Course Faculty

Jeff Albaugh, P.T., M.S., A.T.C.
Sports Medicine Team Lead
Physical Therapy Department

Jamila Aberdeen, P.T., D.P.T., S.C.S.
Sports Medicine and Performance Center
Main Campus, Philadelphia

Elliot Greenberg, P.T., D.P.T., O.C.S., C.S.C.S.
Sports Medicine and Performance Center
Bucks County Specialty Care Center

Sports Medicine and Performance Center
CHOP Virtua Specialty Care Center

J. Todd Lawrence, M.D., Ph.D.
Orthopedic Surgeon
Department of Orthopedics

Sports Medicine and Performance Center
King of Prussia Specialty Care Center

Meredith Link, P.T., D.P.T., A.T.C.
Sports Medicine and Performance Center
CHOP Virtua Specialty Care Center

Brian Eckenrode, P.T., D.P.T., O.C.S.
Assistant Professor of Physical Therapy
Orthopaedic Clinical Residency Coordinator
Department of Physical Therapy
Arcadia University
Glenside, Pa.

Unless otherwise noted, faculty is from The Children’s Hospital of Philadelphia.

Current Sports Medicine Topics
for Care of the Pediatric
and Adolescent Athlete

Friday, Oct. 23, 2015

Leonard and Madlyn Abramson
Pediatric Research Center

www.chop.edu/cme

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Course Information

Participation in sports, from youth leagues to high school athletics, has resulted in increased injury rates for the pediatric and adolescent population. This course will be a single-day event outlining the use of evidence-based decision-making for surgical and physical therapy management of pediatric and adolescent knee and shoulder injuries. Special emphasis will be placed on the effect of growth and development of the young athlete and its impact on injury, rehabilitation and surgical approach.

General Information

The conference will be held in the Leonard and Madlyn Abramson Pediatric Research Center at The Children’s Hospital of Philadelphia, 3501 Civic Center Blvd., Philadelphia, PA 19104. The registration fee is $150 and includes continental breakfast, breaks, lunch, parking and syllabus material.

Course Objectives

Upon completion of this course, participants should be able to:

• Describe the effects of growth and development and its impact on injuries and rehabilitation of the youth athlete
• Understand the spectrum of throwing injuries in the pediatric/adolescent athlete and the importance of the entire kinetic chain in shoulder rehabilitation of the youth athlete
• Describe the unique option of physical-quieting surgical approach in the management of ACL rupture in the pediatric athlete
• Describe functional assessment tools and rehabilitation considerations for this unique population
• Describe functional assessment tools and decision-making processes for return to play following lower extremity injuries in the youth athlete

Physical Therapy Accreditation

The Children’s Hospital of Philadelphia has approved for submission of 5.5 hours through the state boards of Pennsylvania, New Jersey and Delaware, and the National Athletic Trainer’s Association.

Hotel Accommodations

A block of rooms has been reserved at reduced rates at the Sheraton Philadelphia University City Hotel (www.sheratonphiladelhi.com), located just a few blocks from Children’s Hospital. The group overnight rate is $179 single and double occupancy plus a 15.5 percent room tax. Participants are required to make their own hotel reservations. Special emphasis will be placed on the effect of growth and development of the young athlete and its impact on injury, rehabilitation and surgical approach.

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Program – Friday, Oct. 23, 2015

8 a.m. Registration & Continental Breakfast
8:25 a.m. Welcome and Opening Remarks
Jeff Albaugh, P.T., M.S., A.T.C.
8:30 a.m. Spectrum of Throwing Injuries in the Adolescent Athlete
9:30 a.m. Effect of Growth and Development on the Athlete’s Shoulder: What Do We Know?
Elliot Greenberg, P.T., D.P.T., O.C.S., C.S.C.S.
10:30 a.m. Break
10:45 a.m. Investigate the Why: Kinetic Chain Approach to Rehabilitation of the Throwing Shoulder
Brian Eckenrode, P.T., D.P.T., O.C.S.
11:45 a.m. Lunch

The Throwing Adolescent Athlete

1 p.m. Not Just Another ACL Lecture: Unique Surgical Approach to Managing ACL Rupture in the Pediatric Athlete
J. Todd Lawrence, M.D., Ph.D.
2 p.m. Six Months Out and What Do I Do Now? Late Stage Rehabilitation Considerations Following Pediatric ACL Reconstruction
3 p.m. Break
3:15 p.m. Evidence-based Measures of Function Following Injury to the Lower Extremity
4:15 p.m. Return to Play Decision-making Process: Expert Panel
4:45 p.m. Adjourn

Cancellation and Refund Policy

The Children’s Hospital of Philadelphia reserves the right to cancel or postpone any course due to unforeseen circumstances. In the event of cancellation or postponement, The Children’s Hospital of Philadelphia will refund any registration fees, less a $25 service charge, but is not responsible for any related costs, charges or expenses to participants, including cancellation charges assessed by airlines/travel agencies. In order to process refunds for course withdrawals, cancellation must be received in writing by Monday, Oct. 12, 2015. No refunds will be issued thereafter.

Services for People with Disabilities

If special arrangements are required for an individual with a disability to attend this meeting, please contact the Continuing Medical Education Department at 215-590-5263.

Conference Registration Fee: $150

Refunds will not be processed unless accompanied by full payment. Faxed registrations will only be accepted for credit card payments.

Registration Deadline: Monday, Oct. 12, 2015

Registration

Name: ___________________________________________
Title/Degree: ________________________________________
Institution: ________________________________________
Home Address: ________________________________________
Phone: ___________________________ Fax: ____________________________
Email: ____________________________________________

Current Sports Medicine Topics for Care of the Pediatric and Adolescent Athlete

Friday, Oct. 23, 2015

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Visit us online at www.chop.edu/cme

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calling the Sheraton directly at 215-387-8800. Please mention the name of the conference when making your reservation. The special room rate will be available until Monday, Sept. 21, 2015. After that date, reservations will be accepted on a space and rate availability basis.

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J. Todd Laurence, M.D., Ph.D.
2 p.m. Six Months Out and What Do I Do Now? Late Stage Rehabilitation Considerations Following Pediatric ACL Reconstruction
Ken Kuchta, P.T., M.S., S.C.S.
3 p.m. Break
3:15 p.m. Evidence-based Measures of Function Following Injury to the Lower Extremity
Janelle Minot, P.T., D.P.T., O.C.S.; Meredith Lask, P.T., D.P.T., A.T.C.
4:15 p.m. Return to Play Decision-making Process Expert Panel
4:45 p.m. Adjourn

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Name: ____________________________
Title/Degree: ______________________________________________________
Hospital/Institute/Company: __________________________________________
City: _______________________________ State: _______ ZIP: _____________
Home Address: _____________________________________________________
Office Address: _____________________________________________________
Phone: ___________________________ Fax: ____________________________
Email: ____________________________

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Method of Payment
• Personal check
• Institutional check (Please make check payable to The Children’s Hospital of Philadelphia.)
• MasterCard
• American Express
• VISA
• Discover
Credit Card #: ____________________________ Exp. Date: ____________________________

Mail/fax the completed registration form and payment to:
Mr. Mitch Holliday
Continuing Medical Education Department
The Children’s Hospital of Philadelphia
34th Street and Civic Center Boulevard
Philadelphia, PA 19104-4399
215-590-5CME
Fax: 215-590-3452
mholliday@email.chop.edu
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michelle.hollade@email.chop.edu

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Method of Payment
Check
Credit Card
Visa
MasterCard
Discover

Personal check
Institutional check
(Please make check payable to The Children’s Hospital of Philadelphia.)

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