Youth Upper Extremity Injuries
Medical and Rehabilitation Management for Return to Play

Course Content
Upper extremity injuries in young athletes are common in a wide range of sports and significantly affect athletic participation. Shoulder, elbow and wrist injury can lead to lost hours from sports and academic participation, and cause long-term impacts on function and health. Overuse of the upper extremity in sports, poor mechanics, and pathophysiology unique to a growing and developing child has multifactorial impacts on recovery and return to play. As clinicians, it is imperative that we address problems unique to the growing and changing body when treating youth sports injuries. This one-day course is a multidisciplinary examination of youth upper extremity injuries looking at medical evaluation, surgical intervention, and rehabilitation. Topics include a review of anatomy and biomechanics related to throwing, return to sports assessment after injury and surgery, and rehabilitation guidelines with progression related to age. Sport specific interactive breakouts will include special tests, sports specific rehabilitation for gymnastics, swimming and throwing, and the role of the Athletic Trainer in evaluation and treatment of the upper extremity.

Objectives
• Identify and recall the positive findings of two special tests for the shoulder
• Compare and contrast signs and symptoms of rotator cuff tendinopathy versus labral injuries
• Identify local resources for adaptive athletes
• Describe management strategies for common upper extremity overuse injuries for the adaptive athlete
• Discuss advantages of arthroscopic stabilization after a first time traumatic anterior shoulder dislocation
• Understand the rationale for load-bearing exercise precautions after arthroscopic debridement/drilling and allograft OATS for capitellum OCD
• Identify key history and physical exam components for evaluation of UCL injuries
• Review functional anatomy and describe advanced biomechanics of the shoulder
• Be able to utilize the various return to throwing programs and understand what separates these programs from others
• Identify key biomechanics of throwing and learn some techniques to help correct the problems
• Understand the functional and objective tests that will be used as the RTS UE cluster of test

Who Should Attend?
Physical Therapists, Physical Therapy Assistants, Primary Care and Sports Medicine Providers, Athletic Trainers, and Allied Health Professionals
The course fee includes continental breakfast, lunch, digital course booklet, and parking. A printed booklet is available for purchase during the online registration process for an additional $10.

Registration received by February 15, 2019 - $130
Registration received after February 15, 2019 - $175

Details
All attendees must pre-register by March 18, 2019. Space is limited and registrations will be accepted in the order received.

Register Online:
www.seattlechildrens.org/outreach

Cancellation Fees and Refund Policy
Cancellations received by March 18, 2019 will be issued a full refund minus an administrative fee of $25.00. No refunds will be issued after March 18, 2019.

Questions about registration? Please email Richard Ford at richard.ford@seattlechildrens.org

Venue
Wright Auditorium
Seattle Children’s Hospital
4800 Sand Point Way NE
Seattle, WA 98105

For directions and information about Seattle Children’s Hospital main campus please visit, www.seattlechildrens.org/contact

Continuing Education
Physical Therapist & Physical Therapist Assistant CEUs - 7 hours
Approved provider of the National Athletic Trainers’ Association for BOC approved credits - 7 hours

Physicians may claim Category 2 credit for attending this event.

AGENDA
Wright Auditorium, Saturday, March 23, 2019

7:45 a.m.
Welcome and Course Introduction

8:00 a.m.
Medical Evaluation of the Young Athlete’s Shoulder
John Lockhart, MD

9:00 a.m.
Special Considerations for the Athlete with Neurological Disabilities
Kyle Nagle, MD, MPH

10:15 a.m.
Upper Extremity Surgical Interventions
Michael Saper, DO, ATC, CSCS

11:30 a.m.
Breakout Sessions - Special Tests

12:00 p.m.
Lunch (provided)

1:00 p.m.
Anatomy and Biomechanics
Abby I. Gordon, PT, DPT, CSCS

1:30 p.m.
Return to Throwing
Steve Cisco, PT, DPT, MBA

2:15 p.m.
Upper Extremity Return to Sport Assessment
Chris Wong, PT, DPT, SCS, CSCS

3:10 p.m.
Breakout Sessions - Throwing, Gymnastics, Swimming, Role of the AT
Steve Cisco, Kaite Thompson, Brandon Tom, Holly Runtzel

4:25 p.m.
G&A

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FACULTY
Seattle Children’s physicians, physical therapists, and athletic trainers

John Lockhart, MD, attended medical school at Rush University in Chicago, IL, and did his pediatric residency as the chief resident at the Cleveland Clinic in Cleveland, OH. He did a primary care sports fellowship at Akron Children’s Hospital in Akron, OH and was the Team Physician for University of Akron and Walsh University in Canton, OH.

Kyle Nagle, MD, MPH, earned his doctorate from the University of Wisconsin-Madison Medical School and his MPH from the University of Washington. He completed his residency at Seattle Children’s and the University of Washington and then completed his Primary Care Sports Medicine Fellowship at the University of Wisconsin-Madison.

Michael G. Saper, DO, ATC, CSCS, received his medical degree at A.T. Still University-Kirksville College of Osteopathic Medicine. He performed his orthopedic surgery residency at Michigan State University. He then completed a Sports Medicine fellowship at the Andrews Institute and a fellowship in pediatric orthopedic surgery at Nemours Children’s Specialty Clinic.

Abby L. Gordon, PT, DPT, CSCS, is a Sports physical therapist at Seattle Children’s in their North Clinic as well as the physical therapist for the Seattle Storm WNBA team. She earned both her DPT and her BS in Exercise Science at the University of Connecticut where she was also a 4-year team manager for the women’s basketball team as an undergrad.

Steve Cisco, PT, DPT, MBA, is a Seattle Children’s Sports physical therapist. He specializes in treating sports orthopedic injuries with an emphasis on biomechanics. He was the leader in creating our return to throwing programs for positional players, pitchers and catchers at all age levels. He helped develop the upper extremity return to sport assessment.

Chris Wong, PT, DPT, SCS, CSCS, is a Seattle Children’s Sports physical therapist. He helped develop our upper extremity return to sport assessment. He specializes in functional treatment and rehabilitation with sports residency training. He is an avid rock climber and loves sports.

Additional Breakout Session Leaders
Kaite Thompson, PT, DPT; Brandon Tom, PT, DPT; Holly Runtzel, MSc, LAT, ATC