

Collaborative Education Series

On-Demand: Joint Health

'Lifelong Considerations for the Injured 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: April 26, 2023
Release as Enduring Date: May 3, 2023
Expiration Date: May 3, 2026

Presenters:
Rich Garini, ATC
Daniel Shubert, MD

MaineGeneral Sports Medicine
MaineGeneral Sports Medicine

Statement of Need:

- For athletes who suffer an injury to a weight bearing joint such as the hip, knee, or ankle; having a good assessment, appropriate intervention, and a quick recovery to get back to their sport are their primary concerns. As athletic trainers, our training is primarily focused on helping athletes meet these relatively short term goals in a safe manor and guiding their return to activity and we may not be aware of the longer implications of the injury. However, as healthcare providers, our focus should always be on the long term outcome of an injury and the lifelong health of our athletes. This program will look at specific conditions and injuries that can negatively affect long term joint health, orthopedic interventions that can help prolong joint health, things you can do to as an athletic trainer to minimize joint health damage after an injury, and we will look at what you can do to help promote long term joint health for your athletes.

-Participants in this program will be better equipped to properly assess and monitor injured athletes for conditions that have the potential to prematurely compromise the athlete's joint health and mobility during their lifetime. Participants will also be able to educate their athletes on ways to proactively maintain joint health and minimize the effects of normal wear and tear on their joints. The end goal is to help athlete live a full life of mobility, activity, and independence.

Objectives:

- Define joint health and why it is important
- Identify when an injury require the athlete to be partial or non-weight bearing
- Name 3 specific conditions/injuries that can decrease the life expectancy of a joint
- Explain the role rehabilitation has in maintaining joint health after an injury
- Identify specific foods that are thought to trigger inflammation in the body
- Summarize the possible benefits of OTC joint supplements

To view all our CME Enduring Programs:

SCAN



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



Disclosure Statements:

Faculty: Rich Garini and Dr. Daniel Shubert 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 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.

MaineGeneral
Medical Center



Colby

