Travis Dehne PT, DPT, OCS

Next Level Sport Performance

**Myofascial Interventions: Foam Roller Massage - An Evidence-Based Practice Approach**

0.5 CEU

* Define the two leading theories on how compressive myofascial interventions work
* Describe the expected treatment effects of Foam roller massage based on current literature
* Identify precautions and contraindications for foam roller massage
* Understand treatment parameters for foam roller intervention as shown in the literature

Justin J. Ernat, MD, MHA

Sports Medicine Fellow

The Steadman Clinic

Vail, Colorado

**An Update on the Natural History and Epidemiology of the Nonoperative Management of Anterior Shoulder Instability**

0.75 CEU

* The learner will describe the associated diagnostic imaging associated with anterior shoulder instability
* The learner will define appropriate post-reduction immobilization
* The learner will compare operative and non-operative management care of the anterior shoulder instability

Jordan Gruskay, MD

Sports Medicine Fellow

The Steadman Clinic

**Patellofemoral Instability**

0.5 CEU

* Athletic trainers will be able to assess, evaluate and come up with a treatment program for patients with patellar instability
* Athletic trainers will be able to recognize the worrisome clinical findings that may portend a worse diagnosis following a patellar instability event
* Athletic trainers will be able to counsel patients with patellar instability on their post-injury course based on knowledge of patient risk factors

William Heim, MS, LAT, ATC

Athletic Training Resident

The Steadman Clinic

**Posterior Shoulder Instability in a Former Naval Special Forces Operator: Level 3 Exploration CASE Study**

0.25 CEU

* For participates to understand the difference between anterior and posterior shoulder instability.
* Understand that military personnel are at high risk for shoulder injuries.

Catherine A. Logan, MD, MBA, MSPT

Orthopaedic Surgeon, Sports Medicine

Colorado Sports Medicine & Orthopedics

**The PLL Bubble: Professional Sports in the Setting of COVID-19**

0.5 CEU

* The learner will identify the concepts behind building a comprehensive, safe COVID-19 Return to Play Operations Plan
* The learner will describe the necessity of building multi-disciplinary teams in the setting of professional sports medical teams.

Jennifer Payne, MS, LAT, ATC

Athletic Training Resident

The Steadman Clinic

**Chronic Anterior Knee Pain in a Professional Hockey Player – Case Study**

0.25 CEU

* The learner will be able to identify anterior interval scarring in patients with chronic anterior knee pain in the presence of a prior surgery.
* The learner will be able to eliminate differential diagnoses based on history and examination.
* The learner will be able to indicate the need for advanced imaging for patients with chronic anterior knee pain.

Stephanie Pearce, MD

Orthopaedic Sports Medicine Fellow

The Steadman Clinic

**Pediatric Sports: Diagnosis and Treatment**

1. CEU
* Recognize pediatric sport injuries
* Describe differences in pediatric athletic injuries and their causes from the adult population
* Evaluate & treat common athletic injuries unique to the pediatric and adolescent athlete

Jennifer Schuck, MS, LAT, ATC

Athletic Training Resident

The Steadman Clinic – Vail, Colorado

**Total Elbow Arthroplasty for Comminuted Distal Humerus Fracture: A Level 3 CASE Study**

0.25 CEU

* The learner will recognize indications for total elbow arthroplasty following distal humerus fracture.
* The learner will compare and contrasts the risks and benefits of total elbow arthroplasty for patients with distal humerus fracture.
* The learner will identify restrictions for patient following total elbow arthroplasty.

Robert Waltz, MD

Sports Medicine Fellow

The Steadman Clinic

**Orthopaedic Emergencies**

0.5 CEU

* The learner will describe the first treatment of a joint dislocation.
* The learner will recognize the presenting symptoms and examination findings of compartment syndrome.
* The learner will recognize and rapidly triage orthopaedic infections.