

CME Sponsors: American Medical Seminars, Inc.
 Activity Title: Sports Medicine / Physical Medicine and Rehabilitation
 Activity Dates: November 12-14, 2018
 Presenting Faculty: Jennifer Maynard, M.D. and Walter C. Taylor, M.D.

NARRATIVE DESCRIPTION

Following this course, the participant should be able to develop an approach to patients with sports related injuries using guidelines and evidence-based medicine. They should be able to apply a treatment plan for sports concussion using the return-to-play guidelines; identify patients with cardiac complications and determine their eligibility to play sports. This activity will also review commonly seen sports related disorders to allow the participant to identify the diagnosis and therapeutic options. This activity is expected to result in improved competence in making an appropriate diagnosis and providing effective treatment and referral or follow-up care with the overall goal of improving patient outcomes.

The emphasis will be on aligning physician behavior with current guidelines and evidence-based medicine, as indicated within each topic's specific objectives. In general, this course was designed for all practitioners at the level of a practicing physician to provide an update in their practice strategies and abilities to diagnose, treat and improve patient care.

SPECIFIC TOPIC OBJECTIVES

Day 1

Sports Related Concussion.

Upon completion of this session, the participant should be able to: ^{GL, COMP}

1. Recognize the signs and symptoms of sports related concussion (SRC)
2. Demonstrate sideline and in-office evaluation of SRC
3. Apply return to play guidelines per consensus recommendations and specific state laws

Relative Energy Deficiency in Sport (RED-S), formerly Female Athlete Triad.

Upon completion of this session, the participant should be able to: ^{GL, COMP}

1. Discuss the history of Female Athlete Triad and its new term RED-S
2. Recognize the signs and symptoms of RED-S
3. Apply a multidisciplinary treatment strategy for RED-S
4. Employ individualize return to play considerations using the return to play guidelines

Common Wrist and Hand Injuries in Athletes.

Upon completion of this session, the participant should be able to: ^{COMP, EBM}

1. Perform a physical examination of the hand and wrist
2. Assess and discuss the treatment for patients with common forms of wrist tendon problems, including an evidenced based approach to DeQuervain's tendosynovitis

3. Describe the evidence based stepwise treatment approach to patients with osteoarthritis of the 1st carpometacarpal joint
4. Discuss the evaluation of patients with suspected scaphoid fracture
5. Discuss the differential diagnosis and evaluation of patients with ulnar wrist pain

Ankle Sprains.

Upon completion of this session, the participant should be able to: ^{GL, COMP}

1. Discuss the use of the Ottawa Ankle Rules to determine if an x-ray is necessary after acute ankle injury
2. Perform a competent ankle examination in a patient with ankle pain
3. Describe the treatment of an athlete with a lateral ankle sprain
4. Differentiate between a lateral ankle sprain and a high ankle sprain
5. Discuss the differential diagnosis of ankle pain after acute injury

Day 2

Baseball Medicine

Upon completion of this session, the participant should be able to: ^{COMP, EBM}

1. Illustrate biomechanics of overhand throwing
2. Recognize youth baseball injuries of the upper extremity and discuss treatment
3. Understand adult injury counterparts to upper extremity injuries and discuss non-operative vs operative techniques
4. Use evidence based medicine to provide recommendations about prevention of injury, especially in youth baseball pitching

Pediatric Orthopedic Injuries.

Upon completion of this session, the participant should be able to: ^{GL, COMP}

1. Identify the areas of a long bone in a child and describe the Salter-Harris fracture classification
2. Recognize common injuries and treatment recommendations of the pediatric upper and lower extremity
3. Evaluate various apophyseal injuries based on location

Cardiac Conditions in Young Athletes.

Upon completion of this session, the participant should be able to: ^{COMP, GL}

1. Differentiate Athletic Heart Syndrome from significant cardiovascular disease, such as Hypertrophic Cardiomyopathy in young athletes
2. Discuss the causes of sudden cardiac death in young athletes

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3. Employ the AHA/ACC Scientific Statement on Eligibility and disqualification of athletes with cardiac abnormalities
4. Discuss the controversies in the use of the screening EKG in young athletes

3. Discuss the evaluation and evidenced based treatment options for patient's with lateral epicondylitis
4. Describe a Return to Tennis Program for players returning from injury
5. Understand the rules governing evaluation of injury on court, when serving as a tournament physician

The Sports Pre-participation Examination (PPE).

Upon completion of this session, the participant should be able to: ^{GL, COMP}

1. Employ the American Heart Association Guidelines when screening athletes for cardiovascular disease during the PPE
2. Determine if an athlete with impaired vision or solitary kidney can be cleared to participate in sports
3. Determine under what circumstances an athlete with seizure disorder can be cleared to participate in specific sports
4. Employ BP guidelines for children and adolescents with respect to sports participation

Shoulder Examination – A Practical Hands-On Approach.

Upon completion of this session, the participant should be able to: ^{COMP}

1. Discuss relevant anatomy of the shoulder
2. Demonstrate the components of the shoulder examination
3. Discuss shoulder examination findings which help differentiate between rotator cuff pathology, instability of the glenohumeral joint and labral pathology

Day 3

Knee Examination- A Practical Hands-On Approach.

Upon completion of this session, the participant should be able to: ^{COMP}

1. Identify the relevant anatomy of the knee
2. Demonstrate key physical exam findings of the knee including:
 - a. Inspection
 - b. Palpation
 - c. Range of motion
 - d. Special tests (Lachman, Anterior drawer, Valgus/Varus stress, Patellar apprehension, McMurray, Apley, Thessaly)

Common Knee Injuries.

Upon completion of this session, the participant should be able to: ^{COMP, EBM}

1. Recognize, evaluate, and understand evidence based treatment options for common knee injuries seen in primary care including:
 - a. Ligament injuries (MCL, LCL, ACL)
 - b. Meniscal injuries
 - c. Patellofemoral Pain syndrome
 - d. Osteoarthritis

Get a Grip: How to Treat Your Injured Tennis Players.

Upon completion of this session, the participant should be able to: ^{COMP, EBM}

1. Describe the epidemiology of tennis injuries
2. Describe the common injuries that affect tennis players, based on epidemiologic studies