



8th Annual Sports Medicine Topics for the Pediatric & Adolescent Athlete: Patellar & Glenohumeral Instability

Friday, October 17, 2025

Children's Hospital of Philadelphia HUB for Clinical Collaboration

Course Overview

Participation in sports, from youth leagues to college athletics, has resulted in increased injury rates for the pediatric and adolescent population. This course will outline the use of evidence-based decision-making for physical therapists as well as the medical management of pediatric and adolescent sports injuries in the developing athlete. This single-day event will focus on medical management, assessment and rehabilitation of patella and shoulder instability.

General Information

The conference will be held in the HUB at Children's Hospital of Philadelphia, 3500 Civic Center Blvd., Philadelphia, PA 19104. The course registration fee is \$150 and includes continental breakfast, breaks, lunch, parking and syllabus material

Register at chop.cloud-cme.com.

Course Objectives

Upon completion of this course, participants should be able to:

- Understand the epidemiology, pathophysiology and medical management behind patella and glenohumeral instability in pediatric and adolescent athletes
- Understand unique biomechanical characteristics in rehabilitation of patella and glenohumeral instability in pediatric and adolescent athletes.
- Understand the impact of patella and glenohumeral instability in sports participation and the treatment of pediatric and adolescent sports injuries
- Review objective criteria for return to sports following injuries associated with patella and glenohumeral instability
- Review and assess trends in research following patellar instability injuries in the pediatric and adolescent athlete
- Assess impact of patient-reported outcomes in relation to function for injuries related to patella instability
- Understand the psychological impact of instability injuries in the pediatric and adolescent athlete

Physical Therapy Accreditation



The Children's Hospital of Philadelphia has submitted for approval of 6 hours of continuing education credits through the state physical therapy boards of Pennsylvania, New Jersey, Delaware, and the National Athletic Trainer's Association. The Children's Hospital of Philadelphia is approved by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers.

Cancellation and Refund Policy

Children's Hospital of Philadelphia reserves the right to cancel or postpone any course due to any unforeseen circumstances. In the event of cancellation or postponement, Children's Hospital of Philadelphia will refund any registration fees, less \$25 service charge. We are not responsible for any related costs, charges or expenses to participants, including cancellation charges assessed by airlines/travel agencies. In order to process refunds for course withdrawals, cancellation must be received in writing by October 3, 2025. No refunds will be issued thereafter.

Services for People With Disabilities

If special arrangements are required for an individual with a disability to attend this meeting, please contact the Department of Continuing Medical Education Department at 215-590-5263.



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Children's Hospital of Philadelphia HUB Clinical Collaboration Building

PROGRAM

Friday, October 17, 2025

7:30 a.m. Registration & Continental Breakfast

8:00 a.m. Welcome & Opening Remarks

Management of Patellar Instability in the Youth Athlete

8:05 a.m. Impact of Hypermobility on Sports Participation
Jackie Kaplan, PT, DPT, PCS

8:30 a.m. Spectrum of Instability and Operative Management of Patellar Instability
Brendan Williams, MD

9:15 a.m. Conservative Management of Patellar Instability via Rehabilitation
James Alfano, PT, DPT, PCS

9:45 a.m. Rehabilitation, Potential Challenges & Return to Sport Progression Following MPFL Reconstruction
Dan Pinto, PT, DPT, OCS

10:30 a.m. Break

10:45 a.m. Emerging Research for Management of Patella Instability
Elliot Greenberg, PT, DPT, PhD, OCS

11:15 a.m. Patient-Reported Outcome Measures in Relation to Function
Mathew Senese, PT, DPT, OCS

11:45 a.m. Expert Panel – Q & A

Noon Lunch

Management of Shoulder Instability in the Youth Athlete

1:00 p.m. Psychological Impact of Instability
Casey Huse, PT, DPT, MEd, ATC, OCS

1:30 p.m. On-Field Management and Conservative Treatment of First-Time Dislocations
Justin Cobb, MS, LAT, ATC

2:00 p.m. Surgical Update and Approach for Shoulder Instability
Theodore Ganley, MD

2:45 p.m. Post-Surgical Rehabilitation, Potential Challenges & Return to Sport Progression in the Throwing Athlete
Ian Leahy, PT, DPT, OCS, SCS

3:30 p.m. Expert Panel – Q & A

3:45 p.m. Wrap-Up / Adjourn

Unless otherwise noted, faculty is from the Children's Hospital of Philadelphia and/or the Perelman School of Medicine at the University of Pennsylvania.

Course Directors

Jeff Albaugh, PT, MS, ATC

Physical Therapy Supervisor

Sports Medicine & Performance Center

Ken Knecht, PT, MS, SCS

Education & Development Coordinator

Sports Medicine & Performance Center

Course Faculty

James Alfano, PT, DPT, PCS

Physical Therapist

Sports Medicine & Performance Center

Justin Cobb, MS, LAT, ATC

Athletic Trainer

Division of Orthopedics, Sports Medicine & Performance Center

Theodore Ganley, MD

Director of Sports Medicine

Orthopedic Surgeon

Division of Orthopedics, Sports Medicine & Performance Center

Elliot Greenberg, PT, DPT, PhD, OCS

Physical Therapist

Sports Medicine & Performance Center

Casey Huse, PT, DPT, MEd, ATC, OCS

Physical Therapist

Sports Medicine & Performance Center

Jackie Kaplan, PT, DPT, PCS

Physical Therapist

Center of Rehabilitation

Ian Leahy, PT, DPT, OCS, SCS

Physical Therapist

Sports Medicine & Performance Center

Dan Pinto, PT, DPT, OCS

Physical Therapist

Sports Medicine & Performance Center

Matthew Senese, PT, DPT, OCS

Physical Therapist

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