



The Children's Hospital of The King's Daughters is pleased to announce a free continuing education event taking place virtually on

Monday January 17th, 2022 from 7:00pm – 8:00pm

CHKD FREE Lecture Series Topics in Sports Medicine for Pediatric and Adolescent Populations introduces: To Rest it or Load it- That is The Question: Management of Tendinopathy vs Apophysitis in Athletes

Speaker: Nikki Gomes PT, DPT, MS

Target Audience: ATC, PT, PTA, MD, DO

Overview: This CME lecture will discuss the diagnosis and treatment of tendinopathies and apophysitis including similarities and differences with a focus on treatment principles and protocols for Achilles and Patellar tendinopathy.

Objectives-

- Analyze published protocols for the treatment of both Patellar Tendinopathy and Achilles Tendinopathy
- Identify appropriate treatment progressions in tendinopathy rehabilitation based on the pain monitoring model
- Identify similarities and differences between the presentation of tendinopathy vs. apophysitis and describe related treatment principles for each condition

General Competency Addressed: Patient Care

Joining from a desktop or laptop: <https://bluejeans.com/838252703/5726>

Phone only dial: **1.888.240.2560** enter meeting ID **838252703#** enter passcode **5726#**.

Joining via video conferencing system: 838252703.5726@199.48.152.152

This is a virtual event. There is no pre-registration.

For questions concerning this event please contact:

April Kirkner april.kirkner@chkd.org

ACCREDITATION

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Eastern Virginia Medical School and Children's Hospital of the King's Daughters. Eastern Virginia Medical School is accredited by the ACCME to provide continuing medical education for physicians.

CREDIT DESIGNATION

Eastern Virginia Medical School designates this live activity for a maximum of 1.0 *AMA PRA Category 1 Credit*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

DISCLOSURE

Nikki Gomes PT, DPT, MS and the Planning Committee disclosed they have no relevant financial relationships with commercial interest.



CHILDREN'S HOSPITAL OF THE KING'S DAUGHTERS (BOC AP#:P3720) IS APPROVED BY THE BOARD OF CERTIFICATION, INC. TO PROVIDE CONTINUING EDUCATION TO ATHLETIC TRAINERS (ATs). THIS PROGRAM IS ELIGIBLE FOR A MAXIMUM OF 1.0 CATEGORY A HOURS/CEUS. ATs SHOULD CLAIM ONLY THOSE HOURS ACTUALLY SPENT IN THE EDUCATIONAL PROGRAM.