

Itinerary

7:00-8:00 am

Sign-in and complimentary
breakfast

8:00-8:55 am

Dr. Honkamp, Common
shoulder injuries in sports

9:00-9:55 am

Dr. Bremner, Knee injuries
in athletes

10:00-10:55 am

Dr. Bebensee, Concussions
and the Iowa student athlete law

11:00-11:30 am

Emily Day, PT, CSCS,
Dynamic flexibility in sports
training

11:35– 12:00 pm

Phil McCullough, PT, CSCS,
Breaking down sprinting technique

12:00pm

Conclusion and informal
Q&A with speakers.

Nicholas Honkamp, MD

Dr. Honkamp specializes in sports medicine, including shoulder and knee injuries. Dr. Honkamp also is skilled in total knee replacements. He graduated from the University of Iowa School of Medicine in 2001. He is a team physician for Urbandale High School athletics.

Barron Bremner, MD

Dr. Bremner's practice encompasses all areas of orthopedics. He has special interest in joint replacement, arthroscopic surgery, sports medicine and trauma. He has written numerous journal articles and made national presentations on hip and knee pathology and reconstruction. He is a team physician for Johnston High

Jeffrey Bebensee, MD

Dr. Bebensee has been practicing medicine for 18 years, with most of that time spent here in the Des Moines area. Dr. Bebensee practices family medicine at Merle Hay Family Medicine & Urgent Care. He graduated from the University of Iowa School of Medicine in 1989

Phil McCullough, PT, CSCS

Phil earned his Doctor of Physical Therapy degree from Des Moines University in 2010. He also earned his Bachelor of Arts degree in sport science from Loras College in 2007, where he participated in track and field for the Duhawks for four years. He now is currently a volunteer coach for Valley boys' track and field team.

Emily Day, PT, CSCS

Emily graduated from Des Moines University in 2002 with a Master of Science in Physical Therapy. Emily has exclusively practiced in out-patient orthopedics with an emphasis in sports rehabilitation and functional biomechanics. She has worked with semi-professional, collegiate, and elite high school athletes and teams in the Seattle, Washington area.

**Please RSVP by May 15th
to reserve your seat at this
amazing event!**

**RSVP by email before
May 15 to:
office@johnstonpt.com**

**Or fax pamphlet to:
[515-270-0160](tel:515-270-0160)**

*** If responding by email please
include name, phone number,
school affiliate and if you are an
NSCA member!**

General Information

LOCATION:
5627 NW 86th Street, #200
Johnston, IA 50131

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NSCA CEUs:



NSCA CEU Approved



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DES MOINES ORTHOPAEDIC SURGEONS, P.C.

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DMOS East

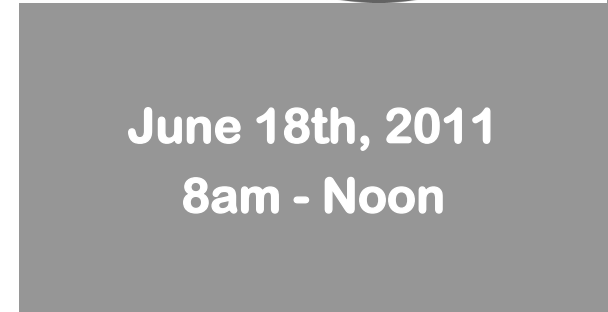
1301 Penn Ave., Suite 213
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Johnston Physical Therapy
& Sports Medicine

**5627 NW 86th Street, #200
Johnston, IA 50131**

Phone: 515-270-0303



Name _____

School _____

Address _____

Sport coaching _____

Phone Number _____

NSCA member? Yes No
If Yes, enter certification number _____

Are there any special accommodations you need for the event? _____