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Cincinnati Children's

Division of Occupational Therapy/Physical Therapy
MLC 4007
Cincinnati Children's Hospital Medical Center
3333 Burnet Avenue
Cincinnati, Ohio 45229-3039

ADDRESS SERVICE REQUESTED

Please post or share with interested colleagues.

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Third Annual Pediatric Orthopedic & Sports Medicine Conference: Evidence Based Management of the Young Athlete

April 20-21, 2013

Livestream Option Available

Sponsored by

The Division of Occupational Therapy and Physical Therapy

Cincinnati Children's Hospital Medical Center

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Third Annual Pediatric Orthopedic & Sports Medicine Conference: Evidence Based Management of the Young Athlete

CINCINNATI CHILDREN'S

Cincinnati Children's Hospital Medical Center is nationally recognized as a leader in pediatric health care with a reputation for excellence in patient care, research and teaching programs. Clinical procedures and treatments pioneered at Cincinnati Children's are used throughout the world. The impact of our medical research breakthroughs has improved pediatric health today and will for generations to come. Cincinnati Children's is the only pediatric hospital chosen to participate in Pursuing Perfection: Raising the Bar for Healthcare Performance, a grant from the Robert Wood Johnson Foundation. The goal of this initiative is to transform the healthcare system in the United States. Cincinnati Children's is only one of 10 pediatric hospitals in the United States named to the U.S. News and World Report honor role of children's hospitals.

COURSE DESCRIPTION

This expanded, two-day, interactive course will feature a consortium of regional and national expert speakers in the fields of pediatric orthopedic & sports medicine and rehabilitation. Focusing on injuries unique to the pediatric patient and the pediatric athlete, emphasis will be placed on relating concepts of overuse and pathomechanics to injury, impairments, and functional deficits. Specific, evidence-based evaluation and rehabilitation strategies will be presented to provide physical therapists and athletic trainers with a comprehensive approach to evaluating and treating a wide-variety of injuries unique to the pediatric patient and the pediatric athlete. Laboratory break-out sessions will be included to enhance understanding and allow for dynamic interaction among course attendees. The main goal of this course is to enable attendees to feel confident in providing a comprehensive rehabilitation program for a wide-variety of common pediatric orthopedic & sports injuries. This course, sponsored by the Division of Occupational Therapy and Physical Therapy, is part of our ongoing education services to therapists both in our community and nationwide.

LEARNER BASED OBJECTIVES

Upon completion of this course, the participant will be able to:

1. Explain the epidemiology, pathology and management of overuse injuries in a young athletic population.
2. Discuss the role of the physical therapist in the management of young athletes participating in endurance and contact sports.
3. Discuss the role of the physical therapist in the management of UCL & overuse injuries in the pediatric overhead athlete.
4. Discuss the role of the physical therapist in the evaluation and management of pediatric patients diagnosed with scoliosis and kyphosis.
5. Explain the physical therapist's role in evaluating and treating injuries to the femoral acetabular joint.
6. Explain the physical therapist's role in evaluating and treating patients diagnosed with Legg-Calves-Perthes Disease.
7. Identify the latest evidence in the management of ACL and OCD injuries in the pediatric athlete.
8. Describe the medical and physical therapy management of concussion injuries in the pediatric athlete.
9. Identify the physical therapist's role in injury prevention in the pediatric sports medicine population.
10. Employ evidence-based care recommendations in practice.

GUEST FACULTY

Thomas Ellis, MD
The Ohio State University

CINCINNATI CHILDREN'S FACULTY

Steven Agabegi, MD
Michael Allen, PT, OCS
Kate Berz, MD
Roger Cornwall, MD
Chad Cherny, PT, DPT, MS, SCS, CSCS
Jason A. Hugentobler, PT, DPT, SCS, CSCS
Brad Kurowski, MD
Julie Lee, PT, DPT
Mark V. Paterno, PT, PhD, MBA, SCS, ATC
Catherine Quatman-Yates, PT, DPT, PhD
Aly Filipa, PT, DPT, SCS, CSCS
Michael Shaffer, DO
Junichi Tamai, MD
Jeff Taylor-Haas, PT, DPT, OCS, CSCS
Eric Wall, MD

PROGRAM SCHEDULE

Saturday, April 20, 2013

7:30-8:00 **Registration and continental breakfast**

8:00-8:10 **Welcome** – Michael Allen, PT, OCS

8:10-8:20 **Pediatric Sports Medicine Injuries: A Call to Action**
Mark V. Paterno, PT, PhD, MBA, SCS, ATC

Hip Unit

8:20- 9:00 **Legg Calves Perthes Disease**
Medical Management– Junichi Tamai, MD

9:00- 9:45 **Conservative & Post-Surgical Physical Therapy Management** – CCHMC Clinical Practice Guideline; Julie Lee, PT, DPT

9:45-10:00 **Break**

10:00-11:00 **Medical Management of Femoral Acetabular Impingement and Labral Tears**
Thomas Ellis, MD

11:00-Noon **Hip Laboratory** – Julie Lee

Noon-1:00 **Lunch (on your own)**

1:00-2:15 **Stress Fractures in Runners**
Medical Management
Michael Shaffer, DO
Physical Therapy Management
Jeff Taylor-Haas, PT, DPT, OCS, CSCS

