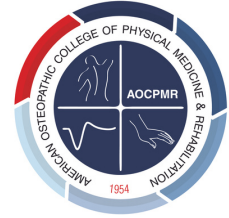


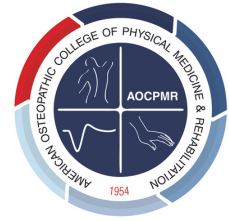
Program Book



Presented By



Welcome To #AOCPMR26



Welcome to the 2026 AOCPMR Conference here in Atlanta, Georgia. It's truly a privilege to have you here. We're grateful for every vendor, student, resident, attending, provider, and team member who took the time to be part of this conference and help bring it to life.

Atlanta is a city full of character—rich in history, shaped by a strong sense of community, and known for its incredible food, music, and culture. It's a place where tradition and progress meet, and I hope you get the chance to experience some of what makes it special while you're here (and maybe enjoy some good food along the way).

We'd especially love for you to join us Friday evening for our welcome event at the Georgia Aquarium in the Beluga Room. It's a unique setting, and a great opportunity to connect with colleagues—plus, it's not every day you get to network next to a beluga whale.

Most of all, I hope this weekend is meaningful for you—full of learning, connection, and conversations that remind us why we do this work. Thank you for being here and for the care you bring to your patients every day. Welcome to AOCPMR 2026. We're glad you're here.

CLAY GUYNN DO
#AOCPMR26 PLANNING CHAIR



Annual Meeting Planning Committees

AOCPMR26 Planning Committee

Clay Guynn, DO
Kristofer Feeko, DO

Student Planning Committee

Alec Bierbaum
Supriya Baskaran
Purvee Patel
Nicholas Elwert, DO, Student Liaison

Resident Planning Committee

Hannah Campbell, DO
Carli Williams, DO
Ronald Tolchin, DO, Resident Liaison

President's Message

AMIR MAHAJER, DO, FAOCPMR
AOCPMR PRESIDENT



Welcome to Atlanta – where the Physiatrist plays and learns.

This year's Annual Meeting represents everything our College stands for: world-class education, meaningful connection, and the relentless pursuit of excellence in Osteopathic Physical Medicine & Rehabilitation. Our planning committees have worked tirelessly to bring you a program that is clinically rich, practically relevant, and worth every mile traveled to get here.

Before the main event, we are making Hotlanta icy with our first NMSK Workshop – the Cryoneurolysis Pre-Course kicking things off on March 26th, bringing hands-on, cutting-edge neuromusculoskeletal education to the forefront of what we do. This is not a session to miss.

Take full advantage of everything this meeting has to offer. Attend the sessions. Get your hands on the workshops. Connect with colleagues you haven't seen in months or years and introduce yourself to the ones you haven't met yet. The relationships built in rooms like these are what carry our specialty – and our College – forward.

We are grateful for your dedication, your presence, and your continued commitment to AOCPMR. Now let's get to work.

Welcome to #AOCPMR26.



2025-2026 Executive Council

Executive Council

Amir Mahajer, DO; President

Joseph Brooks, DO; President-Elect

Nicholas Elwert, DO; Vice President

Brian S. Kahan, DO; Secretary/Treasurer

Jennifer Kendall, DO; Immediate Past President

Trustees

Paula Ackerman, DO

Michael Kasprzak, DO

Yein Lee, DO

Jeffry Pirofsky, DO

Thomas Riolo, DO

Justin Weppner, DO

Resident Council President

Alyssa Goldenhard, DO

Medical Student Council President

Akinchita Kumar

Wi-Fi Access

1. Connect to the wireless network: Events@Grand_Hyatt
2. Open your web browser and go to a public website
3. Your browser will redirect to the access page
4. Enter the following access code: aocpmr2026



Schedule

Friday Morning, March 27

Attending Track Grand Ballroom III	Resident Track Ivy Room
Student Track Grand Ballroom I	Exhibit Hall Grand Ballroom II

7:30 am	Coffee with Exhibitors
8 am	Morning Wellness: Wake Up and Align Danielle Topping Hampton PT, DPT
8:10 am	EMG Saves the Day Shawn Petersen DO
8:10 am	Adaptive Golf Ross Brakeville PT, DPT, STC
9 am	Performing Arts Medicine Yein Lee DO
9:10 am	Is it Real? Functional Neurologic Disorder Gilbert Siu DO, PhD
10 am	Break with Exhibitors
10:00 am	Next-Gen AI Brad Landry DO, Dorothy Cabantan DO, Daniel Hansen DO
10:30 am	Implementing Physiatry in a Neuromuscular Clinic Kris Feeko DO
11:00 am	Keynote Presentation: Spasticity Paul Winston MD
12:15 pm	Lunch Program <i>Lunch Buffet is in the Grand Ballroom Foyer Seating and program is in Grand Ballroom I</i> The Science Behind Proper Footwear, Jason Toney, Big Peach Running Co.; Laura Beth Meisenheimer PT, DPT, PT Solutions Kyle Keepers PT, DPT, OCS, PT Solutions Sponsors will each give a short presentation

