



19th Annual Razorback Sports Medicine Symposium

Theme: An Interprofessional Approach to Sport-Related Hip Injury Management & Rehabilitation
Saturday, February 8, 2025 (7 BOC and AR APTA CEs Available)

Time	Topic
7:15-8:00	Onsite Registration
8:00-8:10	Conference Welcome and Introduction (Upper Auditorium)
8:10-8:55 (45 min)	Differential Diagnosis of the Hip in Athletes and the Physically Active (Upper Auditorium) Paul Inclan, MD UAMS Health Sports Medicine Orthopaedic Surgeon Assistant Professor, UAMS Department of Orthopaedic Surgery
9:00-9:55 (55 min)	How Load Management Can Help with Recovery and Injury Prevention (Upper Auditorium) Alan Russell, MS, LAT, ATC, PES, CES Education Coordinator, Public Safety Athletic Trainers' Society; Sports Medicine Consultant, Dallas Mavericks; Adjunct Associate Professor at the University of Texas at Arlington
9:55-10:10 (15 min)	Break
10:10-10:55 (45 min)	Surgical versus Non-Surgical Approaches for the Athlete with Complex Hip Pain: What Does the Evidence Support? (Upper Auditorium) Paul Inclan, MD UAMS Health Sports Medicine Orthopaedic Surgeon, Assistant Professor, UAMS Department of Orthopaedic Surgery, Head Team Physician - UA - Little Rock
11:00-12:00 (60 min)	Rehabilitation Strategies for the Complex Hip Problems in Athletes (Upper Auditorium) Keelan Enseki, ATC, PT, OCS, SCS University of Pittsburgh Medical Center Centers for Rehabilitation Services Director, Clinical Practice Innovation & PT Residencies
12:00-12:50	Lunch in Lobby <i>Research Poster Presentations in lobby</i>
12:50-1:40 (50 min)	Global Perspectives: Maximizing Movement to Prevent Lumbopelvic Hip Pain in Athletes (Upper Auditorium) Aleena Kanner, ATC, PRT Owner of Aleena Kanner Therapy, Postural Restoration Trained Specialist
1:45-2:30 (45 min)	Bridging the Gap between Rehabilitation and Sport Performance Panel Discussion (Upper Auditorium) <ul style="list-style-type: none"> • Alan Russell, MS, LAT, ATC, PES, CES • Rush Hemphill PT, DPT, CSCS A Yumang Rehab Service Fayetteville Clinic Manager • Jacob Davies PT, DPT, OCS, Rise Physical Therapy Clinic Director • Kyle Winiger PT, DPT, SCS, ATC Senior Assistant Athletic Trainer with UArk FB • Meaghan Dayton, PT, DPT, OCS, CSCS Physical Therapist with UAMS Health TRM

2:30-2:40 (10 min)	Break
2:45-4:45 (2 hours)	Breakout Sessions: demonstration sessions switch after 55 minutes and are repeated twice <ol style="list-style-type: none"> 1. Breakout A with Keelan Enseki in Upper Auditorium 2. Breakout B with Aleena Kanner in Lower Auditorium

Symposium Goals

1. Define the differential diagnosis for the young athlete complaining of hip and groin pain
2. Identify the rationale for the diagnostic work-up of undifferentiated hip pain
3. Describe typical pain patterns associated with various etiologies of hip pain
4. Define key concepts related to training load monitoring, including internal and external loads, acute:chronic workload ratio (ACWR), monotony, and strain, and explain their relevance in rehabilitation, performance enhancement, and injury prevention.
5. Apply practical strategies for measuring and monitoring training load using tools such as sRPE, NASA-TLX, and wearable technology in clinical rehabilitation and performance settings.
6. Evaluate rehabilitation and training programs based on load data and adjust patient-specific protocols to enhance performance and prevent injury.
7. Identify timing considerations of hip arthroscopy in the in-season athlete.
8. Describe conservative options for hip pain for in-season athletes.
9. Discuss ramifications of delaying hip arthroscopy across multiple seasons in the young athlete.
10. Describe common pathological disorders affecting the hip region in athletes
11. Apply treatment techniques based on classification of patients with hip region pain
12. Discuss sport-specific considerations for athletes with hip injuries
13. Identify and analyze pelvic asymmetry as a primary factor in lumbopelvic hip pain in athletes, utilizing Postural Restoration techniques to assess structural imbalances.
14. Evaluate the role of the visual, dental, and sensory systems in contributing to pelvic and postural imbalances, and how these systems affect athletic movement and performance.
15. Implement corrective strategies based on Postural Restoration principles to address asymmetry and optimize movement patterns, preventing lumbopelvic hip pain in athletes.

