

# Collaborative Education Series

## On-Demand: 14<sup>th</sup> Spring Symposium- Injuries to the Ankle and Foot 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](mailto:Steve.tosi@mainegeneral.org)

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

Program Date: March 1, 2023  
Release as Enduring Date: March 8, 2023  
Expiration Date: March 8, 2026

**Presenter- Ashley Mychak, DPM**

Podiatric Medicine and Surgery

#### **Tarsal Tunnel Syndrome**

- Tarsal Tunnel Syndrome is a pathology resulting from compression of the posterior tibial nerve. This syndrome typically occurs after a traumatic injury to the foot and ankle, such as an ankle sprain. As Athletic Trainer's, we are very familiar with acute ankle injuries but much less educated on secondary syndromes that can be associated with these injuries. As clinicians, we need to be able to recognize the etiologies of this condition in order to apply appropriate treatments.

- By participating in this course, the athletic trainer will be better equipped to accurately assess athletes with foot injuries that present with neurological symptoms such as those associated with Tarsal Tunnel Syndrome. Proper continuous assessment of athletics injuries will lead to early recognition of secondary conditions that may present, and early recognition minimizes the longer effects of the injury and improves long term outcomes.

#### **Objectives:**

- Demonstrate understanding of the anatomy of the tarsal tunnel.
- Identify various etiologies of tarsal tunnel syndrome.
- Summarize the evaluation and treatment of tarsal tunnel syndrome.
- Describe pathologies that mimic tarsal tunnel syndrome.

**Presenter- Rushal Patel, MD**

Maine-Dartmouth Family Medicine

#### **Plantar Fasciitis**

- Plantar Fasciitis is an inflammation in the soft tissue of the arch of the foot and is a common condition in athletes of all ages. The foot is comprised of complex anatomy. Injuries or conditions effecting the foot pose a significant risk for decreased mobility and quality of life. Athletic trainers need to be up to date on current best practices for Plantar Fasciitis to provide the best care for patients and to prevent significant disability. This program will review important anatomy of the various levels of soft tissue and boney structures, as well as important clinical pearls for diagnosis and treatment.

- By participating in this course, the athletic trainer will be able to recognize the history, signs, and symptoms of Plantar Fasciitis and provide expedient and appropriate care. This is the key to shortening time loss for athletes and reversing the progression of this condition.

#### **Objectives:**

- Summarize the epidemiology and etiology of plantar fasciitis
- Identify the anatomy and pathophysiology of Plantar Fasciitis
- State the classic presentation of Plantar Fasciitis
- Explain treatment modalities used to treat Plantar Fasciitis.
- Express the prognosis for patients diagnosed with Plantar Fasciitis.

**Presenter- Chris Lutrzykowski, MD**

MaineGeneral Sports Medicine

#### **High Ankle Sprain**

- In the world of athletics, athletic trainers and sports medicine professionals frequently work with athletes who suffer a lateral ankle sprain. It is one of the most common athletic injuries for a variety of sports. Because it is so common, other more complex injuries with similar mechanisms may be missed during the initial assessment. Athletic trainers need to develop an increased level of suspicion when assessing common injuries to avoid miss diagnosing more significant injuries such as a high ankle sprain. This program will look at the differential diagnosis of a high ankle sprain, discuss the physical exam and imaging associated with this injury, and review appropriate rehab strategies to manage these injuries.

-By participating in this program, the athletic trainer will have a heightened awareness of these injuries and develop assessment techniques to help ensure these injuries are less likely to be missed on initial examination. The result will be greater assessment accuracy, fewer repeat imaging, and better long term outcomes.

#### **Objectives:**

- Explain the epidemiology of high ankle sprain.
- Accurately diagnose high ankle sprain through physical exam and diagnostic imagery.
- Summarize evidence based treatment strategies for athletes with high ankle sprain.

**Presenter- Elizabeth Rothe, MD**

MaineGeneral Sports Medicine

#### **Compartment Syndrome**

-Working with athletes who develop neurological symptoms can be very challenging. Proper history and mechanism of injury must be established to fully understand the clinical assessment and make an accurate diagnosis. Athletic trainers must recognize the early symptoms associated with the various compartment syndromes to avoid possible long term complications from these conditions. They also must know the appropriate referral path for these athletes. This program will review the physiology of compartment syndrome, discuss the differential diagnosis, and talk about possible treatment options.

-Participants in this program will be up to date with the latest strategies to identify, assess, and treat lower leg compartment syndrome. Utilizing this information will lead to an improved appreciation of the potential dangers of this condition and a greater urgency of making an accurate assessment and lead to earlier intervention. The result will be fewer long term complications and improved overall outcomes for these injuries.

#### **Objectives:**

- Identify the physiology behind the development of compartment syndrome.
- Explain a differential diagnosis for compartment syndrome.
- Summarize the diagnostic testing and treatment options for compartment syndrome.

**Presenter- Steven Takasaki, DO**

Maine-Dartmouth Family Medicine

#### **Shin Splints and Tibial Stress Fractures**

-Tibial stress fractures are a detrimental injury occurring primarily in sports that require repetitive impact, or in athletes starting a new activity without proper conditioning. This injury can result in lengthy recovery times and lasting physical and emotional damage. Athletic trainers need to recognize the signs and symptoms involved with stress fracture development and when to refer to a physician for further evaluation.

- By participating in this course, the athletic trainer will be better prepared to recognize the early signs of a developing stress fracture. Early recognition is key to implementing appropriate treatment quickly and preventing fractures from further progression, minimizing athletic time loss, and improving long term outcomes.

#### **Objectives:**

- Explain proper management of tibial stress fractures.
- Recognize the signs and symptoms of Tibial stress fractures.
- Define the epidemiology of stress fractures.

To view all our CME Enduring Programs: [CLICK HERE](#)  
Physicians (MD's, DO's, PA's, and NP's)

#### **Disclosure Statements:**

Faculty: Ashley Mychak, Rushal Patel, Chris Lutrzykowski, Elizabeth Rother, and Steven Takasaki 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 or at the event. 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.

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