

# Sports Medicine and Sports Physical Therapy



## 12<sup>th</sup> Annual Bodies in Motion Conference Unique Return to Sport Considerations for Adolescent Athletes

**Date:** Course will occur on Friday, June 10, 2022.

**Course Description:** This course will expose participants to unique return to sport considerations for the adolescent athlete. Areas addressed in this course will include sports specialization, plyometric/multi-directional training, and return to sport decision making with additional considerations for the neuro athlete and patients returning post-COVID. Concepts of physical therapy evaluation, differential diagnosis, treatment considerations and progressions will be presented. Labs will further expand this knowledge base with hands on experience in the return to sport involving sprinting, plyometric and multi-directional training along with sports performance and the neuro athlete.

### Course Objectives:

1. Describe return to sport considerations pertaining to adolescent athletes following COVID-19
2. Identify benefits and barriers of sports specialization in the adolescent athlete
3. Summarize evidence based return to sport decision making processes for adolescent athletes
4. Apply novel return to sport treatments for the adolescent athlete
5. Apply treatment considerations for the neurological athlete

**Course Content:** Three options for attendance include: (1) live in-person, (2) live virtual, (3) self-paced recordings. Following completion of self-paced recordings, participants will be required to complete a post-course knowledge assessment and program survey prior to being awarded CEU credits. Live in-person and live virtual attendees will receive access to recordings after the conference for no CE credit.



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## Lectures:

### **Return to Sport Considerations Following COVID-19**

*Thomas Pommering, DO*

### **Sports Specialization in the Pediatric Athlete: Understanding the Risks and Benefits**

*Alvin Chi, MD*

### **Making the Decision: When Youth Athletes Should Return to Play**

*Mitchell Selhorst PT, DPT, PhD; Alex Rospert PT, DPT, OCS, CSCS*

### **Brain Games: Treating Athletes with Neurological Diagnoses**

*Michaela Kent PT, DPT, OCS; Amanda Vokoun PT, DPT*

### **A Roadmap for Returning to Plyometrics, Sprinting, and Cutting - Lab**

*Daniel Karam PT, DPT, SCS, CSCS; Katie Lullo PT, DPT, SCS; Bryan Rankin PT, DPT*

## Labs:

### **Brain Games: Treating Athletes with Neurological Diagnoses - Lab**

*Michaela Kent PT, DPT, OCS; Amanda Vokoun PT, DPT*

*Katherine Barnes PT, DPT, RRT; Elizabeth Hanson PT, DPT*

### **A Roadmap for Returning to Plyometrics, Sprinting, and Cutting - Lab**

*Daniel Karam PT, DPT, SCS, CSCS; Katie Lullo PT, DPT, SCS; Bryan Rankin PT, DPT*

### **Gamification of Youth Sports in Physical Therapy - Lab**

*Mitchell Selhorst PT, DPT, PhD; Rachel Stroski PT, DPT*

### **Training Considerations and Exercise Progressions for Return to Sport of the Adolescent Weight Lifting Athlete - Lab**

*Cyril Shuster PT, DPT, AT; Thomas Schindler PT, DPT; Jarrod Bell PT, DPT*

## Cost:

Self-paced virtual recordings: \$75.00

Live virtual: \$75.00

Live in-person: \$100.00

**Registration:** To register, please visit the following website: <https://nationwidechildrens.cloud-cme.com/BIM2022>

**CEUs:** 7.5 total OPTA and BOC Category A CEUs. OPTA and BOC CEU certificates will be emailed to the participants by July 1, 2022 for live in-person and live virtual attendees. CEU certificates will be emailed no later than one month following completion of all modules for self-paced virtual attendees.

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



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## Conference Faculty

- Thomas Pommering, DO
- Alvin Chi, MD
- Mitchell Selhorst, PT, DPT, PhD, OCS
- Alexander Rospert, PT, DPT, OCS
- Rachel Stroski, PT, DPT
- Michaela Kent, PT, DPT, OCS
- Amanda Vokoun, PT, DPT
- Katherine Barnes, PT, DPT, RRT
- Elizabeth Hanson, PT, DPT
- Daniel Karam, PT, DPT, SCS, CSCS
- Katie Lullo, PT, DPT, SCS
- Bryan Rankin, PT, DPT
- Cyril Shuster, PT, DPT, AT
- Thomas Schindler, PT, DPT
- Jarrod Bell, PT, DPT

**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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[IPCE@NationwideChildrens.org](mailto:IPCE@NationwideChildrens.org)

