

Andrew's Institute Sports Medicine Lecture Series

“Elbow Injuries in Throwers”

James Andrews, 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 45 mins 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:

- Discuss the ulnar collateral ligament exam and diagnostic testing.
- Describe the “Tommy John” Reconstruction Technique.
- Recognize the different diagnosis of elbow injuries in throwers.

For Further Study

- Fleisig GS, Barrentine SW, Escamilla RF, Andrews JR. Biomechanics of overhand throwing with implications for injuries. *Sports Med.* 1996 Jun;21(6):421-37. doi: 10.2165/00007256-19962106-00004. PMID: 8784962.
- Wilk KE, Escamilla RF, Fleisig GS, Barrentine SW, Andrews JR, Boyd ML. A comparison of tibiofemoral joint forces and electromyographic activity during open and closed kinetic chain exercises. *Am J Sports Med.* 1996 Jul-Aug;24(4):518-27. doi: 10.1177/036354659602400418. PMID: 8827313.
- Cain EL Jr, Andrews JR, Dugas JR, Wilk KE, McMichael CS, Walter JC 2nd, Riley RS, Arthur ST. Outcome of ulnar collateral ligament reconstruction of the elbow in 1281 athletes: Results in 743 athletes with minimum 2-year follow-up. *Am J Sports Med.* 2010 Dec;38(12):2426-34. doi: 10.1177/0363546510378100. Epub 2010 Oct 7. PMID: 20929932.

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, James Andrews, MD, has no relevant financial relationships with an ineligible company to disclose.

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 .50 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: February 28, 2022
Review date: January 19, 2026
Termination date: January 8, 2029

Hardware/Software Requirements

Internet; Media Player; Audio

For more information or questions

CME: 214-456-5168 or CME@Childrens.com