



St. Elizabeth
HEALTHCARE

NINTH ANNUAL

2025



**SPORTS
MEDICINE
UPDATE**



*KY PT CEU's
are pending.



AGENDA

8:30 - 9 a.m. **Registration and light breakfast**

9 - 9:05 a.m. **Opening remarks**

Dr. Adam Metzler OrthoCincy Orthopaedics & Sports Medicine

9:05 - 9:50 a.m. **Maintaining Muscle as an Aging Athlete: Nutrition and Training**

Dr. Aloiya Kremer St. Elizabeth Physicians

9:50 - 10:35 a.m. **Shoulder Pain & Recreation Sports: Getting Back to Activity**

Dr. Brandon Kohrs OrthoCincy Orthopaedics & Sports Medicine

BREAK 10:35 - 10:45 a.m.

10:45 - 11:30 a.m. **Getting Back in the Game after a Cardiac Issue**

Dr. Travis R. Huffman St. Elizabeth Physicians

11:30 a.m. - 12:15 p.m. **Return to Play Post Total Hip/Total Knee Replacement**

Dr. Jeff Chapek OrthoCincy Orthopaedics & Sports Medicine

12:15 - 12:45 p.m. **Pickleball, Golf, Hiking, etc. Common Injury Trends Q&A**

All presenters

12:45 - 1 p.m. **Closing Remarks/Adjournment**



PRESENTERS



Dr. Brandon Kohrs **OrthoCincy Orthopaedics & Sports Medicine**

A native of Northern Kentucky, Dr. Kohrs grew up in Bellevue, attended Newport Central Catholic High School, and went to Thomas More College where he played football and was a team captain. He then went to Ohio University for medical school and completed his residency training in Orthopedic Surgery within the Kettering Health Network in Dayton, OH. Dr. Kohrs then returned to the Greater Cincinnati area to complete a fellowship in shoulder and elbow surgery at the Cincinnati Shoulder and Elbow Fellowship. He has written a book chapter on indications for reverse shoulder arthroplasty as well as conducting research on shoulder and elbow replacements and fractures of the upper extremity. He has a special interest in rotator cuff injuries, labral and instability injuries, and shoulder replacements. Dr. Kohrs currently lives in Northern Kentucky with his wife Laura and their four children. He enjoys spending time with his family and has a personal interest in sports, weight lifting, and nutrition. Dr. Kohrs is a team physician for Newport Central Catholic High School. He sees patients at the Edgewood and Florence offices.



Dr. Jeff Chapek **OrthoCincy Orthopaedics & Sports Medicine**

Dr. Chapek received his medical degree from Ohio University College of Osteopathic Medicine. He completed Residency at the University of Pennsylvania Medical Center and completed a Fellowship in Adult Reconstruction at the University of Kentucky. He is a member of the American Osteopathic Association, the American Osteopathic Academy of Orthopedics, the American Academy of Orthopedic Surgery and the American Academy of Hip & Knee Surgeons. Dr. Chapek specializes in minimally invasive anterior total hip replacement surgery, complex revision hip & knee replacement surgery, and fracture care. Dr. Chapek enjoys spending his free time indoor cycling, fishing, boating, and listening to music. He sees patients at the Edgewood, Florence & Highland Heights (NKU) locations.



Dr. Aloiya Kremer **St. Elizabeth Physicians**

Dr. Aloiya Kremer is a sports medicine physician and the Medical Director for Sports Medicine at St. Elizabeth Physicians. She treats musculoskeletal conditions and concussions. She completed her residency training at Ohio State University and her fellowship training in Sports Medicine at the University of Alabama. She is Board Certified in family medicine with a Certificate of Added Qualification in sports medicine. She practiced in Dayton, OH with an orthopedic group for 4 years prior to joining St. Elizabeth last May. She serves as the team physician for Ryle High School. She has previously served as a team physician for several high schools in Ohio and Alabama, the University of Alabama, and the University of Dayton.

PRESENTERS



Dr. Travis R. Huffman St. Elizabeth Physicians

Dr. Huffman is an invasive cardiologist at the Florence Wormald Heart & Vascular Institute at St. Elizabeth. His interests include coronary artery disease, structural heart disease, as well sports and exercise cardiology. Dr. Huffman is a native to Northern Kentucky, having grown up in Hebron, KY, and was drawn back to the area for the opportunity to serve the community/region that has always been so supportive of him. He strives to treat patients with a personalized approach that harmonizes evidence based medical interventions with each patient's unique goals and preferences. When not caring for patients, he enjoys spending time with his family, hunting/fishing, boating, and golfing.



Dr. Adam Metzler OrthoCincy Orthopaedics & Sports Medicine

A native of Fairfield, Ohio, Dr. Metzler received his MD from the University of Cincinnati College of Medicine where he was Valedictorian of his medical school class. He subsequently completed his residency in Orthopaedic Surgery at UC where he earned the Peter J. Stern, MD Chief Resident Leadership Award, the Chief Resident of the Year Peer Award and the Pediatric Orthopaedic Surgery Chief Resident of the Year. Dr. Metzler completed a sports medicine fellowship and was team physician for the University of Kentucky and UK athletics. Since completing his fellowship, Dr. Metzler is continuing his support of local athletes by serving as the team physician for Holy Cross High School, St. Henry High School and Simon Kenton High School. He is board certified by the American Board of Orthopaedic Surgery. Dr. Metzler is able to stay current with the latest Sports Medicine and Orthopaedic Surgery techniques through his continued shoulder and knee research. He serves as associate faculty at the University of Cincinnati Department of Orthopaedic Surgery, where he helps teach fourth year residents about sports medicine surgery. He is a clinical instructor in Orthopaedic Surgery for the St. Elizabeth Family Practice Residency Program and helps educate many of the physicians in our community. He helped author an iBook for other physicians, "Anatomic ACL Reconstruction," an interactive technique guide reviewing the latest innovations in anatomic ACL reconstruction.

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