

Collaborative Education Series

MaineGeneral YouTube

'On-Demand' Presentation

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

Date: On-Demand

Time: On-Demand

Tuition:
\$15.00

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

On-Demand: Overhead Athlete and Pediatric Overuse CAT A Presentation

Program Date: July 3, 2024
Release as On-Demand Date: July 3, 2024
Expiration Date: July 3, 2027

Presenters:

ON-DEMAND **James Dunlap, MD**
James Poulin, MD

MaineGeneral Sports Medicine
Maine-Dartmouth Family Residency

- Overhand throwing athletes place unique and heavy demands on their shoulders during their athletic season. These demands can have different implications for the pediatric patient who can suffer from unique injuries that require specialized treatment. Some athletic trainers who do not work with many throwing athletes may not be as familiar with the sport specific demands on the shoulder and upper extremity. For the athletic trainer, knowing how to recognize and manage these 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 overhand throwing athlete, how to properly manage these injuries, and look at special considerations with pediatric aged patients. We will also look at screening methods you can apply to identify athletes who are at a higher risk for these injuries.

- By participating in this program athletic trainers will begin to identify deficits in the overhead athlete's functional level of conditioning and be able to identify age specific symptoms that may indicate an athlete is at a higher risk of injury. Addressing these deficits both on the field and in the clinic can decrease the athlete's overall risk of injury and help to return them safely to activity.

Objectives:

- Explain the basics in throwing biomechanics.
- Evaluate how throwing mechanics can break down, causing injury.
- Explain the concepts of GIRD and humeral retroversion.
- Summarize the diagnosis and management of some of the most common pediatric overuse injuries.

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: 1 CAT A CEUs

MaineGeneral Medical Center (BOC AP#: P2258) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of (1) 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. 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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