Lower Extremity Orthopedic and Sports Injuries in the Young Athlete

 Presented by Jeff Taylor-Haas, PT, DPT, OCS, CSCS

Day One
7:30  8:00  Registration
8:00  8:45  Epidemiology & Risk Factors for Lower Extremity Injuries in Youth Sports
8:45  9:30  Lower Extremity Evidence-Based Evaluation Lecture
9:30  9:45  Common Pediatric Orthopedic Lower Extremity Injuries 1: Foot/Ankle/Shin
9:45 10:30  Common Pediatric Orthopedic Lower Extremity Injuries 2: Knee/Hip
10:30 11:15  Lower Extremity Injuries 2: Knee/Hip
11:15 12:00  Lower Extremity Evidence-Based Evaluation Lecture
12:00 1:00  Lunch (on your own)
1:00  2:30  Lab 1: Lower Extremity Evaluation
2:30  2:45  Manual Therapy & Taping for Lower Extremity Athletes
2:45  3:30  Taping for Lower Extremity Athletes
3:30  4:15  Lower extremity joint mobilizations
4:15  6:00  Lower extremity taping

Day Two
8:00  8:45  Early Sport Specialization & Injury in the LE Youth Athlete
8:45 10:00  Special Consideration for Youth Running Injuries
10:00 10:15  Physical Therapy Management of Tendonopathies & LE Bone Stress Injuries
10:15 11:00  Strength & Conditioning for the Youth Athlete
11:00 11:45  Beyond Reps & Sets: Incorporating Motor Learning into Exercise Prescription
11:45 12:30  Laboratory 3: Exercise Prescription Laboratory incorporating Motor Learning Theory
12:30 1:00  Exercise selection
1:00  2:00  EMS activation
2:00  3:00  Cuing based on stage of motor learning
3:00  3:15  Return to Sport Decision-Making
3:15  4:00  Question and Answers

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Why You Should Attend This Course

There has been a dramatic increase in overuse and traumatic orthopedic injuries in the youth population. In many instances, this is due to the increased participation in youth sports programs. The expectations to get the client back to their sport can be stressful for the sports medicine team, not to mention the client. It is essential to be up-to-date on the clinically relevant and evidence-based treatment approaches to maximize functional outcomes in a safe and timely manner.

This hands-on, two-day advanced course will provide course attendees with an in-depth analysis of lower extremity traumatic and overuse injuries affecting the youth athlete. This course will review the most current evidence on techniques to prevent, diagnose, and treat injuries unique to the lower extremity youth athlete. A special emphasis will be placed on latest surgical and rehabilitation guidelines for patients who have undergone ACL, MPFL, and PATEO reconstructive surgeries. In addition, careful consideration of the role that gender and maturational status plays on motor planning and injury risk will be examined. Each course attendee will leave with both didactic and hands-on assessment tools to make informed, evidence-based rehabilitation and return-to-activity decisions. The strategies taught in this advanced course will enable course attendees to provide their patients and clients with the highest quality of care that achieves excellent outcomes and value.

Case studies will be utilized throughout the course to illustrate key concepts. This interactive course will allow course participants to enhance their diagnostic, examination and treatment skills of injured youth athletes. The overall course objective is to provide attendees with a thorough frame-work to make informed decisions that will enable the course attendee to become an asset to your community to youth athletes, parents, physicians, and coaches. A comprehensive course packet will include pictures, references and clinical pearls for quick reference in the clinic.

Course Objectives

Upon completion of this course, participants will be able to:

- Identify the risks and potential benefits of early sport specialization in the youth athlete.
- Perform a thorough differential diagnosis assessment utilizing evidence-based screening tools to identify at-risk populations for running, cutting, and pivoting sports involving youth athletes.
- Describe the musculoskeletal implications from ACL, MPFL and PATEO reconstructive surgeries and identify the importance specific timelines for rehab progression.
- Perform a comprehensive, hypothesis-driven lower extremity evaluation unique to youth athletes.
- Develop and design comprehensive treatment programs tailored to the specific needs of the youth lower extremity athlete.
- Implement an evidence-based, criterion-driven return to sport program for youth athletes returning to sports involving running, cutting, pivoting, and jumping.
- Develop a program that utilizes evidence-based manual therapy and taping techniques as adjunctive techniques to help facilitate pain and functional improvements in youth athletes.