

THE UNIVERSITY OF CHICAGO
Department of Orthopaedic Surgery
and Rehabilitation Medicine

22nd Annual Primary Care Orthopaedics

A Review of Basic and Current Concepts

June 7–June 9, 2016



MILLENNIUM KNICKERBOCKER HOTEL
163 Walton Place
Chicago, Illinois 60611

Course Director:

Sherwin S.W. Ho, MD
*Associate Professor of Orthopaedic
Surgery and Rehabilitation Medicine*

Associate Course Directors:

Richard W. Kang, MD, MS
*Assistant Professor of Orthopaedic Surgery
and Rehabilitation Medicine*

Michael J. Lee, MD
*Associate Professor of Orthopaedic Surgery
and Rehabilitation Medicine*



THE UNIVERSITY OF
CHICAGO
MEDICINE &
BIOLOGICAL
SCIENCES

Register online at: cme.uchicago.edu

CONFERENCE DESCRIPTION

Primary care, urgent care, emergency room physicians as well as other healthcare providers, are often on the front line in the initial care and management of orthopaedic problems. This course is intended to enhance the attendees' knowledge base regarding common orthopaedic problems and increase their confidence in managing these issues. This 22nd Annual course will provide a complete review of basic principles of orthopaedic care. Particular attention will be paid to the diagnosis and initial management of the orthopaedic problems most commonly seen by the primary care giver. Formal question and answer periods will follow each session, paneled by the faculty. We will feature daily "Spotlight Lectures" on hot topics as related to orthopaedic issues and updates.

This conference will provide physical therapists, occupational therapists, and athletic trainers with evidence-based rationale for assessment and treatment techniques for various musculoskeletal conditions. Through didactic presentation, video, case study discussion, and hands-on demonstration, attendees will expand their skills, as well as be able to return to the clinic and incorporate new treatment skills into existing expertise.

Optional Afternoon Workshops

Optional afternoon workshops will cover those parts of the orthopaedic physical examination relevant to the morning lectures. As in previous years, there will be hands-on workshops covering joint and bursa injections. We will also conduct a workshop devoted to reading X-rays and MRIs. All workshops are optional with limited seating available, additional fees apply.

LEARNING OBJECTIVES

Upon completion of this activity, participants will be better able to:

- *Diagnose common orthopaedic problems in the following areas: trauma, spine, foot and ankle, pediatric orthopaedics, sports medicine, upper extremity, and adult hip and knee*
- *Safely manage those problems which are appropriately treated by a primary care giver*
- *Determine which problems need to be referred to an orthopaedist and the urgency of referral*
- *Identify key elements of the orthopaedic physical examination*
- *Identify the most appropriate imaging modalities of common orthopaedic problems*
- *Develop successful clinical pathways for a team approach to interdisciplinary care*

TARGET AUDIENCE

The target audience includes Family Medicine, Internal Medicine, Sports Medicine, Pediatrics, Physical Medicine and Rehabilitation, Emergency Medicine, Nurse Practitioners, Physical Therapists, Occupational Therapists, Athletic Trainers, and other Health Professionals interested in the diagnosis and management of common orthopaedic injuries and illnesses.

Please join us for what promises to be an informative and comprehensive conference!

ACCREDITATION AND CREDIT DESIGNATION

The University of Chicago Pritzker School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

General Sessions

The University of Chicago Pritzker School of Medicine designates this educational activity for a maximum of 15.5 *AMA PRA Category 1 Credits(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

OPTIONAL AFTERNOON WORKSHOPS

The University of Chicago Pritzker School of Medicine designates this live activity for a maximum of 8 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses and other healthcare professionals will receive a Certificate of Participation. For information on the applicability and acceptance of certificates of participation for educational activities certified for *AMA PRA Category 1 Credit*[™] from organizations accredited by the ACCME, please consult your professional licensing board.



The University of Chicago is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program has been approved for a maximum of 23.5 hours of Category A continuing education.

The University of Chicago is a licensed continuing education provider with the Illinois Department of Financial and Professional Regulation for Physical Therapy, license #216-000030, and Occupational Therapy, license #224-000054. All participants will be provided with a certificate of attendance. This course is approved for a maximum of 23.25 continuing education hours for licensed therapists (PT, PTA, or OT, COTA) in Illinois. The University of Chicago has not applied to any other state for therapist CE credit. Participants will need to do this individually through their jurisdiction outside of Illinois.

LOCATION AND ACCOMMODATIONS

The conference will be held at The Millennium Knickerbocker, located just off Michigan Avenue at 163 East Walton Place, in Chicago's exciting Gold Coast area. The Millennium is easily reached by public transportation and there are numerous public parking facilities in the area. The hotel is across Michigan Avenue from Bloomingdale's and one block away from the John Hancock Center and Water Tower Place.

We have reserved a block of rooms at a special discounted rate for course attendees. Our special rates start at \$229 single or double occupancy.

All rates are subject to state and city taxes. All reservations must be secured via a valid major credit card. Check-in time is 3 pm and check-out time is 12 pm.

Reservations for the University of Chicago Primary Care Orthopaedics group must be received by the hotel no later than May 16, 2016 to guarantee the reduced rate.

- *To book online: Go to www.knickerbockerchicago.com, select the requested dates, the number of adults, click the "arrow down" sign, and enter the code 1606CHICAG in the "Group" field. Follow the remaining prompts to complete the reservation.*
- *By telephone: Guests may call toll free at 800-621-8140 and ask for the special group rate.*

To help plan your stay in Chicago visit: www.choosechicago.com

Chicago is truly a city with something for everyone and June is a wonderful time to take advantage of all that Chicago has to offer. Enjoy concerts at the spectacular new Millennium Park, jogging or cycling along the Lakefront, relaxing at Oak Street Beach, or strolling down Michigan Avenue, "the Magnificent Mile." As hotel rooms are scarce in June, we suggest you make your reservations early.

