

Keeping Young Athletes in the Game:

Physician Insight for Certified Athletic Trainers, Physical Therapists and Coaches

Saturday July 25, 2015

7:30 AM to 1:30 PM

7:00 AM Registration and Breakfast Buffet

8:00 AM Program Begins

(Food not allowed in the auditorium; arrive early to enjoy breakfast before 8:00 am)

UC San Diego, Warren College, Calit2 Bldg.—Atkinson Hall
Voigt Dr., La Jolla, CA 92093

Earn 4.5 BOC Approved CEU's &
.45 CPTA Approved CEU's

\$25 | Early Registration Fee
before July 17

\$40 | Registration Fee
after July 17

Join 360 Sports Medicine, a program of Rady Children's Hospital-San Diego and Rady Children's Specialists of San Diego for a professional lecture on evidence-based practice recommendations for:

Managing and Preventing Running Injuries

Suraj Achar, M.D.

Sports Medicine

Back Pain in the Adolescent Athlete

Vidyadhar Upasani, MD

Pediatric Orthopedics

Panel Discussion: Healing the Injured Athlete

Henry Chambers, M.D.—Orthopedics

Aaron Cook—Acupuncture

Susan Collins, PT—Physical Therapy



A PROGRAM OF
Rady Children's Hospital-San Diego

MODERATOR

Seth Pransky, MD

Division Chief, Pediatric Otolaryngology

Medical Director, Satellite Services, Rady Children's Hospital

Managing the High Performance Athlete

Lauren Loberg, PhD

Sports Psychology

Performance Pressures in Youth Sports

Jeff Jones, PhD

Sports Psychology

Nutrition and Eating Disorders in

Young Athletes

Maya Kumar, MD

Adolescent Medicine

Objectives: At the conclusion of this course, participants should be able to 1) Identify running injuries in young athletes and understand when further evaluation/treatment is needed; 2) Identify and treat the most common back pain in athletes; 3) Manage injured athletes and how to begin the healing process; 4) Managing high performance athletes 5) Manage psychological effects from performance pressures; 6) Identify eating disorders and how to treat.



Rady Children's Hospital-San Diego is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program has been approved for a maximum of 4.5 hours of Category A continuing education. Certified Athletic Trainers are responsible for claiming only those hours actually spent participating in the continuing education activity.

Please Register & Pay by July 17, 2015 to benefit from reduced registration fee.

Name _____ Office _____

Email _____ Phone _____

Circle \$25 by July 17 OR \$40 after July 17

Check or Money Order Payable to: RCHSD
For Credit Card payment: Visa/MasterCard/American Express/Discover

CC# _____ Exp. _____ Billing Zip Code _____ Security Code _____

Mail to: Rady Children's Hospital-San Diego
3020 Children's Way, MC 5101, San Diego 92123 Attn: Berenice Lucero
Questions - BLUCERO@RCHSD.org or (858) 966-7572 or FAX (858) 966-4957

Cancellations received on or before July 17, 2015 will be fully refunded.
Due to costs incurred, cancellations received after July 17, 2015 will not be refunded.

Rady Children's Hospital-San Diego is recognized by the California Physical Therapy Association to offer continuing education for Physical Therapists and Physical Therapist Assistants. This Program has been approved for a maximum of 4 contact hours of category A continuing education. PTs and PTAs should claim only those hours actually spent participating in the continuing education activity.

