



2020 PEDIATRIC SPORTS MEDICINE CONFERENCE

A Medical Playbook: Managing Pain in Your Young Athletes After Injuries

Saturday, Jan. 11, 2020

8am – 5pm | Cal Memorial Stadium, Berkeley, CA

Intended for: Pediatricians and Family Physicians, Physical Therapists, Athletic Trainers, Nurses, Physician Assistants, Physical Therapist Assistants, and Coaches

A Medical Playbook: Managing Pain in Your Young Athletes After Injuries

Our goal is to educate physicians and health care providers with essential knowledge to help diagnose, treat and prevent injuries and illness in our young athletes. We will present evidence-based management of acute and chronic pain, including the roles of ice, splints and braces, pain medication, cognitive behavioral therapy and physical therapy. Our faculty will teach attendees how to identify rheumatological causes of pediatric joint and back pain, and discuss the red flags of musculoskeletal injuries, including when to get X-rays and when to refer. We will outline the proper focused evaluation and management of concussions in order to avoid persistent post-concussion symptoms, including chronic headache pain.

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8 a.m. – 5 p.m.

University of California, Berkeley
California Memorial Stadium
2227 Piedmont Ave.
Berkeley, CA

COST

\$175 per person
Continental breakfast and lunch
provided.

Refund Policy: No refunds will be given
for cancellations after Jan. 1, 2020.

EDUCATIONAL CREDITS

Approved for 7.25 CME* credits.
APTA and BOC accreditation pending.

REGISTER BY JAN. 6

bit.ly/UCSFsportsmed2020

MORE INFO

sportsmedicine@ucsf.edu
Michelle Cappello, 925-979-3420

COURSE CO-CHAIRS

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

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

COURSE COMMITTEE

Ryan Sargent, MBA, MS, ATC, Athletic Trainer, Sports Medicine Center for Young Athletes, UCSF Benioff Children's Hospital Oakland

Carol Herndon, Office Associate, Department of Pediatric Orthopaedics, UCSF Benioff Children's Hospital Oakland

Ryan Cobb, MS, ATC, Associate Athletic Director, Performance, Health, and Welfare, Cal Intercollegiate Athletics

CONFERENCE FACULTY

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

William Bernal, MD, MPH, Assistant Clinical Professor, UCSF Department of Pediatrics

Celina de Borja, MD, Assistant Clinical Professor, Primary Care Sports Medicine, UCSF Departments of Orthopaedics and Pediatrics

James Faison, PTA, ATC, Physical Therapy Assistant, Sports Medicine Center for Young Athletes, UCSF Benioff Children's Hospital Oakland

Eric Frietag, PsyD, Co-Director, Sports Concussion Program, UCSF Benioff Children's Hospital Oakland

Nicole Ling, MD, Assistant Clinical Professor, UCSF Department of Pediatrics

Tuan Mai, PT, DPT, ATC, Physical Therapist and Management Coordinator, Sports Medicine Center for Young Athletes, UCSF Benioff Children's Hospital Oakland

Ryan O'Callaghan, Keynote Speaker, Former Cal/NFL Player; Founder, Ryan O'Callaghan Foundation; LGBTQ Activist

Renata Odongo, MS, ATC, Sports Medicine Center for Young Athletes, UCSF Benioff Children's Hospital Oakland

Nirav Pandya, MD, Associate Professor, UCSF Department of Orthopaedics; Medical Director, Sports Medicine Center for Young Athletes

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

Rachael Zoffness, PhD, Psychologist and Consultant; Volunteer Clinical Professor, UCSF School of Medicine

* UCSF Benioff Children's Hospital Oakland is accredited by the Institute for Medical Quality/California Medical Association (IMQ/CMA) to provide continuing medical education for physicians.

UCSF Benioff Children's Hospital Oakland designates this live activity for a maximum of **7.25 AMA PRA Category 1 Credit(s)**[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Schedule

8:00 a.m.	Welcome	Cindy J. Chang, MD
8:10 a.m.	Regional Interdependence: A Model Whose Time Has Come	Michelle Cappello, PT, MSPT
8:30 a.m.	APS and CRPS: Important Pain Acronyms to Diagnose and Treat	William Bernal, MD, MPH
9:00 a.m.	Current Concepts in Rehabilitation for APS and CRPS	Tuan Mai, PT, DPT, ATC
9:25 a.m.	Breaking the Pain Cycle with Cognitive Behavioral Therapy	Rachel Zoffness, PhD
9:50 a.m.	Question & Answer	
10:05 a.m.	Break	
10:15 a.m.	Pharmacological Management of Pediatric Pain	William Bernal, MD, MPH
10:40 a.m.	Rheumatological Causes of Joint and Back Pain	Nicole Ling, MD
11:05 a.m.	Controlling Acute Pain with Immobilization: What Kind and How Long?	Cindy J. Chang, MD
11:25 a.m.	Question & Answer	
11:40 a.m.	Break	
11:45 a.m.	BREAKOUT SESSION #1 (attendees to select one option) a) Proper Fitting of Splints for Lower Extremities* b) Proper Fitting of Splints for Upper Extremities* c) Rehabilitation for APS and CRPS d) Kinesiology Taping: Why and How?	Ryan Sargent, MBA, MS, ATC James Faison, PTA, ATC Tuan Mai, PT, DPT, ATC Carleen Baldwin, PT, DPT
12:35 p.m.	Lunch	
1:30 p.m.	KEYNOTE ADDRESS: Playing Through Physical and Emotional Pain	Ryan O'Callahan
2:10 p.m.	Get a Head Start on Concussions: How Appropriate Early Management Will Prevent Persistent Pain	Eric Freitag, PsyD
2:30 p.m.	The Use of PRICE in Sports Medicine: Old and New Perspectives	Renata Odongo, MS, ATC Meaghan Richards, ATC
2:50 p.m.	Question & Answer	
3:05 p.m.	Break	
3:10 p.m.	BREAKOUT SESSION #2 (see above, attendees to select one option)	
4:00 p.m.	Break	
4:10 p.m.	Recognizing Red Flags for Extremity Injuries: When to X-ray and Refer	Nirav Pandya, MD
4:35 p.m.	Recognizing Red Flags for Low Back Pain: When to X-ray and Refer	Celina de Borja, MD
4:50 p.m.	Question & Answer	
5:00 p.m.	Conclude	

*not eligible for PT CEUs



KEYNOTE SPEAKER

Ryan O'Callahan

Former Cal football player named Pac-10's best offensive lineman in 2005; he then played six seasons with the New England Patriots and Kansas City Chiefs. Founder of the Ryan O'Callahan Foundation, designed to provide scholarships for LGBTQ athletes.



UCSF Benioff Children's Hospitals
Sports Medicine Center for Young Athletes

University of California San Francisco
747 52nd St.
Oakland, CA 94609-1809



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