The Adolescent Female Athlete

Saturday, April 18, 2015

REGISTER ONLINE AT:
http://cme.med.nyu.edu/pedsforum
PEDIATRIC ORTHOPAEDIC ESSENTIALS

The Adolescent Female Athlete

Saturday, April 18, 2015

COURSE DIRECTORS
Mark A. Rieger, MD
David Y. Lin, MD

REGISTER ONLINE AT: http://cme.med.nyu.edu/pedsforum
COURSE DESCRIPTION

The focus of this forum is to provide updates on common adolescent sports medicine topics with an emphasis on the unique needs of the female athlete by reviewing the latest information on diagnosis and medical/surgical management. This is a full day course outlining current literature on common adolescent sports medicine topics, highlighting the young female athlete. In addition, management of these disorders and injuries will be addressed, giving primary care practitioners, athletic trainers and therapists practical tools that can be useful in everyday practice. The intended audience is community-based pediatricians, family practice practitioners, physical therapists, athletic trainers and nurses who are interested in reviewing or learning about adolescent sport pathologies. The overall goal of this symposium is to educate health care providers who interact with the younger population about common adolescent sports medicine topics and the female athlete.

TARGET AUDIENCE

Community-based pediatricians, family practice practitioners, physical therapists, athletic trainers, nurses who are interested in reviewing or learning about adolescent sport pathologies

STATEMENT OF NEED

Parents of children and adolescents involved in sports often present in the primary care office for initial evaluation of orthopedic complaints. With advancements in both medical and surgical specialties, it is difficult for the primary care practitioner to remain up-to-date with sub-specialties. This has created a need for a review of current literature and practices of common sport medicine conditions in the younger population. Properly identifying and treating pediatric and adolescent patients with sport-related orthopedic pathologies requires that practitioners arrive at accurate differential diagnoses and that they understand the difference between normal variants and true pathology. High-level sports are becoming increasingly more popular among teenagers and young adults who are competing for college scholarships and other such opportunities. This is making the sporting arena more aggressive and results in more frequent and sometimes more complex orthopedic injuries. Primary care practitioners and physical therapists are commonly the first to evaluate these injuries. It is important that they understand common sports injuries as well as treatment of these injuries to better serve this patient population. Young female athletes have unique orthopedic and medical needs that are more recently being researched and addressed. Primary care physicians as well as therapists and trainers have the opportunity to interact with this patient population on a regular basis and patients could benefit from being appraised of these unique issues. It is important that practitioners understand what to look for in an adolescent female athlete to help with prevention of injuries, prevention of medical complications from disorders that are prevalent in this population as well as diagnosis and treatment of orthopedic problems that can occur in this sub-set of athletes.

EDUCATIONAL OBJECTIVES

After participating in this activity, clinicians should be able to:

- Discuss the latest developments on clinical presentation, diagnosis and current treatment protocols for common pediatric and adolescent sport medicine conditions
- Distinguish between normal physical exam and pathological exam with regards to specific pediatric and adolescent sport-related orthopedic pathology
- Describe mechanisms of injury and common physical exam findings for injuries that are frequently seen in today’s most popular sports
- Integrate current treatment protocols associated with these injuries into clinical practice
- Identify the structural differences in the female vs. male adolescent athlete and why these differences put females at risk for certain orthopedic problems
- Identify those young female athletes at risk for medical disorders that are more common in this sub-set of patients
GENERAL INFORMATION

LOCATION
Embassy Suites Parsippany
909 Parsippany Boulevard
Parsippany, New Jersey, 07054
Phone: (973) 334-1440

MAILING ADDRESS AND CONTACT INFORMATION
NYU Post-Graduate Medical School
550 1st Avenue
New York, NY 10016
Phone: (212) 263-5295
Fax: (212) 263-5293

ACCREDITATION STATEMENT
The NYU Post-Graduate Medical School is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

CREDIT DESIGNATION STATEMENT
The NYU Post-Graduate Medical School designates this live activity for a maximum of 7.25 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

PHYSICAL THERAPY CREDIT
APTANJ is a registered provider for the New Jersey State Department of Education. Provider Number: 1827

APTANJ is recognized by the New York State Education Department’s State Board for Physical Therapy as an approved provider of PT & PTA continuing education.

