

SPORTS-RELATED INJURIES IN THE YOUNG ATHLETE

Please select a date & location: DAVENPORT - Nov 16 CEDAR RAPIDS - Nov 17 DES MOINES - Nov 18
 OMAHA - Nov 19 SIOUX FALLS - Nov 20

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| 2 to 4** | \$189 ea. | \$209 ea. |
| 5 or more** | \$179 ea. | \$199 ea. |

*Registrations received 10 days prior to seminar date.
**Price per person when registering at the same time.

- I'd like the Course DVDs with my registration \$59 + \$8 S&H
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SELF-STUDY/AUDIO PRODUCTS

- Self-Study DVD #4832 \$199 + \$8 S&H
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PAYMENT INFORMATION

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PLEASE INCLUDE ALL REGISTRATION FORMS WITH PAYMENT



Davenport, IA - Nov 16
 Cedar Rapids, IA - Nov 17
 Des Moines, IA - Nov 18
 Omaha, NE - Nov 19
 Sioux Falls, SD - Nov 20

- ◆ Identify the mechanics of injuries common to young athletes—discover why they occur and how they can be prevented
- ◆ Examine the differences in orthopedic injuries occurring in pediatrics vs. adults
- ◆ Evaluate posture, gait, range of motion, functional strength, and mobility; and perform bone, ligament, and muscle tests
- ◆ Develop treatment strategies for common injuries specific to throwing, swinging, kicking, and running, including muscle strains and tears, sprains, fractures, and dislocations
- ◆ Design core and upper and lower extremity conditioning programs specifically for the young athlete

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Sports-Related Injuries in the Young Athlete

Evidence-Based Treatment & Prevention

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Sports-Related Injuries in the Young Athlete

*Evidence-Based
Treatment & Prevention*

Orthopedic Intervention & Prevention in the Young Athlete

Sports-related injuries in young athletes are often the result of insufficient knowledge and poor decisions made by parents, players, coaches, and others. With an understanding of the basic science and the differences in youth vs. adults, many of these injuries can be prevented. When injuries do occur, it is critical that rehabilitation and performance professionals are equipped with evaluation, treatment, and conditioning strategies to help restore strength and function to prevent further injury in the young athlete.

Participants in this one-day seminar will examine common sports-related injuries in pediatric clients. You will learn how and why these injuries occur as well as assessment, prevention, and treatment strategies. Participants will identify activities specifically for the throwing, swinging, kicking, and running athlete to help improve core stability and restore strength and mobility following injury. You will also learn how to develop conditioning programs to help improve performance and decrease the risk of injury. You will leave the seminar with an abundance of knowledge and tools to help you better serve the young client—in training, “on the field,” or in the clinic.

Course Director

SHAUN GOULBOURNE, DHSc, PT, MTC, OCS, STC, CSCS, NSCA-CPT, CDEII, is a Licensed Physical Therapist, Certified Strength Conditioning Specialist and Certified Personal Trainer and with more than 12 years of experience in the orthopedic and sports medicine field. Dr. Goulbourne serves as Director of Physical Therapy for Hart County Physical Therapy in Kentucky and as Boys Director of Coaching with Southern Kentucky (SKY) Soccer Club in Bowling Green. His practice includes on- and off-site treatment of industrial athletes; outpatient physical therapy; therapy in acute care, skilled nursing and home health; and treatment of sports-related injuries in young athletes on and off the field.

Dr. Goulbourne has an extensive history playing and coaching professional and competitive sports. He was a national youth competitive snooker player and a national basketball player as a youth in North London, England. He played basketball for University Heights Academy in Hopkinsville, Kentucky, and soccer for the University of Kentucky. He has coached soccer for University Heights Academy and Glasgow High School, where he led them to a Class A State Championship in 2003. Since Dr. Goulbourne began coaching with SKY Soccer Club in 1999, he has led them to a state final and several semi-final appearances. He is also a coach for the Olympic Development Program of the Kentucky and Midwest Region for the United States Soccer Federation. In his spare time, Dr. Goulbourne runs marathons and mini-marathons. He is attempting to run one in each state, having covered more than a third of the country to date.

