

2025

ANNUAL

CHILDREN'S MERCY

KANSAS CITY

## **SPORTS MEDICINE CONFERENCE**

Friday, May 9, 2025

8 a.m. - 4 p.m.

Registration: 7:30 a.m.

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Children's Mercy Park

1 Sporting Way,

Kansas City, KS 66111



**Children's Mercy**

**KANSAS CITY**

**Sports Medicine Center**

**BEST**  
CHILDREN'S  
HOSPITALS

**USNews**

ORTHOPEDICS  
2024-2025

# COURSE DESCRIPTION

This one-day course is designed for ATs, nurses, physicians, PTs, PTAs, OTs, and other healthcare professionals who provide care to student athletes. Athletic Directors/Administrators, Coaches, and students are also welcome to attend.

Topics to be covered include Ehlers-Danlos Syndrome (EDS) and hypermobility, mental health of athletes with EDS, abuse & trauma in sports, cheerleading injuries, ergogenic aids, and the evaluation & management of athletes with heart disease. Additionally, adolescent hip disease and rehabilitation will be discussed. Our featured topic will cover strategic implementation of professional growth strategies and building teams who are collaborative, patient-centered, creative, resilient, and growth minded.

# COURSE OBJECTIVES

At the end of this conference the participant will be able to:

- Discuss adolescent hip osteotomies
- Explain evidence-based interventions in post-operative and non-operative hip protocols
- Discuss therapeutic interventions for athletes with hypermobility
- Identify psychiatric symptoms commonly associated with Ehlers-Danlos Syndrome
- Provide healthcare professionals with a novel framework to support self-awareness and the strategic implementation of progressive professional growth strategies
- Summarize the evaluation and management of the cardiac athlete
- Provide evidence-based guidelines for the use of ergogenic aids in sports
- Describe the different types of non-accidental violence perpetrated on athletes
- Examine the American Academy of Pediatrics "Safety in Cheerleading" policy

# CONTINUING EDUCATION

## **Athletic Trainers:**

Children's Mercy Kansas City (BOC AP# P8325) is approved by the Board of Certification, Inc. to provide continuing education for Athletic Trainers (ATs). This program is eligible for a maximum of 6.50 hours/Category A CEUs. ATs should claim only those hours spent in the educational program.

## **Occupational and Physical Therapists:**

This course meets the criteria for up to 6.50 physical and occupational therapy contact hours for submission to Missouri and Kansas for continuing education.

## **Physicians:**

Children's Mercy Hospital is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Children's Mercy Hospital designates this Live Activity for a maximum of *6.50 AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Successful completion of this CME activity, which includes participation in the evaluation component, enables the learner to earn credit toward the CME requirement of the American Board of Orthopedic Surgery's Maintenance of Certification program. It is the CME activity provider's responsibility to submit learner completion information to ACCME for the purpose of granting ABOS credit.

## **Social Workers:**

Children's Mercy Hospital's Department of Social Work has approved this program for 1.5 Contact Hours on behalf of the State of Kansas Behavioral Sciences Regulatory Board. Providership # 10-004.



# REGISTRATION AND PRICING

Please register online at [childrensmercy.org/EducationPrograms](https://childrensmercy.org/EducationPrograms). Registration and payment are due by **May 7, 2025**.

## The following may be helpful during the registration process online:

- Read through all the information, and when ready, click 'Register'
- Click 'Login or Create a New Account'
- When the grey box appears, click on the right button titled 'Sign in With Your Email and Password'
- If you have a CloudCME account, please log in. If you do not have an account, click 'Create New Account'.
- Complete all required fields and click 'Create Account.'

Cancellation fee – Registration fee less \$15 service charge is refundable if cancellation is received **before April 28, 2025**.

**Healthcare Professionals: \$125**

**Athletic Administrators, Coaches & Students: \$50**

**Children's Mercy Kansas City Employees: \$0**

In-person fees include additional continuing education units, conference materials and all meals. Breakfast, snacks and lunch will be provided. Tuition must be paid by credit card online or personal check. **If paying by check**, please send to:

Children's Mercy Village West  
**ATTN:** Kayla Greiner  
1801 N. 98th St.  
Kansas City, KS 66111

## CONTACTS

**Nicole Fillingame, MS, LAT, ATC, CES, PES**

Sports Medicine Outreach & Athletic Training Manager

Sports Medicine Center at Children's Mercy Kansas City

E-mail: [nbfillingame@cmh.edu](mailto:nbfillingame@cmh.edu)



