

# TWIN CITIES ORTHOPEDICS VIRTUAL ROUNDS

These events are aimed at our Physical Therapists and Athletic Trainers in order to work together and share our knowledge to enhance our patient care.

## ACHILLES TENDIOPATHY REHABILITATION AND RETURN TO SPORT

**March 30, 2021**

11:00 AM to 12:00 PM via Zoom Meetings

Register in advance for this meeting by following the link below. Please be sure to complete all requested information including how you would like your Statement of Credit to read.

<https://revohealth.zoom.us/meeting/register/tJUocOCrqTgtH9y4bvNLSZ2ZSC5jtWD-i6Fr1>

After registering, you will receive a confirmation email containing information about joining the meeting. Make sure to log into the actual meeting with this given link as this will be your attendance for credit.

### Samuel Arnold, PT, DPT, SCS, EMR

#### Learning Objectives

- Summarize how to appropriately dose a strength training program for Achilles tendon rehabilitation
- Develop a comprehensive Achilles tendon loading exercise program
- Compare multiple ways to help decrease Achilles pain including noxious stimulation and taping techniques when patients have severe pain
- Develop an appropriate return to sport program for an athlete recovering from Achilles Tendinopathy

#### FAQ

##### Cost and cancelation:

This is a free event; therefore, no refunds or cancelation policy will be necessary.

##### Registration:

You will be asked for your name and email address upon entering the Zoom meeting. This will act as registration and attendance tracking.

##### To access any previous recordings or handouts:

Link: [ocpamn.com/files/Corporate/Therapy/VirtualRounds](https://ocpamn.com/files/Corporate/Therapy/VirtualRounds)

Note that any recordings are not applicable for CE credit, only the live event qualifies.

##### Contact information:

Please contact Karie Nash at [karienash@tcomn.com](mailto:karienash@tcomn.com) if you are interested in presenting in the future, or if you have any questions regarding the Virtual Rounds.



Physical Therapists: This course was approved for 1.0 credits under continuing education credit approval of 5601.2400, subpart 2 for other educational activities (MN Board of PT Approval # 3955).



Athletic Trainers: Twin Cities Orthopedics (BOC AP#: P8588) is approved by the Board of Certification, Inc. to provide continuing education to Certified Athletic Trainers. This program is eligible for a maximum of 1.0 hours of Category A hours/CEU's. ATs should claim only those hours actually spent in the educational program.