

Andrew's Institute Sports Medicine Lecture Series
"Return to Upper Extremity"
Taylor Douthit, PT

Registration Information

To receive CME credit, participants need to:

- Register
- View presentation
- Take quiz and obtain 80% (4 out of 5) to pass
- Complete evaluation
- Print certificate

Participants should take 60 minutes to complete the activity.
Participants may work at their own pace.

Teaching Methods

This online enduring material uses the following teaching methods and media:

- Lecture (audio/videotaped)
- PowerPoint Presentation

Acknowledgements of Commercial Support

There is no commercial/financial support for this activity.

CME Enduring Material Description, Target Audience and Needs Statement

Sports medicine is an evolving discipline in which experience of a multigenerational factor can shed new information and knowledge on how to properly identify, manage and prevent common injury types seen in sports medicine today. This online educational enduring material is designed for physicians and clinical staff. Its purpose is to bridge the gap between the medical knowledge and current practice with evidence-based practice guidelines to achieve optimal patient outcomes through discussions and examinations of interesting, real-world cases.

Objectives

At the end of this online enduring material, participants should be able to:

- Deconstruct the movement patterns of a selected sport.
- Apply principles of tissue healing, correction of faulty movement patterns, strength, power, and neuromuscular re-education to logical exercise progressions.
- Examine evidence and rationale behind CHAI's existing RTS criteria.

For Further Study

- C.L. Camp, S. Conte, J. D'Angelo, S.A. Fealy Epidemiology of ulnar collateral ligament reconstruction in Major and Minor League Baseball pitchers: comprehensive report of 1429 cases. *J Shoulder Elbow Surg*, 27 (2018), pp. 871-878
- Castagna A, Delle Rose G, Borroni M, et al. Arthroscopic stabilization of the shoulder in adolescent athletes participating in overhead or contact sports. *Arthroscopy: The Journal of Arthroscopic & Related Surgery*.
- An extensive list is available in the presentation.

Disclosure

In compliance with the Accreditation Council for Continuing Medical Education (ACCME) Standards for Integrity and Independence, all presenters, authors and planners must disclose to the participants of an educational activity any relevant financial relationships they may have with *an ineligible company, (i.e., any entity whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients)* related to the content of this CME activity.

The Course director, Troy Smurawa, MD, has no relevant financial relationships with an ineligible company related to the content of this CME activity.

The speaker, Taylor Douthit, PT has no relevant financial relationships with an ineligible company related to the content of this CME activity.

The CME planners and staff have no relevant financial relationships with an ineligible company related to the content of this CME activity.

Credit Designation Statement

The Children's Health is accredited by the Texas Medical Association to provide continuing medical education for physicians.

The Children's Health designates this enduring material for a maximum of 1 *AMA PRA Category 1 Credit™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Release and Termination Dates

Original release date: August 28, 2023

Review date: August 18, 2023

Termination date: August 28, 2026

Hardware/Software Requirements

Internet; Media Player; Audio

For more information or questions

CME@Childrens.com