This course has been approved for 7.5 hours (.75 CEU’s) by the NJ State Board of Physical Therapy.

DISCLOSURE STATEMENT
The NYU Post-Graduate Medical School adheres to ACCME accreditation requirements and policies, including the Standards for Commercial Support regarding industry support of continuing medical education. In order to resolve any identified conflicts of interest, disclosure information is provided during the planning process to ensure resolution of any identified conflicts. Disclosure of faculty and commercial relationships, as well as the discussion of unlabeled or unapproved use of any drug, device or procedure by the faculty, will be fully noted at the meeting.

FACULTY

COURSE DIRECTORS
Mark A. Rieger, MD
Assistant Clinical Professor
NYU School of Medicine
New York, NY
Attending, Pediatric Orthopedics
Morristown Medical Center
Morristown, NJ

David Y. Lin, MD
Attending, Pediatric Orthopedics
Morristown Medical Center
Morristown, NJ

VISITING PROFESSOR
Theodore J. Ganley, MD
Sports Medicine Director
The Children’s Hospital of Philadelphia
Philadelphia, PA
Associate Professor
The Perlman University of Pennsylvania
School of Medicine
Philadelphia, PA

COURSE FACULTY
Tamir Bloom, MD
Olympian
Attending, Pediatric Orthopedics
Morristown Medical Center
Morristown, NJ

Emelynn J. Fajardo, DO
Adolescent Sports Medicine Specialist
Attending, Pediatrics
Morristown Medical Center
Morristown, NJ

Samara Friedman, MD
Attending, Pediatric Orthopedics
Morristown Medical Center
Morristown, NJ

Kathryn S. Klein, MD, MPH
Attending, Pediatric Ophthalmology
Morristown Medical Center
Morristown, NJ

Mark E. Solomon, DPM
Podiatric Consultant to NY Jets
Attending, Podiatry
Morristown Medical Center
Morristown, NJ

Joshua A. Strassberg, MD
Attending, Pediatric Orthopedics
Morristown Medical Center
Morristown, NJ

