

Andrew's Institute Sports Medicine Lecture Series
“Spondylolysis and Hip Apophysitis”
Jacob Sexton, MD, ATC

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 45 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:

- Review lumbar spine anatomy.
- Discuss developmental and biomechanical risk factors associated with the development of spondylolysis and stress reactions of the lumbar spine.
- Explore preventative and rehabilitative measures for athletes with lumbar spondylolysis.
- Review hip and pelvis anatomy.
- Review radiographic images of common anatomical locations for hip apophyseal injuries and avulsion.
- Explore preventative and rehabilitative measures for athletes with lumbar spondylolysis.

For Further Study

•Wall, J. *et al.* (2022) “Incidence, prevalence and risk factors for low back pain in adolescent athletes: A systematic review and meta-analysis,” *British Journal of Sports Medicine* [Preprint]. Available at: <https://doi.org/10.1136/bjsports-2021-104749>.

•Watanabe, Y. *et al.* (2022) “Associations between core stability and low back pain in high school baseball players: A cross-sectional study,” *Journal of Orthopaedic Science*, 27(5), pp. 965–970. Available at: <https://doi.org/10.1016/j.jos.2021.05.010>.

•Additional references are located within 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, Jacob Sexton 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 .75 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: October 3, 2023

Review date: October 3, 2023

Termination date: October 3, 2026

Hardware/Software Requirements

Internet; Media Player; Audio

For more information or questions

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