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Division of Occupational Therapy/Physical Therapy

MLC-4007

Cincinnati Children's Hospital Medical Center

3333 Burnet Avenue

Cincinnati, Ohio 45229-3039

ADDRESS SERVICE REQUESTED

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## Fourth Annual Pediatric Orthopedic & Sports Physical Therapy Conference: Managing Athletic Injury in the Young Athlete

April 4-5, 2014

Livestream  
Option  
Available

Sponsored by

The Division of  
Occupational Therapy and  
Physical Therapy



## Fourth Annual Pediatric Orthopedic & Sports Physical Therapy Conference: Managing Athletic Injury in 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 orthopaedic & sports medicine and rehabilitation. New this year: a case-based, multi-disciplinary approach will be utilized for an in-depth analysis on three key issues affecting the pediatric athlete: concussion management, rehabilitation after ACL reconstruction and management of stress fractures in long distance runners. 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 these injuries. 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 these common pediatric orthopaedic & 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. Review the definition and epidemiology of concussion
2. Understand and perform an on field concussion assessment using appropriate concussion grading scales.
3. Employ evidence-based tests and measures in order to determine an athlete's readiness to return to sport-related activities
4. Review the latest surgical techniques for pediatric ACL reconstruction
5. Identify evidence-based end-stage rehabilitative strategies for treating a ballet dancer, soccer player and basketball player after ACL reconstructive surgery
6. Identify the clinical signs and symptoms of a tibial stress fracture
7. Identify the pros and cons of utilizing visual and auditory gait retraining as an adjunct treatment for treating the running athlete
8. Demonstrate ability to determine what interventions are appropriate for each stage of a healing stress fracture in the running athlete
9. Employ evidence-based care recommendations in practice



### CINCINNATI CHILDREN'S FACULTY

**John Brehm, ATC**

**Nicholas Edwards, MD, MPH**

**Alyson Filipa, PT, DPT, SCS, CSCS**

**Kathryn Hickey, PT, DPT, CSCS**

**Jason A. Hugentobler, PT, DPT, SCS, CSCS**

**Brad Kurowski, MD**

**Kelsey Logan, MD**

**Gretchen Mueller, PT, DPT**

**Mark V. Paterno, PT, PhD, MBA, SCS, ATC**

**Catherine Quatman-Yates, PT, DPT, PhD**

**Jeffery A. Taylor-Haas, PT, DPT, OCS, CSCS**

**Eric Wall, MD**

**Ryan Worley, ATC**

**Christy Zwolski, PT, DPT, OCS, CSCS**



### GUEST FACULTY

**Kari Brown Budde, PT, DPT, SCS, CSCS**



## PROGRAM SCHEDULE

### Friday, April 4, 2014

- 7:30-8:00 **Registration/Welcome**
- Concussion Unit**
- 8:00-8:45 **Concussions in the young athlete: current status and future directions**  
– Brad Kurowski, MD
- Case Presentation: 16 y/o football player sustains a concussion during a game**
- 8:45- 9:15 **On the field management: an athletic training perspective**  
– John Brehm, ATC
- 9:15- 10:00 **Outpatient medical management**  
–Kelsey Logan, MD
- 10:00-10:15 **Break**
- 10:15-11:00 **Physical therapy evaluation**  
– Jason A. Hugentobler, PT, DPT, SCS, CSCS & Catherine Quatman-Yates, PT, PhD, DPT
- 11:00-11:30 **Vestibular rehabilitation**  
– Gretchen Mueller, PT, DPT
- 11:30-12:30 **Lunch (on your own)**
- 12:30-1:30 **Athletic training & physical therapy evaluation laboratory**  
(1) Sideline evaluation–John Brehm  
(2) Physical therapy clinical evaluation  
– Catherine Quatman-Yates & Jason A. Hugentobler
- 1:30-1:45 **Break**
- 1:45-2:30 **Return to sport decision making: medical management** – Kelsey Logan, MD
- 2:30-3:00 **Return to sport: an athletic training perspective**  
– Ryan Worley, ATC
- 3:00-3:15 **Break**
- Post-Concussion Syndrome Unit**
- 3:15-4:00 **Medical management** – Brad Kurowski, MD
- 4:00-4:45 **Physical therapy management**  
– Jason A. Hugentobler
- 4:45-5:45 **Physical therapy treatment laboratory**  
(1) Aerobic training vs. anaerobic training  
– Jason A. Hugentobler & Catherine Quatman-Yates  
(2) Vestibular rehabilitation – Gretchen Mueller
- 5:45-6:00 **Question & Answer**
- 6:00 **Adjourn**



