

Collaborative Education Series

On-Demand: 1st Annual Fall Symposium- Low Back Injuries

& Conditioning for Cheering and the Gymnastics Athlete 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

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

Program Date: November 30, 2022
Release as Enduring Date: December 14, 2022
Expiration Date: December 14, 2025

Presenters:

Wendy Tooth, PT

Wendy Graduated from The University of Western Ontario in Physical Therapy in 1990. She has worked at MGMC since 1998 – yes almost 25 yrs! She currently sees a lot of Pelvic Health patients however treating patients with back pain lead her down this road and has been her strength through her career. She loves the challenge of figuring out the cause of the patients symptoms and the joy in seeing them progress with Physical Therapy. She still gets humbled when she thinks she knows the answer to the patient's symptoms after taking a history and then during her objective exam they completely surprise her. Before moving to Maine, Wendy worked in Canada and England. When Wendy is not working, she enjoy biking, skiing, travelling, and a good glass of wine!

MaineGeneral Physical Therapy

Statement of Need:

- 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.

Jill Haskell, ATC

Jill Haskell graduated from the University of New Hampshire in May 1999 with a BS in Kinesiology with a concentration in Athletic Training. She then continued onto Springfield College where she earned a MS in Health Sciences – concentration in Injury Prevention and Management. At Springfield she held a Graduate associate position where she coached the Women's Gymnastics team. She joined MG Sports Medicine in July 2001 and is now currently a Lead athletic trainer with the team, providing services to Hall-Dale High and Middle schools as well as Monmouth Academy. Jill is now the state representative for Maine for the USA Region 6 Gymnastics Sports Medicine team. Jill holds her CSCS through the NSCA and is a member of the MATA mentorship committee.

MaineGeneral Sports Medicine

Emily Staples, ATC

Emily Staples, Athletic Trainer with MaineGeneral Sports Medicine since 2016. Started as per Diem for two years and then was hired full time in 2018 to provide athletic training services to Waterville Senior and Junior High Schools. Emily grew up in Gardiner Maine, Graduating from Gardiner Area High School in 2011, and the University of Southern Maine in 2015 with a Bachelor's Degree of Science in Athletic Training. She was a member of the varsity soccer team all four years at USM. In her free time Emily likes to go fishing, kayaking, and hunting. She enjoys the outdoors, and spending time with her family and friends.

MaineGeneral Sports Medicine

Statement of Need:

- 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.

Disclosure Statements:

Faculty: Wendy Tooth, Jill Haskell, and Emily Staples 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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