

Title: Pediatric Sports Injuries of the Upper Extremity

February 16, 2019

Rangos Conference Center, Children's Hospital of Pittsburgh

Program Overview: This course will feature hand surgeons, sports medicine surgeons, occupational therapists, and physiatrists who will discuss the latest advances in the management of common pediatric upper extremity conditions and sports injuries of the upper extremity.

Learning Objectives:

1. After completion of this course, attendees will be able to describe current return to play guidelines for pediatric sports injuries.
2. After completion of this course, attendees will be able to identify common sports injuries in the upper extremity.
3. After completion of this course, attendees will be able to formulate initial treatment plans for common sports injuries in the upper extremity

Target Audience: pediatricians, physiatrists, residents, fellows, physician assistants, nurse practitioners, family medicine physicians, occupational and physical therapists

Course Directors:

John R. Fowler, MD – Associate Professor of Orthopaedics, Assistant Dean for Medical Student Research

Robert J. Goitz, MD – Professor of Orthopaedics, Chief, Division of Hand Surgery

Faculty:

Robert Kaufmann, MD – Associate Professor of Orthopaedics

Alexander Davit, MD – Assistant Professor, Plastic Surgery

Mark Baratz, MD – Professor of Orthopaedics

Marshall Balk, MD – Clinical Assistant Professor of Orthopaedics

Tom Hughes, MD – Clinical Associate Professor of Orthopaedics

Timothy Ward, MD – Professor of Orthopaedics

Cindy Reed, OTR- Occupational Therapist

Stephen Mendelson, MD – Associate Professor of Orthopaedics

Melissa McLane, MD – Assistant Professor of Orthopaedics

Kelly Anderson, DO – Assistant Professor of Orthopaedics

Sarah Ostop, ATC – Athletic Trainer UPMC

Kirsten Hogg, ATC - Athletic Trainer UPMC

Erica Coffee, ATC - Athletic Trainer UPMC

Cara Troutman, ATC - Athletic Trainer UPMC

Brittany Patterson, ATC - Athletic Trainer UPMC

Program Schedule

8:00-8:10 Introduction

On Field Evaluation of Injured Upper Extremity:

8:10 – 8:50 Panel Discussion of Cases

Return to Sport for Injuries of Upper Extremity

8:50 – 9:30 Panel Discussion of Cases

9:30 – 9:50 Concussion Management in 2019

9:50 – 10:00 **Break**

Pediatric Sports Injuries of the Upper Extremity:

10:00 – 10:20 Finger fractures

10:20 – 10:40 Hand and finger ligament injuries

10:40 – 11:00 Wrist fractures

11:20 – 11:40 Wrist ligament injuries

11:40 – 12:10 **LUNCH**

12:10 – 12:30 Elbow fractures

12:30 – 12:50 Elbow ligament injuries

12:50 – 1:10 Shoulder injuries

1:10 – 1:30 Adjuncts to Enhance Recovery (Blood Flow Restriction, E-stim, fluid therapy)

1:30 – 1:50 Functional bracing to allow early return to play

1:50 – 2:00 Maximizing nerve recovery: nerve re-education, mirror therapy

2:00 Closing remarks/Adjourn

This activity has been approved for *AMA PRA Category 1 Credit™*
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