
Learning Objectives

MedBridge

Sports Injuries of the Pediatric Patient

David Piskulic, DPT, SCS, ATC

Chapter 1: Ankle and Toe Sprain

- Identify common orthopedic injuries of the foot and ankle that occur in pediatric populations
- Identify common ankle and toe sprains that occur in pediatric populations
- Apply appropriate rehabilitation techniques for ankle and toe sprains
- Progress a patient towards re-assessment of their injury via outcome measures and application of return to sports tests to assess appropriateness for return to activity

Chapter 2: Ankle and Foot Fractures

- Identify common ankle and foot fractures that occur in pediatric populations
- Understand appropriate management techniques for ankle and foot fractures
- Apply appropriate rehabilitation techniques for ankle and foot fractures

Chapter 3: Apophysitis

- Review the mechanism of injury, as well as signs and symptoms, for Iselin's Disease and Sever's Disease
- Identify management and treatment techniques of apophysitis
- Examine clinical cases of Sever's disease

Chapter 4: Tendinopathy and Fasciitis

- Identify tendinopathy and fasciitis that occur in pediatric populations
- Understand the mechanism of injury and how to recognize signs and symptoms
- Review treatment and management techniques

Chapter 5: Ankle Impingement

- Understand the identification and diagnosis of posterior and anterior impingement
- Apply treatment and management techniques of ankle impingement

Chapter 6: Rehabilitation and Return to Sport

- Understand the progression of the patient's rehabilitation in regards to return to sports testing as well as injury prevention