Visit our secure website
http://cme.med.nyu.edu/pedsforum
to submit online registration
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Speaker(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30 am</td>
<td>Registration and Continental Breakfast</td>
<td></td>
</tr>
<tr>
<td>7:55</td>
<td>Introductory Remarks</td>
<td>Mark A. Rieger, MD</td>
</tr>
<tr>
<td>8:00</td>
<td>Strength Training and Conditioning</td>
<td>Tamir Bloom, MD</td>
</tr>
<tr>
<td>8:30</td>
<td>The Female Triad: Review and Updates</td>
<td>Emelynn J. Fajardo, DO</td>
</tr>
<tr>
<td>9:00</td>
<td>OCD Knee Injuries in Young Athletes</td>
<td>Theodore J. Ganley, MD</td>
</tr>
<tr>
<td>9:30</td>
<td>Question and Answer Panel Discussion</td>
<td></td>
</tr>
<tr>
<td>9:45</td>
<td>Morning Coffee Break</td>
<td></td>
</tr>
<tr>
<td>10:00</td>
<td>Cheerleading and Gymnastics</td>
<td>Mark A. Rieger, MD</td>
</tr>
<tr>
<td>10:30</td>
<td>Point en Pointe: The Dancer’s Foot</td>
<td>Mark E. Solomon, DPM</td>
</tr>
<tr>
<td>11:00</td>
<td>Gender Differences and Medical Considerations in the Young Athlete</td>
<td>David Y. Lin, MD</td>
</tr>
<tr>
<td>11:30</td>
<td>Question and Answer Panel Discussion</td>
<td></td>
</tr>
<tr>
<td>12:45 pm</td>
<td>ACL Injuries in Young Female Athletes</td>
<td>Theodore J. Ganley, MD</td>
</tr>
<tr>
<td>1:15</td>
<td>Snap, Crackle and Pop: What’s Wrong with my Knee, Doc?</td>
<td>Samara Friedman, MD</td>
</tr>
<tr>
<td>1:45</td>
<td>Shoulder Pathology in the Female Athlete</td>
<td>Joshua A. Strassberg, MD</td>
</tr>
<tr>
<td>2:15</td>
<td>Question and Answer Panel Discussion</td>
<td></td>
</tr>
<tr>
<td>2:30</td>
<td>Afternoon Coffee Break</td>
<td></td>
</tr>
<tr>
<td>2:45</td>
<td>Concussion Update: Gender Difference</td>
<td>Emelynn J. Fajardo, DO</td>
</tr>
<tr>
<td>3:15</td>
<td>In”Sight” into Eye Injuries</td>
<td>Kathryn S. Klein, MD, MPH</td>
</tr>
<tr>
<td>3:45</td>
<td>Emerging Trends in the Female Athlete</td>
<td></td>
</tr>
<tr>
<td>4:15</td>
<td>Question and Answer Panel Discussion</td>
<td></td>
</tr>
<tr>
<td>4:30</td>
<td>Closing Remarks</td>
<td>David Y. Lin, MD</td>
</tr>
<tr>
<td>4:45 pm</td>
<td>Adjourn</td>
<td></td>
</tr>
</tbody>
</table>
The Adolescent Female Athlete

Saturday, April 18, 2015

After 12 pm on April 14, 2015, only onsite registration is available, provided the course has not reached capacity. Onsite registrants will incur an additional $20 charge and will receive a receipt by email in 1–2 weeks.

Name ____________________________________________________________________________

Address __________________________________________________________________________

City ____________________________ State ___________ Zip __________________

COURSE CONFIRMATION:

Please supply your email address to receive a confirmation letter. Make sure your email address is clearly written.

Degree __________________________ Day Phone ( _____ ) ____________________ Fax ( _____ ) ____________________

Email ____________________________ Specialty ______________________________

(REQUIRED FOR CME CREDIT)

COURSE FEES

☐ Full Fee: $100  ☐ Students: $50 (must provide valid student ID)

METHODS OF PAYMENT: (Cash, email and phone registration are not accepted) If faxing, do not mail or refax. This will only result in a duplicate charge to your account. Registration is non-transferable.

☐ Check in U.S. Dollars only: $ ______________________________

☐ Credit Card Payment (see below)

☐ International Postal Money Order: $ ______________________________

(Make check payable to NYU Post-Graduate Medical School)

(Make check payable to NYU Post-Graduate Medical School)

SEND TO:

NYU Post-Graduate Medical School
550 1st Avenue
New York, NY, 10016

REFUND POLICY: In order to request a refund, you must complete and submit our online refund form no later than 14 days prior to the first day of the course. An administrative fee of $75 will be deducted from your refund. Cancellations or no-shows after this date are not eligible for a refund. Fax and email cancellations are not accepted. COURSE CANCELLATION POLICY: In the unusual circumstance that this course is cancelled, two weeks notice will be given and tuition will be refunded in full. The NYU Post-Graduate Medical School is not responsible for any airfare, hotel or other costs incurred.

PAYMENT BY CREDIT CARD: Credit card payments may be faxed to (212) 263-5293.

Bill To: ☐ Visa  ☐ MasterCard  ☐ American Express  Amount to be charged: $ ______________________________

Credit Card Number: ________________________________ Exp. Date ____________ CVV Code ____________

Card Member’s Name ________________________________ Signature ________________________________

(PLEASE PRINT)

Special needs or requests: ________________________________

______________________________

______________________________

______________________________

Register online at
http://cme.med.nyu.edu/pedsforum