

# Collaborative Education Series

## On-Demand: Swimming, Gymnastics, and Cycling: Assessment, Treatment, and Prevention

### 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](mailto:Steve.tosi@mainegeneral.org)

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

Program Date: June 5, 2024  
Release as Enduring Date: June 5, 2024  
Expiration Date: June 5, 2027

#### Presenters:

**On-Demand** Chris Lutrzykowski, MD  
Thomas Hoke, MD  
Kevin Connolly, DO

MaineGeneral Sports Medicine  
MaineGeneral Sports Medicine  
Maine-Dartmouth Family Residency

#### Statement of Need:

- Swimming, gymnastics and cycling are three very popular sports that people of all ages participate in. However, the rate with which these events have athletic trainers present, is much lower than other sporting events, particularly in the secondary school setting. Like all sports, injuries happen and often the provider has not had any specialized training on how to manage and treat these injuries with a specialized return to play in mind. This effects athletic trainers success in prevention, evaluation, rehabilitation and returning to sport.

- By participating in this program, the participant will have the ability to increase their accuracy and consistency with injury assessment. By utilizing differential diagnosis skills with regard to the unique demands that athletes of these sports face. This increase in understanding, consistency and accuracy will lead to improved efficiency in treating the injury, as well as decreased game time lost due to the injury. This is because accurate diagnosis and understanding of the nuances of the sports, leads directly to appropriate care.

#### Objectives:

- Identify common injuries in swimming, gymnastics, and cycling
- Identify the unique demands these athletes endure.
- Explain prevention, mitigation and treatment of common injuries in these sports.

To view all our CME Enduring Programs:

SCAN



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



#### Disclosure Statements:

Faculty: Dr. Lutrzykowski, Dr. Hoke, and Dr. Connolly 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: 1.5

The MaineGeneral Medical Center designates this enduring activity for a maximum of 1.5 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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