Learning Objectives

MedBridge

Pediatric Upper Extremity Injuries in Sports Part 1
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Chapter 1: Overcommitted & Underdeveloped
• Identify the risk factors leading to upper extremity injuries in skeletally immature athletes
• Understand the three main factors that contribute to risk of injury for pediatric athletes, including age, sports specialization, and volume of play

Chapter 2: Shoulder Girdle Injuries
• Review common pathologies in pediatric athletes involving the Acromioclavicular Joint and proximal humerus
• Demonstrate select Shoulder Girdle assessment and treatment techniques with a young throwing athlete

Chapter 3: Little League Shoulder
• Understand the benefits of treatment, including rest from throwing, NSAIDs, and return to throwing program
• Know what to expect regarding prognosis
• Refer these athletes to other healthcare provider when appropriate

Chapter 4: Pitching Guidelines
• Analyze the most current pitching guidelines for each age group
• Demonstrate evaluation techniques for GIRD and posterior capsular stretching
• Evaluate and treat SLAP Lesions