

2018 PEDIATRIC SPORTS MEDICINE UPDATE

BUILDING BLOCKS OF RUNNING

SPORTS MEDICINE FOR THE YOUNG, DEVELOPING RUNNER



Saturday, Feb. 10, 2018

8 a.m.–5 p.m.

**Cal Memorial Stadium
Berkeley, CA**



INTENDED FOR:

Doctors, Nurse Practitioners, Physician Assistants, Physical Therapists,
Physical Therapy Assistants, Nurses, Athletic Trainers, Coaches,
Sports Performance Specialists, Students welcome

Register online: www.bitly.com/ucsfsports2018

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Date/Time

Saturday, Feb. 10, 2017
8 a.m.–5 p.m.

Conference Location

University of California, Berkeley
California Memorial Stadium
2227 Piedmont Ave., Berkeley, CA

Cost

\$175 per person
Continental breakfast and lunch provided.

Educational Credits

Approved for 7.25 CME.*
APTA and BOC accreditation pending.

Register by Feb. 7

www.bitly.com/ucsfports2018

More info

SportsMedicine@mail.cho.org
Krisi Bruce, 925-979-3420

*UCSF Benioff Children's Hospital Oakland is accredited by the Institute for Medical Quality/California Medical Association (IMQ/CMA) to provide continuing medical education for physicians.

UCSF Benioff Children's Hospital Oakland designates this live activity for a maximum of 7.25 *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Young athletes present unique challenges to physicians, physical therapists, and athletic trainers due to the repetitive and high strain they put on their bodies during what is now a year round schedule of sporting activities. This conference will provide participants with the knowledge needed to properly diagnose, treat, and prevent common running injuries in the young athlete.

Learning Objectives

At the conclusion of the conference, the participant should be able to:

- Recognize common injuries in the young running athlete and develop appropriate treatment plans.
- Analyze running mechanics and implement appropriate shoe wear and orthotic recommendations.
- Understand the health benefits of running for the young athlete with asthma, sickle cell trait and iron deficiency anemia.
- Define the value of efficient running mechanics and proper running development across youth sports.

Faculty

Course Chairs

Nirav Pandya, MD

Assistant Professor of Orthopaedic Surgery, and Director, Sports Medicine Center for Young Athletes

Michelle Cappello, PT, MSPT, SCS

Clinical Director, Sports Medicine Center for Young Athletes

Krisi Bruce, BA

Front Office Management Coordinator, Sports Medicine Center for Young Athletes

Conference Faculty

Anthony Luke, MD, MPH

Professor and Director, Primary Care Sports Medicine

Carlin Senter, MD

Assistant Professor, Departments of Orthopaedics and Internal Medicine

Cindy J. Chang, MD

Professor, Orthopaedic Surgery and Co-Director, UCSF Benioff Children's Hospital Oakland Sports Concussion Program

Jason Jagodzinski, MD

Assistant Professor, Orthopaedic Surgery

Neeraj Baheti, PT, DPT, SCS, OCS, CSCS

Senior Physical Therapist, UCSF Benioff Children's Hospital

Richard Blake, DPM

Podiatrist, Saint Francis Memorial Hospital, San Francisco

Nicole Pinto, MA, CEP, TSAC-F

Exercise Physiologist, Human Performance Center, UCSF

Tariq Ahmad, MD

Pediatric Endocrinologist, UCSF Benioff Children's Hospital Oakland

Christopher DaPrato, PT, MS, DPT, SCS, CSCS, PES

Assistant Clinical Professor, Physical Therapist, UCSF

Andrew (Drew) Smith, PhD

Director, Motion Analysis Research Center, Samuel Merritt University

Schedule

8:00 a.m.	Introduction and Welcome	Michelle Cappello, PT
8:10 a.m.	Development: Are We Born to Run?	Michelle Cappello, PT
8:40 a.m.	Why Do Kids Run? Fun Runs, Marathons, Cross-Country, Track & Obstacle Races	Anthony Luke, MD
9:10 a.m.	Orthopaedic Injuries of the Young Runner	Jason Jagodzinski, MD
9:30 a.m.	Medical Emergencies in Young Runners	Cindy Chang, MD
9:50 a.m.	Questions	
10:00 a.m.	Break	
10:10 a.m.	Running on Empty: Medical Concerns for the Runner	Carlin Senter, MD
10:30 a.m.	Orthotics: Custom, Off the Shelf, and Modifications, How to Choose	Richard Blake, DPM
10:50 a.m.	Mechanics: There Is No Normal	Neeraj Baheti, PT
11:10 a.m.	Creating A Training Program and Understanding VO2 Max	Nicole Pinto, MA, CEP
11:30 a.m.	Type I and Diabetes in Athletics	Tariq Ahmad, MD
11:50 a.m.	Questions	
12:00 p.m.	Lunch	
12:50 p.m.	Keynote Address: "Can You Be a Tortoise AND A Hare?" My Lessons Learned as a Sports Medicine Physician	Cindy Chang, MD
1:20 p.m.	Sports Wear: The Basics	Nirav Pandya, MD
1:40 p.m.	Gait Training: How to Change Mechanics With Corrective Exercises	Christopher DePrato, PT
2:00 p.m.	Rearview: Advice from an Old Runner to Young Runners: What I Have Learned	Nirav Pandya, MD
2:20 p.m.	Creating Your Own Mini Motion Lab	Drew Smith, PhD
2:40 p.m.	Questions & Closing Remarks	Nirav Pandya, MD
2:50 p.m.	Break / Travel to Break Outs	
3:00 p.m.	<i>Breakout Session #1 (choose 1)</i> • Foot Wear for Young Runners (CME, BOC credits only, not available for APTA PT CEUs) • Wearable Tech • The Runner's Foot Exam <i>Demonstration Lab instructors to participant ratio will stay below 1:16 ratio</i>	Leads: Nirav Pandya, MD Neeraj Baheti, PT Richard Blake, DPM
4:00 p.m.	Break / Change Rooms	
4:05 p.m.	<i>Breakout Session #2 (choose 1)</i> • Foot Wear for Young Runners (CME, BOC credits only, not available for APTA PT CEUs) • Wearable Tech • The Runner's Foot Exam <i>Demonstration Lab instructors to participant ratio will stay below 1:16 ratio</i>	Leads: Nirav Pandya, MD Neeraj Baheti, PT Richard Blake, DPM



Keynote Speaker: Cindy J. Chang, MD

Dr. Cindy J. Chang is a sports medicine specialist with experience managing sports-related concussion in youth through professional athletes. Dr. Chang actively serves on the Sports Medicine Advisory Committees for the California Interscholastic Federation (CIF) and the National Federation for State High School Associations (NFHS). Chang was the Head Team Physician for UC Berkeley and was USA's Chief Medical Officer for the London 2012 Olympic Games. She is certified by the American Board of Family Medicine, and holds a Certificate of Added Qualifications (CAQ) in Sports Medicine.

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