

## CME Accredited Course

Presented by



**INSTITUTE FOR  
HAND SURGERY**

AT NEW YORK PLASTIC SURGICAL GROUP  
a Division of Long Island Plastic Surgical Group

# Guidelines for the Sidelines: Diagnosis and Management of Hand and Wrist Injuries in Young Athletes

Virtual CME: Wednesday, June 26, 2024

Accreditation provided by



*This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Medical Society of the State of New York (MSSNY) through the joint providership of Nassau University Medical Center (NUMC) and New York Plastic Surgical Group (NYPS Group). NUMC is accredited by MSSNY to provide continuing medical education for physicians. NUMC designates this live activity for a maximum of 3 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.*

*This activity may meet BOC athletic training education requirements for category D, please reach out to the BOC if further clarification is needed.*

## Program Overview

*This course is targeted for pediatricians, family practitioners, doctors of internal medicine, neurologists, rheumatologists, orthopedic surgeons, sports medicine specialists, athletic trainers, emergency medicine physicians, physiatrists, PAs, school nurses and nurses, NPs, and hand therapists.*

## Learning Objectives

- Describe the mechanisms of common sports-related hand and wrist injuries in the pediatric and adolescent population.
- Understand the proper work-up and stabilization of athletic hand and wrist injuries.
- Discuss basic principles of treatment, rehabilitation strategies and return to sport in select acute hand and wrist injuries.

## Presenters

Roger Simpson, MD, MBA, FACS

Brian A. Pinsky, MD, FACS

Haritha B. Veeramachaneni, MD

Michael R. Christy, MD, MA, FACS

Christopher Liao, MD

C.J. Allen, OTR/L, CHT

Matthew Alpert, MS, OTR/L, CHT



**NEW YORK  
PLASTIC SURGICAL GROUP**  
A DIVISION OF LONG ISLAND PLASTIC SURGICAL GROUP, PC

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**DEEP BLUE**  
*med spa*

## Agenda

8:00 a.m.	Welcome
8:10 a.m.	Phalanx Fractures
8:30 a.m.	Ulnar Collateral Ligament Tears
8:50 a.m.	PIP Injuries
9:10 a.m.	Distal Radius Fractures
9:30 a.m.	Scaphoid Fractures
9:50 a.m.	Questions
10:00 a.m.	Hand Therapy and Splinting for Athletes
10:20 a.m.	Extensor Tendon Subluxation
10:40 a.m.	Jersey Finger
11:00 a.m.	Contusions, Sprains, and Overuse Injuries
11:20 a.m.	Return to Sport for the Injured Athlete
11:25 a.m.	Questions
11:50 a.m.	Closing Remarks

**\$40 Tuition, 3 AMA PRA Category 1 Credits™**

**Please register by Thursday, June 20, 2024**

*\*All residents, medical students, and other trainees are welcome to attend at no cost.*

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**For any questions, contact: Lisa Munier, 516.629.3824  
or [lmunier@nyplasticsurgical.com](mailto:lmunier@nyplasticsurgical.com)**



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to register, please visit:  
**[NewYorkHandandNerve.com/CME](http://NewYorkHandandNerve.com/CME)**

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**Wednesday, June 26, 2024**

**8:00 a.m. – 12:00 p.m.**  
**LIVE ZOOM EVENT**



Registration fees will be donated to ReSurge International. ReSurge is a non-for-profit organization that provides reconstructive surgical care and builds surgical capacity in developing countries.

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