## PROGRAM SCHEDULE

### Saturday, April 5, 2014

- 8:00-8:30 **Return to sport decision making: minimizing second injuries in athletes**  
– Mark V. Paterno, PT, PhD, MBA, SCS, ATC
- Pivot & Cutting Athlete Unit**
- Case Presentation: ACLR tear in a 15 y/o female multi-sport athlete**
- 8:30-9:15 **Medical management** – Eric Wall, MD
- 9:15-9:30 **Break**
- 9:30-10:00 **End stage therapy & return to soccer**  
– Christy Zwolski, PT, DPT, OCS, CSCS
- 10:00-10:30 **End stage therapy & return to basketball**  
– Mark V. Paterno
- 10:30-11:00 **End stage therapy & return to dance**  
– Alyson Filipa, PT, DPT, SCS, CSCS
- 11:00-Noon **Return to sport laboratory for the pivot and cutting athlete**– Mark V. Paterno, Christy Zwolski & Alyson Filipa
- Noon-1:00 **Lunch (on your own)**
- Running Unit**
- Case Presentation: tibial stress fracture in a 14 y/o high school male long distance runner**
- 1:00-1:45 **Medical management**  
– Nicholas Edwards, MD, MPH
- 1:45-2:15 **Physical therapy evaluation**  
– Jeffery A. Taylor-Haas, PT, DPT, OCS, CSCS
- 2:15- 2:45 **Evidence-based physical therapy interventions**  
– Kari Brown Budde, PT, DPT, SCS, CSCS
- 2:45-3:00 **Break**
- 3:00-3:30 **Gait retraining**  
– Jeffery A. Taylor-Haas, PT, DPT, OCS, CSCS
- 3:30- 4:00 **End-stage therapy & return to run guidelines**  
– Katie Hickey, PT, DPT, CSCS
- 4:00-5:00 **Return to sport laboratory for the running athlete**  
– Katie Hickey, Kari Brown Budde & Jeffery A. Taylor-Haas  
(1) Gait retraining  
(2) End-stage exercise prescription
- 5:00 **Adjourn**



## GENERAL INFORMATION

- New this year: you may register for one or both days of the conference.
- One day on-site: \$200.00  
Two day on-site: \$375.00  
One day livestreaming: \$175.00  
Two day livestreaming: \$325.00
- This fee includes continental breakfasts and flash drives for onsite participants. In order to best utilize the flash drives, it is recommended that onsite participants bring a laptop with Adobe Pro software preloaded. 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 \$119.00 per night (parking included) and at the Kingsgate Marriott Conference Center at the University of Cincinnati at a reduced rate of \$119.00 per night (parking not 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 March 20, 2014 to receive the special rate.
- Kingsgate Marriott, 151 Goodman Drive, Cincinnati 45219, 1-888-720-1299 [www.marriott.com/cvgkg](http://www.marriott.com/cvgkg) Please ask for “Pediatric Orthopedic & Sports Medicine Conference group” when making a phone reservation. If you reserve online, enter POSC in the “Group Code Box”. Reservation must be received by March 13, 2014 to receive the special rate.
- Credit:**  
Application has been made for approval by the Ohio Physical Therapy Association for the following: day one only - 8 hours, day two only- 7.5 hours and both days-15.5 hours. Cincinnati Children’s Hospital is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers for the same hours listed above.



## REGISTRATION

Online registration for this course is required.

Register online at:  
<https://www.regonline.com/SportsMedConf-4th>

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 21, 2014. Should the program be canceled, tuition will be refunded.

**Additional Information**  
For more information, please contact Amy Johnson, Education Specialist for The Division of Occupational Therapy and Physical Therapy, at (513) 636-4228.

