

Dear All,

The first annual STMS/AMTA joint conference at the USTA National Training Campus in Lake Nona/Orlando Florida was an exciting event! We began the conference with inspirational talks regarding Strengthening and Conditioning by the impressive Brent Salazar. Brent showed us great warm up exercises and encouraged us to strive to be great in all areas; patient care, parenting, relationships and physical strength. Tara Gidus Collingwood taught us how to eat like athletes and encouraged us to avoid fad diets because athletes need some carbohydrates and salts. Our Friday evening plans included heavy appetizers under a setting sun at Chroma.

Saturday was filled with engaging and scintillating lectures. We received an exciting update on concussions by Dr. Sarah Gibson, a thoughtful discussion about when is surgery the right decision by Dr Zachary Stinson and an ever more relevant talk regarding the facts on how to increase the athletic years by Dr Karl "Bert" Fields.

We learned about stroke mechanics and overuse injuries in athletes, tennis players specifically from Dr. Neeru Jayanthi. Dr. Alec Stall discusses common back injuries in athletes and recommended treatment strategies regarding surgical and nonsurgical techniques. Dr Erin Boyton debunked the myth of tennis elbow and described different types of elbow pathology. Robyn LeBeau gave an engaging talk on effective therapeutic techniques to strengthen athletes core, glutes, hips and improve proprioception.

Sunday we received an in-depth look into the National Campus and it's medical responsibilities from the acclaimed Athletic Trainer Ed Ryan. Dr. Ron Woods also provided a look into the athletes mind. We discussed the mental strategies involved in recovering from injury.

There was great turnout despite the fatigue from heavy tennis playing during the days and interactive discussion following every lecture.

Sincere thanks for allowing me to participate in this project and excitement for the possibilities to come.

Sincerely,
Cassidy Foley Davelaar D.O., C.A.Q.S.M., F.A.A.P.