

***Dr. Holmes has given the following lectures or case presentations at the local, regional or national level:***

Practical Advice Regarding Concussions

Nutrition and Hydration in Athletes

Compressive Neuropathies

Tendonitis and Bursitis in Runners

Stress Fractures, Shin Splints and Compartment Syndrome

The Evaluation and Management of Athletic Stress Fractures

Groin Pain in Athletes

Primary and Secondary Prevention of Steroid and Supplement Abuse in College Athletes: A Team Physician's Perspective

Sudden Cardiac Death in Athletes

Exercise-Induced Medical Syndromes

The Musculoskeletal Examination of the Knee, Shoulder, Ankle and Lumbar Spine

ACL Injuries, Graft Selection and Arthrofibrosis

Low Back Pain in Athletes

Advances in the Recognition and Management of Concussions

Joint Injections

Leg Pain in Runners

Asthma in Athletes- Are You Prepared?

The Differential Diagnosis of Groin Pain

Heel and Posterior Ankle Pain in Athletes

Responsibilities of a Team Physician

Physical Exam Pearls for the Physical Therapist

Oral Corticosteroids for Musculoskeletal Pain

What is a Sports Medicine Physician?

Posterior Thigh Pain in a Professional Baseball Player

Elbow Injuries in Athletes

Mental Status Change in a Football Player

Selected Foot and Ankle Problems in Athletes

How Do Throwing Biomechanics Relate to Shoulder and Elbow Injuries?

When Does Pain Warrant a Workup for Stress Fracture?

Initial Shoulder Dislocation: Conservative Versus Surgical Management

Common Fractures Encountered in the Primary Care Setting

Biomechanics and Injury Mechanisms of the Baseball Pitch

Abdominal Injuries in Athletes

Sudden Death in Athletes

The Orthopedic and Comprehensive Physical Exam

The Management of Common Musculoskeletal Injuries

Exercise-Induced Asthma

Prolotherapy: What Is It and When to Use It

The Truths and Myths of Athletic Supplementation

Lower Extremity Nodule in a Triathlete

Fever, Sore Throat and Fatigue in a College Football Player

A Systematic Approach to Common Infections in Athletes