

***“Beyond the Bones: Non-Orthopedic Considerations in Caring for Athletes”***

**Tuesday, January 17, 2023**

**5:00PM – 7:15PM • Zoom Webinar**

**Agenda**

5:00PM

*Introduction and Welcome Remarks*

Libi Z. Galmer, D.O.

NewYork-Presbyterian Queens

5:10PM

*How “Fear of Missing Out” is Driving Early Specialization, Burnout and Dropout in Youth Sports*

John O’Sullivan

Founder of Changing the Game Project

5:30PM

*Beyond the Training Room: The Mental Side of Injury Recovery*

Amanda Fazio, MS

Sportstrata

5:50PM

*Questions & Answers*

6:00PM

*Sports Nutrition: Truths and Misconceptions*

Jason Machowsky, MS, RD, CSSD, CEP, CSCS

Hospital for Special Surgery

6:20PM

*Rehab Considerations Post-COVID*

Panagiota Katsos, PT, MS

NewYork-Presbyterian Queens

6:40PM

*Sports Dermatology: Game Day Decisions*

Justin A. Classie, M.D.

NewYork-Presbyterian Queens

7:00PM

*On-Field Medical Emergency Management*

Victor Huang, M.D., CAQ-SM

NewYork-Presbyterian Queens

7:15PM

*Questions/Answers & Closing Remarks*

**Statement of Need:** Sports Medicine is a branch of orthopedics related to sport injuries. These injuries can be traumatic or progressive and can cause traumatic and progressive degenerative wear and tear resulting in mechanical destruction of the structure. However, athletes are often afflicted with other ailments outside of traditional orthopedic issues. Sports Medicine physicians and athletic teams must be able to meet the needs of an athletic program and individual athletes that are presented to them in the office. They can present within varying bodily systems and in varying degrees of severity. These medical issues require the attention of a multidisciplinary team. The 12th Annual Orthopedic Symposium at NewYork-Presbyterian Queens is an educational event that will focus on medical and non-orthopedic issues in sports medicine. The symposium will discuss topics related to nutrition, psychology, on-field medical emergencies and game day decisions that sports medicine practitioners consider when allowing return to play. It will also provide an overview current management and considerations of athletes after COVID.

**Target Audience:** Primary care physicians, orthopedic surgeons, physiatrists, physician assistants, physical therapists, occupational therapists, residents, fellows, athletic trainers, nurses, rehabilitation specialists and other sports medicine specialists and healthcare professional involved in the care of athletes.

**Educational Objectives:** It is intended that this NYP Queens CME activity will lead to improved patient care. At the conclusion of this conference, the participant will be able to:

1. Recognize symptoms of COVID.
2. Determine management of post-COVID athletes when returning to sport.
3. Discuss the potential for rehab considerations with athletic post-COVID care.
4. Recognize the role for nutrition in sports.
5. Identify burnout and how specialization is hurting athletes.
6. Recognize how sports psychology can play a vital role in a successful athlete.
7. Understand the various non-orthopedic on-field emergencies related to sports medicine.
8. Determine management of non-orthopedic on-field emergencies.

**Accreditation:** NewYork-Presbyterian Queens is accredited by the Medical Society of the State of New York (MSSNY) to provide continuing medical education for physicians. NewYork-Presbyterian Queens designates this **Live Virtual** for a maximum of *2.25 AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Accreditation for Board of Certification for Athletic Trainers:** NewYork-Presbyterian Queens is recognized by the Board of Certification, Inc. to offer continuing education for BOC Certified Athletic Trainers. This program has been approved for a maximum of **2.25** hours of Category A continuing education. BOC Certified Athletic Trainers are responsible for claiming only those hours actually spent participating in the continuing education activity.



**BOC Approved Provider Number: P8660.**

PT & PTA – credits pending  
OT & OTA – credits pending

**Disclosure Statement:** NewYork-Presbyterian Queens relies upon planners and faculty participants in its CME activities to provide educational information that is objective and free of bias. In this spirit, and in accordance with the guidelines of MSSNY and ACCME, all speakers and planners for CME activities must disclose any relevant financial relationships with commercial interests whose products, devices or services may be discussed in the content of a CME activity that might be perceived as a real or apparent conflict of interest. Any discussion of investigational or unlabeled uses of a product will be identified.

**Registration Fees:** \$50.00 for Physicians and General Registrants  
No Fee for Physicians-in-training, NYP Queens Physicians & Staff (copy of NYPQ ID required with registration).

**Cancellation:** Refunds will only be made upon receipt of written notification a minimum of five work days prior to the session.

**Register:** [https://nypqcme.org/cme\\_program.php?Non-Orthopedic-Considerations-in-Caring-for-Athletes-4618](https://nypqcme.org/cme_program.php?Non-Orthopedic-Considerations-in-Caring-for-Athletes-4618)

**Contact Information:** Pamela Williams, Director, CME Office: 718-670-1419 Website: [www.nypqcme.org](http://www.nypqcme.org)