

Collaborative Education Series

On-Demand: Post Traumatic Occipital Headaches & Skiing Injuries 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: January 11, 2024
Release as Enduring Date: January 18, 2024
Expiration Date: January 18, 2027

Presenters:
Brian Abbott, DO

Northern Light Orthopedics

Statement of Need:

- 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:
Ryan August, PT

MaineGeneral Physical Therapy

Statement of Need:

- 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 CME Enduring Programs:

SCAN



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



Disclosure Statements:

Faculty: Dr. Brian Abbott and Ryan August 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.

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.

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