

Collaborative Education Series

On-Demand: Overhead Athlete and Pediatric Overuse

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".

CME 'Enduring' Presentation

Program Date: July 3, 2024
Release as Enduring 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

Statement of Need:

- 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 management these injuries, and look at special considerations with the 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 CME Enduring Programs:

SCAN



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



Disclosure Statements:

Faculty: Dr. Dunlap and Dr. Poulin 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: 1

The MaineGeneral Medical Center designates this enduring activity for a maximum of 1 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. 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.

MaineGeneral
Medical Center



Colby

