



6TH ANNUAL

Advanced Care of the Young Athlete Symposium

Focus: Sports Trauma, Knee, and
Core Injuries

November 15, 2019

Children's Hospital Colorado
Conference & Education Center
13123 E. 16th Avenue
Aurora, CO

Provided by

SPORTS MEDICINE
CENTER



Overview and Target Audience

The Advanced Care of the Young Athlete Symposium will focus on the acute management of orthopedic conditions and sports related injuries and address clinical issues that face the clinician's daily practice.

Conference will be of interest to primary care physicians, advanced practice providers, athletic trainers, physical therapists, and other allied healthcare professionals that work with athletes as part of their practice.

Conference handouts will be emailed to each registered participant two weeks after the conference. Handouts will not be provided at the conference.

Location

The conference will be held at Children's Hospital Colorado, Anschutz Medical Campus, 13123 East 16th Avenue in Aurora, Colorado 80045. Visit childrenscolorado.org/directions for driving directions.

Please enter through the Main Hospital Entrance and take the glass elevators to the 2nd floor Conference and Education Center.

Anschutz Medical Campus employees must park in their designated area. Free parking for conference guests is available on the Lower Level of the Family/Visitor parking structure, just south of the hospital's main entrance.

Educational Objectives

- Review common head and facial trauma in sports including auricle, nasal and oral injuries.
- Review most common orbital injuries in sports.
- Identify predisposing factors to blunt cardiac trauma and define diagnostic and treatment algorithms for cardiac injury.
- Describe the most frequent spinal injuries that occur with sporting activities in adolescents.
- Evaluate an injury to the perineum.
- Provide a comprehensive overview of traumatic knee injuries.
- Determine the sources of anterior knee pain and connect to functional abnormalities.
- Explain the concepts around the use of ultrasound in a thorough lower extremity evaluation.
- Describe and compare the different types of grafts used in ACL reconstruction for adolescent athletes.
- Describe risk factors for patellar instability and dislocation.
- Develop an appropriate diagnosis for rib or thoracic pain in athletes.
- Recognize signs and symptoms of acute abdominal injury.
- Identify anatomy about the core and pelvis relevant to this injury.

- Discuss regional interdependence as it relates to rehabilitation of core injuries.
- Review initial management of acute facial trauma on the sports field/court.
- Review and demonstrate management of suspected acute c-spine injury in American football including proper helmet and shoulder pad removal.
- Discuss diagnosis and return to play information for athletes with infectious mononucleosis.
- Review the basic principles of MSK ultrasound and scanning techniques.
- Review basic agility and change of direction principles for the athlete post ACL reconstruction.
- Explain the concepts around the use of ultrasound in a thorough lower extremity evaluation.
- Interpret common MRI findings of the knee and how they relate to clinical decision-making.
- Describe common mental health disorders that plague athletes.

Continuing Education Credits

Medical: Children's Hospital Colorado is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Children's Hospital Colorado designates this live activity for a maximum of 8 AMA PRA Category 1 Credit(s).™ Physicians should only claim credit commensurate with the extent of their participation in the activity.



Certified Athletic Trainers: Children's Hospital Colorado is approved by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program is pending approval for a maximum of 8 EBP Category hours/CEUs. ATs should claim only those hours spent in the educational program.

Physical Therapists: This event qualifies as a category 1 Continuing Education Activity for physical therapists in the state of Colorado.

Others: A general certificate of attendance will be available after the completion of the online evaluation.

