Sports Medicine Ankle/Foot Mini Symposium Online Course

Activity Description
This online course features evidence-based and cutting-edge diagnostic and treatment strategies for sports-related and musculoskeletal conditions. The content is multidisciplinary, in which the featured topic is ankle & foot conditions in sports medicine.

Target Audience
This activity is appropriate for physicians, physical therapists, athletic trainers, and other medical professionals who evaluate and treat athletes and other active populations.

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

- Identify clinically relevant foot/ankle anatomy (Domain 2 | Task 203)
- Interpret a focused physical examination of the foot/ankle (Domain 2, Task 202)
- Recognize imaging findings of the athlete with foot/ankle pain (Domain 2 | Task 202)
- Review relevant sonoanatomy in the performance of ultrasound-guided foot/ankle procedures (Domain 2 | Task 204)
- Assess modifiable risk factors for foot/ankle injuries in young athletes (Domains 1, 2 | Tasks 0101, 0201)
- Recognize the current and future strategies for surgical treatment of foot/ankle injuries (Domains 1, 4 | Tasks 0101, 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 2.50 *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 2.50 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 2.25 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 Relevant Financial Relationship	Name of Company(s)
Jay Smith, M.D.	Stock Shareholder (self-managed)	Tenex Health, Inc., Sonex Health, Inc.
	Full-time/Part-time Employee	Sonex Health, Inc. (Chief Medical Officer)
	Royalties	Tenex Health and Sonex Health

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

No relevant financial relationship(s) with ineligible companies:

Name	
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Mark S. Collins, M.D.	Paul W. Yerhot, P.T., D.P.T., SCS
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	David A. Krause, P.T., D.Sc.

References to off-label and/or investigational usage(s) of pharmaceuticals or instruments in their presentation:
None

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:	July 6, 2023
Renewal Date:	(If applicable)
Expiration Date:	July 5, 2026

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

Faculty and Course Director Listing and Credentials
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Bibliographic Resources
Ballal MS, Pearce CJ, Calder DF. Management of Sports Injuries of the Foot and Ankle: An Update. Bone Joint J. 2016;98-B:874-83.

Tenforde AS, Yin A, Hunt KJ. Foot and Ankle Injuries in Runners. Phys Med Rehabil Clin N Am. 2016 Feb;27(1):121-37.

Myer GD, Jayanthi N, Difiori JP, et al. Sport Specialization, Part I: Does Early Sports Specialization Increase Negative Outcomes and Reduce the Opportunity for Success in Young Athletes? Sports Health. 2015 Sep-Oct;7(5):437-42.

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