

Current Sports Medicine Topics for Care of the Pediatric and Adolescent Athlete

Friday, Oct. 20, 2017

Leonard and Madlyn
Abramson Pediatric
Research Center

Learn more:
chop.cloud-cme.com

 Children's Hospital
of Philadelphia®



COURSE INFORMATION

COURSE OVERVIEW

Participation in sports, from youth leagues to high school 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 surgical and physical therapy management of pediatric and adolescent sports injuries in the developing athlete. This course will be a single-day event focusing on the effects of growth and development of the young athlete and their impact on injuries, rehabilitation and surgical approach.

GENERAL INFORMATION

The conference will be held in the Leonard and Madlyn Abramson Pediatric Research Center at Children's Hospital of Philadelphia, 3501 Civic Center Blvd., Philadelphia, PA 19104. The course registration fee is \$150 and includes continental breakfast, breaks, lunch, parking and syllabus material.

COURSE OBJECTIVES

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

- Understand the pathophysiology of and conservative and surgical management behind chondral injuries of the knee in adolescent athletes
- Understand rehabilitation principles following conservative or surgical management of chondral injuries of the knee in adolescent athletes
- Describe the effects of growth and developing bone and its impact on injuries and rehabilitation of the young athlete
- Describe the impact of lifestyle (specifically nutrition and sleep) on performance and recovery following injury in the young athlete
- Describe unique training and rehabilitative techniques to optimize performance and recovery following injury in the adolescent athlete

PHYSICAL THERAPY ACCREDITATION

Children's Hospital of Philadelphia has submitted this for approval of 6.0 continuing education hours through the state physical therapy boards of Pennsylvania, New Jersey and Delaware, and the National Athletic Trainer's Association.



Children's Hospital of Philadelphia is approved by the Board of Certification Inc. to offer continuing education for Certified Athletic Trainers.

HOTEL ACCOMMODATIONS

A block of rooms has been reserved at reduced rates at the Inn at Penn (theinnatpenn.com), located just a few blocks from Children's Hospital of Philadelphia. The group overnight rate is \$179 single and double occupancy plus a 15.2 percent room tax. Participants are required to make their own hotel accommodations by calling the Inn at Penn directly at 215-222-0200. Please mention the name of the conference when making your reservation. The special room rate will be available until Friday, Oct. 6, 2017. After that date, reservations will be accepted on a space and rate availability basis.

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 a \$25 service charge, but is 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 Friday, Oct. 13, 2017. 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 Continuing Medical Education Department at 215-590-5263.



Leonard and Madlyn Abramson Pediatric Research Center

PROGRAM | FRIDAY, OCT. 20, 2017

8 a.m. Registration and Continental Breakfast

8:25 a.m. Welcome and Opening Remarks

Growing Bone in the Developing Athlete

8:30 a.m. Osteochondritis Dissecans in the Youth Athlete:
Classification, Conservative and Surgical Management
Theodore Ganley, MD

9:30 a.m. Rehabilitation Considerations for Conservative and Post-operative
Management of Osteochondritis Dissecans
Rebecca Frank Burnett, PT, DPT, PCS; Jamila Aberdeen, PT, DPT, OCS

10:30 a.m. Break

10:45 a.m. Growing Pains: Science Behind Apophysitis in the Adolescent Athlete
Michael Karl, PT, DPT, OCS, FAAOMPT

11:15 a.m. Management of Apophysitis in the Adolescent Athlete
Julie Ann Dyke, PT, DPT, SCS, CSCS

11:45 a.m. Expert Panel Discussion for Developing Bone
*Theodore Ganley; Julie Ann Dyke; Jamila Aberdeen;
Rebecca Frank Burnett; Michael Karl*

Noon LUNCH

Optimizing Rehabilitation and Performance for the Adolescent Athlete

1 p.m. Nutritional Impact on Performance and Rehabilitation
Kimberly Cover, MS, RD, CSSD, LPC, LDN

1:45 p.m. Sleep Habits for Optimal Healing and Performance
Melissa S. Xanthopoulos, PhD

2:30 p.m. Break

2:45 p.m. Blood Flow Restriction Training: New Direction in Training and
Rehabbing the Youth Athlete
Ian Leahy, PT, DPT, OCS, SCS, CSCS, FAAOMPT

3:30 p.m. Periodization Training to Maximize Rehabilitation Outcomes
Ken Knecht, PT, MS, SCS, CSCS

4:15 p.m. Expert Panel Discussion for Optimizing Rehabilitation and Performance
Kimberly Cover; Melissa Xanthopoulos; Ian Leahy; Ken Knecht

4:30 p.m. Adjourn

COURSE FACULTY

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

COURSE DIRECTOR

Jeff Albaugh, PT, MS, ATC

Sports Medicine Physical Therapy Supervisor

Sports Medicine and Performance Center

COURSE FACULTY

Jamila Aberdeen, PT, DPT, OCS

Outpatient Physical Therapy Supervisor

Department of Physical Therapy

Buerger Center for Advanced Pediatric Care, Main Campus

Rebecca Frank Burnett, PT, DPT, PCS

Sports Medicine and Performance Center

Buerger Center for Advanced Pediatric Care, Main Campus

Kimberly Cover, MS, RD, CSSD, LPC, LDN

Registered Dietitian

Certified Specialist in Sports Dietetics

Julie Ann Dyke, PT, DPT, SCS, CSCS

Sports Medicine and Performance Center

Specialty Care Center, King of Prussia

Theodore Ganley, MD

Attending Orthopaedic Surgeon

Director, Sports Medicine and Performance Center

Division of Orthopaedics

Michael Karl, PT, DPT, OCS, FAAOMPT

Sports Medicine and Performance Center

Specialty Care Center, Bucks County

Ken Knecht, PT, MS, SCS, CSCS

Sports Medicine and Performance Center

Specialty Care Center, Virtua Voorhees

Ian Leahy, PT, DPT, OCS, SCS, CSCS, FAAOMPT

Sports Medicine and Performance Center

Specialty Care Center, King of Prussia

Melissa S. Xanthopoulos, PhD

Pediatric Psychologist

Department of Child and Adolescent Psychiatry and Behavioral Sciences

CPAP Adherence Coordinator

Division of Pulmonary Medicine, The Sleep Center