Schedule

Friday Afternoon, March 27

Attending Track Grand Ballroom III	Resident Track Ivy Room
Student Track Grand Ballroom I	Exhibit Hall Grand Ballroom II

1:15 pm	Afternoon Wellness: Reboot & Re-Energize Danielle Topping Hampton PT, DPT
1:30 pm	Community Geriatric Resources Maureen Kelly
1:15 pm	Amyotrophic Lateral Sclerosis Kris Feeko, DO,
2:15 pm	Navigating Social Media as a Medical Professional Alyssa Cole Mixon DO
3:00 pm	Student Multimodal Workshop (ticketed event) Buckhead Ballroom
3:00 pm	Break with Exhibitors
3:30 pm	Pediatric Physiatry Amy Hiller DO
4:20 pm	Concussion in the NFL: Lessons in Management as a UNC Ronald Tolchin DO
5:15 pm	Evening Wellness: In-Person Mini Session in Wellness Room Danielle Topping Hampton PT, DPT
5:20 pm	Exhibitor's Reception Have a drink or two with our Sponsors and Exhibitors in Grand Ballroom II
7-11 pm	President's Reception/Student Mixer Georgia Aquarium 225 Baker St NW, Atlanta, GA 30313 Buses depart from the Lower Lobby Level Entrance starting at 6:15 pm

Schedule

Saturday Morning, March 28

Attending Track Grand Ballroom III	Resident Track Ivy Room
Student Track Grand Ballroom I	Exhibit Hall Grand Ballroom II

6:00 am	5K Fun Run (ticketed event) <i>Benefitting The Care Closet</i> - Grand Hyatt Lower Lobby Level Entrance
7:30 am	Coffee with Exhibitors
8:00 am	Morning Wellness: Build & Control Danielle Topping Hampton PT, DPT
8:10 am	RFA/Cryo vs Central/Pheripheral Nerve Stim Erik Shaw DO, and Clay Guynn DO
8:10 am	Preparing for Your PM&R Intern Year Nick Elwert DO
9 am	Grandma Ain't Got Bursitis: Modern Approach to Lateral Hip and Buttock Pain Amir Mahajer DO, FAOCPMR
9 am	Ctrl+Alt+Rehab: Rebooting Recovering in Modern Hospitals Kara Wright DO
9:00 am	Applying to PM&R Residencies Gilbert Siu DO
9:30 am	Updates in Pharmacological Pain Management Leonard Kamen DO
10 am	AOCPMR Annual Business Meeting
10 am	Break with Exhibitors Wellness Room Open for In-Person Mini Sessions
10 am	Program Director Panel
10:30 am	Orthobiologics Wesley Troyer DO
11 am	From Fundamentals to Innovation: Prosthetics and Orthotics in Georgia Today Jason Auyer CPO/L
11 am	Interventions for Discogenic Pain Brian Kahan DO

Schedule

Saturday Afternoon, March 28

Attending Track Grand Ballroom III	Resident Track Ivy Room
Student Track Grand Ballroom I	Exhibit Hall Grand Ballroom II

12 pm	Panel Discussion of Morning Speakers
12:30 pm	Lunch and Resident & Student Council Recognition Lunch Buffet is in the Grand Ballroom Foyer; Seating and program is in Grand Ballroom I Presentation on PRP, Gary Levensgood MD <i>Resident and Student Council leadership will be recognized.</i>
2 pm	Afternoon Wellness: Re-Energize & Refocus Peyton Chambliss PT, DPT
2:15 pm	Eccentrics with Tendon Pain and Dry Needling, BFR, and Shockwave Blake Hampton, DPT and Roland Webster, DPT
3 pm	Non-Operative Pain Management and Incorporating OMM Ronald Tolchin DO FAOCPRM
3:00 pm	Break with Exhibitors
3:30 pm	Residency Fair Azalea Room
3:30 pm	Management of Tendinopathy with Devices Chris Varacallo DO
4:15 pm	Management of Tendon-Based Pain from a Surgical Perspective Elan Golan MD
5 pm	Panel Discussion of Afternoon Speakers
5:20 pm	Evening Wellness: In-Person Mini Sessions in Wellness Room Peyton Chambliss PT, DPT
5:30 pm	Poster Session & Reception Grand Ballroom Foyer
7:15 pm	Murray Klein Dinner Buckhead Ballroom

