Sports Medicine Society Congress

2004
New direction in coaching and sports sciences at the USOC – Peter Davis, PhD
Survey of training habits, medical issues, injuries, and level of knowledge of training techniques in competitive synchronized skaters – Christine Lawless, MD
Synchronized skating Injury patterns and fitness assessments – Ellen Geminiani, MD
The effects of hand weights on figure skating jumps – Sarah Trager
Dietary intake if elite figure skaters – Satya Jonnalagedda, PhD
Hip flexor injuries in competitive figure skaters – Christina Oleson, MD
Neuromuscular causes of back and shoulder pain in competitive figure skaters – Stephen Goldman, DO
Determination of the sagittal plane axis for articulated figure skating boots – Dustin Bruening
Injuries in skating: special focus on overuse injuries and tendinopathy – Mark Hutchinson, MD

2003
Figure skating sports medicine: a systematic review – Christine Lawless, MD
Implementing a periodized mental skills training program: enhancing peak performance and preventing overtraining – Sharon Chirban
The “rotator cuff” of the lower extremity – Lisa Ralston-Mizer, PT
Hip flexor injuries in competitive figure skater – Christina Oleson, MD
A biomechanical approach to effective off-ice enhancement of the mid-back and upper extremity control in figure skating – Catherine Ondruszek
Experiences of a U.S. Figure Skating team physician – Jeff Gilles, MD
The effect of eating frequency on boy composition – Dan Benardot, PhD
The USA track and field elite athlete project – David Martin, PhD

2002
The relationship between core strength and function in elite figure skaters – Scott Nadler, DO; Leisure Yu, MD; Judy Holmes, PT; Kat Arbour, PT; Roger Kruse, MD; Mahlon Bradley, MD
Homeopathic medicine: therapeutic options for skaters – J Frye, DO
Incorporating massage therapy in off-ice training – J. Zimmerman, NCTMB
The effects of eating frequency on body composition and athletic performance – Dan Benardot, PhD, RD, LD
Avulsion injuries of the pelvis and hip in the young skater – Claire McCarthy, PT, MS
Mental health issues affecting the adolescent skater – Sara Sherer, PhD

2001
Improving lower extremity alignment for balance and power – Angela Smith, MD
An examination of lower limb power in a skating population – F. Gregg, ATC; D. Stankowski; D. Norris; B. Lowery
Biomechanics in the diagnosis and treatment of figure skating problems – T. Vorderer, DPM
Neurological and mechanical etiology of back pain in competitive figure skater – S.I. Goldman, DO; M. Moyer
Asymmetric habituation of the vestiobulo-ocular reflex in competitive figure skaters – J.J. Owens, MD; H.A. Jenkins, MD; J. Goldberg, PhD
Analysis to determine if common musculoskeletal, anatomic alignment and training risk factors might contribute to common orthopedic injuries; based on muscle imbalances and injuries typical to skaters – Lyle Micheli, MD; C. Gustafson, PT; C. Parsons, PT; J. Silkey CSCS; S. Waugh, PT, ATC; D. Zurskowski, PhD
Bone mineral density difference in the calcanei of figure skater – Leisure Yu, MD; R. Sohn; P. Williams, C. Libanati, MD
Performance nutrition in the skater – Pierre d’Hemecourt, MD
Thinness vs. leanness: Problems with the dieting paradigm – Dan Benardot, PhD
Imagery for peak performance of long programs – J.S. Ingalls, EdD
Preparticipation screening in synchronized skating – Jane Gruber, PT, MS
Sports massage for the competitive figure skater – John Zimmerman, LMT
2000
Mental Preparedness for optimal performances – Gayle Davis, PhD
A mental preparation for figure skaters – Jack Lesyk
The relationship between communication, trust, success, satisfaction, and longevity in ice dancing and pairs skating – Connie Wanlin
Bulls eye conditioning – Mark Noble
OSF off-ice conditioning, a two-year retrospective – Chrsitina Mueller
Bone density in competitive figure skaters – Christina Oleson
Treatment for malleolar bursitis – Lyle Michelli

1999
U.S. Figure Skating’s elite skater training camps demystifying drug testing – Roger Kruse, MD
Preventing figure skating injuries – Leisure Yu, MD
Preventing and treating boot-related injuries – Angela Smith, MD
Modified marshall testing for flexibility in figure skaters – Lyle Micheli, MD
Strength training for figure skaters – Mark Noble
Aerobic and anaerobic conditioning – Michelle Provost-Craig, PhD
Mental preparedness for optimal performance – Gayle Davis, PhD
Achieving energy balance for optimal performance and body competition – Dan Benardot
Creatine and other performance-enhancing nutrients – William Kraemer

1998
Nutritional inadequacy and implications for elite competitive skater – Paula Ziegler
Use of electromyogram – based biofeedback training to reduce shoulder girdle elevation during the skating of figures – Shearer and Mowchan
Off-ice strength training - Kat Arbour
Skater’s feet and othoses – Contompasis
Prevention’s and treatment of boot related injuries – Angela Smith, MD
Anterior cruate ligament injury in two international figure skaters – Leisure Yu, MD
The role of plantar flexion in backward drop landing – Walsky and Richards
Sports medicine outreach – Ellen Gemininai, MD