**Children's Mercy**  
KANSAS CITY

Sports Medicine Center

# PROGRAM AGENDA

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- 7:30 a.m.** Registration
- 7:50 a.m.** Opening Remarks
- 8:00 a.m.** Hip Osteotomies - Caleb Grote, MD, PhD
- 8:30 a.m.** Rehab Principles for Hip Injuries in Athletes – David Smith, PT, DPT and Todd Unmack, PT, DPT
- 9:00 a.m.** Speaker Panel - Dr. Grote, Dr. Smith & Dr. Unmack
- 9:15 a.m.** Break
- 9:30 a.m.** Hypermobility Spectrum Disorders in Athletes – Mark Fisher, MD, FAAPMRA
- 10:00 a.m.** Psychiatrist’s Approach to Addressing Mental Health Aspects of Ehlers-Danlos Syndrome – Ram Chettiar, DO, DFAACAP, FAPA
- 10:30 a.m.** Speaker Panel – Dr. Fisher & Dr. Chettiar
- 10:45 a.m.** Break
- 11:00 a.m.** The Four P’s of Professional Positioning – Trevor Bates, DHSc, AT, ATC
- 11:45 a.m.** Speaker Panel – Dr. Bates
- 12:00 p.m.** Lunch
- 12:45 p.m.** Comprehensive Care of the Cardiac Athlete – Laura Martis, MSN, RN, CPNP-AC, Jami Gross-Tolson, PhD, Lindsey Malloy Walton, DO, MPH, FAAP and David White, PhD, ACSM-CEP, FACSM
- 1:45 p.m.** Speaker Panel – Ms. Martis, Dr. Gross-Tolson, Dr. Walton, & Dr. White
- 2:00 p.m.** Ergogenic Aids – Melanie Kennedy, MD
- 2:30 p.m.** Break
- 2:45 p.m.** Non-accidental Violence in Sport – Jay Roberson, MD
- 3:15 p.m.** We Got Spirit, Yes We Do! Safety in Cheerleading – Greg Canty, MD
- 3:45 p.m.** Speaker Panel – Dr. Kennedy, Dr. Roberson, & Dr. Canty
- 4:00 p.m.** Conclusion & Closing Remarks

# ABOUT THE INSTRUCTORS

## Keynote Speaker: Trevor Bates, DHSc, AT, ATC

Dr. Trevor M. Bates is a nationally Board-Certified (ATC®) and Ohio-Licensed Athletic Trainer (AT) with a distinguished career in clinical practice, education, and senior administration in healthcare and higher education. Dr. Bates' professional education includes a Bachelor of Science in Athletic Training and Exercise Science from Millikin University, Master of Science in Kinesiology and Sports Medicine from the University of Illinois at Urbana Champaign (UIUC), Doctor of Health Sciences with an emphasis in Leadership and Organizational Behavior concentration from AT Still University of Health Sciences, and a Certificate in College/University Presidential Leadership from Harvard University.

Dr. Bates has held progressively demanding professional roles including AT Clinician, Professor of Health Sciences, Coordinator of Clinical Education, Program Director, Department Chair, Dean, Vice President of Academic Affairs, Executive Vice President of Strategy and Innovation, President, and Executive Coach.



From humble career beginnings growing up in Chicago, IL and Kansas City, KS, he is now serving in his second college presidency leading Mercy College of Ohio, a 106-year-old healthcare-focused institution in Toledo, Ohio dedicated to educating and inspiring students to lead and to serve in the global healthcare community. At Mercy College, he leads a talented executive team focused on transforming healthcare education to help address the healthcare workforce needs of its parent organization, Bon Secours Mercy Health (BSMH), and the broader healthcare industry.

Beyond healthcare and higher education, Dr. Bates serves as Executive Vice President of Strategy and Innovation at True Empowering LLC, where he develops strategies for enhancing organizational culture, employee engagement, and retention. His expertise spans leadership development, emotional intelligence, talent acquisition/assessment, and career coaching/advancement strategies.

Dr. Bates serves as Chair of the Ohio Occupational Therapy, Physical Therapy, and Athletic Trainers License Board and supports the work of the National Athletic Trainers' Association Board of Directors as an at-large non-voting participant. He has received numerous honors, including the 2024 Outstanding Educator Award from the Great Lakes Athletic Trainers' Association and Distinguished Alumni Awards from the University of Illinois at Urbana-Champaign (2022) and Millikin University.

A lifelong Midwesterner, Dr. Bates has deep roots in Illinois, Kansas, and has spent the past 19 years working and living in Ohio with his family.

## Greg Canty, MD

Dr. Canty is the Medical Director for the Sports Medicine Center and Fellowship Director of Pediatric Sports Medicine at Children's Mercy Hospital Kansas City. He is board certified in both sports medicine and pediatrics along with having completed fellowship training in sports medicine and pediatric emergency medicine.

## **Ram Chettiar, DO**

Dr. Chettiar is a Child and Adolescent Psychiatrist at Children's Mercy Kansas City. He is also a Clinical Associate Professor in Pediatrics at the University of Missouri-Kansas City. He completed his residency in Psychiatry from the University of Missouri-Kansas City and fellowship in Child and Adolescent Psychiatry from the University of Kansas Medical Center. He is a distinguished fellow of the American Academy of Child and Adolescent Psychiatry (DFAACAP) and fellow of the American Psychiatric Association (FAPA). He treats a variety of psychiatric conditions with interests in bullying, the impacts of technology on mental health, and sports psychiatry. Dr. Chettiar works in the outpatient psychiatry setting and is active in educating medical students, residents, and fellows. He is the medical advisor for Red Card KC, a bullying awareness collaboration between Children's Mercy Kansas City and the major league soccer team, Sporting Kansas City. He is also the medical director for the Depression and Anxiety in Youth (DAY) Clinic, a multidisciplinary specialty clinic for adolescents with depression and anxiety.

