

Accredited Continuing Education

“Hydrodissection Demystified: What Every Sports Rehab Professional Should Know”

Wednesday, September 30, 2026, 7 p.m. – 8 p.m.

Presenter:

Gregory K. Youngs, M.D.

Orthopedic Sports Medicine
Acclaim Medical Group/John Peter Smith Hospital Network
Texas Christian University Athletics
Fort Worth, Texas

Location: Texas Health Sports Medicine - Fort Worth, 800 5th Ave, Suite 150, Fort Worth, TX 76104

Registration: Free of charge. Register at <https://ce.texashealth.org/node/42773> or scan QR code. Must log in or create a free account if you have not done so already.



Objectives: Upon completion of this activity, the participants should be able to:

- Define hydrodissection its proposed mechanism of action in the treatment of peripheral nerve and soft tissue entrapment conditions.
- Identify common clinical indications and patient populations that may benefit from ultrasound-guided hydrodissection.
- Discuss post-procedural rehabilitation strategies and the role of physical therapy following hydrodissection.
- Integrate hydrodissection findings and outcomes into treatment planning, exercise progression, and return-to-activity decisions.

Target Audience: This activity is designed for physical therapists and athletic trainers. We also invite all others to attend.

Accreditation:

- Texas Health Resources is a Texas CCAP Accredited Provider by the Texas Physical Therapy Association, APS#: 2611066TX.
- Pending approval - Texas Health Resources (BOC AP#: TBD) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers (ATs).

Designation of Credit:

- *Physical Therapists and Physical Therapist Assistants:* 1 CCU will be provided.
- *Athletic Trainers:* Pending approval

Format: Didactic presentation with case presentation and Q&A session

Questions? Email CraigWarner@TexasHealth.org