Speakers Bios

[Keelan Enseki](#), ATC, PT, OCS, SCS, University of Pittsburgh Medical Center Centers for Rehabilitation Services Director, Clinical Practice Innovation & PT Residencies

Keelan completed his Bachelor of Science degree in Biobehavioral Health with a minor in Neuroscience at the Pennsylvania State University. He attended the University of Pittsburgh completing a Master of Physical Therapy and a Master of Science Degree in Health and Rehabilitation Science. He completed the Sports Physical Therapy Residency Program through the UPMC-CRS Center for Sports Medicine. He is currently serving as the Director of Clinical Practice Innovation, Administrative Director of Physical Therapy Residency Programs, and Orthopaedic Physical Therapy Residency Program Director at the UPMC-CRS Center for Sports Medicine Clinic. He also serves as an adjunct professor at the University of Pittsburgh School of Health and Rehabilitation Sciences.

Keelan's primary clinical interest involves rehabilitation of active individuals with pathological conditions of the hip region. He regularly publishes and presents nationally and internationally on this topic. Keelan serves as chairperson and author contributor to the ICF-linked clinical practice guidelines of the hip, and director of the Annual Orthopaedic Academy meeting (AOM) for the Academy of Orthopaedic Physical Therapy. He serves as the vice chair for the American Academy of Sports Physical Therapy Hip Special Interest Group and is part of the Physiotherapy Committee for the International Society for Hip Arthroscopy (ISHA).



[Paul Inclan, MD](#), UAMS Health Sports Medicine Orthopaedic Surgeon, Assistant Professor, UAMS Department of Orthopaedic Surgery, Head Team Physician - UA - Little Rock

Dr. Paul Inclan is an assistant professor and orthopaedic sports medicine surgeon at the University of Arkansas for Medical Sciences (UAMS). He specializes in complex knee surgery, ACL reconstruction, and hip preservation. He currently serves as head team physician for the University of Arkansas at Little Rock Trojans. Dr. Inclan completed his Sports Medicine Fellowship at the renowned Hospital for Special Surgery (HSS), recognized as the top hospital for orthopaedic surgery in the United States. During his training, he served as an Assistant Team Physician for the New York Giants Football Team under Head Team Physician Dr. Scott Rodeo and Hall of Fame athletic trainer Ronnie Barnes. Dr. Inclan joined UAMS directly following his fellowship.

[Aleena Kanner, ATC, PRT](#), Owner of Aleena Kanner Therapy, Postural Restoration Trained Specialist

Aleena Kanner is a Certified Athletic Trainer and Postural Restoration Specialist with a passion for uncovering the root causes of chronic pain and body dysfunction. She holds a Bachelor's degree in Kinesiology from SUNY Cortland and a Master's in Athletic Training from the University of Arkansas. Aleena works closely with individuals facing chronic pain and autoimmune conditions, as well as athletes seeking to optimize their performance. Through unique collaborations with optometrists and dentists, she uncovers the hidden triggers of pain by addressing the body's natural asymmetries. Specializing in Postural Restoration®, Aleena focuses on the interconnectedness of the respiratory system, dental occlusion, and visual system to restore balance and health. Whether guiding someone through complex chronic issues or enhancing athletic potential, Aleena's holistic approach is rooted in finding the true source of symptoms for lasting relief and optimal performance.

[Alan Russell, MS, LAT, ATC, PES, CES](#), Education Coordinator, Public Safety Athletic Trainers' Society; Sports Medicine Consultant, Dallas Mavericks; Adjunct Associate Professor at the University of Texas at Arlington

Alan Russell, MS, LAT, ATC, PES, CES, is a highly respected sports medicine clinician, certified athletic trainer, and educator with over 30 years of experience working with elite, collegiate, youth, recreational, and tactical athletes. As a clinical consultant to the Dallas Mavericks for 10 seasons, Alan has been instrumental in optimizing the health and performance of professional athletes.

