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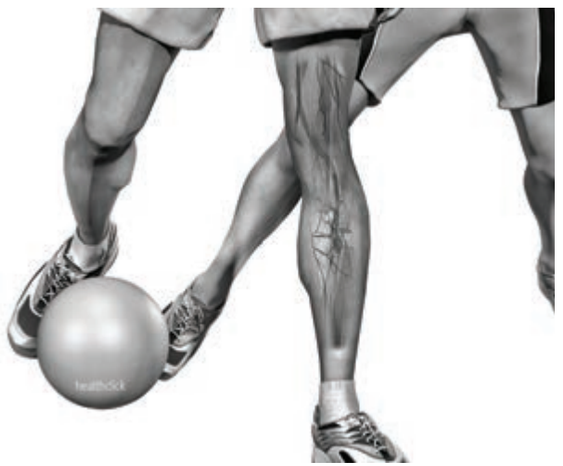
This course is 15.5 hours/15.5 ccu's/1.55 ceus
18 contact hours/1.8 ceu's for therapists licensed in New York, Illinois or the District of Columbia
Certificates of attendance for CEU verification are provided after successful completion of the course.

This course is applicable for PT, PTA, OT, AT. This course meets the continuing education requirements for physical therapists in the States of AK, AL, CO CT, DE, DC, ID, IN, MA, MO, MT, NH, NC, OR, RI, SC, UT, VT, VA, WA, WI and WY. IL PT provider #216000074. This course meets the Colorado Physical Therapy Board of Examiners criteria for 15.5 hours, 15.5 Category-1 PDA points. This course meets the standards set forth in section 1399.96 of the California Code of Regulation and is approved for 15.5 hrs, 1.55 CEU's for physical therapy continuing competency license renewal requirements in the State of California. This course meets the ceu requirements specified in the Utah Physical Therapy Practice Act Rule. The New York State Education Department, Office of the Professions has approved NAS as a continuing education sponsor for physical therapists and assistants licensed in New York. **This activity is provided by the Texas Board of Physical Therapy Examiners Accredited Provider # 1907038TX** and meets continuing competence requirements for physical therapist and physical therapists assistant licensure renewal in Texas for 15.5 ccu's. **North American Seminars, Inc. is an AOTA provider for continuing education, provider #4487**. AOTA approval hours are 15.5. The AOTA does not endorse specific course content, products or clinical procedures. The AK, AR, DE, DC, IL, IN, KY, LA, MD, MN, MS, MO, MT, OH, OR, OK, PA, RI, SC, TN, TX, VT and VA occupational therapy regulatory boards accept courses presented by AOTA providers to meet the needs of OT continuing educational requirements. Additionally, this course meets the ceu requirements for OT's licensed in AL, AZ, CA, CO, CT, FL, GA, HI, ID, KS, ME, MA, MI, NE, NJ, ND, UT, WA, WV, WI and WY. Meets the NBCOT requirements. **BOC provider # P2047**, 15.5 hrs, category A, call for evidence-based approval status. Meets the NBCOT requirements. **Call 800-300-5512 for specific state approval numbers as they are continually updated.**

Lower Extremity Orthopedic and Sports Injuries in the Young Athlete



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

**PT, PTA, OT and AT -
Continuing Education Course**

North American Seminars, Inc.
1-800-300-5512 Fax 1-800-310-5920
www.healthclick.com

Day One

7:30	8:00	**Registration**
8:00	8:45	**Epidemiology & Risk Factors for Lower Extremity Injuries in Youth Sports** • The professionalization of youth sports • Acute-to-chronic workload ratio
8:45	9:30	**Screening Tools & Injury Prevention: Hope or Hype?** • Can we predict injury? • Clinical utility of screening tools
9:30	9:45	**Break**
9:45	10:30	**Common Pediatric Orthopedic Lower Extremity Injuries 1: Foot/Ankle/Shin** • Differential diagnosis • Growth plate injuries • Bone stress injuries
10:30	11:15	**Common Pediatric Orthopedic Lower Extremity Injuries 2: Knee/Hip** • ACL, MPFL, PFPS • FAI, labral tears
11:15	12:00	**Lower Extremity Evidence-Based Evaluation Lecture** • Hypothesis-driven • Evidence-based
12:00	1:00	**Lunch (on your own)**
1:00	2:30	**Lab 1: Lower Extremity Evaluation** • Functional testing • Improving post-test • Probability • Joint mobility assessment
2:30	2:45	**Break**
2:45	3:30	**Manual Therapy & Taping for Lower Extremity Athletes** • Dry needling-fad or evidence driven? • Linking joint mobility to functional testing
3:30	4:15	**Taping for Lower Extremity Athletes** • Hypothesis-driven • Tools for your toolbox
4:15	6:00	**Laboratory 2: Manual Therapy & Taping Laboratory** • Lower extremity joint mobilizations • Lower extremity taping

