

CTAAP 2012 Teleconference Series

The Connecticut Chapter of the American Academy of Pediatrics

Overuse Injuries of the Adolescent Athlete

Continuing Medical Education Program
Thursday, September 20th 12:10 – 1:00PM

Overuse injuries are responsible for over ½ of all sports injuries to middle and high school students. Because young athletes are still developing physically and mentally, they are particularly vulnerable to overuse injuries. Increasing numbers of youth who specialize in one sport and train year round also contribute to the rise in overuse injuries. This program will guide practitioners in identifying the symptoms of overuse injury and help clarify the sometimes confusing causes of injury. Our speaker will review the factors that contribute to overuse injury. Because injuries vary according to the sports played by young athletes, the program will cover the different types of overuse injuries. Our speaker will also examine the methods and treatments for preventing and reducing overuse injuries. Finally our speaker will provide guidance on recommended steps and strategies for a successful return to play.

Participants will be able to:

- Define the incidence and type of overuse injuries seen in the major sports such as football, soccer, basketball, hockey, baseball/softball, and lacrosse;
- Describe the different overuse injury patterns that exist in skeletally immature athletes as compared to their adult counterparts;
- Describe methods to reduce the risk of injury in young athletes.

Carl W. Nissen, MD, Director, Elite Sports Medicine, Connecticut Children's Medical Center and Associate Professor, Department of Orthopaedics, University of Connecticut. Dr. Nissen is the author of numerous sports medicine articles and frequently lectures on sports medicine injuries.

CME/CEU Policy

As part of this expanded 15 program series, we now charge a small fee for CMEs or letters verifying participation for CEUs. *As always, anyone may listen in for free.* See registration form or go to ct-aap.org for more details. Questions? yvette.ctaap@gmail.com or 860-977-3430

- **Special Discount for all 15 CMEs and CEU Letters of Participation - \$150 for members, \$175 for non-member MDs/DOs, \$115 for APRNs, PAs, RNs and others**
- **Per Program CME/CEU Charge - \$20 for MD members, \$25 for non-member MDs/DOs, \$20 for APRNs, PAs, RNs and others**

CME Credits for Physicians

- CME Credit has been applied for at Norwalk Hospital. This activity has been planned and implemented in accordance with the Essentials and Standards of the Connecticut State Medical Society through the joint sponsorship of Norwalk Hospital and the CTAAP. Norwalk Hospital is accredited by the CSMS to provide continuing medical education for physicians. Norwalk Hospital designates this educational activity for a maximum of 1 AMA PRA CATEGORY 1 Credit™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Continuing Education Requirements for Nurses

- The American Academy of Nurse Practitioners (AANP) will accept documentation of participation in the teleconference as meeting continuing education requirements toward recertification.
- The American Nurses Credentialing Center (ANCC) will accept documentation of participation in this teleconference as meeting continuing education requirements for certified nurses. The credit hours will transfer equally. CTAAP will provide verification of participation in letter form to the nurse. Nurses must submit the proper paperwork to the ANCC for approval.