

# Office-Based Pediatric Orthopaedics and Sports Medicine

September 16, 2017 • 8:00 am – 4:30 pm  
The Renaissance ClubSport Walnut Creek  
Walnut Creek • CA

The Department of Orthopaedic Surgery at the Stanford University School of Medicine and Lucile Packard Children's Hospital Stanford present a Continuing Medical Education conference  
Sponsored by the Stanford University School of Medicine



EAST BAY

## Program

- 8:00-8:30 am **Registration & Continental Breakfast**  
8:30-8:40 am **Welcome**  
8:40-9:15 am **Adolescent Female Triad**  
Emily Kraus, MD  
9:15-9:50 am **The Multi-Sport Athlete**  
Christine R. Boyd, MD  
9:50-10:25 am **Ankle Sprains: What Not to Miss**  
Ariel Palanca, MD  
10:25-10:40 am **Break**  
10:40-11:15 am **The Young Swimmer: Biomechanics and Injury Prevention**  
Charles M. Chan, MD & Carey L. Hintze, DPT  
11:15-11:50 am **FAI in Teens**  
Stephanie Pun, MD  
11:50-12:50 pm **Lunch**  
12:50-1:25 pm **Injury Prevention Strategies for the Middle School and High School Athlete: An Athletic Trainer's Perspective**  
Samantha Rivero, ATC, OTC, CES & Kelly Estrella, MA, ATC  
1:25-2:00 pm **The Young Runner: Knees, Shins, and Nutrition**  
Christine Boyd, MD  
2:00-2:35 pm **Adolescent Back Pain: Scoliosis and Pars Fractures**  
James Policy, MD  
2:35-2:50 pm **Break**  
2:50-3:25 pm **Gait Abnormalities: In-Toeing, Out-Toeing, Pronation, and Arch Support**  
Charles M. Chan, MD  
3:25-4:25 pm **Breakout Sessions**  
**Session A: Splinting and Bracing Primer**  
(ATC Team)  
**Session B: Physical Exam Pearls**  
(Physician Faculty)  
**Session C: ATC Network/Round Table Discussion**  
(ATC Team)  
4:25 pm **Evaluation and Adjourn**

Opportunities for Q&A will be provided at the conclusion of each presentation.

## Course Faculty

All faculty are with the Stanford University School of Medicine unless noted otherwise.

### Charles M. Chan, MD

Clinical Assistant Professor, Orthopaedic Surgery  
Course Director

### Christine Boyd, MD

Clinical Assistant Professor, Orthopaedic Surgery  
Co-Course Director

### Kelly Estrella, MA, ATC

Athletic Trainer, Orthopaedics and Sports Medicine  
Stanford Children's Health and Lucile Packard Children's Hospital  
Stanford

### Carey L. Hintze, DPT

Physical Therapist, Orthopaedics and Sports Medicine  
Stanford Children's Health and Lucile Packard Children's Hospital  
Stanford

### Laura G. Keller, MS, ATC, ROT

Athletic Trainer, Orthopaedics and Sports Medicine  
Stanford Children's Health and Lucile Packard Children's Hospital  
Stanford

### Emily Kraus, MD

Clinical Assistant Professor, Orthopaedic Surgery

### Ariel Palanca, MD

Clinical Assistant Professor, Orthopaedic Surgery

### James Policy, MD

Clinical Assistant Professor, Orthopaedic Surgery

### Stephanie Pun, MD

Clinical Assistant Professor, Orthopaedic Surgery

### Samantha Rivero, ATC, OTC, CES

Athletic Trainer, Orthopaedics and Sports Medicine  
Stanford Children's Health and Lucile Packard Children's Hospital  
Stanford

### Joseph Smith, MS, ATC, OTC, EMT

Athletic Trainer, Orthopaedics and Sports Medicine  
Stanford Children's Health and Lucile Packard Children's Hospital  
Stanford

### Megan Wahl, MS, ATC, CSCS

Athletic Trainer, Orthopaedics and Sports Medicine  
Stanford Children's Health and Lucile Packard Children's Hospital  
Stanford

**Faculty Disclosure:** The Stanford University School of Medicine adheres to ACCME Essential Areas, Standards and Policies regarding industry support of continuing medical education. Disclosure of faculty and commercial relationships will be made prior to the activity.



