

# Collaborative Education Series

## 2<sup>nd</sup> Annual Fall Symposium

On-Demand: Concussion Diagnosis, Treatment, VOMS

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*The Importance of Training the Muscles of the Head and Neck*

### 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: November 10, 2023  
Release as Enduring Date: November 17, 2023  
Expiration Date: November 17, 2026

**Presenters:**  
**Kevin Connolly, DO**  
**James Poulin, MD**  
**Alycia Nored, ATC**

Maine-Dartmouth Family Residency  
Maine-Dartmouth Family Residency  
MaineGeneral Sports Medicine

#### Statement of Need:

- Concussions and sports go hand in hand. Fast moving bodies and a competitive mindset lead to collisions and unfortunately, "mild traumatic brain injuries." As athletic trainers, we deal with these injuries often and in the last one or two decades the spotlight has been on these injuries and how to best manage them. However, with all of the attention and research about concussions, there is still much to learn about how to diagnose these injuries more accurately, tools in the rehabilitation of head injuries. As well as, best practice to treat these injuries so that our athletes can return to play and remain as safe as possible.

-By participating in this program, the viewer will gain new knowledge in the newest diagnostic tests, apply and perform VOMS testing and understand its uses in both diagnosis and rehabilitation, identify proper treatment options, and explain best return to play practices. This information will improve the athletic trainers diagnostic accuracy both on field and in the clinic, as well as provide the most recent and approved methods for returning to play.

#### Objectives:

- Identify signs and symptoms to aid in the diagnosis of concussions.
- Identify treatment options for the rehabilitation and care of concussions.
- Explain the most accepted return to play protocol to decrease re-injury and medical disqualification from sport.
- Explain and define VOMS testing.
- Identify different causes of vestibular ocular dysfunction.

**Presenters:**  
**Craig Buckley, CSCS**

Colby College Sports Medicine

#### Statement of Need:

- Concussions have been at the forefront of discussion among medical professionals and those in the sports community for many years now. They present a unique and complex challenge, concussions are difficult to diagnose and difficult to treat. With any injury, the golden rule is "the best cure is prevention". But with many new advances such as high tech helmets, sensors and training changes, the true cause of concussions is still not being addressed, which is the anatomy of the athlete. The athletes neck and head control and strength is the only thing a person has control over when it comes to the prevention of head injuries. Yet is one of the most neglected areas of conditioning in any athlete.

-By participating in this program, the clinician will learn new valuable information on the prevention of concussions. They will be able to implement a strength program for the head and neck for athletes in the clinical setting. Provide coaches with techniques to add in their training schedule to help reduce risk of concussion. As well as explain the importance of training the neck and head in the effort to reduce concussions.

#### Objectives:

- Define the importance of training the muscles of the head and neck and how neck strength helps reduce risk of concussions.
- Demonstrate how to develop a program to train the neck.
- Provide the information necessary to educate athletes and coaches on training the head and neck.

To view all our CME Enduring Programs:

SCAN



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



#### Disclosure Statements:

Faculty: Dr. Connolly, Dr. Poulin, Alycia Nored, and Craig Buckley 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: 3.5

The MaineGeneral Medical Center designates this enduring activity for a maximum of 3.5 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 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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