Schedule

Sunday Morning, March 29

Attending Track
Grand Ballroom III

Resident Track
Ivy Room

Student Track
Grand Ballroom I

Exhibit Hall
Grand Ballroom II

7 am	Morning Wellness Pilates Mat Flow in the Zen Garden Danielle Topping Hampton PT, DPT
8:30 am	OMT Workshop: Techniques You Can Use on Every Patient Starting Monday Morning Michael Waters DO
12:15 pm	#AOCPMR26 Concludes

Meeting Rooms

Attendings Track: Grand Ballroom III, Lower Lobby Level

Resident Track: Ivy Room, Lobby Level

Student Track: Grand Ballroom I, Lower Lobby Level

CME Reporting

Report your CME on the final question of the [AOCPMR26 Evaluation](#).

AOCPMR Accreditation Statement

AOCPMR is accredited by the American Osteopathic Association to provide osteopathic continuing medical education for physicians.

AOCPMR26 Annual Meeting has been designated for a maximum of 20 AOA Category 1-A credits, plus a maximum of 5 AOA Category 1-A credits for the Pre-Course, by AOCPMR, who will report CME credits to the AOA commensurate with the extent of the physician's participation in this activity.



General Information

CME Schedule

Friday, March 27, 8 am - 5:45 pm

Saturday, March 28, 8 am - 5:45 pm

Sunday, March 29, 8 am - 12:15 pm

Registration Desk

The #AOCPMR26 Registration Desk will be open near the Lower Lobby Level entrance beginning Thursday, March 26, from 3-5 pm, Friday and Saturday from 7:30 am - 5:30 pm, and Sunday from 7:30 am until the programming concludes.

Poster Session

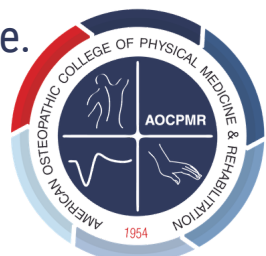
The Poster Session will take place during Saturday's reception from 5:30-7 pm in the Library and in the foyer outside the Library. Posters will be available for viewing as early as noon Saturday, and are also [available to view online](#).

Meeting Documents

Complete the [Speaker & Meeting Evaluation and CME Reporting Online Form here](#). Report your CME on the final question on this form

On-Demand Viewing

On-demand viewing of all #AOCPMR26 Annual Meeting presentations will be available approximately one week after the meeting concludes. The recorded programming will be available to view through the end of June.



General Information

Photography/Videography

A professional photography/videography crew may take photos and/or videos of event proceedings and participants at the meeting. AOCPMR has the rights and permission to record, photograph, and distribute these images/recordings for use in marketing materials, presentations, and course content reproduction.

Cellphones & Mobile Devices

Please be respectful of presenters and turn your devices to silent during education sessions.

Connect With Us on Social Media

AOCPMR encourages the use of social media to update followers on the latest news coming from the Annual Meeting. To engage on social media be sure to use the official meeting hashtag #AOCPMR26 in all of your posts.



@aocpmr



@american-osteopathic-college-
of-physical-medicine-&-rehabilitation



@aocpmr



@aocpmr.bsky.social



@aocpmr



Thank You To Our Sponsors

Visit Sponsors in Grand Ballroom II to explore what is new and upcoming in the medical field. Speak to each Sponsor, thank them for supporting the #AOCPMR26 Annual Meeting, and ask them to sign your Exhibit Hall card. Complete your card and be ***entered in a drawing to win prizes like a free registration to AOCPMR27 in Philadelphia!!***

Beverage service will be available in Grand Ballroom II all day.



Thank You To Our Exhibitors

Visit Exhibitors in Grand Ballroom II to explore what is new and upcoming in the medical field. Please speak to each Exhibitor and thank them for supporting the #AOCPMR26 Annual Meeting!

abbvie

AVANOS*



SIEMENS



On-Demand Wellness

Take A Break When You Need It

Conference days can be energizing—but also physically and mentally demanding. Participating in our planned wellness activities is a powerful way for physiatrists to care for themselves while connecting with colleagues.

Built into the meeting, these activities offer a chance to recharge, reduce stress, and model the same holistic approach to health that defines our specialty.

