# Pediatric and Adolescent Sports Medicine Symposium

Saturday, November 10, 2012

**Orthopaedic**

- **7:30 am**
  - Registration and Continental Breakfast

- **8:00**
  - Introductory Remarks: The Bellevue Hospital Partners for Youth Program: Past Lessons and Future Plans
    - Dennis A. Cardone, DO

- **8:10**
  - Updating the Sports Pre-Participation Exam: Guidelines for 2013
    - Robert E. Sallis, MD

- **8:50**
  - ACL Injuries in the Skeletally Immature Athlete: New Challenges in Management and Prevention
    - Laith M. Jazwari, MD

- **9:10**
  - The Athletic Hip: A Simple Approach to a Complex Joint
    - Norman Y. Otsuka, MD

- **9:30**
  - Controversies in Shoulder and Elbow Injuries: The Current Management of MDI, GIRD, and UCL Injuries
    - Warren K. Young, MD

- **9:50**
  - To Brace or Not To Brace? Controversies in the Treatment of Spondylolysis
    - Gerard Varlotta, DO

- **10:10**
  - Coffee Break

- **10:40**
  - Exercised Induced Asthma: A Practical Approach to Evaluation and Management
    - Robert E. Sallis, MD

- **11:10**
  - Sports Specialization and Burnout Syndrome: Increasing Trends in Modern Youth Sports
    - Jordan D. Metzl, MD

- **11:30**
  - Concussions: A Ringside Debate on Neurocognitive Testing and Return to Play
    - Dennis A. Cardone, DO and Warren K. Young, MD

- **11:50**
  - Question & Answer Panel

- **12:05 pm**
  - Lunch

**Radiology**

- **12:50**
  - Imaging of the Pediatric Athlete
    - Lynne P. Pinkney, MD

**Fitness and Prevention**

- **1:20**
  - Bigger Isn’t Better: The “Core” Principles of Strength and Conditioning for Kids and Adolescents
    - Hawste Demes, CS/CSCS

- **1:40**
  - Challenges of Rehabilitating the Young Athlete
    - Jennifer Carotenuto, DPT

- **2:00**
  - Steroids, Stimulants, and More: Safety in Supplements for our Youth
    - Grovanni Espinosa, ND, Lac, CNS, RH

- **2:20**
  - Question & Answer Panel

**Medical**

- **10:40**
  - Exercised Induced Asthma: A Practical Approach to Evaluation and Management
    - Robert E. Sallis, MD

- **11:10**
  - Sports Specialization and Burnout Syndrome: Increasing Trends in Modern Youth Sports
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  - Question & Answer Panel

- **12:05 pm**
  - Lunch

**Workshop Sessions Part I** (Pick 1 of 2)

- **2:50**
  - A. Taping and Bracing for the Pediatric and Adolescent Athlete
    - Jennifer Carotenuto, DPT and Meghan Robinson, DPT
  - Hands-on instruction to taping and bracing for common sports injuries including patellar tendinosis, ankle instability, and multi-directional instability of the shoulder.

- **B. Functional Assessment and Examination of the Overhead Athlete
  - Robert E. Sallis, MD and Robert McCabe, PT, OCS, ART
  - Examination of the shoulder and elbow with emphasis on functional assessment and identifying injury risk factors for pitchers, swimmers, and tennis players.

**Workshop Sessions Part II** (Pick 1 of 2)

- **3:45**
  - C. Functional Assessment and Examination of the Running Athlete
    - Dennis A. Cardone, DO; Colleen Brough, PT, MS and Hiromi Otani, DPT, OCS, SCS
  - Examination of the hip, knee, and ankle with emphasis on functional assessment and identifying injury risk factors for the running athlete.

- **D. Computerized Neurocognitive Testing Implementation and Interpretation
  - Warren K. Young, MD
  - Instructional and case-based analysis and interpretation of computerized neurocognitive testing for concussion management.**
Course Description
This one-day course will focus on pediatric and adolescent sports medicine. Topics will include common musculoskeletal injuries, concussion, heat illness, imaging, injury prevention, performance enhancing supplements, overuse and sport specialization, exercise induced bronchospasm, weight training and physical injuries, and endurance training. This educational program combines didactic, question and answer panel discussions, case studies, and hands-on workshops.

Target Audience
The targeted audience includes pediatricians, family physicians, emergency room physicians, orthopaedists, nurse practitioners, physician assistants, physical therapists, athletic trainers and other health care professionals with an interest in the pediatric/adolescent athlete.

Course Directors
Dennis Cardone, DO
Associate Professor
Department of Orthopaedic Surgery
NYU Langone Medical Center

Geraldine Pagnotta, MPT, MPH
Director
NYU Langone Musculoskeletal Rehabilitation Network and Programming
NYU Langone Medical Center

Warren Young, MD
Assistant Professor
Department of Orthopaedic Surgery
NYU Langone Medical Center

Credit Designation Statement
The NYU Post-Graduate Medical School designates this live activity for a maximum of 7.25 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Physical Therapy Credit
NYU Hospitals Center is a New York State Education Department approved provider for physical therapy and physical therapy assistant continuing education. This course is approved for a maximum of 8.7 physical therapy physical therapy assistant contact hours.

Disclosure Statement
The NYU Post-Graduate Medical School adheres to the ACCME Essential Areas and Policies, including the Standards for Commercial Support, regarding industry support of continuing medical education. In order to resolve any identified Conflicts of Interest, disclosure information is provided during the planning process to ensure resolution of any identified conflicts. Disclosure of faculty and commercial relationships as well as the discussion of unlabeled or unapproved use of any drug, device or procedure by the faculty will be fully noted at the meeting.

Location
NYU Langone Medical Center
Smilow Seminar Room
550 First Avenue (31st St.)
New York, NY 10016

Online Registration Preferred
Applications will be accepted in order of their receipt. In order to reserve your seat, please register in advance, as on-site registration is not guaranteed. An email confirmation will be sent confirming your registration. Written confirmation will not be mailed. Visit our secure website http://cme.med.nyu.edu/pedsports to submit online registration.

Please Note: We cannot accept telephone or email registration.

Course Fees
Full Fee Physicians: $275
Reduced Fee: $175*
PT Network Members (MRN): $87.50

*Reduced Fee applies to NYU School of Medicine alumni, former residents and fellows; physicians-in-training with letter of certification from the Chief of Service; MO's employed by the Department of Veterans Affairs Medical Center; full-time active military personnel; nurse practitioners; and all other non-MD healthcare professionals. Eligibility for reduced fee must be indicated when registering.

Please register online at:
http://cme.med.nyu.edu/pedsports