



2021 PEDIATRIC SPORTS MEDICINE CONFERENCE

A MEDICAL PLAYBOOK

The CORE Curriculum: Diagnosing and Treating Medical Conditions Within the Body's Trunk and Proximal Joints

Saturday, Feb. 6, 2021 | 8 am–3:45 pm
Virtual Conference

INTENDED FOR: Pediatricians and Family Physicians, Physical Therapists, Athletic Trainers, Nurses, Nurse Practitioners, Physician Assistants, Physical Therapist Assistants, and Coaches

Register online: bit.ly/UCSFPediatricsSportsMedicineConference2021

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CONFERENCE OBJECTIVES

- Discuss the diagnosis and treatment of chest/abdominal trauma and non-traumatic causes of abdominal pain during sport.
- Identify the causes and optimal management of groin/anterior hip pain and low back pain in adolescents, and recognize that scoliosis is unlikely to be the cause of back pain.
- Describe the interdependency of the thoracic spine, scapulae and ribcage and the treatment of specific musculoskeletal conditions with manual therapy and breathing techniques.
- Review the relationship between the lumbosacral spine and pelvis, and the importance of core stability and sacroiliac joint motion to avoid dysfunctional movement patterns and pain.
- Explain how different foods and the timing of food intake may improve or worsen gastrointestinal-related issues in young athletes.

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COST

\$99 per person.

Refund Policy: No refunds will be given for cancellations after Jan. 23, 2021.

EDUCATIONAL CREDITS

Approved for 5.5 CME.*

APTA and BOC accreditation have been applied for.

REGISTER BY FEB. 5, 2021

MORE INFO

sportsmedicine@ucsf.edu

*UCSF Benioff Children's Hospital Oakland is accredited by the California Medical Association to provide continuing medical education for physicians.

UCSF Benioff Children's Hospital Oakland designates this live activity for a maximum of 5.5 *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

COURSE CHAIR

Cindy J. Chang, MD, UCSF Clinical Professor and Fellowship Program Director, Primary Care Sports Medicine, Departments of Orthopaedics and Family & Community Medicine; Co-Director, Sports Concussion Program, UCSF Benioff Children's Hospital Oakland

COURSE COMMITTEE

Michelle Cappello, PT, DPT, SCS, Clinical Director, Sports Medicine Center for Young Athletes, UCSF Benioff Children's Hospital Oakland

Thomas Clennell, PT, DPT, SCS, Certified Clinical Specialist Physical Therapist, Sports Medicine Center for Young Athletes, UCSF Benioff Children's Hospital Oakland

Celina de Borja, MD, UCSF Assistant Clinical Professor, Primary Care Sports Medicine, Department of Orthopaedic Surgery, Division of Pediatric Orthopaedic Surgery

Janelle Whittaker, ATC, Athletic Trainer, Sports Medicine Center for Young Athletes, UCSF Benioff Children's Hospital Oakland

COURSE FACULTY

Kelli Adams, PTA, ATC, Physical Therapist Assistant, Athletic Trainer, Sports Medicine Center for Young Athletes, UCSF Benioff Children's Hospital Oakland

Yasi Ansari, MS, RDN, CSSD, Assistant Director of Performance Nutrition, UC-Berkeley Athletics, University of California, Berkeley

Carleen Baldwin PT, DPT, OCS, Physical Therapist, Sports Medicine Center for Young Athletes, UCSF Benioff Children's Hospital Oakland

Brian Bosl, PT, DPT, OCS, Physical Therapist, Sports Medicine Center for Young Athletes, UCSF Benioff Children's Hospital Oakland

Ravindar Brar, MD, MPH, UCSF Assistant Professor of Clinical Orthopaedic Surgery, Department of Orthopaedics; Director of Neuromuscular Program, Division of Pediatric Orthopaedic Surgery

Ginger Cupit, DO, UCSF Primary Care Sports Medicine Fellow, Departments of Orthopaedics and Family & Community Medicine

Brent Hisaka, PT, DPT, Physical Therapist, Sports Medicine Center for Young Athletes, UCSF Benioff Children's Hospital Oakland

Elicia Jacobs, ATC, Athletic Trainer, Sports Medicine Center for Young Athletes, UCSF Benioff Children's Hospital Oakland

Allyson Ortner, ATC, Athletic Trainer, Sports Medicine Center for Young Athletes, UCSF Benioff Children's Hospital Oakland

William Tillson, MS, ATC, Athletic Trainer, Sports Medicine Center for Young Athletes, UCSF Benioff Children's Hospital Oakland

Rhonda Watkins, MD, MPH, UCSF Assistant Clinical Professor, Primary Care Sports Medicine, Department of Orthopaedic Surgery, Division of Pediatric Orthopaedic Surgery

Stephanie E. Wong, MD, UCSF Assistant Professor, Department of Orthopaedic Surgery, Division of Sports Medicine and Shoulder

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Schedule

8:00 AM	Welcome	Cindy J. Chang, MD and Michelle Cappello, PT
8:10 AM	Traumatic Sport Injuries to the Chest and Abdomen	Ginger Cupit, DO
8:40 AM	Non-traumatic Abdominal Pain and GI Conditions in Active Athletes	Cindy J. Chang, MD
9:10 AM	How Food can Help or Harm GI-related Issues in Young Athletes	Yasi Ansari RD, CSSD
9:40 AM	Question & Answer	Panel
9:50 AM	Break	
10:00 AM	Thoracic Spine's Impact on Scapular Dysfunction	Thomas Clennell, PT and Allyson Ortner, ATC
10:30 AM	Typical Scoliosis Does Not Cause Back Pain	Ravinder Brar, MD, MPH
11:00 AM	Question & Answer	Panel
11:10 AM	Break	
11:25 AM	Thoracic Outlet Syndrome/Rib Dysfunction Breakout: Differential Diagnosis, Treatment with Manual Therapies and Breathing Techniques	Lead by Celina de Borja, MD (Carleen Baldwin, PT and Janelle Whittaker, ATC) Lead by Brian Bosl, PT (Ginger Cupit, DO and Kelli Adams, PTA, ATC) Lead by Elicia Jacobs, ATC (Cindy J. Chang, MD and Michelle Cappello, PT)
12:15 PM	Lunch	
1:00 PM	Keynote Address: Maintaining Core Fitness to Safely Exercise During and After Pregnancy to Promote a Healthy Mother and Baby	Alysia Montaña, Olympian and Co-founder of <i>&Mother</i>
1:45 PM	Is It Lumbopelvic or SIJ Dysfunction, not just Low Back Pain?	Brent Hisaka, PT and Bill Tillson, ATC
2:15 PM	Question & Answer	Panel
2:20 PM	Break	
2:30 PM	Groin and Anterior Hip Pain in Adolescents	Stephanie Wong, MD
3:00 PM	Lumbosacral Causes of Pain in Young Athletes	Rhonda Watkins, MD, MPH
3:30 PM	Question & Answer	Panel
3:40 PM	Wrap Up	Cindy J. Chang, MD and Michelle Cappello, PT



Keynote Speaker: **Alysia Johnson Montaña** Olympian and Co-founder of *&Mother*

Alysia Johnson Montaña is a middle-distance runner who, in 2007, finished undefeated while claiming indoor and outdoor NCAA titles and her first USA Championship title at the University of California Berkeley. She went on to become a 7-time USA champion, competed in the 2012 Olympics, and won gold and silver in the 2015 Pan Am Games. Notably, she entered the 2014 Outdoor USA Championships at 34 weeks pregnant to advocate for women continuing careers and pursuit of motherhood as well as breaking down stigmas of exercise in pregnancy.

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