

# Put Some Ice on It: Treatment and Management of the Winter Athlete

Friday, December 5, 2025 | MacMillan Center, Minneapolis



## TARGET AUDIENCE

Physicians, physical therapists, certified athletic trainers, nurses, chiropractors, and other clinicians specializing in care of active patients.

## CONFERENCE OVERVIEW/PURPOSE

The Allina Health Orthopedics Sports Medicine Conference is intended to deliver high yield information pertaining to cutting edge sports medicine topics. This year's conference will give you the opportunity to hear from experts in the field as they share their expertise and learning in the care of winter athlete here in Minnesota. Your day will be filled with informative sessions and engaging discussions that cover a wide range of topics (subject to change), including:

- Planning for Cold Weather Events
- Relative Energy Deficiency in Sport
- Olympic Team Coverage Experience
- Hip/Knee/Shoulder Arthroplasty in Winter Athletes
- Hand and Wrist Injuries in Skiers
- Care and Rehabilitation of Figure Skaters
- Rehabilitation of the Hockey Athlete & Hockey Hip

## ACCREDITATION

Allina Health is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Allina Health Orthopedics is approved by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers

**Other credits that will be available:** Physical Therapy (MBPT), Nursing (MNBN)



**REGISTER NOW THROUGH DECEMBER 4, 2025**

**Space is limited**

<https://SportsMedDec2025.eventbrite.com>

**Allina Health**  
**ORTHOPEDICS**