

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

Friday, Oct. 19, 2018

Leonard and Madlyn Abramson
Pediatric Research Center

Learn more: chop.cloud-cme.com



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 and athletic trainers, as well as the medical management of pediatric and adolescent sports injuries in the developing athlete. This single-day event will focus on assessment and rehabilitation of spine injuries and back pain unique to youth athletes as well as review current trends for Running Medicine in this population.

GENERAL INFORMATION

The conference will be held in the Leonard and Madlyn Abramson Pediatric Research Center at Children's Hospital of Philadelphia, 3615 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 epidemiology, pathophysiology and medical management behind back pain and injuries to the spine in adolescent athletes
- Understand rehabilitation principles following conservative management of back pain and injuries to the spine in adolescent athletes
- Describe characteristics of quality examination and intervention for Running Medicine for the youth athlete
- Describe current technology and emerging trends in optimizing rehabilitation and performance for the running athlete
- Understand rehabilitation and performance considerations for the female athlete and the impact of relative energy deficiency in sports (RED-S)
- Describe the 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 for approval of 6.25 hours of continuing education credits through the state 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 a reduced rate at the Sheraton University City located just a few blocks from Children's Hospital of Philadelphia. The group overnight rate is \$179 single and double occupancy plus a 16.25% room tax. Participants are required to make their own reservations by calling the hotel directly at 215-387-3000. Please mention the name of the conference when making your reservation. This special room rate will be available until Tuesday, Sept. 18, 2018. 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. 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 Friday, Oct. 5, 2018. No refunds will be issued thereafter.

SERVICES FOR THE DISABLED

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.



PROGRAM | FRIDAY, OCT. 19, 2018

8 a.m. **Registration and Continental Breakfast**

8:25 a.m. **Welcome and Opening Remarks**

Kids Get Back Pain?: Management of Spine Injuries in the Youth Athlete

8:30 a.m. **My Aching Back!: Etiology and Incidence of Musculoskeletal Back Pathology Specific to the Young Athlete**
Elliot Greenberg, PhD, DPT, OCS

9 a.m. **My Back Is "Broken"?**
Spondylolysis: Updates on Medical Management and Diagnostic Approach
Matthew Grady, MD, CAQSM

9:45 a.m. Break

10 a.m. **It's More than Core: Rehabilitation of Spine Conditions Specific to the Youth Athlete**
Ian Leahy, PT, DPT, OCS, SCS, CSCS, FAAOMPT

10:45 a.m. **Missing Link: Yoga as a Rehabilitation Tool in Youth Athletes**
Deborah Livingston, PT, DPT

11:15 a.m. **“Back” in the Game: Return-to-Sport Considerations and Injury Prevention for the Spine**
Heather Stewart, PT, DPT, SCS

Noon **Expert Panel Discussion for Managing Spine Injuries in the Youth Athlete**
Elliot Greenberg; Matthew Grady; Ian Leahy; Deb Livingston; Heather Stewart

12:15 p.m. Lunch

Emerging Trends in Running Medicine for the Pediatric and Adolescent Athlete

1:15 p.m. **Running Medicine: Unique Approach to Evaluation and Intervention for the Youth Athlete**
Megan Barnes, PT, DPT, SCS

2 p.m. **Technology in Running for Rehabilitation and Performance: Footwear to Wearables**
Eric Greenberg, PT, DPT, SCS

2:45 p.m. Break

3 p.m. **What Is Relative Energy Deficiency in Sports (RED-S)?: Beyond the Female Athlete Triad and the Role of the Physical Therapist**
Meredith Link, PT, DPT, ATC

3:45 p.m. **Rehabilitation and Performance Training for the Youth Athlete: Loading ... Under vs. Over**
Eli Epstein, PT, DPT, OCS

4:30 p.m. **Expert Panel Discussion for Running Medicine in the Youth Athlete**
Megan Barnes; Eric Greenberg; Meredith Link; Eli Epstein

4:45 p.m. Adjourned

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 & Performance Center*

COURSE FACULTY

Megan Barnes, PT, DPT, SCS

*Sports Medicine & Performance Center
King of Prussia Specialty Care Center*

Eli Epstein, PT, DPT, OCS

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