

Agenda for the PHCS Annual Workshop, Bloomington July 25th & 26th, 2026

Version 3.0 updated 06-17-2026

*Check for the most current update at

<https://prohockeychiro.com/2026-upcoming-event/agenda>

Friday evening July 24th – Private Meet-and-greet reserved only for Team D.C.s, speakers and sponsors

We will be in the Cedar meeting room from 6:30-8:30. Hors d'oeuvres & cocktails will be served.

Saturday July 25th - *Team DCs - Wear your PHCS polo shirts

- **Team DCs and speakers only**- Breakfast is in the Cedar meeting room at 6:30. **Sponsored by Fortune Wealth.** For all other attendees staying at the hotel, the breakfast buffet and build your own omelet is included with your hotel room. It opens at 7:30, so get your food right at 7:30 and head directly to the lecture room to eat your breakfast during 1st session. We weren't able to get them to open early.
- **Check in starts at 7:00 am** – Please leave plenty of time for check in and registration before the 1st session.
 - **D.C.s** - Obtain your event badge and sign in for the Saturday morning session. DCs wanting CE credits will need to fill out their CE information form.
 - **Students** - Sign in, get your event badge and pick up your T-shirt, compliments of the PHCS.
- 7:25-7:40 - **Visit with the vendors, all attendees**
- 7:40 - **Welcome and introductions**
- 7:45-8:50 - **Scott Livingston - Building and Reconditioning a Robust Spine for Hockey**
- 8:50 - 9:20...Break to **visit with the vendors**
- 9:20 – 11:00 **Scott Livingston (Con't)**
- 11:00 – 11:25 - **Visit with the vendors**
- 11:25 – 12:00 - **Expert panel** - Ask the questions you've always wanted to ask of the hockey professionals and industry insiders that have worked with these incredible athletes for many years.
- 12:00 – 1:00 - **Lunch** – Team DCs will have lunch in the **Cedar Meeting Room, sponsored by Fortress Wealth.** All other attendees are on their own for lunch.
- 1:00 – 1:50 - **David Hamlar MD- Hockey Craniofacial Injuries**
- *Please remain seated for the next session... 1:50 – 2:50 - **Craig Couillard DC - Sports Hernia and the Hockey Player: A Multifaceted Conservative Approach to Correction of Pelvic Imbalances**
- 2:50 – 3:15 - **Visit with the vendors**

- 3:15 – 5:00 - **Steve Capobianco DC - Neurosensory and Mechanical Applications of Kinesiology Tape: From Cortical Mapping to Strain-Resistant Technology**
- 5:00 - **PHCS Team DCs group photos-** We will take these immediately after the end of Dr. Capobianco’s presentation. Wear your PHCS Team DC Polos! Sponsors and college groups that want photos with the team docs, come and join in!
- 5:30 - **Leave for “TRIA Rink”, the Minnesota Wild & Frost Training facility for the tour and 8th hour (50 minutes) of C.E. class for the day. D.C.s wanting all 12 hours will need to sign in there at the class.**
 - Each person will have to find their own transportation.
 - **Arrive there in time for the start of the tour at 6:10.** It is a 20-minute ride from the hotel, plus parking time, so please leave early. **The main parking ramp is located at 428 Wabasha Street North, St. Paul, MN 55102 (entrance C), with an entrance on 21 East 6th Street (entrance B).**
 - Vehicles exceeding 6’3” can use nearby surface lots or the Cedar Street parking garage.
 - Once in the ramp, I would recommend **parking as close to LEVEL 3 as possible.**
 - **PLEASE FOLLOW the signs for building access**, this will bring you to a small skyway to the building. If you take the elevators in the ramp, those will only bring you to another level within the ramp and **provides no access to the building.**
 - Once inside the main building, follow the corridor to the left about 100 feet or so and you will see the large **Frost** logo on the windows and doors on the left-hand side.
- 6:10 - **Meet for start of the tour of the Minnesota Frost training facility at TRIA (3rd floor)**
- 6:30 – 7:20 – **Christina Neville ATC – Beyond the Boards: From Injury Trends to Emergency Care – A Look into Professional Women’s Hockey**
- 7:20 – 8:00 – **Tour the Minnesota Wild training facility -** See the locker room, training room, strength & conditioning room and entire practice facility.

Sunday July 26th – *Team DCs – Wear your official team merch (and if you have rings, wear them too 😊)

- ***Same breakfast instructions as on Saturday (please review above).**
- 7:15 – 7:30 - **Sign in for C.E.s**
- 7:30 - 7:45 - **Visit with the vendors.**
- 7:45 - 9:40 - **Craig Couillard DC -. Sports Hernia and the Hockey Player: A Multifaceted Conservative Approach to Correction of Pelvic Imbalances (Con’t from Saturday)**
- 9:40 – 10:20 - **Visit with the vendors**
- 10:20 – 12:00 - **Sean Skahan M.Ed., CSCS - Strength and Conditioning for Hockey- Always Sprung the Spine.**