MaineGeneral Sports Medicine & Colby College Sports Medicine

Collaborative Education Series

On-Demand: The Adolescent Shoulder: Recognition and Management of Shoulder Injuries & Neck Strengthening Program

CAT A Presentation

Program Date: April 9, 2025
Release as On-Demand Date: April 16, 2025
Expiration Date: April 16, 2028

Presenters:

ON-DEMAND- **Lucas Bartlett, ATC** Northern Light Sports Medicine

Summary:

- This presentation aims to explore the multifaceted nature of shoulder injuries in adolescent athletes, shedding light on the unique challenges they face in both the prevention and treatment of these injuries. Adolescent athletes are particularly vulnerable to shoulder injuries due to the combination of growing bodies, high training loads, and the intensity of sports-specific demands. Despite the prevalence of these injuries, there exists a significant education gap in understanding their causes, symptoms, and proper management. This presentation seeks to bridge this gap by educating healthcare providers on the complexities of shoulder injuries and the best practices for injury prevention and recovery.

-By participating in this program, the viewer will be able to identify key anatomy of the shoulder for an adolescent athlete, examine and differentiate proper throwing mechanics and prescribe rehab programs focusing on a well-rounded progression to address the issues found.

ON-DEMAND- **Craig Buckley, CSCS** Colby College Sports Medicine

- A strong neck is an often-overlooked aspect of athletic performance and injury prevention. Neck strength plays a key role in preventing injuries, enhancing performance, and improving overall athleticism. By incorporating targeted neck strength exercises into their training regimen, athletes can safeguard themselves against neck injuries, improve their posture, enhance performance, and ultimately achieve greater success in their respective sports. While generally understood that a strong neck is important, health care professionals often times overlook neck strengthening in their conditioning and/or injury prevention programs. This program emphasizes the importance of a balanced, well-rounded fitness approach that prioritizes both safety and performance enhancement.

- By participating in this program, the participant will be able to implement a training regimen for athletes from various sports in a clinical setting with a variety of equipment options, as well as refresh their knowledge of important neck anatomy for both prevention and recognition of injury.

Objectives:

- Identify anatomy and review common shoulder injuries in the adolescent age group.
- Evaluate common intervention methods and their effectiveness in progression and prevention.
- Design a whole system rehab plan that focuses on identified deficits.
- State the benefits of training the muscles of the head and neck.
- Demonstrate how to train the muscles of the head and neck with limited equipment.

MaineGeneral YouTube

'On-Demand' Presentation

Audience: AT's, PT's, OT's, other medical professionals and students.

Date: On-Demand

Time: On-Demand

Tuition:
$30.00

For Registration:

CLICK HERE

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

Completion of the Course Evaluation form is required before CEU certificates will be awarded! Evaluation link is located in the YouTube video description.

Please contact **Steve Tosi** with any questions.

Steve.tosi@mainegeneral.org

Marketing and registration also located on BOC website

Search for P2258

To view all our BOC On-Demand Programs:
SCAN

For AT's, PT's, OT's EMT's, MA's

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

Credits awarded:

CEU's awarded: 2 CAT A CEUs
*MaineGeneral Medical Center (*BOC AP#: P2258) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of (2) CAT A CEUs. ATs 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. 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.