

Just in Time Sports Medicine

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The logo features the word "SMART" in a large, bold, blue sans-serif font. To the left of the "S" is a stylized graphic of a hand with fingers spread, composed of horizontal lines of varying lengths. To the right of "SMART" is the word "SERIES" in a smaller, blue, sans-serif font, oriented vertically.

SMART SERIES



Disclosures

- I have no relevant financial relationships to disclose



COVID TOE

- Packers QB Aaron Rodgers had COVID in early November
- Coming out of quarantine, he joked on the Pat McAfee radio show that he was fine, except for “COVID toe”
- Later, he stated he had no idea that COVID toe was a disorder & that he had a toe fracture



COVID TOE

- This appears to be chillblains
- Skin of fingers or toes swell & turn bright red to purple
 - Often no pain
- Kids, teens, young adults most common
 - Usually have mild symptoms of COVID
- Sign to get tested!!
- Self-limited – lasting 1.-6 weeks
 - Hydrocortisone ointment if itchy or symptomatic




Baek & Herman – Int J Infect Dis 2021 Jan.

American Academy of Pediatrics

FROM THE AMERICAN ACADEMY OF PEDIATRICS | CLINICAL REPORT | DECEMBER 01 2021

Promoting the Participation of Children and Adolescents With Disabilities in Sports, Recreation, and Physical Activity

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POTENTIAL CONFLICT OF INTEREST: The authors have indicated they have no potential conflicts of interest to disclose.

FINANCIAL DISCLOSURE: Dr Smith has disclosed his spouse has an employee relationship with Walgreens; Drs Carbone, Lewis, and LeBlanc have indicated they have no financial relationships relevant to this article to disclose.

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AAP – CWD REPORT

- Paralympics – 1960
- Special Olympics – 1968
 - 5.5mil in 1930 countries
- Kids with disabilities are less likely to participate in activity & less likely to be encouraged to do so
 - More sedentary & solitary activities
 - Higher prev of overwt & obese
 - Increased social isolation
 - Lower cardiopulm fitness



SMART
SERIES

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AAP – CWD REPORT



- Participation in physical activity through recreation & sport
 - Better physical & mental health
 - Develop skills & competencies
 - Express creativity
 - Form friendships
 - Improve Quality of Life

SMART SERIES

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AAP CWD REPORT

- Benefits & barriers
- How to facilitate
- Preparticipation considerations
- Resources