Dr. Goulbourne earned a Bachelor of Health Science from the University of Kentucky, Master of Health Science from the University of Indianapolis and Doctor of Health Science with emphasis in orthopedics and sports medicine from the University of St. Augustine. The emphasis for his doctorate degree research was on sports performance improvement. Dr. Goulbourne is Manual Therapy Certified through the University of St. Augustine, Sports Therapy Certified through North American Sports Medicine Institute, and is an Orthopedic Certified Specialist through the American Board of Physical Therapy Specialties. He is also a Certified Disability Evaluator and Certified Functional Capacity Evaluator.

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Course Hours

7:30 AM - Registration (*Coffee/hot tea provided*)

8:00 AM - 3:30 PM - Seminar

(*One-hour break for lunch on your own.*)

Late Arrivals or Early Departures:

See "Amended Certificates" information under Continuing Education Credit.

COURSE CONTENT

SPORTS-RELATED INJURIES IN YOUNG ATHLETES—WHY THEY OCCUR

SCIENCE—BASIC, YOUTH-SPECIFIC, & EXERCISE

EPIDEMIOLOGY

INJURIES

- ◆ Bone
 - spondylolysis
 - osteochondritis dessicans
 - other fractures
- ◆ Bone/osteochondrosis/necrosis
 - Legg-Calve-Perthes disease
 - Scheuermann's disease
 - Kohler's disease
 - Panner's disease
 - Freiberg's disease
 - Kienbock's disease
- ◆ Bone/physeal
 - slipped capital femoral epiphysis
 - distal radius epiphysitis
 - Saltar-Harris fractures
 - Little League shoulder
- ◆ Bone/tendon/apophyseal
 - Osgood-Schlatter disease
 - Sinding-Larsen-Johansson syndrome
 - avulsion fractures
 - Sever's disease
 - Little League elbow
- ◆ Bone/joint/ligamentous
 - osteitis pubis
 - sprains
 - dislocations
 - subluxations
 - Little League elbow
- ◆ Others
 - coxa saltans (snapping hip)
 - hernias
 - burners/stingers
 - female triad
 - neuritis
 - plantar warts
 - athlete's foot
 - ingrown toenails

EVALUATION—LAB

- ◆ History
- ◆ Posture/position
- ◆ Gait
- ◆ Functional mobility
- ◆ Functional strength
- ◆ Vascular screen
- ◆ Neurotension/compression tests
- ◆ Muscle tension tests
- ◆ Ligament tension tests
- ◆ Bone tension/compression tests
- ◆ Passive range of motion

TREATMENT—LAB

- ◆ Restoring normal mobility
- ◆ Localized strengthening
- ◆ Core stability
- ◆ Sport-specific activities for the:
 - throwing and swinging athlete
 - running athlete
 - kicking athlete

PREVENTION/CONDITIONING PROGRAMS—LAB

- ◆ Core and upper extremity programs
- ◆ Core and lower extremity programs

Dates & Locations

DAVENPORT - Nov 16, 2015

Radisson Quad City Plaza Hotel

111 E Second St, Davenport, IA 52801 563-322-2200

CEDAR RAPIDS - Nov 17, 2015

Cedar Rapids Marriott

1200 Collins Rd NE, Cedar Rapids, IA 52402 319-393-6600

DES MOINES - Nov 18, 2015

Embassy Suites Des Moines Downtown

101 E Locust St, Des Moines, IA 50309 515-244-1700

OMAHA - Nov 19, 2015

The Magnolia Hotel

1615 Howard St, Omaha, NE 68102 402-342-2222

SIOUX FALLS - Nov 20, 2015

Hilton Garden Inn

5300 South Grand Circle, Sioux Falls, SD 57108 605-444-4500

Who Should Attend

Physical Therapists, Physical Therapist Assistants, Occupational Therapists, Occupational Therapy Assistants, Athletic Trainers, Coaches, Certified Strength and Conditioning Specialists, and Personal Trainers

