



The official health care partner  
of Sporting Kansas City

## 9th Annual Young Athlete Conference: **WINTER SPORTS**

Sponsored by:  
Sports Medicine Center at  
Children's Mercy Kansas City

# Friday, April 5, 2019

Children's Mercy Park  
1 Sporting Way  
Kansas City, KS 66111



**Sports Medicine Center**  
CHILDREN'S MERCY KANSAS CITY



## COURSE DESCRIPTION

This one day course is designed for ATs, nurses, physicians, PTs, PTAs and other healthcare professionals that provide care to student athletes. Topics to be covered include skiing injuries, altitude-related illness, establishing healthy sleep habits in student athletes and mental health concerns related to sport participation. In addition, swimming conditioning, dry needling, skin conditions and injuries in wrestlers and wrestling-specific rehabilitation to prevent injuries will also be discussed.

## COURSE OBJECTIVES

At the end of this conference, the participant will be able to:

- Describe common skeletally mature vs. immature finger injuries in rock climbing
- Summarize the benefits of dry needling
- Explain the sport of cyclocross
- Summarize mental health trends in youth sports
- Describe healthy sleep habits for student athletes
- Identify intrinsic and extrinsic risk factors for skiing injuries in adolescents
- Discuss the diagnosis and treatment of altitude-related illness
- Describe common skin conditions in wrestlers
- Discuss indications for using musculoskeletal ultrasound
- Demonstrate injury prevention techniques and rehabilitation exercises for wrestling athletes
- Demonstrate strength and conditioning techniques for student athletes
- Demonstrate land workouts for swimming athletes

## CONTINUING EDUCATION CREDIT

### Athletic Training

Children's Mercy Kansas City (BOC AP# P8325) is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program is eligible for a maximum of 7 hours continuing education. EBP CEUs pending. ATs should claim only those hours actually spent participating in the educational program.

### Nursing

This educational activity has been awarded up to 7 nursing contact hours.

Children's Mercy Kansas City is an approved provider of continuing nursing education by the Midwest Multistate Division, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

To receive CE, participants are required to sign in, participate in discussions, and complete an electronic evaluation.

### Occupational and Physical Therapy

This course meets the criteria for 7.0 occupational and physical therapy contact hours for submission to Missouri or Kansas for continuing education.

### Physicians

Children's Mercy Hospital is accredited by the Missouri State Medical Association to provide continuing medical education for physicians.

Children's Mercy Hospital designates this live educational activity for a maximum of 7.0 AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



## PROGRAM AGENDA

7:30 a.m.	Registration	11:45 a.m.	Speaker Panel <i>Dr. Gibson and Dr. Provance</i>
7:50 a.m.	Opening Remarks	Noon	Lunch
8 a.m.	Cyclocross: An Hour in the Pain Cave <i>Aaron Provance, MD</i>	12:45 p.m.	Wrestling with Rashes <i>Brandon Newell, MD</i>
8:15 a.m.	Finger Stress Fractures in Elite Youth Rock Climbers <i>Aaron Provance, MD</i>	1:15 p.m.	Wrestling Injuries and Rehabilitation <i>Michael Denning, DPT</i>
8:30 a.m.	Dry Needling <i>Mellony Mann, DPT, CMTPT, and Nick Wedel, DPT, ATC</i>	1:45 p.m.	Speaker Panel <i>Dr. Newell and Dr. Denning</i>
9 a.m.	Speaker Panel <i>Dr. Provance, Dr. Mann and Dr. Wedel</i>	2 p.m.	Break
9:15 a.m.	Mental Health Trends in Youth Sports <i>Becky Wiseman, LCSW, LCSW</i>	2:15 p.m.	Skating on Thin Ice: A Review of Common Hockey Injuries <i>Brian Harvey, DO</i>
9:45 a.m.	Healthy Sleep Habits in Athletes <i>Kevin Smith, PhD</i>	2:45 p.m.	Transition
10:15 a.m.	Speaker Panel <i>Ms. Wiseman and Dr. Smith</i>	2:50 p.m.	Breakout Session #1
10:30 a.m.	Break	3:20 p.m.	Transition
10:45 a.m.	Pediatric & Adolescent Injury in Skiing <i>Aaron Provance, MD</i>	3:25 p.m.	Breakout Session #2
11:15 a.m.	What to Know Before You Go Up & Someone Goes Down <i>Meg Gibson, MD</i>	3:55 p.m.	Transition
		4 p.m.	Breakout Session #3
		4:30 p.m.	Transition to main room for closing remarks
		4:35 p.m.	Questions and Closing Remarks
		4:45 p.m.	Networking Reception

Please choose 3 of the following breakout sessions in order of preference. Be advised the Strength & Conditioning breakout session will be an exercise demonstration.

