

2026 ANNUAL  
CHILDREN'S MERCY  
KANSAS CITY

# SPORTS MEDICINE CONFERENCE

Friday, April 24, 2026  
8:00 a.m. – 3:30 p.m.

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Children's Mercy  
Research Institute Auditorium  
2401 Gilham Road  
Kansas City, MO 64108



## **COURSE DESCRIPTION**

This one-day course is designed for athletic trainers, nurses, physicians, physical therapists, physical therapy assistants, occupational therapists, and other health care professionals who provide care to student athletes. Athletic directors, administrators, coaches and students are also welcome to attend.

This conference will provide evidence-based strategies to address the complex challenges of sports rehabilitation. Attendees will learn how to adapt treatment plans when setbacks occur during ACL rehabilitation and develop flexible approaches for managing athlete expectations.

Sessions will explore the role of neuroplasticity in optimizing long-term performance and reducing reinjury risk, as well as practical applications of neurocognitive principles across all phases of ACL recovery. Participants will gain insight into cognitive-motor training techniques that enhance attentional focus, decision-making and movement efficiency. In addition, the program will address shoulder health by identifying key adaptations in the glenohumeral joint resulting from repetitive overhead sports. The conference will also deepen clinicians' ability to recognize when to suspect thoracic outlet syndrome in athletes, strengthen confidence in determining appropriate next steps, and enhance understanding of its evidence-based evaluation and management. These topics are designed to equip clinicians with innovative tools to improve outcomes and elevate athlete care.

## **COURSE OBJECTIVES**

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

- Review the anatomy, assessment, and surgical treatment of shoulder instability in the young athletic population
- Apply evidence-based strategies to modify treatment plans when setbacks occur during ACL rehabilitation
- Develop adaptable treatment philosophies to manage athlete expectations through complex ACL rehabilitation scenarios
- Evaluate the role of neuroplasticity in optimizing long-term performance and reducing reinjury risk after ACL reconstruction
- Identify effective strategies to prevent and reset from overtraining
- Apply neurocognitive principles to exercise progressions across ACL rehabilitation phases
- Identify cognitive-motor training strategies that improve attentional focus, decision making and movement efficiency during ACL rehab

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## COURSE OBJECTIVES (CONT.)

- Identify at least three adaptations that occur in the glenohumeral joint as a result of repetitive overhead sports
- Improve understanding of when to suspect thoracic outlet syndrome in your athlete
- Increase confidence in understanding the next steps to take when suspecting thoracic outlet syndrome
- Enhance comprehension of the work up and management of thoracic outlet syndrome
- Recognize and understand the mental landscape of injuries and recovery
- Apply specific mindset-based techniques to “grow” through the recovery process instead of just “going” through the recovery process
- Develop a personalized mental and resilience recovery plan in order to come back both physically and mentally stronger

## 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 5.50 hours/Category A continuing education units (CEUs). ATs should claim only those hours spent in the educational program.



### **Nursing:**

Nurses who meet the requirements for successful completion will receive 5.5 nursing contact hours. Children’s Mercy Kansas City is approved as a provider of nursing continuing professional development by VTL Center for Professional Development, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.

### **Physical & Occupational Therapy:**

This course meets the criteria for up to 5.50 physical and occupational therapy contact hours for submission to Missouri and Kansas for continuing education.

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**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 5.50 *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 Work:**

Children's Mercy Hospital's Department of Social Work has approved this program for 2.25 contact hours on behalf of the State of Kansas Behavioral Sciences Regulatory Board. Providership # 10-004.

**Requirements for Successful Completion:**

- Mark attendance as directed.
- Participate in activities.
- Complete a post-program evaluation.

## REGISTRATION AND PRICING

Registration and payment are due by **April 22, 2026**. To register, scan the QR code or visit [childrensmercy.cloud-cme.com/SportsMed26](https://childrensmercy.cloud-cme.com/SportsMed26).



The following may be helpful during online registration:

1. Read through all the information and when ready, click **"Register"**
2. Click **"Login or Create a New Account"**
3. When the gray box appears, click on the right button titles, **"Sign in With Your Email and Password"**
4. If you have a CloudCME account, please log in. If you do not have an account, click **"Create New Account"**
5. Complete all required fields and click **"Create Account"**

Cancellation fee – registration fee less \$15 service charge is refundable if cancellation is received **before April 10, 2026**.

