

12<sup>TH</sup> Annual Pediatric and Adolescent

# Sports Medicine *Update* for Primary Care



**June 14, 2018**

**8 a.m. to 4 p.m.**

Brickhouse Auditorium  
Children's Hospital of The King's Daughters  
601 Children's Lane • Norfolk, VA 23507

7 AMA PRA Category I Credit(s)<sup>™</sup>

ACGME Competencies:

Patient Care | Medical Knowledge | Professionalism  
Practice-Based Learning & Improvement



presented by

**Children's Hospital  
of The King's Daughters**

in collaboration with

**American Academy of Pediatrics**

DEDICATED TO THE HEALTH OF ALL CHILDREN<sup>™</sup>



Virginia Chapter



Discounted fees for VA-AAP, VATA and VPTA members

**Register online at [CHKD.org/CMRegistration](http://CHKD.org/CMRegistration)**

## Overall Objective

This conference will review current approaches to evaluating, diagnosing and managing injuries in the pediatric and adolescent athlete. After attending this conference, healthcare professionals who are caring for young athletes will be able to discuss the most current information as well as apply hands-on techniques.

## Target Audience

Pediatric & Adolescent Sports Medicine Update has been designed to inform pediatricians, family practitioners, internists, emergency medicine physicians, physician assistants, nurse practitioners, physical therapists and certified athletic trainers.

## Educational Formats

- Lectures
- Hands-on workshops
- Case-based presentations
- Interactive discussions
- Lunch with the experts

## CME Credit

Children's Hospital of The King's Daughters is accredited by the Medical Society of Virginia to provide continuing medical education for physicians.

Children's Hospital of The King's Daughters designates this live activity for a maximum of 7 *AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

## Continuing Education Credit

Children's Hospital of The King's Daughters is recognized by the Board of Certification, Inc., to offer continuing education for certified athletic trainers.



## Travel Information

Children's Hospital of The King's Daughters is located near downtown Norfolk. From Interstate 64, take the I-264 West exit to Downtown Norfolk and look for the Children's Hospital direction sign just before Exit 11-B (Brambleton Ave.). Take 11-B and travel West on Brambleton two miles to Colley Avenue; turn right on Colley, then left at the second traffic light to Olney Road. CHKD is on the corner of Children's Lane and Olney. Parking is on the left.

## Special Services

If special arrangements are required for an individual with a disability, contact Rosalind Jenkins at (757) 668-8942 at least 15 days prior to the conference.

## Discounted Fees for VA-AAP, VATA and VPTA Members

Registration is \$68 for VA-AAP members and \$58 for VATA and VPTA members, if registered by **Tuesday, May 15**.

## Cancellation Deadline

Cancellations must be received **in writing by June 8** in order to receive a refund. All cancellations are subject to a \$25 cancellation fee.

## Faculty

### Visiting Faculty

#### **Avery D. Faigenbaum, EdD, FACSM, FNCSA**

Professor, Department of Health and Exercise Science, The College of New Jersey

#### **Kathleen McCauley, JD**

Moran-Reeves-Conn, Attorneys at Law, Richmond, VA

#### **Lisa Vaughan-Meer, CMT, ERYT-500**

Owner and Principal, Brute Yogi, Norfolk, VA

### CHKD/EVMS Faculty

#### **Joel Brenner, MD, MPH, Course Director**

Medical Director, Sports Medicine Program, CHKD  
Sports Medicine and Adolescent  
Medicine Specialist, CSG/CHKD  
Associate Professor of Pediatrics, EVMS

#### **Alexandra Laramée, LCSW**

Manager, Behavioral Health Program, CHKD

#### **Tyler Miller, LPTA, CSCS, CES**

Sports Medicine Physical Therapy Assistant, CHKD

#### **John Sinacori, MD**

Otolaryngologist, CHKD  
Assistant Professor of Pediatrics, EVMS

#### **Sara Stites, DPT, ATC**

Sports Medicine Physical Therapist, CHKD

#### **Michael Strunc, MD**

Sleep Medicine Specialist and Neurologist,  
CSG/CHKD  
Assistant Professor of Pediatrics, EVMS

## Conference Agenda

### 7:30 a.m. Registration and Continental Breakfast

8:00 **The Pediatric Inactivity Triad: A risky PIT** – Avery Faigenbaum, EdD

9:00 **Transition from Grand Rounds**

9:10 **Welcome and Opening Comments** – Joel Brenner, MD, MPH

9:15 **Social Media, Sports Medicine and the Law** – Kathleen McCauley, JD

10:00 **Q & A**

10:05 **Sleep and Sports Performance** – Michael Strunc, MD

10:35 **Q & A**

10:40 **“Shake Your Bones”**

10:45 **Yoga & Mindfulness – Finding strength in stillness** – Lisa Vaughan-Meer, CMT

