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

Friday, Oct. 19, 2018

Leonard and Madelyn 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)

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.

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.

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.

HOTEL ACCOMMODATIONS
A block of rooms has been reserved at a reduced rate 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% 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. 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.

PROGRAM | FRIDAY, OCT. 19, 2018

8 a.m. Registration and Continental Breakfast
8:25 a.m. Welcome and Opening Remarks
8 a.m. 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
9 a.m. My Back Is “Broken”? Spondylolisthesis: Updates on Medical Management and Diagnostic Approach

9:45 a.m. Break
10 a.m. It’s More than Core: Rehabilitation of Spine Conditions Specific to the Youth Athlete
10:45 a.m. Missing Link: Yoga as a Rehabilitation Tool in Youth Athletes
11:45 a.m. “Back” in the Game: Return-to-Sport Considerations and Injury Prevention for the Spine
12:15 p.m. Expert Panel Discussion for Managing Spine Injuries in the Youth Athlete
12:30 p.m. Lunch

Noon Missing Link: Yoga as a Rehabilitation Tool in Youth Athletes
1 p.m. Technology in Running for Rehabilitation and Performance: Footwear to Wearables
1:15 p.m. Rehabilitation and Performance Training for the Youth Athlete: The Female Athlete Triad and the Role of the Physical Therapist
2 p.m. Technology in Running for Rehabilitation and Performance: Footwear to Wearables
3 p.m. What Is Relative Energy Deficiency in Sports (RED-S)? Beyond the Female Athlete Triad and the Role of the Physical Therapist
3:45 p.m. Rehabilitation and Performance Training for the Youth Athlete: Loading ... Under vs. Over
4 p.m. Expert Panel Discussion for Managing Spine Injuries in the Youth Athlete
4:45 p.m. Adjourned
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• Describe the unique training and rehabilitative techniques to optimize performance and recovery following injury in the adolescent athlete

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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.

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<td>My Aching Back?: Etiology and Incidence of Musculoskeletal Back Pathology Specific to the Young Athlete Elliot Greenberg, PhD, DPT, OCS</td>
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<td>My Back Is “Broken”?: Spondyloysis: Updates on Medical Management and Diagnostic Approach Matthew Grady, MD, CAQSM</td>
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<td>10 a.m.</td>
<td>It’s More than Core: Rehabilitation of Spine Conditions Specific to the Youth Athlete Ian Leahy, PT, DPT, OCS, SCS, CSCS, FAAOMPT</td>
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<td>10:45 a.m.</td>
<td>Missing Link: Yoga as a Rehabilitation Tool in Young Athletes Deborah Livingston, PT, DPT</td>
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<td>“Back” in the Game: Return-to-Sport Considerations and Injury Prevention for the Spine Heather Stewart, PT, DPT, SCS</td>
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