**In-person: \$125**

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

**Children's Mercy Hospital 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.

## 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)

# AGENDA

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- 7:30 a.m.** Registration
- 7:50 a.m.** Opening Remarks
- 8:00 a.m.** Shoulder Instability in Young Athletes – Ryan Koehler, MD
- 8:30 a.m.** Detours Ahead: Navigating Obstacles in ACL Rehabilitation – Allison Davis, PT, DPT & Jordan Jackson, PT, DPT, SCS
- 9:00 a.m.** Speaker Panel – Dr. Koehler, Dr. Davis, & Dr. Jackson
- 9:15 a.m.** Break
- 9:30 a.m.** Mental Health & Sleep – Casey Lawless, PhD
- 10:00 a.m.** Overtraining: Understanding the red flags and how it limits progress – Phil Baier, CSCS
- 10:30 a.m.** Speaker Panel – Dr. Lawless & Mr. Baier
- 10:45 a.m.** Break
- 11:00 a.m.** Burnout After Injury & Recognizing Mental Health Issues – Jack Sernett
- 11:45 p.m.** Unmasking Thoracic Outlet Syndrome in the Adolescent Athlete – Tommy Munro, MD
- 12:15 p.m.** Speaker Panel – Mr. Sernett & Dr. Munro
- 12:30 p.m.** Lunch
- 1:15 p.m.** Transition
- 1:20 p.m.** Breakout Session #1
- 1:50 p.m.** Transition
- 1:55 p.m.** Breakout Session #2
- 2:25 p.m.** Transition
- 2:30 p.m.** Breakout Session #3
- 3:00 p.m.** Transition to CMRI Auditorium
- 3:05 p.m.** Conclusion & Closing Remarks

# BREAKOUT SESSIONS

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Participants will choose three of the four breakout sessions to attend. Please note that the Strength & Conditioning breakout session will be an exercise demonstration.

- **Adequate Loading Principles – Phil Baier, CSCS**
- **Think Hard, Play Hard: Incorporating Neurocognitive Training Techniques into ACL Recovery – Jordan Jackson, PT, DPT, SCS**
- **Practical Applications of Mental Health Interventions – Jack Sernett**
- **My MRI Says What? How to Manage the Complex Sports Shoulder: A Physical Therapy Perspective – Jason Yoder, PT, DPT**

# ABOUT THE INSTRUCTORS

## KEYNOTE SPEAKERS



### **Phil Baier, CSCS**

Phil Baier serves as the director of Strength & Conditioning for men's basketball at Kansas State University. With more than 12 years of experience in collegiate strength and conditioning, he has held key roles at Arkansas State, North Texas, and Miami (Fla.) before joining K-State in April 2022. A former four-year letterman and All-Liberty League wide receiver at Springfield College, Baier earned his B.S. in Applied Exercise Sciences in 2013 and is currently pursuing an M.A.Ed. in Higher Education Administration at Southeast Missouri State. Since arriving at K-State, Baier has overseen the Wildcats' conditioning program, contributing to 61 wins over three seasons, including consecutive postseason appearances and a run to the 2023

Elite Eight. Recognized as one of college basketball's rising leaders, he was named to the prestigious ROOTS 66 list, an honor given to only three strength coaches nationwide. During his tenure, Baier has helped develop standout athletes such as All-Americans Markquis Nowell and Keyontae Johnson, along with four All-Big 12 honorees: Coleman Hawkins, Arthur Kaluma, David N'Guessan and Tylor Perry.



### **Jack Sernett**

Growing up in Kansas City, Jack's life seemed ideal with achievements in both academics and athletics as a straight-A student and a 1st Team All State athlete. However, beneath the surface, he struggled with mental health challenges from a young age, seeing a psychologist for the first time in second grade and continuing to fight those battles through high school. In college, Jack continued to excel academically and became a sponsored CrossFit athlete and competitive weightlifter, but everything changed when he faced serious health issues. Alone in the hospital, on death's doorstep, he decided: if these were his last hours, Jack would keep his mind where his feet are, enjoy every moment, and make the most of the situation, regardless

of his physical state. For the first time in his life, Jack experienced complete clarity—no stress, no fear—just pure freedom, as if he had nothing left to lose. Looking back, he realized much of his suffering could have been eased had he been vulnerable and asked for help. Jack missed out on so much because he didn't know how to make adversity work for him. Despite this, Jack persevered through every obstacle, choosing to overcome each day. Now, he wants to inspire and teach our youth to do the same.

