



OAL SPORTS MEDICINE



SUMMER FIXBONES KICK OFF



- 1 Leveling the Playing Field with Nutrition
- 2 The Hot, the Cold, and the Ugly. Environmental Illness and the Athlete
- 3 Dislocations

Speakers: Tamara Rhodes, MS, RD, LDN
 Dr. J. Rory Tucker, MD
 Dr. John Rodgers, MD

At the conclusion of the course the participants will be able to:

- Recognize the roles of macronutrients in physiological functioning and correspondent dietary sources
- Identify recommendations for macronutrient intake before, during and after exercise
- Discuss protocol for achieving and maintaining optimal hydration status in the context of physical activity
- Discern appropriate use of specialty sports food, beverage, and supplements
- Know the risk factors for environmental illness
- Be able to explain the spectrum of heat illness and necessary treatments
- Understand the initial treatment and urgency when dealing with heat stroke
- Recognize anatomy of a joint dislocation
- Understand the importance of proper techniques for relocation
- Learn which dislocations are limb threatening emergencies

EVENT DETAILS

Orthopedic Associates of Lancaster, LTD is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers.

Date: Tuesday, July 10th

Registration: 5:30 p.m.

Time: 6:00 p.m. - 9:00 p.m.

Location: OAL Lancaster

170 North Pointe Blvd

Lancaster, PA 17601

Difficulty: Essential Level

Target Audience:

Certified Athletic Trainers

* Certified Athletic Trainers will receive 3 Category A CEUs for attendance.



*Orthopedic Associates of Lancaster, LTD reserves the right to cancel or postpone any CEU course or activity because of, but not limited to, insufficient enrollment or other unforeseen circumstances. Please provide a cell phone number and e-mail address so we may reach you in the event of any changes, postponement, or cancellation. If a program is canceled or postponed, Orthopedic Associates of Lancaster, LTD will refund any registration fees. Pre-registered participants that have provided a cell phone number and e-mail address will be notified if a program is filled or canceled as soon as possible.

*Orthopedic Associates of Lancaster, LTD does not discriminate on the basis of race, color, natural origin, religion, sex, disability, military status, sexual orientation or age. Orthopedic Associates of Lancaster, LTD is committed to accessibility and non-discrimination in all aspects of its continuing education activities. Participants who have special needs are encouraged to contact program organizers at oalceu@fixbones.com, so that all reasonable efforts to accommodate these needs can be made.

Please RSVP to www.fixbones.com/PatientInformation/RegisterforanEvent by July 6, 2018.