- **Wellness Breaks** beginning each half day in Grand Ballroom III
- **5K Fun Run** Saturday at 6 am
- **Pilates** in the Zen Garden Sunday at 7 am
- Stroll the pathways or just sit quietly in the **Japanese Zen Garden**
- **Wellness Room** open during programming
 - Make use of the **mats, blocks, weights, and OMT tables**
 - **Stretching, vibration therapy, trigger point dry needling**
 - Mini Sessions on **foot mechanics, breathing, and pilates**

Whether it's movement, mindfulness, or simply stepping away from packed sessions to reset, engaging in wellness programming can enhance focus, prevent burnout, and make the conference experience more meaningful and sustainable. Taking this time isn't a luxury—it's an investment in your longevity, effectiveness, and well-being as a physiatrist.

Pick up a copy of our Wellness Menu from the registration desk.



Grants & Scholarships

Congratulations to the residents and students who received a \$250 scholarship to attend AOCPMR26 based on their videos about their favorite PM&R specialty – [see their essays at aocpmr.org](https://aocpmr.org)!

Mahita Bandlamudi
Alexandria Barrera
Erica Camacho
Elizabeth Chan
Nora Curtin
Ashley Farokhrouz

Ustina Labeeb
Romeo Mays
Rebecca Riecki
Amin Shantanu
Maya Smigel

Rob Gotlin Community Leadership Grant

The Rob Gotlin Community Leadership Grant supports innovative projects that reduce physical or environmental barriers for individuals with disabilities. The 2026 recipients are Brooke Emery and Holly Williamson who submitted “Pathways to Play: Expanding Adaptive Sports Access for Uninsured Colorado Individuals.” Pathways to Play seeks to expand access to adaptive sports for uninsured individuals with catastrophic injuries.

Thank you to the 2025 Rob Gotlin Memorial Golf Outing put on by Dr. Gotlin’s family for contributing to AOCPMR’s Rob Gotlin Community Leadership Grant fund.

The [2026 Rob Gotlin Memorial Golf Outing](#) will be August 10, 2026 at Paramount Country Club.

[Donate to AOCPMR’s Rob Gotlin Community Leadership Grant fund](#)

5K Fun Run

Saturday 6 am

► Benefitting Burnette Elementary Care Closet

The Care Closet at Burnette Elementary provides students in need of school supplies. [Everyone can donate by clicking here!](#)

Click below to download a pdf of the route.

STRAVA

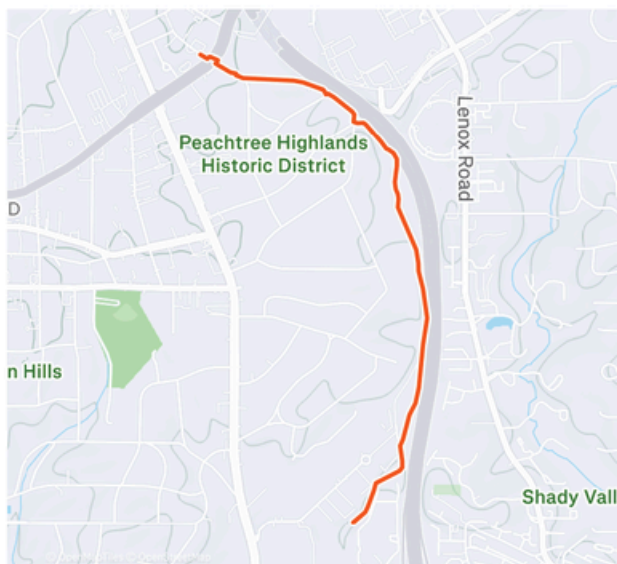
AOCPMR Route

<https://www.strava.com/routes/3463913155891316372>

3.1 mi
Distance

279 ft
Elevation Gain

32:28
Est. Moving Time



Route recommendations may be incomplete and/or inaccurate and may contain sections of private land and/or sections of terrain that could be challenging or hazardous. Always use your best judgement about the safety of road and trail conditions and follow traffic and property laws.

DIRECTION	DISTANCE
Proceed onto off-road waypoint. No data available	0.0 mi
Left onto Highland Drive Northeast	0.0 mi
Continue on PATH400	0.3 mi
Continue on Path400	0.4 mi
Continue on PATH 400 (Sidney Marcus to Miami Circle)	1.3 mi
Proceed onto PATH 400 (Sidney Marcus to Miami Circle)	1.5 mi
Continue on Path400	1.8 mi
Right onto PATH400	2.6 mi
Continue on Highland Drive Northeast	2.7 mi
Proceed onto off-road waypoint. No data available	3.0 mi
Right onto Highland Drive Northeast	3.1 mi
Arrive at Finish	3.1 mi

Save The Date
AOCPMR27
Annual Meeting



AOCPMR27 ANNUAL MEETING
PHILADELPHIA | APRIL 1-4

Westin Philadelphia

We look forward to seeing you in Philadelphia!