Lucile Packard  
Children's Hospital  
Stanford

*A Continuing Medical Education Activity*

Lucile Packard Children's Hospital  
Continuing Medical Education  
725 Welch Road  
Palo Alto, CA 94304-1601  
(650) 498-6757  
[www.cme.stanfordchildrens.org](http://www.cme.stanfordchildrens.org)

NONPROFIT ORG  
U.S. POSTAGE  
PAID  
PALO ALTO, CA  
PERMIT #29

For information on upcoming Pediatric CME activities visit  
[www.cme.stanfordchildrens.org](http://www.cme.stanfordchildrens.org)

## A Continuing Medical Education Activity

### STATEMENT OF NEED

This CME activity seeks to provide pediatricians and family medicine physicians an update on orthopaedic/sports injuries that will help to improve their skills in evaluating and managing sports medicine injuries and increase their understanding of when it is appropriate to treat and when to refer. The course will utilize lectures, videos, and hands on demonstrations as teaching tools.

### LEARNING OBJECTIVES:

At the conclusion of this activity, learners will be able to:

- Assess pediatric and adolescent sports injuries through history and physical exam.
- Determine when to refer patients to a specialist.
- Incorporate higher acuity of care in the pediatric and adolescent athlete presenting with complex sports injury.
- Differentiate between a sports injury from burnout or overuse.
- Evaluate the youth with potential overuse and early specialization injuries and counsel patient and family.

### TARGET AUDIENCE

This is a regional program designed for pediatricians, family physicians, primary care practitioners, nurse practitioners, nurses, allied health professionals, and athletic trainers.

### ACCREDITATION AND DESIGNATION OF CREDIT

The Stanford University School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The Stanford University School of Medicine designates this live activity for a maximum of **6.25 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Nurses:** The California Board of Registered Nursing recognizes that Continuing Medical Education (CME) is acceptable for meeting RN continuing education requirements as long as the course is certified for **AMA PRA Category 1 Credit™ (rn.ca.gov)**. Nurses will receive a Certificate of Participation following this activity that may be used for license renewal.

### COURSE CANCELLATION AND REFUND POLICY

Registration fees, less a \$25.00 administrative charge, are refundable if written cancellation is received prior to **9/1/2017**. No refunds will be given for cancellations received after this date or for conference non-attendance. We reserve the right to cancel or postpone any activity if necessary. In such case, full refund of registration fees will be given. We are not responsible for other costs incurred such as non-refundable airline tickets or hotel penalties.

### COMMERCIAL SUPPORT ACKNOWLEDGEMENT

This CME activity received no commercial support.

### REGISTRATION

#### Office-Based Pediatric Orthopaedics and Sports Medicine

The Renaissance ClubSport Walnut Creek, 2805 Jones Road, Walnut Creek, CA 94597  
(925) 938-8700 [www.renaissanceclubsport.com](http://www.renaissanceclubsport.com)

Register before 9/1/2017 by completing this enrollment application or by registering online at [www.cme.stanfordchildrens.org](http://www.cme.stanfordchildrens.org). Cancellations received in writing before 9/1/2017 will be refunded less a \$25 administrative fee. No refunds will be made on cancellations received after that date. Onsite registration is subject to space availability.

#### PLEASE TYPE OR PRINT:

Name \_\_\_\_\_  
Degree and Specialty \_\_\_\_\_  
Street Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Business Phone \_\_\_\_\_ Fax \_\_\_\_\_  
Email Address \_\_\_\_\_  
Hospital/Professional Affiliation \_\_\_\_\_  
Medical/Nursing License # (required for credit) \_\_\_\_\_  
Special Needs \_\_\_\_\_

Include me on your mailing list for future educational activities.

#### REGISTRATION FEE:

Fees include tuition, course materials, continental breakfast and lunch  
 \$225 Physicians  \$175 NP/Nurse/Allied Health Professionals  
 \$99 Athletic Trainers/Physical Therapist


**Credit Card** (Amex, Visa and MC only)

Register online at [www.cme.stanfordchildrens.org](http://www.cme.stanfordchildrens.org)

**Check** made payable to the Stanford Children's Health CME

**Please register online at [www.cme.stanfordchildrens.org](http://www.cme.stanfordchildrens.org) or complete this form and mail with a check to:**

**Stanford Children's Health CME**  
725 Welch Rd, MC 5517, Palo Alto, CA 94304  
Phone: (650) 498-6757 Fax: (650) 497-5738  
Email: [lpchcme@stanfordchildrens.org](mailto:lpchcme@stanfordchildrens.org)  
Contact: Marifin Besona, CME Coordinator

 Stanford University School of Medicine is committed to ensuring that its programs, services, goods and facilities are accessible to individuals with disabilities as specified under Section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Amendments Act of 2008. If you have needs that require special accommodations, including dietary concerns, please contact the CME Conference Coordinator.

Tell a colleague. To register online go to [www.cme.stanfordchildrens.org](http://www.cme.stanfordchildrens.org)