



## Defense Health Agency, J-7, Continuing Education Program Office

### 2026 FEB CCSS S06: Soft Tissue Hip Injuries: Methods of Repair and Recovery

Live Course, February 19, 2026

#### Continuing Education (CE)/Continuing Medical Education (CME) Information

This CE/CME activity is accredited by the DHA, J-7, Continuing Education Program Office (CEPO). This activity provides continuing education for physicians, nurses, physician associates/physician assistants, pharmacists, pharmacy technicians, optometrists, athletic trainers, occupational therapists, occupational therapy assistants, kinesiotherapists, case managers, physical therapists, and physical therapist assistants. A certificate of attendance is available for other attendees.

#### 2026 FEB CCSS S06: Soft Tissue Hip Injuries: Methods of Repair and Recovery (1.00 clock hour)

1445 – 1545 (ET)

#### Learning Objectives:

1. Identify the common clinical presentations and risk factors for four common soft tissue hip injuries.
2. Describe the current evidence-based diagnostic approaches for evaluating soft tissue hip injuries.
3. Explain the pathophysiology of femoroacetabular impingement (FAI) and labral tears and how these contribute to hip pain and dysfunction.
4. Discuss non-surgical and surgical management strategies for gluteal tears, labral tears, FAI, and hamstring injuries, including expected outcomes, and rehabilitation considerations.
5. Apply key clinical decision-making principles to develop initial management plans for patients presenting with soft tissue hip injuries.

#### Faculty:

Kyle Kunze, MD. Presenter was a consultant with AllaiHealth Inc. and is an Associate Director for Arthroscopy Journal. All relevant financial relationships have been resolved.

Sloane Lipkin, BA. Presenter has no relevant financial or non-financial relationship(s) relating to the course content or with ineligible companies to disclose.

#### Disclosures:

DHA J-7 staff, planners, authors, faculty, and content reviewers for this educational activity have no relevant financial or non-financial relationship(s) with ineligible companies to disclose.

#### Interprofessional Continuing Education (IPCE)



In support of improving patient care, DHA, J-7, CEPO is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team. This activity was planned by and for the healthcare team, and learners will receive 1.00 Interprofessional Continuing Education (IPCE) credit for learning and change.

#### Physicians (ACCME)



DHA, J-7, CEPO is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

DHA, J-7, CEPO designated this internet live course for a maximum of 1.00 *AMA PRA Category 1 Credit™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

## Nurses (ANCC)

DHA, J-7, CEPO is accredited by the Joint Accreditation/Interprofessional Continuing Education (IPCE) to provide this Continuing Nursing Education internet live course for a maximum of 1.00 ANCC contact hour. Nurses should only claim credit commensurate with the extent of their participation in the activity.

## Pharmacists (ACPE)



### UAN JA4008136-0000-26-036-L01-P

No valid paper/electronic statement of credit will be offered. DHA, J-7, CEPO is accredited by the American Council for Pharmacy Education (ACPE) to provide continuing education for Pharmacists. This knowledge based activity will provide a maximum of 1.00 contact hour of pharmacy continuing education credit. Participant CE records will be electronically communicated to CPE Monitor. There is no cost to participate in this activity.

## Pharmacy Technicians (ACPE)



### UAN JA4008136-0000-26-036-L01-T

No valid paper/electronic statement of credit will be offered. DHA, J-7, CEPO is accredited by the American Council for Pharmacy Education (ACPE) to provide continuing education for Pharmacy Technicians. This knowledge based activity will provide a maximum of 1.00 contact hour of pharmacy continuing education credit. Participant CE records will be electronically communicated to CPE Monitor. There is no cost to participate in this activity.

## Physician Associates/Physician Assistants (AAPA) – Live



DHA, J-7, CEPO has been authorized by the American Academy of Physician Associates (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 1.00 AAPA Category 1 CME credit. PAs should only claim credit commensurate with the extent of their participation.

## Optometrists (ARBO/COPE)



DHA, J-7, CEPO designates this synchronous in-person activity for a maximum of 1.00 COPE credit hour.

**COPE Course ID #: 102599-PB**

**COPE Activity/Event #: 132229**

## Athletic Trainers (BOC)



DHA, J-7, CEPO (BOC AP #: JA4008136) is approved by the Board of Certification, Inc., to provide continuing education to Athletic Trainers (ATs). This program is eligible for a maximum of 1.0 Category A hour/Continuing Education Unit (CEU). ATs should claim only those hours actually spent in the educational program.

## ACCME Non-Physician CME Credit

DHA, J-7, CEPO is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing education. ACCME Non-Physician CME Credit providers will be provided a certificate of participation for educational activities certified for *AMA PRA Category 1 Credit*<sup>™</sup>. ACCME Non-Physician CME Credit providers may receive a maximum of 1.00 hour for completing this internet live course.

## Occupational Therapists and Occupational Therapy Assistants (AOTA)



DHA, J-7, CEPO is an American Occupational Therapy Association (AOTA) Approved Provider of professional development (PD). PD activity approval ID# 15234. This distance learning-interactive is offered at 0.1 CEU intermediate, OT service delivery, professional issues, foundational knowledge. AOTA does not endorse specific course content, products, or clinical procedures.

## Physical Therapists and Physical Therapy Assistants (APTA)



DHA, J-7, CEPO is an American Physical Therapy Association (APTA) Approved Provider of continuing education. This activity was planned by and for the healthcare team, and learners will receive 0.1 APTA CEU. The assignment of APTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by APTA. APTA CEUs are accepted by most state PT licensing boards. Learners are encouraged to check with their local chapter or state board to ensure that they accept APTA accredited courses for licensure renewal.

## Case Managers (CCMC)



This program has been pre-approved by The Commission for Case Manager Certification (CCMC) to provide continuing education credit to CCM® board certified case managers. The course is approved for up to 1.00 CE contact hour.

**Activity Code:** C00066141

**Approval Number:** 260000194

To claim these CEs, log into your CCMC Dashboard at [www.ccmcertification.org](http://www.ccmcertification.org).

## Kinesiotherapists (COPSKT)

**Provider# is 21925**



This continuing education activity has been accredited by The Council on Professional Standards for Kinesiotherapy (COPSKT) to include 1.00 contact hour/0.1 CEU. DHA, J-7, CEPO accredits enterprise-wide continuing education activities for military and civilian health care professionals. These courses are critical to DHA's goal of providing the best possible quality care to active duty service members, veterans, and their families.

## Other Professionals

All other healthcare professionals completing this CE/CME activity will be issued a Certificate of Attendance indicating participation and the number of hours of CE/CME credit. This may be used for submission to licensing boards for satisfaction of CE/CME requirements.

### Commercial Support:

No commercial support was provided for this activity.

### Participation Costs:

There is no cost to participate in this activity.

### CE/CME Inquiries:

For all CE/CME related inquiries, please contact: [dha.ncr.j7.mbx.continuing-education-office@health.mil](mailto:dha.ncr.j7.mbx.continuing-education-office@health.mil).

**How to Obtain CE/CME Credit:**

To receive CE/CME credit, you must complete the program posttest(s) and evaluation(s) before collecting your certificate(s). The posttests and evaluations will be available through 05 March 2026 at 2359 ET at the following URL: [www.dhaj7-cepo.com](http://www.dhaj7-cepo.com).