**Wrestling Prevention and Rehabilitation:** Demonstrate injury prevention techniques and rehabilitation exercises for wrestling athletes

**Musculoskeletal Ultrasound:** Discuss indications for using musculoskeletal ultrasound

**Swimming Conditioning:** Demonstrate land workouts for swimming athletes

**Strength and Conditioning:** Demonstrate strength and conditioning techniques for student athletes

## REGISTRATION AND PRICING

Please register online at [childrensmercy.org/EducationPrograms](http://childrensmercy.org/EducationPrograms). Registration and payment are due by **April 3, 2019**.

A confirmation e-mail with additional course information and directions will be sent upon receiving registration and payment.

Cancellation fee – Registration fee less \$15 service charge is refundable if cancellation is received **before March 22, 2019**.

**Course Registration Fee: \$125**

**Student Registration Fee: \$70**

**Children's Mercy Employees: No cost**

Tuition includes course materials, lunch and refreshments; must be paid by credit card online or personal check. If paying by check, please remit to:

Children's Mercy Blue Valley  
ATTN: Tiffany Whitney, PT, SCS  
6750 W. 135th Street  
Overland Park, KS 66223



## CONTACTS

### **Nicole Fillingame, MS, ATC, LAT, CES, PES**

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### **Tiffany Whitney, PT, SCS**

Physical Therapist  
Sports Medicine Center at Children's Mercy Kansas City  
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## ABOUT THE INSTRUCTORS

### **Aaron Provance, MD, FAAP, CAQSM**

Dr. Provance is the Medical Director at the Sports Medicine Center at Children's Hospital Colorado. He is board certified in Pediatrics and Sports Medicine. His clinical interests include adventure and extreme sports injuries in pediatric and adolescent athletes as well as treating gymnastics injuries.

### **Mellony Mann, DPT, CMTPT**

Dr. Mann is a board certified physical therapist at the Sports Medicine Center at Children's Mercy Kansas City at the Blue Valley clinic. She graduated from Rockhurst University with a Doctor of Physical Therapy degree. She is also a Certified Myofascial Trigger Point Therapist (CMTPT) through Myopain Seminars. In addition, she started the Dry Needling Program at Children's Mercy.

### **Nick Wedel, DPT, ATC**

Dr. Wedel is a board certified physical therapist at the Sports Medicine Center at Children's Mercy Kansas City at the Village West location. He is a graduate of Kansas State University with an athletic training degree, and is board-certified. He attended graduate school at the University of Kansas Medical Center where he obtained his Doctorate of Physical Therapy. He has been practicing for 4 years and has also obtained his certification in dry needling.

### **Becky Wiseman, LCSW, LCSW**

Ms. Wiseman is a Licensed Specialist Clinical Social Worker at Children's Mercy Kansas City. She received her Master's in Social Work from the University of Kansas. Becky has 17 years of clinical experience, including working in the public school system as a School Social Worker for 8 years. In her work at Children's Mercy, Becky is dedicated to the Sports Medicine Center providing support to student athletes and families with mental health concerns.

### **Kevin Smith, PhD**

Dr. Smith is a Clinical Psychologist at Children's Mercy Kansas City. He specializes in pediatric sleep disorders, and has a special interest in sleep habits in athletes. He completed a Pediatric Psychology Fellowship at Nationwide Children's Hospital and he is certified in sleep behavior medicine.

### **Brandon Newell, MD**

Dr. Newell is a pediatric Dermatologist at Children's Mercy Kansas City. He is an Associate Professor of Pediatrics at the University of Missouri-Kansas City School of Medicine.

### **Brian Harvey, DO**

Dr. Harvey is a board-certified and fellowship-trained pediatric and sports medicine physician at the Sports Medicine Center at Children's Mercy Kansas City. Dr. Harvey has a special interest in concussion education and management as well as the tennis athlete.

### **Meg Gibson, MD**

Dr. Gibson is a physician for the Sports Medicine Center at Children's Mercy Kansas City. She also serves as the Fellowship Director for the UMKC Primary Care Sports Medicine Fellowship and is the Head Team Physician for UMKC. She graduated from the University of Pittsburgh School of Medicine and completed her Family Medicine Residency and Sports Medicine Fellowship at the University of Pittsburgh Medical Center.

### **Natalie Stork, MD**

Dr. Stork is a board-certified and pediatric fellowship-trained physician for the Sports Medicine Center at Children's Mercy Kansas City. She also practices non-surgical pediatric orthopaedics.

### **Joey Harty, BS, CSCS, PES, XPS**

Mr. Harty is a fitness coach for the Swope Park Rangers and also assists the Sporting Kansas City first team. He also holds a U.S. Soccer National E coaching license and is a Certified Strength and Conditioning Specialist (CSCS) through the National Strength and Conditioning Association (NSCA).

### **Michael Denning, DPT**

Dr. Denning is a board certified physical therapist at the Sports Medicine Center at Children's Mercy Kansas City. Michael completed his Doctorate in Physical Therapy at Wichita State University.

### **Kevin Bigham**

Mr. Bigham is the head coach of Blue Springs High School for the boys and girls swimming and diving teams. Kevin is a former swimmer for the University of Missouri where he also worked swimming camps and coached the Kansas City Swim Academy club teams.

