



## Friday, November 6

- 7:00–7:50 am**      **Breakfast Session**
- 7:50-8:00 am**      **Opening Ceremony**
- 8:00-9:00 am**      **CME Session 1 - Keynote Speaker: Cady Coleman**  
**Mental & Physical Lessons Learned from Long Endurance Space Flight**  
**Description:** Journey beyond Earth with former astronaut Cady Coleman as she shares unforgettable lessons in resilience, teamwork, and peak performance from life in space — and how they apply to leadership and medicine here at home.
- 9:00-10:00 am**      **CME Session 2 - Moreton Lecture**  
(Call for Nominations March 1-June 30th)
- 10:00-10:15 am**      **Break**
- 10:15-10:45 am**      **CME Session 3a - Stronger Together: The Multidisciplinary Model in Sports Medicine**  
John Elfar, MD  
**Description:** Discover why the strongest outcomes happen when experts work together. This session highlights the power of a collaborative, team-based approach to elevate sports medicine care.
- 10:45-11:30 am**      **CME Session 3b - From Injury to Innovation: The Science of Tissue Repair**  
John Elfar, MD  
**Description:** From innovation to implementation, explore how regenerative medicine is transforming recovery after injury and redefining what's possible in tissue repair.
- 11:30 am-12:00 pm**      **Lunch**
- 12:00-12:45 pm**      **CME Session 4a - Office-Based Ultrasound – In Diagnosis and Therapy/Guiding Treatment**  
John Fowler Jr., MD

**Description:** See how point-of-care ultrasound is revolutionizing real-time decision-making, bringing sharper diagnostics and targeted treatment.

**12:45-1:30 pm**

**CME Session 4b - From Image to Impact: Ultrasound-Guided Diagnosis and Therapy**

John Cianca, MD

**Description:** Move beyond the image and into action with practical techniques that enhance precision, improve outcomes, and elevate patient care.

**1:30-3:30 pm**

**CME Session 5 - From Head to Toe: A Joint-by-Joint Expert Panel**

- Shoulder Phillip Williams, MD
- Elbow Adil Ahmed, MD
- Wrist & Hand David Netscher, MD
- Discussion
- Knee Bruce Moseley, MD
- Foot & Ankle Bill Granberry, MD
- Back Nicholas Stetkevich, DO, MPH

**Description:** Shoulder to spine, wrist to ankle — leading experts break down today's most pressing musculoskeletal challenges in this fast-paced, practical panel packed with clinical pearls.

**3:30-3:45 pm**

**Break**

**3:45-4:30 pm**

**CME Session 6 - Going for Gold: Safely Returning Older Adults to Mobility and Fitness**

James Wagner, OTD

**Description:** Help your aging patients thrive. Learn smart, evidence-based strategies to safely restore mobility, build strength, and support lifelong activity.

**6:00-9:00 pm**

**Members Reception at Daikin Park**

**5:30 pm:** 1st bus leaves for Daikin Park

**6:15 pm:** 2nd bus leaves for Daikin Park

**8:00 pm:** 1st bus departs Daikin Park

**Description:** Join us for an unforgettable Members Reception at Daikin Park, home of the Houston Astros, to connect, celebrate, and enjoy an evening in true championship style.

## Saturday, November 7

7:00-7:50 am	<b>Breakfast</b>
8:00-9:00 am	<b>CME Session 7 - Keynote Speaker: Joseph Maroon, MD 50 Years of Caring for Elite Athletes</b> <b>Description:</b> Join a legendary sports medicine physician for a remarkable look back at five decades of caring for elite athletes — and the lessons that continue to shape the field today.
9:00-10:00 am	<b>CME Session 8 - Abstract Session</b> (Top 16 Presenters) from SMA's Virtual Abstract Competition <b>Description:</b> Be among the first to hear standout research selected from SMA's Virtual Abstract Competition — showcasing fresh ideas and rising voices in medicine.
10:00-10:15 am	<b>Break</b>
10:15-11:15 am	<b>CME Session 8 - Abstract Session</b> (Top 16 Presenters) from SMA's Virtual Abstract Competition <b>Description:</b> Be among the first to hear standout research selected from SMA's Virtual Abstract Competition — showcasing fresh ideas and rising voices in medicine.
11:15 am-12:00 pm	<b>CME Session 9 -Helping Athletes Navigate Musculoskeletal Disorders</b> David Ring, MD, PhD <b>Description:</b> Navigate the complexities of musculoskeletal disorders in athletes with expert insight into safe, patient-centered care, ethical considerations, and protecting athlete health-while also addressing the role of medications, including injectables, as part of a broader treatment approach.
12:00-1:00 pm	<b>Lunch</b>
1:00-1:45 pm	<b>CME Session 10 - Translating Sports Psychology to Mental Wellbeing of Exercise and Making a Successful Practice</b> Lennie Waite, PhD <b>Description:</b> Unlock the mindset strategies used in sports to strengthen resilience, enhance performance, and build a more successful, sustainable medical career.
1:45-3:15 pm	<b>CME Session 11 - Prescribing Movement: The Science Behind Exercise Therapy: A Panel Discussion</b> <ul style="list-style-type: none"><li>● An Effective Weight Loss Program: Cody Moore, MD</li><li>● Benefits of Exercise on Diabetes Management, Calcium Metabolism, and Bone Health: Ruchi Gaba, MD</li><li>● Sports and Nutritional Supplements: Roberta Anding, MS, RD</li></ul>

- The Benefits of Exercise on Cardiovascular Health: Scott Sherron, MD

**Description:** Get the data behind the movement. This engaging panel dives into the science of exercise therapy, from weight loss and diabetes to bone and heart health.

**3:15-3:30**

**Break**

**3:50-5:30 pm**

**CME Session 13 - Charting Your Course: Career Development for IMGs and U.S. Physicians: A Panel Discussion**

- Academic Practice: David Netscher, MD
- Private Practice: Azita Madjidi, MD
- Multispecialty/Nontraditional Path: Anand Mohan, MD, MBA
- Rural Health: Philip Hartman, MD
- Practice in the Public Sector: Omar Atassi, MD

**Description:** This dynamic panel serves as both a guide for IMGs and a guide for all. Explore various career pathways and discover why building a meaningful career in medicine truly takes a team.

**7:00-10:00 pm**

**SMA Annual Dinner & Member Recognition at the Blossom Hotel  
"Houston Nights: Celebrating Our Members, Our Mission, Our Momentum"**

**Description:** Join colleagues for an unforgettable evening. Set against the spirit of Houston, this special night honors our members, recognizes excellence, and reflects on the shared mission and momentum moving us forward together.