Learning Objectives

MedBridge

Pediatric Upper Extremity Injuries in Sports Part 2
Michael Fink, PT, DSc, SCS, OCS

Course Objectives:
• Review of the most common upper extremity injuries that affect young skeletally immature athletes
• Recognize preventative measures to avoid upper extremity injuries
• Demonstrate knowledge of select assessment and rehab techniques for these conditions

Chapter 1: Elbow Complex Injuries
Chapter 1 of this course explores elbow complex injuries, including Little League Elbow, Medial Epicondylar Apophysitis, and Ulnar Collateral Ligament (UCL) insufficiency. Dr. Michael Fink demonstrates evaluation and treatment techniques for Little League Elbow and UCL Insufficiency with a pediatric athlete.

Chapter 2: Lateral Sided Elbow Injuries
In this chapter, Dr. Michael Fink identifies lateral sided elbow injuries, including Panner Disease, Osteochondritis Dissecans, and Posteromedial Impingement. Participants will learn clinical assessment and treatment techniques for these pathologies.

Chapter 3: Wrist Conditions
Participants will learn to identify common pathologies affecting the wrist in pediatric athletes. These include chronic wrist pain, Ulnar Variance, Scaphoid Fractures, and Kienbock’s Disease. Dr. Michael Fink demonstrates select wrist, hand and general laxity assessment and treatment techniques with a young athlete.

Chapter 4: Hand & Miscellaneous Conditions
The final chapter of this series reviews hand and miscellaneous conditions that present in pediatric athletes, including Boxer’s Fracture, Jersey Finger, Mallet Finger, and Gamekeeper’s Thumb. Dr. Michael Fink demonstrates assessment and treatment techniques, including the Beighton Hypermobility Exam.