



In-House CME

Heel Pain Season: Apophysitis or Something More?

06/24/2026 7:00 PM Eastern

Live Virtual Webinar

This CME program on pediatric heel pain equips clinicians with a structured, developmentally informed approach to evaluating heel pain in children and adolescents. Participants will review age-specific anatomy, growth-related biomechanics, and common etiologies of pediatric heel pain, with emphasis on distinguishing calcaneal apophysitis from overuse, neurologic, traumatic, and systemic causes. Practical focus is placed on targeted history-taking, focused physical examination, and judicious use of imaging to avoid unnecessary studies in the growing patient.

Learners will also examine evidence-based, nonoperative management strategies and appropriate thresholds for escalation of care, integrating activity modification, biomechanical assessment, and return-to-sport considerations. By combining developmental understanding with clinical decision-making frameworks, this program empowers clinicians to deliver accurate diagnoses, avoid overtreatment, and provide patient- and family-centered care for children with heel pain.

Learning Objectives:

1. Remember the differential diagnosis of pediatric heel pain.
2. Understand pathophysiology of calcaneal apophysitis and stress injuries.
3. Apply physical exam and imaging protocols for early identification.
4. Analyze advanced imaging for occult pathology (e.g., infection, tumor).
5. Evaluate return-to-play criteria and prevention strategies.

Intended Audience: Podiatrists

Fees: \$ 0.00

Refund Policy: N/A

In-House CME is accredited by the Council on Podiatric Medical Education as a provider of continuing education in podiatric medicine. In-House CME has accredited this activity for a maximum of 1.0 continuing education contact hour.

No commercial interest provided financial support for this continuing education activity.

Panelists

Mark Solomon, DPM



Dr. Mark Solomon is a partner of The Pediatric Orthopedic Center in Cedar Knolls, New Jersey. He is the director and founder of the Pediatric Foot and Ankle Fellowship, which is the first DPM/MD/DO fellowship with a pediatric orthopedics group. Dr. Solomon is managing and founding partner of POC Creative Works, LLC which is a think tank of pediatric orthopedic surgeons with the combined goal of innovation, research and development of products that help children rehabilitate and recover from orthopedic illnesses and injuries.

Disclosures: Dr. Solomon is a consultant for Stryker, Orthofix, and Ossio

Gan Golshteyn, DPM



Dr. Gan Golshteyn, FACFAS, is a fellowship-trained Podiatric Foot and Ankle Surgeon specializing in pediatrics. He is Board-Certified by the American Board of Foot and Ankle Surgery and a Diplomate of the American Board of Podiatric Medicine. Dr. Golshteyn specializes in Pediatric Foot and Ankle Orthopedics, which includes foot and lower extremity deformities, pediatric and adult trauma, and sports injuries. Dr. Golshteyn has completed extensive specialized training in Pediatric Foot and Ankle deformities and complex injuries at the renowned Pediatric Orthopedic Center in Cedar Knolls, New Jersey, under the direct mentorship of fellowship-trained Pediatric Orthopedic Surgeons whom have been trained at Rady Children's Hospital, Chop Hospital, Dupont Hospital, and Campbell's Clinic. After receiving his undergraduate degree from Nova Southeastern University, Dr. Golshteyn earned his doctorate in Podiatric Medicine from Kent State University College of Podiatric Medicine in Cleveland, Ohio. He completed his residency at Aventura Hospital and Medical Center, under the mentorship of fellowship-trained Orthopedic Traumatologist.

Disclosures: Dr. Golshteyn is a consultant for Orthofix and Ossio.

For more information contact In-House CME at info@InHouseCME.com. If you wish to opt out of your information being shared with commercial interests, please contact us.