

Collaborative Education Series

On-Demand: 15th Annual Spring Symposium: Orthopedic Sports Assessment of the Ankle, Hip and Knee

CME 'Enduring' Presentation

MaineGeneral YouTube

'On-Demand'- Enduring Presentation

Audience: Physicians, NP's,
and PA's

**Date: On-Demand
Enduring Presentation**

No Tuition

For Registration:

[CLICK HERE](#)

We will send you the YouTube link to the email you registered with once your registration has been processed

**Completion of the Course
Evaluation form is required
before CME certificates will
be awarded! Evaluation link is
located in the YouTube video
description.**

Please contact **Steve Tosi** with
any questions.

Steve.tosi@mainegeneral.org

Marketing and registration
also located on MGH Connect
landing page under "What's
Happening".

Program Date: March 11, 2024
Release as Enduring Date: March 18, 2024
Expiration Date: March 18, 2027

Presenters:

Daniel Shubert, MD

MaineGeneral Sports Medicine

Evaluation and Treatment of Common Foot and Ankle Athletic Injuries

Statement of Need:

- Injuries to the foot and ankle are often complex and difficult to diagnose due to intricate makeup of the anatomy and sophisticated stressors place on the joints with every step, kick, or jump, especially with sports. Athletic trainers learn general foot and ankle evaluation techniques but can constantly improve their skills as new information, techniques on injury evaluations emerge, and imaging improves. Refreshing our knowledge challenges providers to learn new skills and is the best way to improve patient care and outcomes as well as increase diagnostic accuracy.

- By participating in this program, the participant will be able to more accurately assess athletic foot and ankle injuries resulting in improved initial care, decreased risk of further injury, and help minimize the length of recovery for these athletes.

Objectives:

- Perform a foot and ankle examination.
- Predict appropriate imaging and interpretation thereof.
- Integrate best treatment practices according to the literature.

Ian Engler, MD

Central Maine Orthopedics

Evaluation and Management of the Athlete's Hip

Statement of Need:

- Hip injuries are often complex and difficult to diagnose due to the multilayered anatomy and sophisticated stressors placed on the hip, especially with sports. Athletic trainers learn general hip evaluation techniques but can constantly improve their skills as new information and techniques on injury evaluations emerge and imaging improves. Refreshing our knowledge challenges providers to learn new skills and is the best way to improve patient care and outcomes as well as increase diagnostic accuracy.

- By participating in this program, the be able to more accurately assess athletic hip injuries resulting in improved initial care, decreased risk of further injury, and help minimize the length of recovery for these athletes.

Objectives:

- Summarize a differential diagnosis of hip pain in athletes and younger patients.
- Identify the most common hip pathologies and their associated goals of rehabilitation.
- Differentiate femoroacetabular impingement and its appropriate management.

Ian Patten, MD

MaineGeneral Sports Medicine

Evaluation and Management of Cartilage Injuries in the Knee

Statement of Need:

- Cartilage injuries of the knee are one of the more common injuries reported in athletes. Properly managing these injuries depends on an accurate assessment and appropriate care immediately following the injury. While most athletic trainers can accurately identify a cartilaginous injury, they may not be as accurate in assessing the specific type of injury. This program will review the differential diagnosis of various cartilage injuries in the knee and discuss current thoughts regarding appropriate manage of each.

-By participating in this program, athletic trainers will more accurately identify various types of cartilaginous knee injuries and have the skills to administer appropriate care. The athletic trainer will be able to minimize secondary injury to the knee, improve the long term health outcome of the knee, and safely return the athlete to his/her previous level of activity.

Objectives:

- Assess cartilage injuries of the knee.
- Identify other possible differentials of knee injuries.
- Summarize the appropriate work up for cartilaginous injuries of the knee.
- Apply appropriate treatment of knee cartilage injuries both nonoperative and operative based on size and location.

To view all our CME Enduring Programs:

SCAN



For Physicians (MD's, DO's, PA's, NP's)



Disclosure Statements:

Faculty: Dr. Daniel Shubert, Dr. Ian Engler, and Dr. Ian Patten have provided a signed disclosure indicating no financial interest in any commercial interest that affect the content of this program (kept on file in the Medical Education Coordinator Office MGMC).

Credits awarded:

CME's awarded: 3

The MaineGeneral Medical Center designates this enduring activity for a maximum of 3 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity. This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of MaineGeneral Medical Center and Colby College. MaineGeneral Medical Center is accredited by the ACCME and the Maine Medical Association's Committee on Continuing Medical education to provide continuing medical education (CME) for physicians.

Each physician should claim only those credits that he/she actually spent in the activity.

This activity has been planned and implemented in accordance with the Essentials and Standards of the Maine Medical Association Committee on Continuing Medical Education and Accreditation through the partnership of MaineGeneral Medical Center and Colby College Sports Medicine Department.

Cancellation and Refund policy:

It is our priority at MaineGeneral Medical Center to provide quality Continuing Education. For certain events, a fee will be collected during pre-registration. This fee will be refunded in the event that the course is cancelled or is unable to take place. As part of our policy, we recognize that unforeseen circumstances can occur. Therefore, a refund will be granted to individuals who pre-register but are unable to attend the course.