



POST-OPERATIVE ACL REHABILITATION AND RETURN TO SPORT: PEDIATRIC AND ADULT CONSIDERATIONS

April 6, 2019

8 a.m. - 5 p.m.

HOSTED BY:

St. Louis Children's Hospital and Washington University
Program in Physical Therapy

LOCATION:

St. Louis Children's Hospital Specialty Care Center,
13001 North Outer Forty, Town & Country, MO 63017
Young Athlete Center - 3rd Floor, Suite 350

TARGET AUDIENCE:

PTs, PTAs, ATCs

OVERVIEW:

Anterior cruciate ligament tears are one of the most common injuries of the lower quarter, with an estimated 200,000 reconstructions occurring in the United States each year. Many of these injuries occur in younger athletes, who present much differently than adults. Both populations require special attention from a trained medical provider to assist them back to play.

This course will discuss pediatric and adult considerations following ACL reconstruction. This will include a review of pediatric and adult anatomy, differences in surgical interventions and rehabilitation concepts, current methods of return to sports testing, and evidence-based return to sport criteria.

OBJECTIVES:

Participants will:

1. Understand similarities and differences between surgical interventions for ACL injuries specific to pediatric and adult populations.
2. Discuss functional and objective measures in the examination of adult and pediatric patients.
3. Understand differences between progression of rehabilitation programs between adult and pediatric patients.
4. Discuss psychosocial factors that may impact an athlete's recovery and outcome after ACL injury or reconstructive surgery.
5. Utilize phone and tablet-based applications for motion analysis of athletes.
6. Outline evidence-based return to sport criteria following ACL reconstruction.

Teaching methods used include lecture, demonstration and case-based discussions. This course is designed for participants with a basic to intermediate level of experience.

This course provides up to 8 contact hours of professional education for PTs, PTAs and ATCs.

AGENDA: SATURDAY, APRIL 6, 2019

- 7:30 a.m.** **Registration and Sign-In – Welcome**
- 8 a.m.** *Adult ACL Reconstruction*
Matthew Smith, MD
- 9 a.m.** *Pediatric ACL Reconstruction*
Jeffrey Nepple, MD
- 10 a.m.** **Break**
- 10:15 a.m.** *Rehab Progression - Early Post-Operative Phase*
Sylvia Czuppon, PT, DPT, OCS;
David Piskulic, PT, DPT, SCS, ATC
- 11:45 a.m.** **Working Lunch Discussion: Pain Experience Post-Surgery**
- 12:45 p.m.** *Rehab Progression - Intermediate Post-Operative Phase*
Sylvia Czuppon, PT, DPT, OCS;
David Piskulic, PT, DPT, SCS, ATC
- 1:30 p.m.** *LAB - Rehab Progression, Movement Assessment*
Sylvia Czuppon, PT, DPT, OCS;
David Piskulic, PT, DPT, SCS, ATC
- 2:30 p.m.** **Break**
- 2:45 p.m.** *Lecture/LAB - Sports Progression*
Sylvia Czuppon, PT, DPT, OCS;
David Piskulic, PT, DPT, SCS, ATC
- 4 p.m.** *Return to Sports Criteria*
Sylvia Czuppon, PT, DPT, OCS;
David Piskulic, PT, DPT, SCS, ATC
- 4:45 p.m.** **Questions and Answers**

REGISTRATION:

Contact:

Questions regarding this conference may be directed to: Pam Carpenter at St. Louis Children's Hospital, **314.358.4807** or pamela.carpenter@bjc.org

Registration Fees:

- \$95 (includes lunch)
- \$100 (includes lunch and paper copies of handouts day of course)
- Maximum number of registrants: 40.

Registration Deadline: March 29, 2019

Registration is available online at:

StLouisChildrens.org/ACLCME

Cancellations:

Cancellations must be made in writing to Pam Carpenter at pamela.carpenter@bjc.org. All cancellations will incur a \$25 processing fee. We reserve the right to cancel the event if minimum enrollment of 10 attendees is not met 30 days prior to the event. In that circumstance, all course fees will be fully refunded.

Please Note:

Conference room temperature may be variable, so please dress in layers for comfort. As there will be lab-based practice, we recommend you bring athletic shoes, loose-fitting shorts and t-shirts in order to participate.

All course handouts will be made available to registrants electronically. Instructions on accessing the handouts will be emailed 3 days prior to conference. Registrants can choose to print their own handouts before or after the course or choose the \$100 registration fee option to receive the handouts at the conference.