## **Mark Fisher, MD, FAAPMR**

Dr. Fisher earned his medical degree from the University of Iowa, Carver College of Medicine in Iowa City, Iowa and completed his residency in Physical Medicine and Rehabilitation at the University of Pittsburgh Medical Center in Pittsburgh, Pennsylvania. Dr. Fisher then continued his education through fellowship training in Pediatric Rehabilitation Medicine at Children's Mercy Kansas City. His passion and focus are always on maximizing the function and independence of his patients and he believes supporting equitable access to recreation, physical activity, and sport is a powerful way to do this. To this end, he has developed and serves as the director of the Children's Mercy Adaptive Sports Medicine Program.

## **Jami Gross-Toalson, PhD**

Jami has focused her career primarily in the areas of organ failure/transplant and cardiology, and helping families maintain normalcy in the midst of health issues. Her professional interests include treatment adherence, health care transition, and family adjustment to illness. She focuses on wellbeing across the lifespan as well as across spectrums of care. At Children's Mercy, Dr. Gross-Toalson is the Director of the Thrive Program, an interdisciplinary program designed to optimize the wellbeing of heart center patients, families, and staff. She also serves as a faculty advisor for the Red Card Bullying Campaign. Dr. Gross-Toalson an Associate Professor in the School of Medicine at University of Missouri-Kansas City and adjunct faculty in the School of Nursing at University of Missouri-Kansas City.

## **Caleb Grote, MD, PhD**

Dr. Grote is a board-certified orthopedic surgeon. He completed medical school and an orthopedic surgery residency at the University of Kansas School of Medicine, and a pediatric orthopedic surgery fellowship at St. Louis Children's Hospital/Washington University. His area of interest and expertise lies in adolescent hip preservation and musculoskeletal research.

## **Melanie Kennedy, MD**

Dr. Kennedy completed her pediatric residency at Phoenix Children's Hospital and her sports medicine fellowship at Nationwide Children's Hospital. She worked for 4 years at Cincinnati Children's Hospital before coming to Children's Mercy Kansas City. She is also the team physician for Grain Valley High School.

### **Lindsey Malloy Walton, DO, MPH, FAAP**

Lindsey is a pediatric Electrophysiologist. She completed medical school at Kansas City University, pediatric residency at Children's Mercy Hospital in Kansas City, pediatric cardiology fellowship at the University of Iowa Hospital and Clinics, and pediatric electrophysiology fellowship at Lucille Packard Children's Hospital/Stanford University. She has been providing care for patients with dysrhythmias at Children's Mercy Kansas City since 2014. She currently serves as the Associate Division Director for the Heart Center, Medical Director for Inpatient Cardiology, Project ADAM KC, and Camp Systole.

### **Laura Martis, MSN, RN, CPNP-AC**

Laura is a pediatric electrophysiology nurse practitioner at Children's Mercy Kansas City with extensive experience in both inpatient and outpatient cardiac care. She specializes in the management of arrhythmia disorders with a special interest in cardiac conditions impacting athletic performance and safety in the young athlete. Laura manages children and adolescents with a variety of electrophysiologic disorders including sudden cardiac arrest survivors, structural heart defects, and arrhythmia disorders. In addition to her clinical role, she serves as a professor at the University of Missouri- Kansas City and helps to advance the education of future pediatric nurse practitioners. Outside of medicine, she holds a coaching position as well as competes in Olympic weightlifting and endurance sports, bringing a unique perspective to the intersection of competitive sports and cardiac care.

### **Jay Roberson, MD**

Dr. Roberson is a board-certified and fellowship-trained pediatric and sports medicine physician at the Sports Medicine Center at Children's Mercy Kansas City. He is also the team physician for Center High School.

### **David Smith, PT, DPT**

David is a board-certified physical therapist at Children's Mercy Adele Hall. He completed his Doctorate in Physical Therapy at Missouri State University and is certified in dry needling.

### **Todd Unmack, PT, DPT**

Todd is a board-certified physical therapist at Children's Mercy College Boulevard. He completed his Doctorate in Physical Therapy at the University of Kansas and is certified in dry needling.

### **David White, PhD, ACSM-CEP, FACSM**

Dr. White is an Exercise Physiologist and Researcher in the Ward Family Heart Center and Associate Professor in the University of Missouri-Kansas City School of Medicine. His research focuses on physical activity and exercise physiology in pediatrics, including exercise intervention and cardiac rehabilitation, remote delivery and monitoring of physical activity and exercise. He is the principal investigator of several ongoing research studies including an NIH funded clinical trial.