

HMH Medical Group Physician Enterprise Lecture Series

From the Clinic to the Finish Line: Preventing and Treating Injuries Across Training Cycles

September 30, 2026 at 5:30 PM –6:30 PM

Virtual/Online

Presenter:

Raj Panchal, DO
Physician
Hackensack Meridian Health

Overview:

The Hackensack Meridian Health Medical Group offers a monthly series of virtual educational sessions. These educational activities serve to update participants on various topics while introducing colleagues and resources available within the Medical Group. Each session is presented by HMH Medical Group physicians who are experts in their specialty. All physicians and advanced providers are welcome.

Overall Objectives:

- 1 Apply current, evidence based diagnostic strategies and tools for a range of common and complex clinical presentations discussed throughout the series.
- 2 Formulate evidence based management and treatment plans for various acute and chronic conditions, incorporating new and emerging therapeutic options.
- 3 Integrate updated clinical guidelines and best practices from multiple medical specialties into daily clinical practice to improve patient care and outcomes.

Learning Objectives:

- 1 Understand the biomechanics of running and the susceptibilities associated with training for an endurance event.
- 2 How to assess severity and risk when evaluating someone with a running injury.
- 3 Treatments, interventions, and escalations to recommend to someone dealing with an injury during a training cycle.

Target Audience:

This CME activity is designed to assist attending Anesthesiology, Emergency Medicine, Neurology, Neurosurgery, Oncology, Pediatrics, Radiology, Urology, Pathology, Women's Health, Academic Affairs, Bioethics, Cardiology, Hospice, Joint Provider, Leadership Training, Palliative Care, Research, School Of Medicine, Surgery, Dentistry, Family Medicine, Medicine, Obstetrics & Gynecology, Ophthalmology, Orthopedics, Psychiatry & Behavioral Health, Quality Improvement/ Patient Safety, Vascular Surgery in becoming more familiar with new medical care information, including the latest guidelines and recommendations.

CME Accreditation Statement: Hackensack Meridian *Health* Network is accredited by the Medical Society of New Jersey to provide continuing medical education for physicians.

AMA Credit Designation Statement Hackensack Meridian *Health* Network designates this Live Activity for a maximum of 1.00 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses Contact Hours:

NJ Board of Nursing (NJAC 13:37-5.3) states: “A registered professional nurse or licensed practical nurse may obtain continuing education hours from the following: (d)3. Successful completion of continuing medical education courses recognized by the American Medical Association, the American Osteopathic Association or the American Podiatric Medical Association: one hour for each 60 minutes of attendance” therefore, CME credits obtained today may be used in place of nursing contact hours.

Disclosure Statement

HMH 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 CE activity, including faculty, planners, reviewers, or others are required to disclose all relevant financial relationships with ineligible entities (commercial interests). All relevant conflicts of interest 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)
Susan Hammond, Other	Activity Administrator, Activity Coordinator	Nothing to disclose - 03/02/2026
Alyssa Hirkaler, Other	Other Planning Committee Member	
Annmarie Keevins, other	Other Planning Committee Member	Nothing to disclose - 06/23/2026
Raj Panchal, DO	Faculty	Nothing to disclose - 07/31/2026
Thomas L. Salazer, MD, FACP	Activity Administrator, Activity/Course Director, Peer Reviewer	Nothing to disclose - 02/27/2026

Commercial Support

This activity has not received commercial support.