
Update from the Canadian Academy of Sport and Exercise Medicine

Choosing Wisely: Pediatric Sport and Exercise Medicine Recommendations

By Kristin Houghton, MD, MSc, FRCPC, Dip Sports Med

Choosing Wisely Canada (CWC) is the national voice for reducing unnecessary tests and treatments in Canada. A small working group (Laura Purcell, Erika Persson, Kristin Houghton) created by the Canadian Academy of Sport and Exercise Medicine (CASEM) developed a list of pediatric-specific sport and exercise medicine recommendations based on existing research, experience and common practice patterns. These recommendations identify tests and treatments commonly used in pediatric musculoskeletal assessments which are not supported by evidence and could expose patients to harm. Pediatric rheumatologists frequently see children with non-inflammatory musculoskeletal pain and are encouraged to adopt these CWC recommendations as part of routine practice. The list includes imaging recommendations for Osgood Schlatter's disease, shoulder and knee injuries, back pain, scoliosis, spondylolysis, distal radial buckle fractures, mi-

nor head injury/concussion, and management of chronic pain syndromes. This list launched on April 12, 2022 on the Choosing Wisely and CASEM websites.^{1,2} (choosingwiselycanada.org/recommendation/sport-and-exercise-medicine-for-steve/#pediatric-sport-and-exercise-medicine)

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References:

1. Choosing Wisely Canada. Available at choosingwiselycanada.org/about/. Accessed June 2, 2022.
2. Canadian Academy of Sport and Exercise Medicine. Available at casem-acmse.org/. Accessed June 2, 2022.

Patient Perspective: Kelsey Chomistek

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understand the symptoms I am experiencing when I look like an otherwise healthy young adult. It is also difficult to reconcile the feeling that who I am as an individual isn't being accurately portrayed due to my physical limitations and fatigue. I became involved in the arthritis community because I wanted to raise awareness, to show others what it really means to live with a chronic illness, and to share my experience with families to make this diagnosis easier to manage. I am co-founder of the Teen Arthritis & Auto-inflammatory Group (TAG), and in partnership with Cassie and Friends Society, we have expanded TAG across Canada to provide peer support for adolescents diagnosed with pediatric rheumatic diseases.

I am currently in my last year of medical school and one of my teenaged patients had also lost their ability to walk.

On the last day of my rotation, they were able to bend their knees without pain for the first time. For the first time since my diagnosis, I cried because arthritis had given me back something even more meaningful in life — the opportunity to truly understand what my patients are going through and help them realize that they are not alone.

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