

# Collaborative Education Series

## On-Demand: Management of the Overhead Athlete & The Use of Transcranial Magnetic Stimulation in Sports Medicine CME 'Enduring' Presentation

Program Date: May 18, 2023  
Release as Enduring Date: May 25, 2023  
Expiration Date: May 25, 2026

**Presenters:**  
**Tim Weston, ATC**  
**Amanda Lusky, ATC**

Colby College Sports Medicine  
Colby College Sports Medicine

**Statement of Need:**

- Overhand throwing athletes, specifically softball and baseball athletes, place unique and heavy demands on their shoulders during their athletic season. Some athletic trainers may not be as familiar with these sport specific demand as they need to be when working with these athletes. For the athletic trainer, knowing how to manage those athletes in and out of season could be the difference between a successful season and one full of preventable injury. This program will compare common injuries in the baseball and softball pitcher and overhand throwing athlete as well as the management of injuries and screening methods to detect potential injuries before they arise.

-By participating in this program athletic trainers will develop the skill to identify deficits in the overhead athlete's functional level of conditioning. Addressing these deficits prior to the beginning of the season should decrease their overall risk of injury and help them to have a more successful season.

**Objectives:**

- Compare Pre-Season Management vs. In-Season Management of the overhand throwing athlete
- Perform arm care development and utilization tactics for preseason training.
- Differentiate between baseball and softball injuries and management of those injuries.
- Demonstrate how to screen for potential injury in the shoulder.

**Presenters:**  
**Anne Beethe, PhD, ATC**

Colby College Sports Medicine

- Transcranial Magnetic Stimulation has been available as a treatment for neurologic conditions for over 10 years. Most athletic trainers may not be familiar with this treatment modality or utilized it as part of their treatment programs. With the technology advances and potential uses for the treatment of depression, neuropathic pain and other conditions, athletic trainers should be able to demonstrate a basic understanding of this treatment as well as its appropriate use for their patients.

-Participants in this program will be able to intelligently discuss the use of Transcranial Magnetic Stimulation, specifically within the sports medicine community. They will be able to identify special considerations when treating athletes using TMS, and will be able to accurately inform their patients who are undergoing this treatment.

**Objectives:**

- Explain the basic science behind Transcranial Magnetic Stimulation; including its use in neurological research, diagnosis, and treatment.
- Summarize the use of single pulse Transcranial Magnetic Stimulation in identification of altered neural pathways when looking neuroplasticity induced by ACL tear.
- Define use of repetitive Transcranial Magnetic Stimulation in treatment of chronic neurological conditions and neuropathic pain.

**MaineGeneral**  
**YouTube**

**'On-Demand'-  
Enduring Presentation**

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

**Date: On-Demand  
Enduring Presentation**

No Tuition

For Registration:

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**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".

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SCAN 

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



**Disclosure Statements:**  
Faculty: Tim Weston, Amanda Lusky, and Dr. Anne Beethe, 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: 2  
The MaineGeneral Medical Center designates this enduring activity for a maximum of 2 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.

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