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*Registrations received 10 days prior to seminar date.
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Sports-Related Injuries in the Young Athlete  #2966
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Sports-Related Injuries in the Young Athlete
Evidence-Based Treatment and Prevention

- Identify the mechanics of injuries common to young athletes - discover why they occur and how they can be prevented
- Design core and upper and lower extremity conditioning programs specifically for the young athlete
- Develop treatment strategies for common injuries specific to throwing, swinging, kicking and running, including muscle strains and tears, sprains, fractures and dislocations
- 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

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Orthopedic Intervention and 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-PT, CDEI, 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.

What You Should Bring

Participants should wear loose fitting, lab-appropriate clothing.
COURSE CONTENT

SPORTS-RELATED INJURIES IN YOUNG ATHLETES—WHY THEY OCCUR

SCIENCE—BASIC, YOUTH-SPECIFIC AND 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

Courses & Locations

ST. LOUIS - February 7, 2011
Holiday Inn Airport
4505 Woodson Rd., St. Louis, MO 63134  314-427-4700

KANSAS CITY - February 8, 2011
Hilton KCI
8801 N.W. 112th St., Kansas City, MO 64153  816-891-8900

WICHITA - February 9, 2011
Hilton Wichita Airport and Conference Center
2098 Airport Rd., Wichita, KS 67209  316-945-5272

Course Hours

Registration begins at 7:30 a.m. The seminar begins at 8:00 a.m. and concludes at 3:30 p.m. Coffee/hot tea provided in a.m. One-hour break for lunch on your own. For late arrivals or early departures, please see amended certificate information under Continuing Education Credit.

Who Should Attend

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

Our Guarantee

Cross Country Education is a national leader in high-quality educational products and services for the health care industry. We have trained over one million health care providers, managers, nurses, professionals and key personnel through our seminars, conferences and study programs. Our programs are guaranteed to improve the effectiveness and efficiency of participants. If you attend one of our one-day seminars or purchase an audio product and do not receive the professional or business benefits described in our literature, or have some other professional complaint, please let us know in writing within seven days and we will issue a credit voucher that you or anyone in your facility may use toward another one-day seminar or audio program. All returned audio products and materials must be received in original condition before a replacement is issued. You may contact us at Cross Country Education, P.O. Box 200, Brentwood, TN, 37024.

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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 seminar 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 seminar 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. The expense of continuing education, when taken to maintain and improve professional skills, may be tax deductible. Please contact your accountant for complete details.

Disclaimer: Any opinions, findings, recommendations or conclusions expressed by the author(s) or speaker(s) do not necessarily reflect the views of Cross Country Education. Cross Country Education reserves the right to substitute a qualified instructor due to unforeseen circumstances.

Registrants will not receive a certificate until payment has been received and course has been successfully completed. If payment is not received ten (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 represented electronically and a processing fee will be charged as allowed by law.

Audio Products

Audio products include a comprehensive CD recording (audiotape available on request) and companion course manual. If you are registered to attend this seminar, you may order a set of tapes/CDs at a reduced fee. Pricing can be found on the registration form, along with shipping and handling. All pricing given in US currency; please call for international rates. You can order online at our website, by faxing or mailing the registration form on this brochure, or by calling 800-397-0180 or 615-331-4422. All material is under copyright; any duplication is unauthorized without written consent from Cross Country Education. Products in stock will typically ship within 5-7 business days. Call for availability.

Continuing Education Credit

Physical Therapists: This program has been submitted to the Illinois Physical Therapy Association for approval of 6 credit hours. This program has been submitted to the Kansas Physical Therapy Association for 6 contact hours.

Certified Strength and Conditioning Specialists/ Certified Personal Trainer: This program is pending CEU approval by the NSCA Certification for pre-approval of .6 CEUs.

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.

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.

Other professions: This seminar 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 so that arrangements can be made.