On-Demand 13th Annual Spring Symposium: The Power Athlete & End Phase Rehab - Sport Integration

**CAT A Presentation**

**Presenters:**

- **Greg Cox, MS, CSCS** - Colby College Sports Medicine
  - In the world of athletics, power is a crucial component needed to maximize athletic performance. Athletes that lack adequate training and conditioning in this area may also have a higher risk for injury. While athletic trainers play a key role in injury prevention and returning athletes to sports following an injury, they and other healthcare providers working with these athletes may not have the in-depth education or experience on how to develop a comprehensive conditioning program. This program will discuss the importance of having a comprehensive training plan and working with a strength and conditioning specialist.

- **Mara Hydes, MD** - Maine Dartmouth Sports Medicine Fellowship
  - Early specialization of sports in youth athletes is a well-discussed topic. However, the focus is typically on those athletes that specialize in skilled sports. This program will cover the young power athlete and how their injuries and care may differ. We will review who the pediatric power athlete is, what injuries they are susceptible to, and how we as clinicians can best support them to prevent injury. This program will help athletic trainers and other healthcare providers who may not be aware of these differences to better understand the influence of these training programs.

- **Jessica Lucas, MD** - Maine Dartmouth Sports Medicine Fellowship
  - A common topic in sports is performance enhancing drugs, other banned substances, and how they affect the athlete both positively and negatively. Athletic trainers and other healthcare professionals who interact directly with these athletes and need to be familiar with how these substances affect the performance of an athlete and any potential injury risk. This course will review the current processes and guidelines in place for following regulations for these substances as well as the testing procedures that may be involved.

- **Samantha Farago, ATC** - MaineGeneral Sports Medicine
  - Early specialization of sports in youth athletes is a well-discussed topic. However, the focus is typically on those athletes that specialize in skilled sports. This program will cover the young power athlete and how their injuries and care may differ. We will review who the pediatric power athlete is, what injuries they are susceptible to, and how we as clinicians can best support them to prevent injury. This program will help athletic trainers and other healthcare providers who may not be aware of these differences to better understand the influence of these training programs.

**Objectives:**

- Understand the trainable components that make up the definition of Power in terms of strength and conditioning.
- Identify the parts and phases of a strength and conditioning program that addresses these components.
- Understand the importance of training multiple physical qualities at the same time in the development of power.

**Objectives:**

- Identify “Who is a pediatric power athlete” and what sets them apart from other athletes their age.
- Discuss early sports specialization in the pediatric population.
- Express the importance of cross training and rest in the pediatric athlete.
- Summarize the injuries specific to the pediatric population.

**Objectives:**

- Discuss regulatory agencies for performance enhancing drugs.
- Understand guidelines regarding banned substances.
- Review therapeutic use exemption and testing procedures.
- Understand the physical effects of performance enhancing drugs.
- Express common sports injuries associated with performance enhancing drugs.

**Objectives:**

- Understand how to create activity-specific exercises for a lower extremity injury.
- Recognize how to increase and decrease the intensity of an exercise for the lower extremity.
- Identify when an athlete is able to fully return back into sport from a lower extremity injury.
- Identify what injuries they are susceptible to, and how we as clinicians can best support them to prevent injury.

**Objectives:**

- Express a more in-depth understanding of pediatric care and sports.
- Identify “Who is a pediatric power athlete” and what sets them apart from other athletes their age.
- Discuss early sports specialization in the pediatric population.
- Express the importance of cross training and rest in the pediatric athlete.
- Summarize the injuries specific to the pediatric population.

**Objectives:**

- Express a more in-depth understanding of pediatric care and sports.
- Identify “Who is a pediatric power athlete” and what sets them apart from other athletes their age.
- Discuss early sports specialization in the pediatric population.
- Express the importance of cross training and rest in the pediatric athlete.
- Summarize the injuries specific to the pediatric population.

**Objectives:**

- Understand the trainable components that make up the definition of Power in terms of strength and conditioning.
- Identify the parts and phases of a strength and conditioning program that addresses these components.
- Understand the importance of training multiple physical qualities at the same time in the development of power.

We will send you the YouTube link to the email you registered with once your registration has been processed.

**Tuition:** $30.00

**For Registration:**

CLICK HERE

Please contact Steve Tosi with any questions.

Steve.tosi@mainegeneral.org

---

According to the education levels described by the PDC, the following continuing education course is considered to be Advanced.

**Credits awarded:**

CEU’s awarded: 3 CAT A CEUs
MaineGeneral Medical Center (BOC AP#: P2258) is approved by the Board of Certification, Inc. to provide continuing education to Certified Athletic Trainers. This program is eligible for a maximum of (3) CAT A CEUs. AT’s should claim only those hours actually spent in the educational program.

**Cancellation and Refund policy:**

It is our priority at MaineGeneral Medical Center to provide quality Continuing Education. For certain events, a fee will be collected during pre-registration or at the event. This fee will be refunded in the event that the course is cancelled or is unable to take place. As part of our policy, we recognize that unforeseen circumstances can occur. Therefore, a refund will be granted to individuals who pre-register but are unable to attend the course.