

Collaborative Education Series

On-Demand: 1st Annual Fall Symposium

Low Back Injuries

&

Conditioning for Cheering and the Gymnastics Athlete

BOC CAT A Presentation

Original Program Date: November 30, 2022

Released as On-Demand Date: December 7, 2022

Expiration Date: December 7, 2025

Presenters:

ON-DEMAND- **Wendy Tooth, PT**

MaineGeneral Physical Therapy

- Injuries of the lumbar spine are often difficult to diagnose and treat due to the complexity of the anatomy and the spines relationship with the pelvis. Some athletic trainers may have not received the proper education or gained the experience needed to accurately manage these injuries. This program will identify common lumbar spine injuries, define the associated anatomy as well as explain assessment techniques and display different treatment methods. By gaining the knowledge provided in this program, the participants will be able to more accurately assess and manage injuries to the lumbar spine resulting in patient with improvements in function, decreased perceived pain, and better overall patient outcomes.

Objectives:

- Identify common lumbar spine injuries.
- Identify anatomy and relationship of pelvis and hips to lumbar spine.
- Perform quick assessment of the lumbar, SI joint, and hips.
- Express treatment options for lumbar spine dysfunction.

Presenters:

ON-DEMAND- **Jill Haskell, ATC**
Emily Staples, ATC

MaineGeneral Sports Medicine
MaineGeneral Sports Medicine

- Cheer and gymnastics athletes require a specific level of physicality that combines strength and flexibility above that of the typical athlete. Athletic trainers not familiar with these athletes may not recognize the unique challenges demanded of these athletes and their bodies, and how to appropriately prevent, treat, and rehabilitate these athletes. This program will review different movement screening tests, and demonstrate how to integrate body weight and weight training for the upper and lower extremities as well as maintaining and improving flexibility. Utilizing the methods provided in this program will help you improve your ability as a clinician to better manage gymnastic injuries, provide conditioning programs that improve athletic performance, and provide appropriate injury prevention programs.

Objectives:

- Assess movement screenings for upper and lower extremities.
- Explain the benefits of flexibility and ROM of UE and LE in gymnastic athletes.
- Summarize how to use weights and body weight exercises for UE and LE conditioning.

MaineGeneral YouTube

'On-Demand' Presentation

Audience: AT's, PT's, OT's,
other medical professionals
and students.

Date: On-Demand

Time: On-Demand

Tuition:
\$30.00

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 CEU 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 BOC website

Search for P2258

To view all our On-Demand Programs: [CLICK HERE](#)

According to the education levels described by the PDC, the following continuing education course is considered to be **Advanced**.

Credits awarded:

CEU's awarded: 3 CAT A CEUs

MaineGeneral Medical Center (BOC AP#: P2258) is approved by the Board of Certification, Inc. to provide continuing education to Certified Athletic Trainers. This program is eligible for a maximum of (3) CAT A CEUs. ATs should claim only those hours actually spent in the educational program.

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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