2:15-2:30 **Break**

Spine Unit

2:30-3:15 **Medical Management of Pediatric Scoliosis & Kyphosis** – Steven Agabegi, MD

3:15-3:45 **Physical Therapy Management of Spine Injuries in the Young Athlete** – Michael Allen

Spine Lab

3:45-4:30 **Clinical Examination of the Pediatric Spine**
Elizabeth Hewitt, PT, DT & Michael Allen

4:30-5:15 **Criterion-Based Exercise Prescription**
Robyn McHugh, PT, DPT, OCS, CSCS, CPI & Christy Zwolski, PT, DPT

5:15-5:30 **Round Table Question & Answer**

5:30 **Adjourn**

PROGRAM SCHEDULE

Sunday, April 21, 2013

7:30-8:00 **Continental breakfast**

Lower Extremity Unit

Osteochondral Defects

8:00-8:45 **Medical Management: Conservative vs. Surgical Management** – Eric Wall, MD

8:45-9:15 **Rehabilitation Concerns: Conservative vs. Post-Surgical** – Aly Filipa, PT, DPT, SCS, CSCS

9:15-9:30 **Break**

ACL Unit

9:30-10:15 **ACL Tears in the Pre-Pubertal Athlete: Medical Management** – Eric Wall, MD

10:15-11:00 **Physical Therapy Management** – Mark V. Paterno

11:00-Noon **OCD & ACL Lab:** Mark V. Paterno & Aly Filipa

Noon-1:00 **Lunch (on your own)**

Concussion Management—An Evidence Based Update

1:00-1:30 **MD Lecture** –Bradley Kurowski, MD

1:30-1:55 **Balance Tools & Assessment of Concussions - Physical Therapy Management**
Catherine Quatman-Yates, PT, DPT, PhD

1:55-2:15 **Return to Sport Decision Making**
Jason A. Hugentobler, PT, DPT, SCS, CSCS

2:15-2:30 **Break**

Overuse Injuries in the Pediatric Overhead Athlete Unit

2:30-3:00 **Pediatric Upper Extremity Overuse Injuries: Medical Management**
Kate Berz, MD

3:00-3:30 **Medical Management of UCL Injuries**
Roger Cornwall, MD

3:30- 4:00 **Physical Therapy Management**
Chad Cherny, PT, DPT, MS, SCS, CSCS

4:00-4:45 **Upper Extremity Injuries Lab**
Chad Cherny & Jason Hugentobler

4:45-5:00 **Round Table Question & Answer**

5:00 **Adjourn**

GENERAL INFORMATION

$340.00 onsite if received by April 5, 2013.
$300.00 livestream if received by April 5, 2013.
$380.00 onsite if received after April 5, 2013.
$340.00 livestream if received after April 5, 2013.
This fee includes continental breakfasts, breaks and flash drives for onsite participants. Registration is limited and will be taken on a first come first served basis.

All presentations will be livestreamed for those unable to attend in person but who would like to listen and view the presentations from home. The livestream presentations may be viewed not only "live" but will be available to livestream registrants for viewing for one week following the course. On receipt of registration, instructions will be sent for accessing the livestream online.

Location:
Cincinnati Children's Hospital Medical Center
3333 Burnet Avenue
Sabin Education Center
Cincinnati, Ohio 45229-3039

Hotel Accommodations:
A limited number of guestrooms has been reserved at the Hampton Inn and Suites/Uptown-University Area at a reduced rate of $109.00 per night (parking not included) and at the Kingsgate Marriott Conference Center at the University of Cincinnati at a reduced rate of $104.00 per night (parking included).

Hampton Inn and Suites, 3024 Vine Street, Cincinnati 45219, 513-281-2700. Please inform the hotel you are with Cincinnati Children's Hospital Medical Center when making a reservation to secure the reduced rate. Reservation must be received by April 5, 2013 to receive the special rate.

Kingsgate Marriott, 151 Goodman Drive, Cincinnati 45219, 513-487-3800 or 1 (800) 228-9290 www.marriott.com/cvgkg Please ask for "CCHMC Room Block at Kingsgate Marriott Conference Center" when making a phone reservation. If you reserve online, enter CHMCHMA in the "Group Code Box". Reservation must be received by March 29, 2013 to receive the special rate.

Airport Transportation:
Taxis from the Greater Cincinnati/Northern Kentucky Airport are readily available and cost approximately $39.00 to Kingsgate Marriott and the Hampton Inn and Suites.

Credit:
A certificate of course attendance for 15 hours of continuing education will be given to each participant. Application has been made for approval by the Ohio Physical Therapy Association.

REGISTRATION

Online registration for this course is required.

Register online at:
https://www.regonline.com/SportsMedConf

Registration is limited and tuition must be received before a participant can be registered. If you do not receive an e-mail confirmation, please call (513) 636-4651 for verbal confirmation. Refunds (less $35 processing fee) will be made only if notice of cancellation is received in writing by March 22, 2013. Should the program be canceled, tuition will be refunded.

Additional Information
For more information, please contact Amy Johnson, Education Specialist for OT/PT, at (513) 636-4228.

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