Sports Medicine Elbow Mini Symposium Online Course

Activity Description
This online course features clinical pearls in the management of elbow conditions, as well as demonstrations of physical examination, anatomy, ultrasound diagnostic exam/procedures, and arthroscopy of the elbow. The content is multidisciplinary, in which the featured topic is elbow conditions in sports medicine.

Target Audience
This online course is designed to provide physicians, physical therapists, athletic trainers, performance specialists, and other sports medicine professionals with the latest diagnostic and treatment strategies for sports-related and musculoskeletal conditions of the elbow.

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

- Recognize common elbow injuries in the athlete (Domain 2 | Tasks 0204, 0205)
- Summarize modifiable risk factors for overuse injuries in throwing athletes (Domain 1 | Task 0101)
- Identify clinically relevant elbow anatomy (Domain 2 | Task 0202)
- Interpret a focused physical examination of the elbow (Domain 2 | Tasks 0202, 0203)
- Recognize relevant ultrasound anatomy in the performance of ultrasound guided elbow procedures (Domain 2 | Tasks 0202, 0204, 0205)
- Assess important characteristics when caring for upper extremity injuries in adaptive athletes (Domain 1 | Task 0104)
- Summarize the essential components of an upper extremity strength and rehabilitation program (Domain 4 | Task 0402)

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 4.00 *AMA PRA Category 1 Credits*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

BOC Accreditation
Mayo Clinic School of Continuous Professional Development is approved by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers.

BOC Credit Statement (Category A)
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 4.00 Category A hours/CEUs. ATs should claim only those hours actually spent in the educational program.

Physical Therapy:
Co-sponsored by the Program in Physical Therapy, Mayo Clinic College of Medicine and Science / Mayo Clinic School of Health Sciences. This enduring material meets the criteria for 3.50 hours of credit per Minnesota Physical Therapy Rules 5601.2400, 5601.2500.

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
Mark E. Morrey, M.D.	Stock Shareholder	Tenex
Jonathan D. Barlow, M.D.	Consulting	Arthrex, Inc. Stryker Orthopaedics
Christopher L. Camp, M.D.	Consulting	Arthrex, Inc.

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

No relevant financial relationship(s) with ineligible companies:

Name	
Brennan J. Boettcher, D.O.	David B. Soma, M.D.
Adam C. Johnson, M.D.	John M. Zajac, P.T., D.P.T.
Nirusha Lachman, Ph.D.	Joshua Pinkney, L.A.T., A.T.C.
Jacob Sellon, M.D.	Corinne Irish

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

Name	Manufacturer/Provider	Product/Device
Jacob Sellon, M.D.	Multiple	Orthobiologics (eg, PRP) for elbow conditions
Brennan J. Boettcher, D.O.	N/A	Platelet Rich Plasma

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:	June 26, 2023
Renewal Date:	(If applicable)
Expiration Date:	June 25, 2026

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

Faculty and Course Director Listing and Credentials
Course Directors
Brennan J. Boettcher, D.O.
Jacob Sellon, M.D.

Faculty
Jonathan D. Barlow, M.D.
Brennan J. Boettcher, D.O.
Christopher L. Camp, M.D.
Adam C. Johnson, M.D.
Nirusha Lachman, Ph.D.
Mark E. Morrey, M.D.
Jacob Sellon, M.D.
David B. Soma, M.D.
John M. Zajac, P.T., D.P.T.

Bibliographic Resources
Wong TT, Lin DJ, Ayyala RS, et al. Elbow Injuries in Adult Overhead Athletes. American Journal of Roentgenology. 2017;208: W110-W120.

Saper MG, Pierpoint LA, Liu W, Comstock RD, Polousky JD, Andrews JR. Epidemiology of Shoulder and Elbow Injuries Among United States High School Baseball Players: School Years 2005-2006 Through 2014-2015. Am J Sports Med. 2018 Jan;46(1):37-43. doi: 10.1177/0363546517734172. Epub 2017 Oct 19. PMID: 29048928.

Zaremski JL, Zeppieri G, Tripp BL. Sport specialization and overuse injuries in adolescent throwing athletes: a narrative review. J Athl Train 2019; 54(10): 1030-1039.

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