

INTENDED FOR:
Pediatricians and Family
Physicians, Physical
Therapists, Athletic Trainers,
Nurses, Physician Assistants,
Physical Therapist Assistants,
and Coaches

2019 PEDIATRIC SPORTS MEDICINE CONFERENCE

A Medical Playbook: Managing Overload and Overuse In Young Athletes

Saturday, Jan. 12, 2019

8 am–5 pm

Cal Memorial Stadium, Berkeley, CA

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Register online: www.bitly.com/ucsfports2019

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A Medical Playbook: Managing Overload and Overuse In Young Athletes

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 overload and overuse injuries in the young athlete.



Register online: www.bitly.com/ucsfports2019



Date/Time
Saturday, Jan. 12, 2019
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 7.50 AMA PRA Category 1
Approved for 7.50 EBP BOCATC Pending
Approved for .75 APTA CEU Pending

Register by Jan. 4
www.bitly.com/ucsfports2019

More info
sportsmedicine@mail.cho.org
925-979-3420

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

UCSF Benioff Children’s Hospitals designates this live activity for a maximum of 7.5 AMA PRA Category 1 Credit(s)[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Learning Objectives

- At the conclusion of the conference, the participant should be able to:
- Identify the early warning signs of injury and illness before they lead to larger concerns.
 - Apply in-office functional screening tests to determine readiness for return to play.
 - Prepare guidelines and simple exercises for common diagnoses to give athletes after an office visit while they await further treatment.
 - Explain ways to help youth athletes prevent and recover from overuse and overload illnesses and injuries.

Faculty

- Course Chair**
Cindy J. Chang, MD, Co-Director, Sports Concussion Program, UCSF Benioff Children’s Hospital Oakland; UCSF Clinical Professor, Primary Care Sports Medicine, Departments of Orthopedics and Family & Community Medicine
- Course Committee**
Michelle Cappello, PT, MSPT, SCS, Clinical Director, Sports Medicine Center for Young Athletes, UCSF Benioff Children’s Hospital Oakland
- Nirav Pandya, MD**, UCSF Associate Professor, Department of Orthopedic Surgery; Medical Director, Sports Medicine Center for Young Athletes, UCSF Benioff Children’s Hospital Oakland
- Ryan Sargent, MBA, MS, ATC**, Athletic Trainer, UCSF Benioff Children’s Hospital Oakland
- Conference Faculty**
Tegan Adams PsyD, Psychologist, UC Davis Student Health and Counseling Services
- Jay Bieto CSCS, LAc**, Head Strength and Conditioning Coach, Bishop O’Dowd High School
- Tim Dutra, DPM, MS, MHCA**, Assistant Professor & Clinical Investigator, School of Podiatric Medicine at Samuel Merritt University, Applied Biomechanics & Sports Medicine
- Eric Frietag, PsyD, FACP**, Board Certified in Neuropsychology; Co-Director, Sports Concussion Program, UCSF Benioff Children’s Hospital Oakland
- Mary Lesser, PhD, RD**, Researcher and Dietitian, UCSF Benioff Children’s Hospital Oakland; Lecturer, University of California, Berkeley
- Anthony Luke, MD, MPH**, Benioff Distinguished Professor in Sports Medicine; Primary Care Sports Medicine, Departments of Orthopedics and Family & Community Medicine
- Ernest Owusu**, Keynote Speaker, Former Cal Football Player & Retired NFL Athlete; Director of Business Development, Persado
- Karlene Pick, MA**, Mental Training Consultant
- Coleen Sabatini, MD, MPH**, Director and Chief, Division of Orthopedic Surgery, UCSF Benioff Children’s Hospital Oakland; UCSF Associate Professor, Departments of Orthopedic Surgery and Pediatrics
- Carlin Senter, MD**, UCSF Associate Professor, Primary Care Sports Medicine, Departments of Orthopedics and Family & Community Medicine
- Bruce Valentine, ATC, PTA**, Program Manager, Athletic Training Services, Sports Medicine Center for Young Athletes, UCSF Benioff Children’s Hospital Oakland
- Kristin Wingfield, MD, CCFP**, UCSF Clinical Professor, Primary Care Sports Medicine, Departments of Orthopedics and Family & Community Medicine

Schedule

8:00 a.m.	Introduction and Welcome	Cindy J. Chang, MD
8:10 a.m.	Current State of the Overuse Crisis	Nirav Pandya, MD
8:30 a.m.	Let’s Keep Kids Playing: Identifying and Preventing Burnout in Youth Sports	Karlene Pick, MA & Tegan Adams, PsyD
9:00 a.m.	Not Ready for Load or Too Much Load?	Jay Bieto, CSCS, LAc
9:25 a.m.	Fact and Fallacies About Shoes and Feet: What is Their Contribution to Injuries?	Tim Dutra, DPM, MS, MHCA
9:50 a.m.	Question & Answer	Pandya, Pick, Adams, Bieto, Dutra
10:05 a.m.	Break	
10:15 a.m.	When Stress Turns into Strain: Common Tendinopathies	Kristin Wingfield, MD, CCFP
10:40 a.m.	When Stress Turns into Breaks: Common Stress Fractures	Coleen Sabatini, MD
11:05 a.m.	Evaluation of the Pediatric Athlete with Recurrent Stress Fractures	Carlin Senter, MD
11:30 a.m.	Brain Overload? Current Evidence on Cumulative Subconcussive Impacts	Eric Freitag, PsyD, FACP
11:45 a.m.	Question & Answer	Wingfield, Sabatini, Senter, Freitag
12:00 p.m.	Lunch	
12:50 p.m.	Keynote Address	Ernest Owusu
1:30 p.m.	Turning Evidence into Persuasion: Convincing Athletes to Get More Sleep	Anthony Luke, MD, MPH
1:55 p.m.	Nutrition Strategies for Recovery in Young Athletes	Mary Lesser, PhD, RD
2:20 p.m.	Medical Teamwork: The X’s and O’s for Injury Prevention	Cindy J. Chang, MD
2:45 p.m.	Question & Answer	Owusu, Luke, Lesser, Chang
3:00 p.m.	Break / Travel to Breakout Sessions	
3:10 p.m.	<i>Breakout Session #1 (choose 1)</i> • “What Can I Do Now?”: Initial Home Exercises For Your Athlete After the Diagnosis Has Been Made” • “When Can I Play?”: How to Determine When Your Athlete is Ready to Return to Play <i>Demonstration Lab instructors to participant ratio will stay below 1:16 ratio</i>	Lead PT: Neeraj Baheti, PT, DPT, OCS, SCS Lead AT: Bruce Valentine, ATC, PTA
4:00 p.m.	Break / Change Rooms	
4:10 p.m.	<i>Breakout Session #2 (choose 1)</i> • “What Can I Do Now?” • “When Can I Play?” <i>Demonstration Lab instructors to participant ratio will stay below 1:16 ratio</i>	Lead PT: Neeraj Baheti, PT, DPT, OCS, SCS Lead AT: Bruce Valentine, ATC, PTA



Keynote Speaker: Ernest Owusu

Ernest Owusu is a former Cal and first-team Pac-12 All-Academic football player, and played professionally for the Minnesota Vikings and Tampa Bay Buccaneers. He will discuss how his training regimen after a football injury consisted of too much overload during the return to play process, which almost resulted in a fatal outcome. Owusu currently is the Director of Business Development at a tech start-up in San Francisco. He regularly speaks to local and national organizations of coaches, athletes and healthcare providers on the importance of recognizing and preventing overload injuries.