



## Overuse Injuries in the Pediatric Population and Return to Sport Protocols

Self-Study Webinar

Webinar will offer 2 contact hours

Free to all Theraplay Family of Companies employees

\$30 for all Theraplay Family of Companies contractors

\$89 for all Community Therapists - 10% discount offered to all AOTA members

**Offered starting November 10, 2021 until December 31, 2022**

**Register here: [https://zoom.us/webinar/register/WN\\_BIM6eXldSKeOvMwxaiGKSg](https://zoom.us/webinar/register/WN_BIM6eXldSKeOvMwxaiGKSg)**

### Course description:

This course will provide information regarding overuse injuries in the pediatric population. The workshop will present evaluation and treatment techniques with a review of evidence-based practices. This lecture will cover overuse injuries involving both upper and lower extremities. Return to sport protocols will also be reviewed and presented to support clinicians safely and effectively return their patients to their sport.

### Learning objectives:

- Attendees will identify and demonstrate understanding of common overuse injuries in the pediatric population.
- Attendees will demonstrate an understanding of the etiology of overuse injuries and how to explain the nature of the injury to both the patient and the caregivers.
- Attendees will be able to complete the evaluation process and discuss therapeutic interventions for overuse injuries in the pediatric population.
- Attendees will be able to describe how to prevent overuse injuries in the pediatric population to patients, caregivers as well as provide education in the community.
- Attendees will be able to integrate important nutritional information that can contribute to overuse injuries in the pediatric population to both the patients and the caregivers.
- Attendees will apply the return to sport protocols within their plan of care in order to safely and effectively allow their patients to return to their prior level of activity within their sport and decrease risk of future injury.

### Course outline (there will be a 15 minute break at 10:45 am):

- Review of common facts regarding overuse injuries in the pediatric population - 20 minutes
- Review of common overuse injuries for the upper and lower extremities by defining them and review of the evaluation and treatment process - 20 minutes
- Identify who is at risk for these injuries and what can be done to prevent them from occurring or reoccurring - 20 minutes
- Discuss important nutritional information that can contribute to the occurrence of injuries in the pediatric population - 10 minutes
- Review and discuss Return to Sport protocols and how they are implemented into the treatment process for optimal patient care

## Presenters:



Kathryn Marino PT, DPT

Kathryn earned her doctoral degree in Physical Therapy from Misericordia University in 2010. She is the Associate Director of Outpatient Services at Theraplay, Inc. Kathryn has clinical and academic experience in the evaluation, intervention, and creation of a plan of care for pediatric patients with musculoskeletal, neurological, and genetic disorders. Kathryn has been an adjunct lecturer for the Physical Therapy Assistant program at Montgomery County Community College since 2018. She has lectured at the state and national levels.

## Presenter Disclosure Statements:

### Relevant Financial Relationships:

Kathryn is a salaried employee at Theraplay, Inc. and will reference her place of employment. Kathryn will provide actual case studies from Theraplay, Inc. while adhering to HIPPA regulations in her presentation.

**Relevant Non-Financial Relationships:** Kathryn has no further non-financial relationships to disclose.

## Presenters:



Presenter: Katie Sivick-Lovgren PT, DPT

Katie earned her doctoral degree in Physical Therapy from Slippery Rock University in 2004. She is a Center Manager at the Wexford Positive Steps location. Katie has also been a Facility Director for Keystone Rehabilitation Systems. She has her license for Direct Access to physical therapy services. Katie has clinical experience in the evaluation, intervention, and creation of plan of care for pediatric patients with musculoskeletal, neurological, and genetic disorders.

## Presenter Disclosure Statements:

### Relevant Financial Relationships:

Katie is a salaried employee at Positive Steps Therapy which is part of Theraplay Family of Companies. She will reference her place of employment. Katie will provide actual case studies from Positive Steps while adhering to HIPPA regulations in her presentation.

**Relevant Non-Financial Relationships:** Katie is a member of the APTA. She has no further non-financial relationships to disclose.

## Privacy Policy:

Any and all personal information regarding each attendee will not be disclosed. Summaries of continuing education information will be sent to the individual, upon their written request.

## ADA:

If you require ADA accommodations please contact Sandra L. Wilde-Sutton OTR/L, Senior Educational Coordinator, at [ssutton@theraplayinc.com](mailto:ssutton@theraplayinc.com), at least two weeks prior to the workshop date so arrangements can be made.

## Cancellation Policy:

In the event that a course is canceled or rescheduled by the Theraplay Family of Companies, all registrants will be entitled to a full refund. If a participant cancels within 30 days of a course, the participant will be entitled to a refund, minus a \$25.00 registration fee. If the cancellation is made less than 30 days to the course date, the participant will be entitled to a credit to a future course for the full amount of the course.

## Complaint Policy

If a participant is not satisfied with a course, the participant can issue a complaint to the Sandra L. Wilde-Sutton OTR/L, Senior Educational Coordinator, at [ssutton@theraplayinc.com](mailto:ssutton@theraplayinc.com), and consideration will be made regarding a refund or credit.



This program is offered for up to 0.2 AOTA CEU's at an intermediate level, Occupational Therapy Process classification. Course completion is dependent on full attendance of two hours, and survey completion.

This program is offered for up to 0.2 CEU's and is PA PT Board approved; DE and VA PT boards accept PA Board approval. Course completion is dependent on full attendance of two hours and survey completion.