

Pediatric Practical Pearls: Riley Pediatric Sports Symposium

Presented by General and Community Pediatrics
and Riley Pediatric Orthopedics & Sports Medicine

Agenda | Saturday, Sept. 24, 2022



Introductions: (8 – 8:10 am) Christine Caltoom, MD

Session I: Lower Extremity

Talk 1 (8:10 – 8:25 am): Aaron Watters, MD; The Adolescent Hip

- Identify common hip apophysitis
- Learn the two main types of hip impingement
- Learn when imaging is indicated for hip pain

Talk 2 (8:25 – 8:40 am): Andrea Fuller, PT; Importance of Early Physical Therapy for the Pediatric Injured Athlete

- Understand the psychological factors that may result in prolonged recovery and decreased rates of return to sport
- Be familiar with outcomes measures available
- Assess fear avoidance and kinesiophobia

Talk 3 (8:40 – 8:55 am): R. Gunnar Tysklind, MD; ACL Injury Treatment Options in the Young Athlete

- Learn how the physis can change which type of ACL reconstruction can be performed
- Learn what kinds of physeal injuries can occur
- Learn which different ACL graft types can be used

Panel Discussion (8:55 – 9:15 am): How Do I Manage Patellar Instability?

- Learn how patellar instability is managed from the PT and non-operative side to the surgical side
- When do we decide on surgery?

BREAK (9:15 – 9:30 am)

Session II: Upper Extremity

Talk 1 (9:30 – 9:45 am): Aaron Watters, MD; Small Joints, Small Problems? Common Hand and Wrist Injuries in Athletes

- Be able to differentiate between mallet finger and trigger finger
- Learn when urgent referral is needed for hand injuries
- Be able to initiate treatment for common hand injuries

Talk 2 (9:45 – 10 am): Andrea Fuller, PT; When to Refer to Physical Therapy

- Understand the role of the pediatric sports physical therapist in the assessment and rehabilitation of the pediatric athlete
- Distinguish key musculoskeletal diagnoses and recognize chronic or acute injuries appropriate for referral to pediatric sports physical therapy
- Be knowledgeable in the process to refer to Riley Rehabilitation Sports Medicine

Talk 3 (10 – 10:15 am): R. Gunnar Tysklind, MD; Little League Elbow and Capitellar OCD

- Learn about what signs to look for in these elbow pathologies
- Learn what imaging to get
- Learn how we treat capitellar OCD, based upon severity

Panel Discussion (10:15 – 10:35 am): Help, My Shoulder Is Popping Out

- Learn how shoulder instability is managed from the PT and non-operative side to the surgical side
- When do we decide on surgery?

BREAK (10:35 – 10:55 am)

Session III: The Young Athlete

Talk 1 (10:55 – 11:10 am): Aaron Watters, MD; Concussion: What's in and What's out

- Learn how vestibular ocular motor assessment can be helpful during exam
- Pros and cons of neurocognitive testing
- Understand basics of CTE

Talk 2 (11:10 – 11:25 am): Krystal Brazel, MS, ATC, LAT; Concussion Continuity of Care

- How the ATC and provider can work together for the benefit of the athlete's safe return to play
- Understanding the return to play (RTP) protocol
- Why ATCs are important to assessment, progression and RTP with concussions

Talk 3 (11:25 – 11:40 am): Aaron Watters, MD; COVID-19 and the Adolescent Athletes

- Learn the evolution of the athlete's heart and COVID-19
- Be able to guide patients back to play post sars-CoV-2 infection
- Know the risk of heart disease from the virus vs. the vaccine

Talk 4 (11:40 – 11:55 am): Ann Hulme, MD, Considerations for the Female Adolescent Athlete

- Understand the benefits of girls participating in sports
- Recognize signs, symptoms and risk factors for relative energy deficiency in sport (RED-S)
- Strategies of managing RED-S and injuries to support lifelong participation in sports and exercise

Closing Remarks (11:55 am – noon)



Riley Children's Health
Indiana University Health

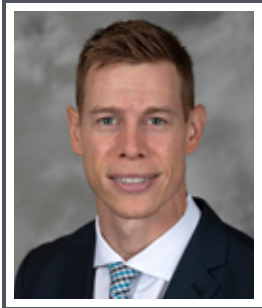


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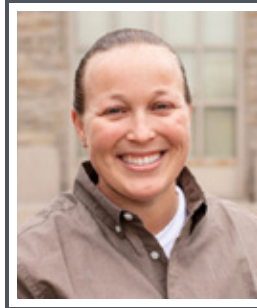
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Speakers



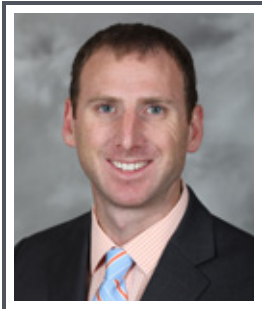
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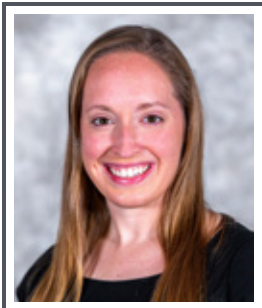
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