Day Two

8:00	8:45	**Early Sport Specialization & Injury in the LE Youth Athlete** • Risks and Benefits to early sport specialization • How young is too young?
8:45	10:00	**Special Consideration for Youth Running Injuries** • Gender and maturation-specific considerations • The role of running form • Gait retraining
10:00	10:15	**Break**
10:15	11:00	**Physical Therapy Management of Tendonopathies & LE Bone Stress Injuries** • Differential diagnosis • Load management • Criterion-based progression
11:00	11:45	**Strength & Conditioning for the Youth Athlete** • Injury and prevention and performance enhancement • Pre-season vs. in-season • Moving beyond body weight and band resistance
11:45	12:30	**Beyond Reps & Sets: Incorporating Motor Learning into Exercise Prescription** • Phases of motor learning • Tips for proper cuing
12:30	1:00	**Lunch (on your own)**
1:00	2:00	**Laboratory 3: Exercise Prescription Laboratory incorporating Motor Learning Theory** • Exercise selection • EMG activation • Cuing based on stage of motor learning
2:00	3:00	**Return to Sport Decision-Making** • Evidence-based • Functional testing: Y-Balance, DVJ, Hop Tests • Incorporating physical and psychological test results
3:00	3:15	**Question and Answers**

About the Educator

Jeff Taylor-Haas, PT, DPT, OCS, CSCS is a sports physical therapist at Cincinnati Children's Hospital Medical Center in Cincinnati, Ohio. Dr. Taylor-Haas obtained a Master of Physical Therapy degree from Saint Louis University in 2004, a Doctorate of Physical Therapy Degree from Temple University and is a board certified specialist in orthopedic physical therapy from the American Physical Therapy Association. He is also a Certified Strength & Conditioning Specialist from the National Strength & Conditioning Association and is an Adjunct Faculty member at the College of Mount Saint Joseph in Cincinnati, Ohio for the department of physical therapy.

Dr. Taylor-Haas has co-authored several peer-reviewed journal publications and a book chapter on the topics of running mechanics, running injuries, and foot & ankle injuries unique to the pediatric athlete. He has presented his research and educational findings at a variety of local, regional and national conferences, including APTA's Combined Section Meetings Conference. Jeff treats runners and athletes of all ages and all levels of competitiveness. He specializes in performing a 2-D video gait analysis, fabricating orthotics, performing a functional lower extremity biomechanical examination and providing all patients with a comprehensive, evidence-based treatment approach. An avid runner, Dr. Taylor-Haas has completed multiple marathons and half-marathons, including the Boston Marathon, and has a special interest in running injury prevention.

BOC — Approved CE Provider for the Athletic Trainer

APPROVED PROVIDER of CONTINUING EDUCATION by The American Occupational Therapy Association, Inc.

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 PAO 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 in 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 PAO 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.

Lower Extremity Orthopedic and Sports Injuries in the Young Athlete

Register Online! www.healthclick.com

Name _____ Profession _____

Home _____

Address _____

_____

City _____ State _____ Zip _____

Credit Card _____

Exp.date _____ CVV _____ Phone _____

e-mail _____

Location of attendance _____

All this information is required in order to process a registration

Send tuition to: North American Seminars, Inc.
2000 Mallory Lane Suite 130-67 Franklin, TN 37067
1-800-300-5512 Fax 1-800-310-5920 www.healthclick.com

All cancellations must be submitted with written notice and received 14 days prior to the course date. Refunds and transfers minus the deposit fee of $75.00 are provided until 14 business days prior to the course date. No refunds will be issued if notice is received after 14 days prior to the course date. North American Seminars, Inc. reserves the right to cancel any course and will not be responsible for any charges incurred by the registrant due to cancellation. A full course tuition refund will be issued if NAS cancels the course. NAS reserves the right to change a course date, location or instructor. No refund will be issued if course is in progress and is interrupted by an Act of War or God or issue beyond our control. NAS, Inc. will not be responsible for any participant expenses other than a course tuition refund for course cancellations.