring the health benefits and risks of the fastest growing sport in America!

Karthik Ganesh

This breakout session dives into how pickleball promotes physical and social wellness while addressing the unique risks new players face. We'll conclude with a hands-on demo where participants can pick up a paddle and try the game themselves.

Sports Nutrition: Prescription to Practice

Nick Trout, CPT, ASN

In my breakout session, I will focus on some nutrition details as a way to convey the message that consistency is key. We can have the greatest plan on paper for our specific sport and goals, but if we cannot consistently apply that plan, then it ultimately is not the best plan.

Fleet Feet

Fleet Feet will be on hand to discuss the latest in running and walking shoe technology, offering insights into finding the perfect pair for individual needs. Additionally, staff will be available to answer questions about various aspects of the sport, including training for races, optimizing running form and proper nutrition for runners.

Get Your Arm and Body Game-Ready: What to Do Now, In-Season and After

Karl Stratman, DPT

The season is right around the corner! This breakout session will show players what they should be doing today to get their arms and bodies ready for game action. We'll break down essential throwing mechanics, go over must-do exercises and conditioning routines, and discuss how arm care should evolve during the season and after it ends.

Powerlifting Essentials

Powered by Level 2 Fitness

Jackson Moats, CSCS

Join us for an immersive powerlifting seminar. Whether you're a beginner or seasoned competitor, you'll gain valuable insights and the tools to break through plateaus and lift with confidence. Get ready to learn, lift and level up!

