

Collaborative Education Series

On-Demand: Sports Nutrition &

Osteopathic Approach to Diagnosis and Treatment of Shoulder and Hip CME 'Enduring' Presentation

Program Date: December 21, 2022
Release as Enduring Date: December 28, 2023
Expiration Date: December 28, 2026

Presenters:
Kalee Tinker, RD

MaineGeneral Clinical Dietician

Statement of Need:

- Proper nutrition has been shown to improve sports performance and decrease recovery times, and is essential to maintain long term health and wellness. Most athletic trainers lack advanced nutritional education, yet are often the resource athletes have available for nutritional educate and guidance on how to appropriately fuel their bodies. In addition, public information on nutrition can often be overwhelming and conflicting. This program will define general healthy eating recommendations, teach how to individually break down dietary needs and explain optimal timing for an athlete's nutrition.

-With the emergence of fitness podcasts, social media gurus, and online information, athletic trainers need to insure they are educating themselves with the most recent evidence-based information. Utilizing the information provided in this program, athletic trainers will be able to have an educated discussion with an athlete about their specific nutritional needs. They will also be able to provide nutritional guidance that can help athletes reach their full potential athletically which can also help reduce their overall risk of injury.

Objectives:

- Define general healthy eating recommendations for average high school/college athlete.
- Explain specific daily macronutrient recommendations for athletes (carbohydrates, protein, fat).
- Apply nutrient timing- when and what to eat before/after an event/race/game.
- Express the importance of hydration and fluid needs for a high school/college athlete.

Presenters:
John Diefenderfer, DO

Maine-Dartmouth Family Medicine

Statement of Need:

-Osteopathic manipulative treatment (OMT) is a hands-on treatment method used to treat mechanical pain, muscle, tendon, and bone pain due to structural imbalance. As an effective tool in treating various sports related injury and dysfunctions. Athletic trainers generally have limited knowledge or experience utilizing these technics. This program will define the 4 tenets of osteopathy, developing and implementing a treatment plan with specific attention to the hip and shoulder. As well as describing when referral to an OMT provider is necessary.

-Quick recognition of when OMT techniques can be utilized can be very beneficial for the athletic trainer especially when treating athletes in season. Utilizing these techniques appropriately can help quickly relieve the pain associated with mechanical issues and return the athlete to normal activity faster and with greater improvement in symptoms. Osteopathic manipulative treatments can also help maintain normal function of the joint to decrease the athletes overall risk of injury.

Objectives:

- Define the 4 tenets of Osteopathy.
- Explain basic Osteopathic manipulative medicine treatment plan.
- Identify relevant shoulder and hip anatomy.
- Define somatic dysfunctions as well as how to diagnose and treat them.
- Explain osteopathic approach to management of shoulder and hip pain.
- Identify when referral to an osteopathic provider is appropriate.

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

MaineGeneral YouTube

'On-Demand'- Enduring Presentation

Audience: Physicians, NP's,
and PA's

Date: On-Demand
Enduring Presentation

No Tuition

For Registration:

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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".

Disclosure Statements:

Faculty: Kalee Tinker and Dr. John Diefenderfer 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.

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