What You Will Learn

- Discuss why and how sports injuries occur in youth
- Examine the mechanics of injuries in pediatrics, including fractures, sprains, strains, tears, and dislocations
- Identify methods of evaluation including gait and posture analysis, tension testing, and assessment of functional strength and mobility
- Discover evidence-based treatment strategies for injuries related to throwing, swinging, running, and kicking
- Develop injury prevention and conditioning methods for young athletes

What You Should Bring

Participants should wear loose fitting, lab-appropriate clothing.

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Confirmations of registration are sent via email within three days of receipt in our office. Add customerservice@crosscountryeducation.com to your email address book to ensure delivery. **If you have not received a confirmation, you may call our office at 800-397-0180 or 615-331-4422 to verify registration.** Cancellations received at least five working days before the event are refundable less a \$20 administrative charge per registrant. There is no refund for cancellations received later; however, a credit will be issued toward a future event or product order. Please note that if you register and do not attend, you are still liable for full payment. Substitutions may be made at any time. A refund or voucher will be issued to any participant who is registered to attend a seminar that is cancelled by Cross Country Education, LLC. If payment is not received 10 days prior to the seminar, the certificate may not be present at the seminar. If your payment is returned marked NSF it will be re-presented electronically and a processing fee will be charged as allowed by law

Our Guarantee

If you are not satisfied after participating in one of our programs, please let us know in writing within seven days and we will issue a credit voucher for you or anyone in your facility to use toward another seminar, webinar, audio, video, or online product. Returned audio and video products/materials must be received in original condition before a voucher or replacement is issued. You may contact us at Cross Country Education, P.O. Box 200, Brentwood, TN, 37024

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Send resume to:

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CONTINUING EDUCATION CREDIT

If you do not see your respective state listed, please review your rules/regulations as many states have reciprocal agreements with other state boards/associations.

Athletic Trainers: Cross Country Education is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. BOC Approved Provider # P3097 6 CEUs will be awarded.



Certified Strength and Conditioning Specialists/Certified Personal Trainers: NSCA approved 0.6 CEUs for certificants attending this event. Aprvl# D1035. While participation has been approved for CEUs, approval does not allow participants to apply information outside of NSCA certificants' scope of practice.



Occupational Therapists, Occupational Therapy Assistants: Cross Country Education



is an AOTA Approved Provider of continuing education. This course is offered for .6 AOTA CEUs. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. AOTA Educational level Introductory, Category 1: Domain of OT, 2: Occupational Therapy Process.

Physical Therapists, Physical Therapist Assistants:

Illinois: The Illinois Chapter Continuing Education Committee has approved this course according to the Criteria for Approval of Continuing Education offerings established by the Illinois Physical Therapy Association. This course is approved for 6 Credit Hours. IPTA Approval #75-5906. This course content is not intended for use by any participants outside the scope of their license or regulation.

Minnesota: This program has been submitted to the Minnesota Board of Physical Therapy for 6 continuing education hours for category 1.

Other Professions: This educational offering qualifies for 6 continuing education hours as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific filing requirements.

All Professionals: In order to process continuing education, please bring the appropriate license/certification number to the seminar.

Amended Certificates: Please note that the credit hours listed above are offered by Cross Country Education and/or boards/associations for a full day's attendance. In the event of late arrival and/or early departure, amended certificates indicating the actual number of credit hours earned will be provided upon calling Cross Country Education.

ADA: If you require ADA accommodations, please contact Cross Country Education at least two weeks before the seminar date or prior to purchasing any online or distance learning products so that arrangements can be made.



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