

Collaborative Education Series

On-Demand: Post Traumatic Occipital Headaches

& Skiing Injuries 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:
\$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](#)

Program Date: January 11, 2024
Release as On-Demand Date: January 18, 2024
Expiration Date: January 18, 2027

Presenters:

ON-DEMAND- **Brian Abbott, DO** Northern Light Orthopedics

- A common, yet at times debilitating condition people of all ages and activity levels face is headaches. However, when dealing with an athletic population, the last thing an athlete wants to be restricted for is a "headache". Complicated in nature and difficult to determine cause, headaches can be frustrating and painful. As athletic trainers, we are often caring for patients with headaches, but we typically lack the necessary education and knowledge about how to differentiate the types of headaches people can have. There are resources and techniques available to help ease these symptoms both on the field and in the clinic and it is our responsibility to be able to implement them for the well-being of our athletes. This course will review the important anatomy related to headaches, specifically when related to peripheral nerve entrapment, and identify the fascial organization of the head and neck.

- By participating in this program, the athletic trainer will be able to more accurately differentiate common types of headaches and the underlying causes. The athletic trainer will also be given tools to help address headache symptoms and distinguish when referral is necessary for the best care for our athletes.

Objectives:

- Identify the fascial organization of the head/neck.
- Identify peripheral nerve anatomy contributing to headache syndromes.
- Integrate tools to address headache symptoms secondary to peripheral nerve entrapment.

Presenters:

ON-DEMAND- **Ryan August, PT** MaineGeneral Physical Therapy

- Come January, winter sports are in full swing among our recreational athletes. Popular activities this population participates' in may include skiing, snowboarding, ice climbing/mountaineering and hockey. Some injuries in these sports are the result of traumas but like any sport, many common injuries are preventable with a comprehensive conditioning program. As athletic trainers and medical professionals, it is our responsibility to understand the differences when treating winter athletes and the unique challenges this population faces in regards to access to care, intervention strategies and conditioning programs to prevent injuries.

- By participating in this program, viewers will identify potential injuries that may be seen in regards these activities, strategies to prevent them and interventions to implement in the clinic to help our patients recover and get back to that activities that they enjoy.

Objectives:

- Identify 3 common injuries seen in this group of athletes
- Develop a pre-season and in season conditioning program for this group of athletes
- Implement rehab strategies to address common overuse injuries in this group.

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 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. 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.