

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

Friday, Oct. 18, 2019

Leonard and Madlyn Abramson Pediatric Research Center

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 Children's Hospital
of Philadelphia®
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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 assessment and rehabilitation of hip injuries specific to the youth athlete as well as management of the common but complex problem of patellar instability.

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 hip pain and patella instability in adolescent athletes
- Understand rehabilitation principles following conservative and surgical management of hip pain in the youth athlete
- Describe unique considerations for rehabilitation of hip injuries in the performance athlete to include dancers and gymnasts
- Describe current advances for surgical management of the common but complex diagnosis of patella instability in the youth athlete
- Understand rehabilitation principles for rehabilitation surrounding conservative and surgical management of patella instability
- Describe the impact of cognitive and visual challenges on rehabilitation for select injuries in the youth athlete

PHYSICAL THERAPY ACCREDITATION

Children's Hospital of Philadelphia has submitted for approval of 6.0 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 reduced rates at The Sheraton University City, located just a few blocks from Children's Hospital. The group overnight rate is \$179 single and double occupancy, plus a 16.25% room tax. Participants are required to make their own hotel reservations by calling the Sheraton directly at 215-387-8000. Please mention the name of the conference when making your reservation. The special room rate will be available until Wednesday, Sept. 18, 2019. 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 \$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 Saturday, Oct. 5, 2019. 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 Department of Continuing Medical Education Department at 215-590-5263.

PROGRAM | FRIDAY, OCT. 18, 2019

8 a.m. Registration and Continental Breakfast

8:25 a.m. Welcome and Opening Remarks

Managing Hip Injuries in the Youth Athlete

8:30 a.m. Overview of Common Hip Injuries in the Youth Athlete
Casey Huse, PT, DPT, ATC

9 a.m. Physician Role in Diagnosis and Non-operative Interventions in the Adolescent Athlete
Naomi J. Brown, MD, FAAP, CQSM

9:45 a.m. Break

10 a.m. Updates on Imaging and Surgical Management
Kathleen Maguire, MD

10:45 a.m. Rehabilitation and Return to Sports
Megan Barnes, PT, DPT, SCS

11:30 a.m. Unique Considerations for Managing the Performance Athlete
Heather Stewart, PT, DPT, SCS; Kristin Goldstein, PT, DPT

Noon Expert Panel: *Casey Huse; Naomi J. Brown; Kathleen Maguire; Megan Barnes; Heather Stewart; Kristin Goldstein*

12:15 p.m. Lunch

Managing Patella Instability in the Youth Athlete: Common but Complicated

1:15 p.m. Overview of Patella Instability in the Youth Athlete
Sara Bechtold, PT, DPT

1:45 p.m. Restoring Stability and Function Through Non-operative Rehabilitation
Elliot Greenberg, PT, DPT, PhD, OCS

2:15 p.m. Break

2:30 p.m. Indications and Current Advances for Surgical Management of the Unstable Knee
J. Todd Lawrence, MD, PhD

3:15 p.m. Rehabilitation and Return to Sports Following Surgery for Patella Instability
Ian Leahy, PT, DPT, SCS, OCS, FAAOMPT

3:45 p.m. Integration of Cognitive and Visual Challenges in Managing Select Sports Injuries
Michael Karl, PT, DPT, OCS, FAAOMPT

4:15 p.m. Expert Panel: *Sara Bechtold; Elliot Greenberg; J. Todd Lawrence; Ian Leahy; Michael Karl*

4:30 p.m. Adjourn

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

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