

## Andrew's Institute Sports Medicine Lecture Series “Early Sport Specialization” Alvin Chi, MD

### 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:

- Define early sports specialization.
- Discuss the position statements for early sports specialization.
- Review training approaches for the specialized athlete.

### For Further Study

1. AMSSM Collaborative Research Network Youth Early Sport Specialization Summit, Tenforde AS, Montalvo AM, et al. Current Sport Organization Guidelines From the AMSSM 2019 Youth Early Sport Specialization Research Summit. *Sports Health*. 2022;14(1):135-141. doi:10.1177/19417381211051383
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14. Jayanthi N, Kleithernes S, Dugas L, Pasulka J, Iqbal S, LaBella C. Risk of Injuries Associated With Sport Specialization and Intense Training Patterns in Young Athletes: A Longitudinal Clinical Case-Control Study. *Orthop J Sports Med*. 2020;8(6):2325967120922764. Published 2020 Jun 25. doi:10.1177/2325967120922764
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**Disclosure**

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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, Alvin Chi, MD 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: November 28, 2022

Review date: January 19, 2026

Termination date: January 8, 2029

**Hardware/Software Requirements**

Internet; Media Player; Audio

**For more information or questions**

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