



Friday, Nov. 1, 2024

**Sports Medicine Topics
for Care of the
Pediatric & Adolescent Athlete**

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 & adolescent sports injuries in the developing athlete. This single-day event will focus on medical management, assessment and rehabilitation of bone stress injuries specific to the youth athlete as well as return to play decision making recommendations for specific sports.

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 bone stress and overuse injuries in pediatric & adolescent athletes
- Understand unique biomechanical characteristics in rehabilitation of bone stress and overuse injuries of pediatric & adolescent athletes
- Review impact of treating the skeletally immature athlete in the care of bone stress and overuse sports injuries
- Review pathophysiology and management of chronic stress fractures
- Understand clinical pearls related to nutritional needs and its impact on healing in the youth athlete
- Review the impact of sports specialization on youth injuries and the potential for burnout in the pediatric & adolescent athletic population

Physical Therapy Accreditation

Children's Hospital of Philadelphia has submitted for approval of 5.5 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.

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 25, 2024. 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.



Leonard and Madlyn Abramson Pediatric Research Center

Program | Friday, Nov. 1, 2024

7:30 a.m. Registration & Continental Breakfast

8 a.m. Welcome & Opening Remarks

Management of Bone Stress & Overuse Injuries in the Youth Athlete

8:10 a.m. Medical Management & Pathways for Decision Making for the Lower Extremity
Naomi Brown, MD

9:10 a.m. Rehabilitation Pearls & Return to Sport Progression with emphasis on the Runner & Dancer
Michael Karl, PT, DPT, OCS

10:10 a.m. Break

10:20 a.m. Medical Management & Pathways for Decision Making for the Upper Extremity
Edward Re, MD

11:10 a.m. Rehabilitation Pearls & Return to Sport Progression with Emphasis on the Thrower & Gymnast
Eli Epstein, PT, DPT, OCS, MBA

Noon Expert Panel – Q & A

12:15 p.m. Lunch

Special Considerations that Impact Bone Stress & Overuse Injuries

1:15 p.m. Management of Chronic Stress Injuries
Andrew Calabria, MD

1:45 p.m. Early Specialization: Risk for Injury or Burnout?
Mathew Grady, MD

2:15 p.m. Nutritional Impact on Healing & Recovery
Kim Cover, MS, LPC, RD, CED-S, CSSD, LDN

2:45 p.m. Expert Panel – Q & A

3 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 Directors

Jeff Albaugh, PT, MS, ATC

*Sports Medicine Physical Therapy Supervisor
Sports Medicine & Performance Center*

Ken Knecht, PT, MS, SCS

*Education & Development Coordinator
Sports Medicine & Performance Center*

Course Faculty

Naomi Brown, MD

*Pediatric Sport Medicine Specialist
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Andrew Calabria, MD

*Clinical Director
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Kimberly Cover, MS, RD, CSSD, LPC, LDN

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