Avera Orthopedic & Sports Medicine Symposium

Speaker: «FullName»

6/4/2020 3:00:00 PM-6/5/2020 4:00:00 PM

Sioux Falls

Prior to the education, create an account in the CE Portal if you have not
already done so. [For directions, click here.](https://www.avera.org/app/calendar/event/detail.aspx?eventId=47f6abc4-ab57-e311-af5d-001ec9e06176)

**Purpose:** The Avera Sports Medicine Symposium has been developed to highlight current evidence-based information in orthopedics and sports medicine. Attendees will have the opportunity to participate in lecture, question and answer, and hands-on learning opportunities throughout the two day symposium

**Objectives:**

ACCME Objectives

1. Review current concussion management recommendations and the evidence behind them. (Schimelpfenig -evening)

2. Review the pertinent anatomy of the groin and muscle attachments. (Buchanan-evening)

3. identify the common mechanisms and clinical presentations of individuals suffering from knee dislocations. (O'Brien-evening)

4. Evaluation of patients with rotator cuff pathology. (Blake)

5. Review shoulder anatomy in 2 and 3 dimensions. (Buchanan)

6. demonstrate appropriate therapeutic exercises. (Eidsness)

7. Recognize common presentations and impact of depression and anxiety in athletes (Trombetta)

8. Consider 6 major categories of interventions to help with pain (Shaikh)

9. Recognize the athlete that is experiencing psychological symptoms after an injury. (Baum)

10. Assess the benefits and risks of supplements and dietary changes in athletes, especially young adults (Heronimus)

11. Compare the 2-3 Movement Assessments to perform with athletes and their correlation in biomechanics and performance (Pole)

12. Recognize the principles of specificity, overload, individualization, periodization, work-rest rations, repetition schemes and load management.(Brown)

13. Explore the Neuromuscular physiology behind plyometric training (Ferley)

14. Describe current evidence associated with load management for runners. (Tao)

ANCC Learning Outcomes

1. same as above

**Target Audience:** Industry Professional, Orthopaedics, Pediatrics, Physical Medicine, Preventive Medicine, Sports Medicine, Physical Therapist, Rehabilitation

**For successful completion:**

* + To record attendance and obtain CE credit, you must have an Avera CE Portal Profile.
	+ You must bring your mobile phone: Attendance will be recorded via text message.
	+ To receive a CE certificate, you must log in to your Avera CE Portal Profile after the educational activity and complete the evaluation.

Avera is accredited by the Accreditation Council for Continuing Medical Education to provide continuing education for physicians. Avera designates this educational activity for a maximum of 10.75 AMA PRA Category 1 Credit per session. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Avera is an Approved Provider of continuing nursing education by the Alabama State Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation. A total 0.00 contact hours can be received upon completion of this activity. Attendance at the entire educational activity is required to receive contact hours.

Avera , Provider #1029, is an Approved Provider for continuing education by the South Dakota Board of Social Work Examiners. Social Workers will receive 0.00 continuing education clock hours for participating in this course.

Policy on Disclosure: Continuing Education credits have been approved for this event. Due to the regulations required for CE credits all conflict of interest that the presenter(s) or planning committee members have needs to be fully disclosed to participants. In observance to this requirement we are providing the following disclosure information:

JASON ASKEW: Nothing to disclose

DONALD BAUM, PhD: Nothing to disclose

Matthew Blake, MD: Nothing to disclose

John Boehnke, ATC: Nothing to disclose

Eric Brown: Nothing to disclose

Jonathan Buchanan, MD: Nothing to disclose

Alisa Darling: Nothing to disclose

Jay Eidsness, PT: Nothing to disclose

Derek Ferley, PhD, CSCS: Nothing to disclose

Dustin Gebur, MSEd, ATC: Nothing to disclose

Anna Heronimus, RD: Nothing to disclose

Nick Kocourek, MBA: Nothing to disclose

Pat O'Brien, MD: Nothing to disclose

Barb Olinger, BSN: Nothing to disclose

Levi Pole, DPT: Nothing to disclose

Vonda Reed: Nothing to disclose

Sam Schimelpfenig, MD: Nothing to disclose

Adil Shaikh, MD: Nothing to disclose

Hanz Tao, DPT: Nothing to disclose

Dominick Trombetta, MD: Nothing to disclose

Scott Vandenbosch, PT: Nothing to disclose