

## Sports Medicine and Sports Physical Therapy



### **11<sup>th</sup> Annual Bodies in Motion Conference: Back in the Game: Evaluation and Treatment of Back Pain in Adolescent Athletes Virtual Conference**

**Date:** Course will be available from June 18, 2021 to July 18, 2021.

**Course Description:** This course will expose participants to special considerations when dealing with the rehabilitation and return to sport of youth athletes with back pain. Some unique areas addressed in this course include rehabilitation of athletes with spondylolysis and scoliosis along with a focus on wellness, motivation, neglected parts of the core and psychosocial considerations. Concepts of physical therapy evaluation, differential diagnosis, and treatment techniques will be presented. Labs will further expand on breathing, pelvic floor, and posture along with further instruction and practice regarding athletes in contact sports, rotational sports and performing arts.

#### **Course Objectives:**

1. Apply differential diagnosis and evaluation principles to identify conditions in adolescents with back pain that require physician referral.
2. Identify psychosocial considerations unique to the adolescent population that may impact treatment.
3. Utilize sport-specific evaluation techniques for the adolescent athlete with back pain.
4. Implement treatments that are supported by best evidence to address conditions unique to the adolescent population with back pain.

**Course Content:** This is a virtual self-paced course with six lectures and four labs ranging from 30-60 minutes each. The presentations will be available on demand June 18, 2021 to July 18, 2021. At the conclusion of each module, participants will be required to complete a post-course knowledge assessment and program survey prior to being awarded CEU credits.



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## Lectures:

### **Medical Evaluation and Developing a Plan of Care for Adolescent Back Pain**

*Dr. Anastasia Fischer, MD*

### **Diagnosis and Treatment Considerations for Young Athletes with Extension-Based Low Back Pain and Spondylolysis**

*Mitchell Selhorst, PT, DPT, PhD, OCS*

### **Evaluation and Treatment Considerations for Athletes with Scoliosis**

*Alexander Rospert, PT, DPT, OCS*

### **Wellness and Motivation: Treating the Non-Athletic Athlete with Back Pain**

*Jessica Hock, PT, DPT*

### **Addressing the Neglected Parts of the Core: The Importance of Breathing and Pelvic Floor Function**

*Chris Goettee, PT, DPT, OCS, Christine Mansfield, PT, DPT, OCS, AT*

### **Psychosocial Considerations When Treating Athletes with Low Back Pain**

*Dr. Amy Hahn, PhD*

## Labs:

### **Breathing, Pelvic Floor, and Posture**

*Chris Goettee, PT, DPT, OCS, Christine Mansfield, PT, DPT, OCS, AT, Alexander Rospert, PT, DPT, OCS*

### **Return to Contact Sports after Low Back Pain (Football & Soccer)**

*Briana Crowe, PT, DPT, OCS; Joshua Kempton, PT, DPT, AT; Nicholas Padgett, PT, DPT, OCS,*

*Alexander Reid, PT, DPT*

### **Return to Rotation Sports after Low Back Pain (Golf, Baseball, & Softball)**

*Shaun Coffman, PT, DPT, OCS; Amanda Drake, PT, DPT, OCS; Jena Heck, PT, DPT;*

*Benjamin Wojcicki PT, DPT*

### **Return to Performing Arts after Low Back Pain (Dance & Gymnastics)**

*Kathryn Iammarino, PT, DPT, OCS, MTC, CSCS; Brittany Selhorst PT, DPT, OCS*

**Cost:** \$25.00

**Registration:** To register, please visit the following website: [Nationwide Children's Hospital Continuing Education \(cloud-cme.com\)](https://www.nationwidechildrens.org/continuing-education) and search "Bodies in Motion."

**CEUs:** 8.0 total OPTA and BOC Category A CEUs. OPTA and BOC CEU certificates will be emailed to the participants by July 30, 2021.

**Target Audience:** Certified Athletic Trainers, Physical Therapist, Physical Therapy Assistants, Physical Therapy and Athletic Training Students



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## Conference Faculty

- Anastasia Fischer, MD
- Mitchell Selhorst, PT, DPT, PhD, OCS
- Alexander Rospert, PT, DPT, OCS
- Jessica Hock, PT, DPT
- Christ Goettee, PT, DPT, OCS
- Christine Mansfield, PT, DPT, OCS, AT
- Amy Hahn, PhD
- Briana Crowe, PT, DPT, OCS
- Joshua Kempton, PT, DPT, AT
- Nicholas Padgett, PT, DPT, OCS
- Alexander Reid, PT, DPT
- Shaun Coffman, PT, DPT, OCS
- Amanda Drake, PT, DPT, OCS
- Jena Heck, PT, DPT
- Benjamin Wojcicki, PT, DPT
- Kathryn Iammarino, PT, DPT, OCS, MTC, CSCS
- Brittany Selhorst, PT, DPT, OCS

**Sponsor:** Nationwide Children's Hospital Sports Medicine and Sports Physical Therapy

According to the education levels describe by the PDC, the following continuing education course is considered to be Advanced Level.



Nationwide Children's Sports Medicine is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers.

**Cancellation Policy:** Cancellations received in writing **no less than 20 days before to the course** will be refunded, less a 20% administrative fee. No refunds will be made on cancellations received after that date. Please send cancellation requests to [IPCE@NationwideChildrens.org](mailto:IPCE@NationwideChildrens.org).

Nationwide Children's Hospital reserves the right to cancel or postpone this program, if necessary; in the event of cancellation, course fees will be fully refunded. We are not responsible for other costs incurred such as non-refundable airline tickets or hotel penalties.

**Accessibility Statement:** Nationwide Children's Hospital is committed to ensuring that its programs, services, goods and facilities are accessible to individuals with disabilities as specified under Section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 2008. If you have needs that require special accommodations, including dietary concerns, please contact CME Conference Coordinator.

## Questions:

Nationwide Children's Hospital Interprofessional Continuing Education (IPCE) Program

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