

# Collaborative Education Series

## On-Demand: Joint Health 'Lifelong Considerations for the Injured Athlete' CAT A Presentation

### MaineGeneral YouTube

#### 'On-Demand' Presentation

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

**Date:** On-Demand

**Time:** On-Demand

**Tuition:**  
\$20.00

**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](mailto:Steve.tosi@mainegeneral.org)

Marketing and registration  
also located on BOC website

Search for P2258

Program Date: April 26, 2023  
Release as On-Demand Date: May 3, 2023  
Expiration Date: May 3, 2026

#### Presenters:

ON-DEMAND- **Rich Garini, ATC**  
**Daniel Shubert, MD**

MaineGeneral Sports Medicine  
MaineGeneral Sports Medicine

- For athletes who suffer an injury to a weight bearing joint such as the hip, knee, or ankle; having a good assessment, appropriate intervention, and a quick recovery to get back to their sport are their primary concerns. As athletic trainers, our training is primarily focused on helping athletes meet these relatively short term goals in a safe manor and guiding their return to activity and we may not be aware of the longer implications of the injury. However, as healthcare providers, our focus should always be on the long term outcome of an injury and the lifelong health of our athletes. This program will look at specific conditions and injuries that can negatively affect long term joint health, orthopedic interventions that can help prolong joint health, things you can do to as an athletic trainer to minimize joint health damage after an injury, and we will look at what you can do to help promote long term joint health for your athletes.

-Participants in this program will be better equipped to properly assess and monitor injured athletes for conditions that have the potential to prematurely compromise the athlete's joint health and mobility during their lifetime. Participants will also be able to educate their athletes on ways to proactively maintain joint health and minimize the effects of normal wear and tear on their joints. The end goal is to help athlete live a full life of mobility, activity, and independence.

#### Objectives:

- Define joint health and why it is important
- Identify when an injury require the athlete to be partial or non-weight bearing
- Name 3 specific conditions/injuries that can decrease the life expectancy of a joint
- Explain the role rehabilitation has in maintaining joint health after an injury
- Identify specific foods that are thought to trigger inflammation in the body
- Summarize the possible benefits of OTC joint supplements



To view all our BOC On-Demand Programs:

SCAN



For AT's, PT's, OT's EMT's, MA's

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

#### Credits awarded:

CEU's awarded: 2 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 (2) 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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