11:10 **Q & A**

11:15 **Practical Sports Medicine Applications** – Dr. Brenner

11:25 **Break with Exhibitors**

11:40 **Workshop #1**

12:40 **Lunch and Panel – Youth Sports Medicine Dilemmas**

(Cases and questions submitted by audience) – Moderator: Dr. Brenner

Panel: A. Faigenbaum, M. Strunc, L. Vaughan-Meer, K. McCauley, A. Laramée

1:10 **There’s no “I” in Team: How well-informed coaches and treatment providers impacted an athlete’s recovery from anorexia nervosa** – Alexandra Laramée, LCSW

1:50 **Q & A**

2:00 **Workshop #2**

3:00 **Anne McKim Memorial Lecture – Youth Resistance Training: From science to practice** – Avery Faigenbaum, EdD

4:00 p.m. **Closing Remarks and Adjournal**

### Workshop #1 11:40 a.m. – 12:40 p.m.

1A MD/ATC/PT Insomnia 101: When your body is tired but your brain is not - Michael Strunc, MD

1B MD/ATC/PT Hot Issues in Sports Law (bring your questions) - Kathleen McCauley, JD

1C MD/ATC/PT Practice Makes Perfect: Building confidence in talking to athletes about mental health topics and suicide - Alexandra Laramée, LCSW

---

### Workshop #2 2:00 p.m. – 2:50 p.m.

2A MD/ATC/PT Compete - Restore - Repeat: Sports massage for young athletes - Lisa Vaughan-Meer, CMT

2B MD/ATC/PT Vocal Fold Dysfunction vs. Paradoxical Vocal Fold Motion - John Sinacori, MD

2C ATC/PT \*Lower Extremity Functional Testing: A review of evidence and implementation for RTS - Sara Stites, DPT, ATC, and Tyler Miller, LPTA

**\*Wear comfortable attire for workshop participation/examination.**

## Complete and mail this form or register online at [CHKD.org/CMRegistration](http://CHKD.org/CMRegistration).

### Pediatric and Adolescent Sports Medicine Update for Primary Care

June 14, 2018 • 8 a.m. to 4 p.m.

#### Registration Information

Registration is \$85 for physicians and \$65 for other healthcare professionals and should be received by June 5. This fee includes conference materials, continental breakfast, coffee breaks and lunch. Registration will be confirmed by email upon receipt of payment.

#### Registration Fee (check one)

\$85 Physician       \$65 Other Professionals       \$50 Students

#### Member Discounts by May 15 (affiliations will be verified):

\$68 VA-AAP Member (member # \_\_\_\_\_)

\$58 VATA Member (member # \_\_\_\_\_)

\$58 VPTA Member (member # \_\_\_\_\_)

Name/Degree (Please print clearly or type)

Daytime phone

Fax

Organization

Address

City

State

Zip

Course registrations will be confirmed via email only. If you would like to receive a confirmation/receipt, please provide your email address below.

Email

Please make your workshop selections by filling in the corresponding letter below. Please list both your first and second choice, respectively.

Workshop #1 - 11:40 a.m.    1st Choice \_\_\_\_    2nd Choice \_\_\_\_

Workshop #2 - 2 p.m.    1st Choice \_\_\_\_    2nd Choice \_\_\_\_

Check here if you prefer a vegetarian lunch.

#### Method of payment (please do not send cash)

Check (payable to Children's Hospital of The King's Daughters)

Credit Card:     Visa     MasterCard     Amex

Name on Card

Account Number

Exp. Date

SIC Code

Signature

#### Registration Contact

**Sylvette Houston-Lockhart**

Phone: (757) 668-8565

Email: [Sylvette.Houston-Lockhart@CHKD.org](mailto:Sylvette.Houston-Lockhart@CHKD.org)

Send this form with payment and address questions concerning registration to:

**Sylvette Houston-Lockhart**

Children's Hospital of The King's Daughters

601 Children's Lane

Norfolk, VA 23507

Phone (757) 668-8565

Email: [Sylvette.Houston-Lockhart@CHKD.org](mailto:Sylvette.Houston-Lockhart@CHKD.org)

Register online at [CHKD.org/CMRegistration](http://CHKD.org/CMRegistration)