**Lower Extremity Orthopedic and Sports Injuries in the Young Athlete**

**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

**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 Considerations 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 Young Athlete
  - Injury and prevention and performance enhancement
  - Pre-season vs. in-season
  - Moving beyond body weight resistance
- **11:45** 12:30  Beyond Reps & Sets: Incorporating Motor Learning into Exercise Prescription
  - Phases of motor learning
  - Tips for proper cuing

**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

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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 recent 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 their 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.