

# Sports Medicine for the Clinician Online Course

## Activity Description

The Sports Medicine for the Clinician online course offers learners the confidence to accurately diagnose and treat sports-related conditions, as well as injuries sustained during recreational physical activities. This online course covers appropriate testing and referral criteria, as well as what is on the horizon for diagnosis and treatment. The online course also helps to improve the specific skills in physical exam and imaging interpretation that assist in the diagnosis of conditions that may have implications for participation, performance and recovery in sports and recreational physical activities. The iteration of the lectures also stresses medical conditions and their implications on sports and athletic activities.

## Target Audience

This course is designed for NPs & PAs, sports medicine physicians, family physicians, physiatrists, internists, pediatricians, ER physicians, orthopedists, and medical providers involved in the care and management of athletes and active individuals in clinic or nonoperative/nonsurgical/noninvasive settings.

## Learning Objectives

Upon conclusion of this activity, participants should be able to:

- Identify medications to avoid for athletes and active patients considering sport-specific injuries.
- Identify exercise as a form of management for chronic conditions and various musculoskeletal injuries.
- Recognize various assessment strategies that participants can use in clinic to diagnose difficult to discern orthopedic and sports medicine conditions.

Attendance at this Mayo Clinic course does not indicate nor guarantee competence or proficiency in the performance of any procedures which may be discussed or taught in this course.

## Accreditation Statement



In support of improving patient care, Mayo Clinic College of Medicine and Science is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

## Credit Statement(s)

### AMA

Mayo Clinic College of Medicine and Science designates this enduring material for a maximum of 5.75 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### ANCC

Mayo Clinic College of Medicine and Science designates this activity for a maximum of 5.75 ANCC contact hours. Nurses should claim only the credit commensurate with the extent of their participation in the activity.

### AOA

The American Osteopathic Association designates this program for a maximum of 5.75 AOA Category 2-A credits.

## AAPA



Mayo Clinic College of Medicine and Science has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. Approval is valid until 2/18/2027. This activity is designated for 5.75 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.

## BOC



Mayo Clinic School of Continuous Professional Development (BOC AP#: P476) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of 5.75 Category A hours/CEUs. ATs should claim only those hours actually spent in the educational program.

## ABS

Successful completion of this CME activity, which includes participation in the evaluation component, enables the learner to earn credit toward the CME requirements of the American Board of Surgery's Continuous Certification program. It is the CME activity provider's responsibility to submit learner completion information to ACCME for the purpose of granting ABS credit.

### Other Healthcare Professionals:

A record of attendance will be provided to all registrants for requesting credits in accordance with state nursing boards, specialty societies or other professional associations.

## Disclosure Summary

As a provider accredited by Joint Accreditation for Interprofessional Continuing Education, Mayo Clinic College of Medicine and Science must ensure balance, independence, objectivity and scientific rigor in its educational activities. All who are in a position to control the content are required to disclose all financial relationships with any ineligible company. Faculty will also identify any off-label and/or investigational use of pharmaceuticals or instruments discussed in their content for FDA compliance.

*Listed below are individuals with control of the content of this program who have disclosed...*

### Relevant financial relationship(s) with ineligible companies:

| Name         | Nature of Relationship | Company        |
|--------------|------------------------|----------------|
| Edward Haupt | Honoraria              | Exactech, Inc. |

*All relevant financial relationships listed for these individuals have been mitigated.*

### No relevant financial relationship(s) with ineligible companies:

| Name                   |                              |
|------------------------|------------------------------|
| Keith Aziz, MD         | George Pujalte, MD           |
| Lisa Brumble, MD       | Prajwal Reddy, MD            |
| Kristina Colbenson, MD | Wesley Troyer, DO            |
| Matthew Crowe, MD      | Jessica Pelkowski, APRN, DNP |

|                      |                        |
|----------------------|------------------------|
| Kristina DeMatas, DO | Julieann Johnson, PA-C |
| Margaret Johnson, MD | Amanda Williams, ATC   |
| Daniel Montero, MD   | Corinne Irish          |
| Jeffrey Nadwodny, DO | Kalene Collins         |

**References to off-label and/or investigational usage(s) of pharmaceuticals or instruments in their presentation:**

None

For disclosure information regarding Mayo Clinic School of Continuous Professional Development accreditation review committee member(s) please visit: <https://ce.mayo.edu/content/disclosures>.

**Disclaimer**

Participation in this Mayo Clinic educational activity does not indicate nor guarantee competence or proficiency in the performance of any procedures which may be discussed or taught in this course. You should be aware that substantive developments in the medical field covered by this recording may have occurred since the date of original release.

**Prerequisites for Participation**

There are no prerequisites needed prior to participating in this education activity.

**Method of Participation**

Participation in this activity consists of reviewing the educational material, completing the learner assessment and evaluation.

**How to Obtain Credit**

To obtain credit, complete the assessment, evaluation and submit.

**Release and Expiration Dates**

Release Date: March 18, 2024  
Renewal Date: (If applicable)  
Expiration Date: March 17, 2027

**Acknowledgement of Commercial Support**

No commercial support was received in the production of this activity.

**Faculty and Course Director Listing and Credentials**

Course Directors

George Pujalte, M.D.  
Daniel Montero, M.D.  
Wesley Troyer, D.O.

Faculty

Edward T. Haupt, M.D.  
Jeffrey P. Nadwodny, D.O.  
Keith T. Aziz, M.D.  
Kristina M. Colbenson, M.D.  
Kristina F. DeMatas, D.O.  
Lisa Brumble, M.D.  
Margaret M. Johnson, M.D.

Matthew M. Crowe, M.D.  
Prajwal Reddy, M.D.

## **Bibliographic Resources**

Alrwaily, M. and Alanazi, F., 2022. Prevalence and Determinants of Knowledge of Musculoskeletal Disorders Among Healthcare Providers and Students in Saudi Arabia: A Cross-Sectional Study. *Journal of Multidisciplinary Healthcare*, pp.1789-1797.

Lynch, T.S., Hellwinkel, J.E., Jobin, C.M. and Levine, W.N., 2020. Curriculum reform and new technology to fill the void of musculoskeletal education in medical school curriculum. *JAAOS-Journal of the American Academy of Orthopaedic Surgeons*, 28(23), pp.945-952.

Briggs, A.M., Hinman, R.S., Darlow, B., Bennell, K.L., Leech, M., Pizzari, T., Greig, A.M., MacKay, C., Bendrups, A., Larmer, P.J. and Francis-Cracknell, A., 2019. Confidence and attitudes toward osteoarthritis care among the current and emerging health workforce: a multinational interprofessional study. *ACR open rheumatology*, 1(4), pp.219-235.

Netherway, J., Smith, B. and Monforte, J., 2021. Training healthcare professionals on how to promote physical activity in the UK: A scoping review of current trends and future opportunities. *International Journal of Environmental Research and Public Health*, 18(13), p.6701.

## **Copyright**

Mayo Foundation for Medical Education and Research. All rights reserved. Copyright 2023