### **Allison Davis, PT, DPT**

Allison Davis PT, DPT, is originally from Washington state. She received both her Bachelor of Science in Exercise Science and a doctorate in Physical Therapy from the University of Puget Sound. After graduating from physical therapy school in 2013, Allison moved to Kansas City to further her career in sports physical therapy. She spent 8 years working in various clinics that focused on helping athletes of all ages. During that time, Allison was able to hone her skills and learn what she was truly passionate about – treating ACL injuries in female athletes. In 2021, Allison was hired to be the team physical therapist for the Kansas City Current. She spent 3 seasons there working with other world class providers to support elite athletes as they tried to achieve maximum performance. Her role involved helping and supporting athletes through daily treatments as well as long-term injury recovery, including ACL injuries. In early 2024, Allison opened her own clinic, bringing the knowledge she gained during her time in professional sports to the community. Her goal now is to provide professional level care to athletes of all ages and abilities, with a particular focus on helping athletes who participate in pivoting sports recover from ACL injuries.

**Jordan Jackson, PT, DPT, SCS**

Jordan is a board-certified sports physical therapist currently serving as a physical therapist for the KC Current. In this role, she specializes in late-stage and on-field rehabilitation, guiding elite athletes through the final phases of return-to-sport preparation. Previously, Jordan practiced at Children's Mercy, where she treated a wide range of sport-related injuries and developed a particular specialization in ACL rehabilitation for adolescent and young athletes. She brings extensive experience from her work with professional, collegiate, and youth athletes, including providing coverage for the Houston Rodeo, Houston Ballet, and Rice University Athletics, as well as completing a sports residency at Houston Methodist. Her background also includes clinical roles with Houston Methodist Orthopedics & Sports, Houston Indoor Soccer, and an internship with the Houston Astros. A former professional soccer player in the NWSL with the Houston Dash, Jordan has a particular passion for treating soccer athletes, integrating her firsthand knowledge of the sport with evidence-based rehabilitation strategies. She remains actively engaged in clinical research in neuromuscular training and injury prevention and is committed to advancing sports medicine care for athletes navigating complex rehabilitation journeys.

**Ryan Koehler, MD**

Dr. Koehler is the division chief of the Sports Medicine Center at Children's Mercy Kansas City. He completed his orthopedic residency at Vanderbilt University Medical Center and fellowship in pediatric orthopedics at Children's Healthcare of Atlanta. He specializes in treating pediatric, adolescent and young adult patients with traumatic and sports-related injuries. His research interests include knee injuries, pediatric orthopedic trauma care, musculoskeletal infection and surgical skills education. He is currently a member of the Pediatric Orthopedic Society of North America (POSNA) and the American Academy of Orthopedic Surgeons (AAOS).

**Casey Lawless, PhD**

Dr. Lawless is a pediatric psychologist within the Division of Developmental and Behavioral Health at Children's Mercy and a clinical assistant professor of pediatrics at UMKC School of Medicine. Dr. Lawless obtained her doctorate in Clinical and Health Psychology with a focus on pediatrics from the University of Florida in 2018. She completed her internship at Children's Mercy in 2018 and postdoctoral fellowship at Children's National Hospital in 2020. Her clinical and research interests center on youth mental health screening and consultation, psychology program development, and youth adjustment to illness and injury. Dr. Lawless has also has an interest in provider mental health and wellbeing, especially in the context of the COVID-19 pandemic and current mental health crisis. She has been invited to speak about burnout and trauma-related challenges to a wide variety of healthcare professionals.

**Tommy Munro, MD, CAQ-SM**

Dr. Munro is a board-certified and fellowship-trained pediatric and sports medicine physician at Children's Mercy Kansas City. He earned his medical degree from Creighton University School of Medicine before completing both his pediatric residency as well as sports medicine fellowship at Children's Mercy Kansas City.

**Jason Yoder, PT, DPT**

Jason Yoder PT, DPT, is the operations manager at Children's Mercy Village West and maintains a clinical practice that focuses on baseball-related injuries. He specializes in operative and non-operative management of shoulder and elbow injuries from the MLB level through Little League. Jason is also adjunct faculty at St. Mary's University, where he teaches the sports medicine elective annually in the physical therapy curriculum.