

2017 YIPS Conference

Youth Injury Prevention in Sports

4.0 CME/CEUs

Wednesday
February 22, 2017
5 pm to 9:30 pm



Christina Morganti, MD; Course Director

Program Description:

Youth sports participation has been growing at a rapid rate over the previous decade. The prevalence and severity of sports injuries associated with participation has also increased to alarming rates. Dissemination of current evidence based information of prevention of injury could greatly decrease adverse events associated youth sports injuries.

Recent research and training techniques will be presented and demonstrated. A multidisciplinary faculty including orthopedic surgeons, child psychologist, athletic trainers and physical therapists will work together to present instruction from each discipline. The agenda is designed to create a comprehensive body of knowledge that addresses the issues surrounding youth sports injuries.

Hear physicians, therapists and other professionals discuss ways to keep your athletes safe and healthy.

This year includes a special look into:

- ✓ Strategies for injury prevention
- ✓ Is football safe?
- ✓ Sports nutrition
- ✓ Practicing with injury prevention tools
- ✓ Visual assessment in concussion

This program is designed for youth coaches, athletic trainers and medical professionals involved in youth sports or medical treatment of youth athletes.

Attend this FREE Program

AAMC Belcher Pavilion
7th Floor, Doordan Institute
2000 Medical Parkway
Annapolis

Free parking onsite in Garage E

- ✓ Registration and Dinner:
5—5:30 pm
- ✓ Program: 5:30—9:30 pm

Conference is free but
Pre-Registration is necessary.
Register online at:

[https://aahs.cloud-cme.com/
YouthSports2017](https://aahs.cloud-cme.com/YouthSports2017)

Or email cme@aahs.org for
more information.

**A healthy dinner will be
served.**

Cancellation Policy:

In the event that a registered participant is unable to attend this program, a full refund will be granted provided the cancellation is made in writing, postmarked and/or received at least one week prior to the stated date of the educational activity. Please send all cancellations to the attention of the AAMC Medical Education Department. No refunds or credits will be issued once the conference has started.

AAMC maintains the right to cancel a CME activity due to unforeseen circumstances. Minimum and maximum enrollments have been established for each program. In the rare event of the necessity to cancel due to low enrollment, two weeks' notice will be provided to registered participants. Please note that some programs may fill to capacity several months in advance.

Course Schedule and Objectives:

5:00 Registration and Dinner

5:30 Welcome and Introductions – Christina Morganti, MD, Orthopedic Surgery and Course Director

- Explain the importance of injury prevention strategies.
- Summarize some examples of injury prevention strategies.

5:45 *Is Football Safe?* – Edward McDevitt, MD, Orthopedic Surgery

- Identify what the dangers are today.
- Consider what we can do to prevent serious injuries in football.

6:05 *Return To Play Criteria In The Navy Sports Arena* – Lance LeClere, MD, Orthopedic Surgery

- Explain return to play scenarios in navy athletes.
- Identify strategies used at the Naval Academy to determine if an athlete is safe to return to play.
- Recognize consequences of return to play decisions.

6:25 *Sports Nutrition* – Frederick Sutter, MD, Physical Medicine & Rehab

- Summarize hydration guidelines for young athletes with specific attention to carbohydrate needs.
- Explain the foundation nutrition recommendations for the growing athlete.
- Identify and review the Female Athlete Triad.

6:45 *The Opioid Trap, A Conversation About Athletes And Their Risks For Addiction* – Amanda Larkins, MS, Supervisor Prevention Education and Family Wellness, Pathways

- Explain drug use in young athletes.
- Identify risk factors for drug addiction in young athletes.
- Develop strategies for prevention of drug addiction in this population.

7:00 Break

7:10 Breakout Sessions – *Practicing with Injury Prevention Tools*

- Video gait analysis – Sarita Sanghvi, MPT
- Yoga for Athletes – Maria Ulbricht, HHS
- Dynamic Warmup – Dan Mahoney, CAT
- Pre-Participation Sport Physicals: What are we missing? – Mitch Stanley, DPT, FMS
- Fueling the Young Athlete – Anne Caldwell, RDN
- Visual Assessment in Concussion Evaluation on Sideline – Kati Ricks, DPT

7:55 *Mental Health in Youth Athletes – Stress in Sports* – Melissa Wellner, MD, Psychiatry

- Identify some of the mental stresses of youth sports participation.
- Consider the "pressure to win" and its effect on youth athletes.
- Recognize the mental consequences of physical injury, and "retirement" from sports.

8:10 *Footwear And Bracing In Sports* – David Keblish, MD, Orthopedic Surgery

- Illustrate foot and ankle anatomy, common orthopedic injuries and overuse conditions in young athletes.
- Explain the potential influence of braces and athletic shoe choices in preventing or reducing foot & ankle injuries.

8:30 *Overuse Injuries* – James York, MD, Orthopedic Surgery

- Describe overuse injuries in youth athletes.
- Identify factors that lead to overuse injuries.
- Develop strategies to prevent overuse injuries.

8:50 *Case Discussion* – Daniel Redziniak, MD; Robert Waltz, MD, Orthopedic Surgery; Benjamin Petre, MD

- Recognize typical findings in two common sports injuries.
- Explain treatment options.
- Identify long term consequences.

9:15 Discussion and Wrap-Up

The Anne Arundel Medical Center is accredited by MedChi. The Maryland state Medical Society to provide continuing medical education for physicians. The Anne Arundel Medical Center designates this live educational activity for a maximum of (4.0) AMA PRA Category 1 Credit(s)TM. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Anne Arundel Medical Center (BOC AP# P8694) is approved by the Board of Certification, Inc. to offer continuing education to Athletic Trainers. This program is eligible for a maximum of 4 hours of Category A hours/CEUs. ATs should claim only those hours actually spent in the educational program.

Continuing Education credits pending for Nurses and Physical Therapists.

