

Sports Medicine

Principles of Recovery for the Youth Athlete

Live virtual lecture
April 13, 2022
7:00 pm – 8:00 pm



Register at:



<https://st-charles-recovery-principles-youth-athlete.eventbrite.com>

Symposium faculty



**Catholic
Health**
St. Charles
Hospital

Keith Levinson, PT, DPT, SCS, OCS, CSCS



Keith earned his Bachelor's Degree in Kinesiology, with a concentration in Exercise Science from SUNY Cortland. He went on to obtain his graduate Doctor of Physical Therapy Degree from Touro College in Bay Shore, NY. Keith began working for St. Charles Hospital in the Patchogue Outpatient Rehabilitation Network in 2011. He provided acute sports injury screens as well as recovery clinic services and community outreach for athletes throughout Suffolk and Nassau counties in the clinic as well as sideline care at sporting events alongside athletic trainers and sports medicine physicians. In 2015, Keith earned his American Board-Certified Specialization in Orthopedics and in 2016 his American Board-Certified Specialization in Sports. In 2018, Keith completed the Upper Extremity Sports Medicine Fellowship through The Ohio State University and with The Cleveland Indians Major League Baseball Team. Here, he gained experience working with professional baseball players, specializing in rehabilitation for the overhead athlete. Keith returned to St. Charles in the Setauket office upon completion of this fellowship training and in January 2019 was named Clinical Coordinator for Sports Therapy for the St. Charles Rehabilitation Network. Keith currently works as an Adjunct Professor at Stony Brook University's DPT department teaching Advanced Therapeutic Exercise. He continues to develop – build the sports medicine rehabilitation program while treating full time.

John Kahl, PT, DPT SCS, CSCS



John received his Doctorate in Physical Therapy from Stony Brook University; graduating with distinction, he was the valedictorian of his class. He was the recipient of the Graduate Honor Award from Stony Brook's School of Health Technology and Management (highest overall GPA), Distinguished Student Award for his physical therapy class, and was an inductee for the Alpha Eta Honor Society for the allied health professionals. John began his career with St. Charles as a staff physical therapist, and was named lead sports therapist for Patchogue in 2019. As the sports lead, John coordinated recovery clinic, participated in program development projects, and provided injury screening and care to local high school and collegiate student athletes. In 2021, John earned his board-certified specialization in sports physical therapy (SCS) and expanded his role with St. Charles after being named the Sports Medicine Clinical Coordinator.

John has earned his Certified Strength and Conditioning Specialist (CSCS) certification through the NSCA and has completed a strength and conditioning internship with Stony Brook University's division I athletic program. He had the opportunity to learn and assist with coaching for football, men's basketball, women's volleyball, women's softball, and men's lacrosse. In addition, John currently provides performance programming and coaching services to bodybuilders, powerlifters, sport athletes, and recreational lifters. John also assists with teaching orthopedics for Stony Brook University's Physical Therapy program.

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Agenda

7:00 pm – 7:05 pm	Introductions
7:05 pm – 7:15 pm	“Proper Hydration for the Youth Athlete” Keith Levinson DPT OCS SCS CSCS
7:15 pm – 7:30 pm	“Physical Recovery for the Youth Athlete” John Kahl DPT SCS CSCS
7:30 pm – 7:40 pm	Discuss Sunday Recovery
7:40 pm – 8:00 pm	Q & A



Course description:

New methods and information regarding optimizing recovery are continually developed. This educational offering will be offered through a live online format and will include both lecture and question and answer components. Evidence-based information will be discussed regarding hydration, training, and recovery modalities. The proper application of these principles plays an important role for optimizing recovery, health, and ultimately performance for the athlete.

Purpose:

Proper physiological and psychological recovery is at the cornerstone of athletic performance. Recovery bridges the gap between the demands of sports participation, physical adaptation, and injury mitigation.

Learning how to maximize recovery is not only important for sports medicine providers, but for student athletes, parents, and coaches alike. Hydration, modalities, and training are often poorly applied in the youth athlete. This educational course aims to fill this void to better serve the athletic community.

Learning objectives:

1. Why should you be properly HYDRATED.
2. Understand the importance of Physical RECOVERY.
3. Understand hydration strategies for optimizing recovery and mitigating injury.
4. Understand the effects of dehydration and how it can compromise athletic performance.
5. Learn signs and symptoms of heat-related illness and how to treat them.
6. Identify and discuss treatment modalities used during sports recovery clinic.

Information and inquiries:
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