Banner Sports Medicine Grand Rounds 2026

Journal Club

November 23, 2026 – 7:00 AM

Overall Activity Objectives:
1 Perform a comprehensive pre-participation physical examination, which includes the full spectrum of ages, sexes, and levels of competition.
2 Identify common diagnoses encountered in sports medicine, which may require hospitalization and the necessary pre-hospitalization work-up for these conditions.
3 Evaluate manage sports medicine emergencies appropriately.
4 Order magnetic resonance imaging, computed tomographic scanning, and bone scanning appropriately.
5 Interpret common musculoskeletal radiographs.
6 Interpret MRI and MRI arthrograms of the cervical spine, shoulder, elbow, lumbar spine, hip, knee, and ankle.
7 Distinguish between the indications for - and recall the techniques of - MRI arthrogram, myelogram and arthroscopy.
8 Diagnose and manage simple, stable, closed and non-displaced fractures.
9 Diagnose and manage various musculoskeletal sprains and strains.
10 Refer pediatric patients with medicine problems to a pediatric sports medicine specialist as appropriate.
11 Employ and prescribe supportive and corrective devices: Braces, Casts, Splints, and Orthotics.
12 Apply and prescribe various rehabilitation therapies as appropriate.
13 Classify the pharmacology, physiology, and psychological effects of performance-enhancing drugs and drugs of abuse.
14 Counsel patients on the effect of exercise on various pre-existing medical conditions.
15 Integrate basic nutritional principles into caring for athletes with medical problems that require nutritional support and counseling.

Session Objectives:
1 Staying up to date with Orthopedic Literature
2 Identifying study design and methodology of published literature

Accreditation Statement:
This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of The University of Arizona College of Medicine - Tucson and Banner Health. The University of Arizona College of Medicine - Tucson is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Arizona College of Medicine - Tucson designates this Live Activity for a maximum of 1.00 *AMA PRA Category 1 Credit(s)™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Relevant Financial Relationships Statement(s):
University of Arizona College of Medicine - Tucson Office of Continuing Medical Education adheres to the ACCME's Standards for Integrity and Independence in Accredited Continuing Education. Any

individuals in a position to control the content of a CME activity, including faculty, planners, reviewers or others are required to disclose all financial relationships with ineligible entities (commercial interests). The CME office reviewers have nothing to disclose. All relevant financial relationships have been mitigated prior to the commencement of the activity.

Name of individual	Individual's role in activity	Nature of Relationship(s) / Name of Ineligible Company(s)
Steven M Erickson, MD, FACP	Activity Director	Nothing to disclose - 09/29/2026
Evan Lederman, MD	Co-Director	Paid consultant-Arthrex|Royalties or Patent Beneficiary-Arthrex|Grant or research support-Arthrex - 10/01/2026
Ahmed Makhani, MD	Faculty	Nothing to disclose - 11/16/2026



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