

# 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 Caltoum, 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 phyeal 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

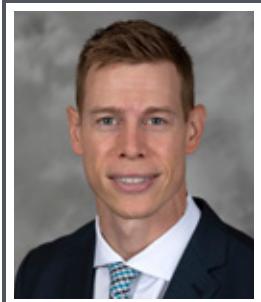


**INDIANA UNIVERSITY**  
SCHOOL OF MEDICINE

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## Speakers



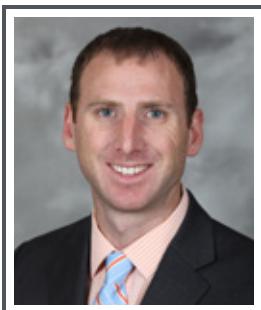
**Dr. R. Gunnar Tysklind, MD**

Riley Hospital for Children at IU Health  
Pediatric and Adolescent Sports Medicine  
[rtysklind@iuhealth.org](mailto:rtysklind@iuhealth.org)



**Krystal Brazel, MS, ATC, LAT**

IU Health Sports Medicine  
IU Health Family Medicine  
[kbrazel@iuhealth.org](mailto:kbrazel@iuhealth.org)



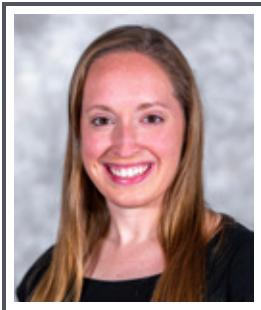
**Aaron Watters, MD**

IU Health Orthopedics & Sports Medicine  
Riley Hospital for Children at IU Health  
Pediatric and Adolescent Sports Medicine  
[awatter2@iuhealth.org](mailto:awatter2@iuhealth.org)



**Andrea Fuller, PT**

Riley Hospital for Children at IU Health  
Department of Physical Therapy  
[afuller8@iuhealth.org](mailto:afuller8@iuhealth.org)



**Ann Hulme, MD**

IU Health Physical Medicine &  
Rehabilitation  
IU Health Sports Medicine  
[ahulme@iuhealth.org](mailto:ahulme@iuhealth.org)



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