Alan also serves as the education coordinator for the Public Safety Athletic Trainers' Society, where he is a key leader in advancing health and wellness programs for public safety personnel. A sought-after international speaker, educator, and published author, he brings a wealth of knowledge to his teaching roles, having held multiple adjunct faculty appointments at both the undergraduate and graduate levels. Additionally, he was one of the principal authors and editors of the National Academy of Sports Medicine's Performance Enhancement Specialist and Corrective Exercise Specialist certificate programs.

Driven by a personal commitment to supporting first responders—fueled by his experience as the spouse of a firefighter—Alan is passionate about providing them with the same high level of care afforded to elite athletes, knowing that their vital work demands constant readiness without the luxury of an off-season. Based in Little Elm, TX, Alan's dedication to improving health, fitness, and performance outcomes continues to influence both the athletic and tactical communities worldwide.

[Jacob Davies PT, DPT, OCS](#), Rise Physical Therapy Clinic Director

Dr. Jacob Davies is a physical therapist and clinic director at Rise Physical Therapy. He earned his Doctor of Physical Therapy from Southwest Baptist University and holds a Bachelor of Science in Kinesiology from the University of Arkansas in Fayetteville. He is passionate about working with athletes of all ages, ACL injury prevention, post-operative recovery, and global health outreach initiatives. He is a trained Emergency Medical Responder and is certified in Blood Flow Restriction, Dry Needling, and Vestibular Rehabilitation and Concussion through the American Institute of Balance. Additionally, he is a board-certified clinical specialist in Orthopaedic



Physical Therapy. Dr. Davies is also an active member of the American Physical Therapy Association, including its sections on Orthopaedics, Sports, and Research.

Meaghan Dayton, PT, DPT, OCS, CSCS Physical Therapist with UAMS Health TRM

Meaghan is a Physical Therapist at Train Recover Move, a Certified Strength and Conditioning Specialist, and a Razorback Alumni. In her time in the clinic, she sees a wide range of high school athletes, weekend warriors, Razorback Athletes, and Professional Athletes. She has implemented a movement screen designed to improve performance in the weight room with Arkansas Razorback teams including men's and women's Track and Field, men's and women's Basketball, and women's Golf. She spends time with each of those teams' Strength & Conditioning coaches to help implement corrective exercises and facilitate smooth transitions between rehabilitation and performance. She recognizes the immense value in combining Strength & Conditioning and rehabilitation principles and uses both daily in the clinic and in the weight room.

Rush Hemphill PT, DPT, CSCS A Yumang Rehab Service Fayetteville Clinic Manager

Rush graduated from the University of Arkansas for Medical Sciences in 2022 and achieved a perfect score on the National Physical Therapy Exam. He has his Bachelor of Science in Kinesiology from Texas A&M University, and is a Certified Strength and Conditioning Specialist. Prior to physical therapy school, Rush was a strength coach and personal trainer, working with a variety of populations from baseball athletes to general population clients. Currently Rush enjoys treating orthopedic and sports injuries in outpatient physical therapy, as well as balance training and strengthening for older adults. This past year, Rush also published his book "The Essentials of Strength Training for Seniors: A Simple Guide to Increase Strength, Balance, and Mobility to Promote Longevity and Improve Independence." Outside of physical therapy, Rush enjoys running, strength training, and smoking barbeque. Rush lives in Fayetteville with his wife Emily, son Liam, and daughters Harper and Nora.

Kyle Winiger PT, DPT, SCS, ATC Senior Assistant Athletic Trainer with UArk FB

Kyle is the senior assistant athletic trainer and physical therapist for the University of Arkansas. He joined the staff working primarily with football prior to the 2022-2023 season. He is a board-certified sports physical therapist who is residency trained by Johns Hopkins Hospital. Prior to his arrival at the U of A, Kyle spent time at Johns Hopkins and IMG Academy. Throughout his residency and current position, he has implemented and developed a passion for sports science and utilizing objective measures throughout his rehab planning. Kyle received his Bachelor of Science in athletic training at the Ohio State University and his doctor of physical therapy at Rosalind Franklin University.