



CONTINUING MEDICAL EDUCATION
OSU Center for Health Sciences

Athletic Training & Sports Medicine ECHO - 2025

Hamstring Strain Injury Rehabilitation: What Does the Evidence Suggest?

February 12, 2025 12:00 PM
Live Activity
Online

Specialties

All Specialties

Description

Get expert knowledge in a virtual learning network with human performance, sports medicine, and nutrition experts. The curriculum is designed to expand expertise in areas of concussion care, injury prevention, and other therapies and approaches that can help mitigate systematic health threats in the broader Oklahoma population.

Learning Objectives

- 1 Recognize the role of the hamstrings in movement, including hip extension and knee flexion
- 2 Explain treatment interventions at each phase of recovery to promote healing and minimize re-injury risk.
- 3 Prepare and progress therapeutic exercises to incorporate eccentric muscle action and enhanced muscle length.
- 4 Employ a return-to-activity plan that incorporates functional movements and outcome measures to track recovery progress.

Accreditation & Credit Designation

American Osteopathic Association

The Oklahoma State University College of Osteopathic Medicine is accredited by the American Osteopathic Association to provide osteopathic continuing medical education for physicians.

The Oklahoma State University College of Osteopathic Medicine designates this program for a maximum of (1.0) AOA Category 1-A credit(s), and will report CME and specialty credits commensurate with the extent of the physician's participation in this activity.

Accreditation Council for Continuing Medical Education

The Oklahoma State University Center for Health Sciences College of Osteopathic Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The Oklahoma State University Center for Health Sciences College of Osteopathic Medicine designates this 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.

Oklahoma State Board of Licensed Social Workers

The Oklahoma State University Center for Health Sciences Office of Continuing Medical Education is a board approved CE provider and designates this program for a maximum of 1.00 credit(s). Our provider number begins with the year the activity was held followed by 1999, for example: 20241999.

Oklahoma State Board of Examiners of Psychologists

The Oklahoma State University Center for Health Sciences Office of Continuing Medical Education is a board approved CE provider and designates this program for a maximum of 1.00 CE credit(s).

Faculty & Planners

Name of individual	Individual's role in activity	Nature of Relationship(s) / Name of Ineligible Company(s)
Megan Claybrook, BA	Activity Coordinator	Nothing to disclose - 01/07/2025
Jason Moore, DO	Other Planning Committee Member	Nothing to disclose - 12/18/2024
Aric Warren, PhD, ATC, LAT, CES, TSAC-F	Course Director, Faculty	Honoraria-HawkGrips Independent Contractor (included contracted research)-OrthoPlus, Inc. - 07/09/2024
Dan Newman, MS, ATC, LAT	Other Planning Committee Member	Nothing to disclose - 08/09/2024
Lance Walker, MS, Licensed Physical Therapist (PT), Certified Strength & Conditioning Specialist (CSCS)	Other Planning Committee Member	Nothing to disclose - 12/19/2024
Gena Wollenberg, PhD	Other Planning Committee Member	Nothing to disclose - 04/04/2024
Kevin Andrews, LPC	Other Planning Committee Member	Nothing to disclose - 08/07/2024
Rhonda Ferguson, AAS	Activity Coordinator	Nothing to disclose - 07/18/2024

Commercial Support

This activity has been developed without commercial support.