



“Shoulder Injuries in the Overhead Athlete”

Wednesday, September 29, 2021

FREE Lecture • 6:00pm - 7:15pm • Zoom

Agenda

6:00PM – Introduction

Jeffrey E. Rosen, M.D. - Chairman, Department of Orthopedics and Rehabilitation, NYPQ

6:05PM – *Shoulder Injuries in the Overhead Athlete: Surgical Perspective*

Alexander Golant, M.D. - Associate Director of Sports Medicine, Department of Orthopedics and Rehabilitation, NYPQ

6:35PM – *Shoulder Injuries in the Overhead Athlete: Rehabilitation Perspective*

Robert A. Panariello, MS, PT, ATC, CSCS - Founding Partner and Chief Clinical Officer, Professional Physical Therapy

7:05PM – Q&A

7:15PM – *Closing Remarks and Adjourn*

Alexander Golant, M.D.

Registration Link

https://www.nyhqme.org/cme_program.php?Shoulder-Injuries-in-the-Overhead-Athlete-3870

The Zoom link will be sent closer to the date of the talk

Statement of Need Sports medicine is constantly evolving and physicians are always looking to provide better care to athletes. Overhead athletes frequently suffer from shoulder injuries and problems, due to repetitive application of high forces to the shoulder joint and the surrounding anatomic structures. This Sports Medicine lecture series looks to discuss the various injuries associated with overhead athletic activities such as baseball, volleyball, tennis, swimming, and others sports. The lecture will tackle the issues of capsular laxity and contracture, scapular dysfunction, internal impingement, and injuries of the rotator cuff and glenoid labrum. Considerations for surgical and non-surgical treatment of these injuries, as well as potential preventative strategies that can be applied during training, will be reviewed. The symposium will be beneficial for sports medicine providers wishing to improve their knowledge and competence in the care of the overhead athlete.

Target Audience Orthopedic surgeons, sports medicine physicians, physiatrists, physician assistants, physical therapists, occupational therapists, athletic trainers, coaches, sport administrators

Educational Objectives It is intended that this NYP Queens CME activity will lead to improved patient care. At the conclusion of this conference, the participant will be able to:

- Identify the common injuries that affect the overhead athlete.
- Explain the unique anatomical and biomechanical factors that contribute to shoulder pathology in the overhead athlete.
- Identify how throwing/pitching kinematics contribute to shoulder injuries.
- Define the concepts of shoulder internal impingement, GIRD, SICK scapula.
- Recognize how anterior capsular laxity and posterior capsular contracture contribute to shoulder issues in the overhead athlete.
- Identify symptoms, signs and imaging findings of shoulder pathology in the overhead athlete, including SLAP tears, posterior labral tears and rotator cuff tears.
- Apply knowledge of shoulder pathology to structuring preventative and non-surgical treatment programs for an overhead athlete.
- Recognize which injuries in the shoulder of the overhead athlete require surgical intervention, and which surgical options are available.

Accreditation NewYork-Presbyterian Queens is accredited by the Medical Society of the State of New York to provide continuing medical education for physicians.

NewYork-Presbyterian Queens designates this live activity for a maximum of **1.25 AMA PRA Category 1 Credit(s)[™]**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Disclosure Statement NewYork-Presbyterian Queens relies upon planners and faculty participants in its CME activities to provide educational information that is objective and free of bias. In this spirit, and in accordance with the guidelines of MSSNY and ACCME, all speakers and planners for CME activities must disclose any relevant financial relationships with commercial interests whose products, devices or services may be discussed in the content of a CME activity that might be perceived as a real or apparent conflict of interest. Any discussion of investigational or unlabeled uses of a product will be identified.

Accreditation for Board of Certification for Athletic Trainers:

NewYork-Presbyterian/Queens is recognized by the Board of Certification, Inc. to offer continuing education for BOC Certified Athletic Trainers.

This program has been approved for a maximum of **1.25** hours of Category A continuing education. BOC Certified Athletic Trainers are responsible for claiming only those hours actually spent participating in the continuing education activity. BOC Approved Provider Number: P8660

Information Ms. Pamela Williams, Director, CME • Tel: 718-670-1419 • fax: 718-661-7925 • email: pgw9001@nyp.org

PLEASE NOTE With our Zoom platform we are able to document the length of your participation. Physicians claim credit based on participation time, rounded to the nearest quarter hour; this is the number of credits awarded.