



Back to School, Back to Pain: Pediatric Overuse & Growth Spurts

10/21/2026 7:00 PM Eastern

Live Virtual Webinar

This CME program on pediatric overuse injuries during growth spurts equips clinicians with a developmentally informed framework for evaluating musculoskeletal pain that emerges as children return to school and organized sports. Participants will review the relationship between rapid growth, changing biomechanics, and load intolerance, with emphasis on identifying apophyseal injuries, stress reactions, and early overuse conditions unique to the growing skeleton. Learners will also examine risk factors, early clinical warning signs, and evidence-based management strategies that prioritize activity modification, load management, and safe return to sport. By integrating growth physiology with injury mechanics and clinical decision-making, this program empowers clinicians to recognize overuse pathology early, prevent progression to more serious injury, and deliver patient- and family-centered care during periods of rapid growth.

Learning Objectives:

Upon completion of this activity, participants will be able to:

1. Identify the clinical presentation, pathophysiology, and diagnostic characteristics of common pediatric apophyseal injuries, including Sever's disease, Osgood-Schlatter disease, and Iselin's disease.
2. Explain the effects of growth and skeletal maturation on load distribution, tendon tension, and the development of apophyseal injuries in pediatric athletes.
3. Apply evidence-based treatment strategies, including taping, orthotic intervention, activity modification, and rehabilitation protocols, for the management of apophyseal injuries.
4. Analyze gait compensations and kinetic chain dysfunctions associated with pediatric apophyseal pathology and their impact on lower extremity biomechanics.
5. Evaluate the potential long-term musculoskeletal adaptations and functional outcomes following apophyseal injuries in the growing athlete.

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, Ossio, and Orthofix.

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.