Planning Committee: Jay Albright, MD and Aaron Provance, MD – Co-chairs; Veronica Acosta; Aubrey Armento, MD; Josh Frees, MSc, LAT, ATC; Robert Lopez, MAT, LAT, ATC, CES; David Howell, PhD, ATC; Sarah Reinking, PT, DPT, SCS; Sonya Walker; Julie Wilson, MD; Bridget Younger, MEd, LAT, ATC

Agenda

Friday, November 15, 2019

6:15 a.m. **Registration & Breakfast**

6:50 **Welcome**

Sports Trauma Section

7:00 **Head and Facial Trauma**
Christian Francom, MD

7:20 **Orbital Trauma**
Eric Hink, MD

7:35 **Chest and Thoracic Trauma**
Matthew Stone MD, PhD

7:55 **Spinal Trauma**
Sumeet Garg, MD

8:15 **Groin and Genital Injuries in Sports**
Duncan Wilcox, MD

8:35 **Q&A Session**

8:40 **Break**

Knee Section

8:50 **Considerations for on Field Acute Assessment of Knee Injuries – What Not to Miss**
Oliva May, ATC

9:05 **The Spectrum of Anterior Knee Pain: Instability, Alignment and Referrals**
Greg Walker, MD

9:25 **Addressing Patellar Instability with Surgery: Considerations and Rehabilitation Principles**
Stephanie Mayer, MD

9:45 **Quadriceps-Tendon ACL Reconstruction: What Does the Evidence Tell Us About Graft Selection?**
Jay Albright, MD

10:05 **Rehabilitation for Patellar Instability: Conservative and Post-Operative**
Leslie Schein, PT, DPT, OCS

10:25 **Q & A Session**

10:30 **Break**

Core Injuries Section

10:40 **Rib and Thoracic Conditions in Sports**
John Hill, DO

11:00 **Acute Abdominal Trauma in Sports**
Jack Spittler, MD

11:20 **Core Muscle Injuries: Diagnosis and Management**
Stephanie Mayer, MD

11:40 **Rehabilitation for Sports Related Core Injuries**
Meredith Dake, PT, DPT, OCS

12:00 p.m. **Q&A Session**

12:10 **Lunch**

1:00 **Workshops (2 rotations)**

- On the Field Management of Acute Facial Trauma
- Initial Management of C-spine Injuries
- To Play or Not to Play: Abdominal Medical Issues in Sports
- Diagnostic MSK Ultrasound Evaluation of the Hip

2:30 **Break and afternoon snack**

2:45 **Workshops (2 rotations)**

- Goal Focused Sport Progressions in End Stage Rehabilitation of ACL Reconstruction
- Physical Exam Lower Extremity
- MRI Imaging of the Knee
- Mental Health Considerations in Athletes

4:15 **Wrap up and Evaluation**

4:30 **Adjourn**

Faculty

University of Colorado and Children's Hospital Colorado

Jay Albright, MD

Assistant Professor, Orthopedics
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Surgical Director, Sports Medicine Center
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Aubrey Armento, MD

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Gregory Walker, MD

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Duncan Wilcox, MBBS, MD

Professor, Pediatric Urology
University of Colorado School of Medicine
Surgeon-in-chief
Director Center for Children's Surgery
Children's Hospital Colorado

Register Early

childrenscolorado.org/CE

Register online today and receive the early registration fee prior to November 1, 2019. Confirmation of registration will be emailed.

Registration Fees*

	By 11/1	After 11/1
MDs, PhDs, PNP	\$95	\$105
PAs, RNs and Allied Health	\$85	\$95
ATC	\$60	\$65
Children's Hospital Colorado Staff, University of Colorado Hospital, University of Colorado Health, Fellow, Resident and Student	\$40	\$45

*Students must provide verification of full-time status; Fax information, noting conference and date, within 2 days of online registration to 720-777-7258.

Cancellation Policy

No refunds will be granted for cancellation or non-attendance, although you may send a substitute. The Planning Committee reserves the right to alter the agenda or cancel the conference in the event of an unforeseen circumstance, or if the minimum registration is not attained by November 1, 2019 with a full refund to registrants.

Further Information

For further information or to request arrangements to accommodate a disability, contact Sonya Walker at 720-777-9124 or sonya.walker@childrenscolorado.org, in advance of the conference.