Parking:

Free parking is available on the surface lot.



SPEAKERS (in order of presentation):

Matthew V. Smith, MD

Dr. Smith received his medical degree from Virginia Commonwealth University School of Medicine, Medical College of Virginia campus. He did a residency in Orthopaedic Surgery at University Hospitals of Cleveland - Case Western Reserve University. He completed a fellowship in Sports Medicine and Shoulder Surgery at the University of Michigan, as well as a mini-fellowship in the Throwing Athlete and Sports Elbow at the Andrews Sports Medicine and Orthopaedic Center at the American Sports Medicine Institute in Birmingham, Alabama.

Dr. Smith's clinical interests include arthroscopic and open treatment for shoulder, elbow and knee injuries including instability (dislocations), SLAP tears, rotator cuff tears, AC joint injuries and clavicle fractures, Tommy John ligament injuries, fractures, loose bodies, stiffness, meniscus tears, ACL tears, PCL tears, patellar dislocations, multi-ligament knee injuries, cartilage injuries with focus on restoration and reconstruction procedures and arthroscopic treatment of hip injuries in youth and young adults. Dr. Smith has research interests in clinical outcomes in shoulder and elbow injuries in the throwing athlete.

Jeffrey Nepple, MD

Dr. Nepple specializes in pediatric and adolescent sports medicine. He has clinical interests in adolescent and young adult hip disorders, including femoroacetabular impingement (FAI), labral tears and slipped capital femoral epiphysis (SCFE) with a specific focus on minimally invasive arthroscopic techniques for the treatment of hip disorders. Dr. Nepple also has clinical interests in pediatric and adolescent knee disorders, including osteochondritis dissecans (OCD), anterior cruciate ligament (ACL) injuries, meniscal tears and patellar instability/dislocations. He has research interests in young adult hip disorders and pediatric sports medicine.

Dr. Nepple received his medical degree from Washington University School of Medicine. He did a residency in Orthopaedic Surgery, at Washington University School of Medicine, then went on to complete a fellowship in Sports Medicine at the Steadman Clinic/Steadman-Philippon Research Institute as well as a fellowship in Pediatric Orthopaedics at Washington University School of Medicine. He is a team physician for the United States Olympic Ski Team, and assists with team physician coverage for the St. Louis Blues. He is a member of the American Association of Orthopaedic Surgeons, the American Orthopaedic Society for Sports Medicine, the Pediatric Orthopaedic Society of North America, and the International Society for Hip Arthroscopy.



Physical Therapy

Sylvia Czuppon, PT, DPT, OCS

Sylvia Czuppon, PT, DPT, OCS, is an Associate Professor of Physical Therapy and Orthopaedic Surgery at Washington University School of Medicine. She is a board certified clinical specialist in Orthopaedic Physical Therapy. She divides time between outpatient clinical practice treating musculoskeletal pain patients and teaching orthopaedic content in the professional DPT curriculum at Washington University. She has given local, state, and national presentations on lower extremity injury rehabilitation and return to sport. She volunteers her time educating coaches, parents, athletes, and the community about youth injury prevention strategies. Dr. Czuppon received her Master of Science in Physical Therapy and her clinical Doctorate in Physical Therapy from Washington University.

David Piskulic, PT, DPT, SCS, ATC

David Piskulic, PT, DPT, SCS, ATC, is a Pediatric Physical Therapist for St. Louis Children's Hospital in St. Louis, MO. He received his BS in Exercise Science and Athletic Training at Truman State University in Kirksville, MO and his Doctorate in Physical Therapy at Washington University in St. Louis, MO. He is an NATA board certified Athletic Trainer and is also an APTA board certified Sports Clinical Specialist. He has over a decade of experience in both athletic training and physical therapy working with young and professional athletes.

David has worked extensively with St. Louis Children's Hospital as well as experience with Seattle Children's Hospital in developing return to sports protocols to return young athletes to competitive play. He is a team member of the Young Athlete Center, a multidisciplinary treatment approach working in collaboration with multiple clinicians at Washington University and St. Louis Children's Hospital to provide comprehensive care to pediatric and adolescent athletes. He is a lab assistant with the Washington University Program in Physical Therapy and is an active speaker, lecturer, and blogger on topics related to sports pediatric physical therapy, overhead throwing injuries, and return to sports testing for pediatric athletes.

For additional information on this conference including faculty disclosures, please go to:

StLouisChildrens.org/ACLCME