EDUCATIONAL GRANTS/COMMERCIAL SUPPORT

A complete listing of commercial support received will be provided in the conference materials.

The University of Chicago reserves the right to cancel or postpone this conference due to unforeseen circumstances. In the unlikely event this activity must be cancelled or postponed, the registration fee will be refunded; however, The University of Chicago is not responsible for any related costs, charges, or expenses to participants, including fees assessed by airline/travel/lodging agencies



CONFERENCE FACULTY

THE UNIVERSITY OF CHICAGO

DEPARTMENT OF ORTHOPAEDIC SURGERY AND REHABILITATION MEDICINE

COURSE DIRECTORS:

Sherwin S.W. Ho, MD

*Associate Professor of Orthopaedic Surgery and Rehabilitation Medicine
Focus: Sports Medicine, Arthroscopic Surgery*

ASSOCIATE COURSE DIRECTORS:

Richard W. Kang, MD, MS

*Assistant Professor of Orthopaedic Surgery and Rehabilitation Medicine
Focus: Sports Medicine, Hip Preservation*

Michael J. Lee, MD

*Associate Professor of Orthopaedic Surgery and Rehabilitation Medicine
Focus: Spine*

Jovito Angeles, MD

*Assistant Professor of Orthopaedic Surgery and Rehabilitation Medicine
Focus: Hand and Upper Extremity, Pediatric Orthopaedics*

Aravind Athiviraham, MD

*Assistant Professor of Orthopaedic Surgery and Rehabilitation Medicine
Focus: Sports Medicine, Adult Knee Reconstruction*

Robert Bielski, MD

*Associate Professor of Orthopaedic Surgery and Rehabilitation Medicine
Focus: Pediatric Orthopaedics*

Roderick Birnie, MD

*Assistant Professor of Orthopaedic Surgery and Rehabilitation Medicine
Focus: General Orthopaedics, Hand and Upper Extremity*

Megan Conti Mica, MD

*Assistant Professor of Orthopaedic Surgery and Rehabilitation Medicine
Focus: Hand and Upper Extremity*

Douglas R. Dirschl, MD

*Lowell T. Coggeshall
Professor of Orthopaedic Surgery and Rehabilitation Medicine
Chairman, Department of Orthopaedic Surgery and Rehabilitation Medicine
Focus: Trauma*

Michelle S. Gittler, MD

*Clinical Associate Professor of Physical Medicine and Rehabilitation Medicine
Focus: Psychiatry*

Rex Haydon, MD, PhD

*Associate Professor of Orthopaedic Surgery and Rehabilitation Medicine
Focus: Musculoskeletal Oncology*

Hue Luu, MD

*Associate Professor of Orthopaedic Surgery and Rehabilitation Medicine
Focus: Adult Joint Reconstruction, Musculoskeletal Oncology*

Daniel Mass, MD

*Professor of Orthopaedic Surgery and Rehabilitation Medicine
Focus: Hand and Upper Extremity*

James M. Mok, MD

*Assistant Professor of Orthopaedic Surgery and Rehabilitation Medicine
Focus: Spine*

Lewis Shi, MD

*Assistant Professor of Orthopaedic Surgery and Rehabilitation Medicine
Focus: Shoulder and Elbow*

Christopher M. Sullivan, MD, MPH

*Associate Professor of Orthopaedic Surgery and Rehabilitation Medicine
Focus: Pediatric Orthopaedics*

Brian C. Toolan, MD

*Professor of Orthopaedic Surgery and Rehabilitation Medicine
Focus: Foot and Ankle*

DEPARTMENT OF PEDIATRICS

*Holly J. Benjamin, MD, FAAP, FACSM
Associate Professor of Pediatrics and Orthopaedic Surgery
Director, Primary Care Sports Medicine*

DEPARTMENT OF RADIOLOGY

*G. Scott Stacy, MD
Associate Professor, Radiology
Section Chief, Musculoskeletal Radiology*

THERAPY SERVICES DEPARTMENT

*Jennifer Gilbertson, PT, MHS, OCS
Assistant Director, Outpatient Therapy Services*

PROGRAM ADVISORS

THE UNIVERSITY OF CHICAGO

Carrie Jaworski, MD

*Clinical Assistant Professor of Family Medicine
Director of Primary Care Sports Medicine
Department of Family Medicine*

David S. Howes, MD

*Professor of Medicine and Pediatrics
Emergency Medicine Residency Program Director Emeritus
Department of Medicine*

Rita Rossi-Foulkes, MD

*Associate Professor of Medicine and Pediatrics
Program Director, Internal Medicine Pediatrics Residency
Department of Medicine and Pediatrics*

Disclosure Declarations

As a provider accredited by the ACCME, The University of Chicago Pritzker School of Medicine requires everyone who is in a position to control the content of an education activity to disclose all relevant financial relationships with any commercial interest. This includes any entity producing, marketing, re-selling, or distributing health care goods or services consumed by, or used on, patients. The ACCME defines "relevant financial relationships" as financial relationships in any amount, occurring within the past 12 months, including financial relationships of a spouse or life partner that could create a conflict of interest. Mechanisms are in place to identify and resolve any potential conflict of interest prior to the start of the activity. Additionally, The University of Chicago Pritzker School of Medicine requires Authors to identify investigational products or off-label uses of products regulated by the US Food and Drug Administration, at first mention and where appropriate in the content.

CONFERENCE AGENDA

TUESDAY, JUNE 7, 2016	
6:15 am	REGISTRATION AND CONTINENTAL BREAKFAST
7:00	Welcome and Introduction, <i>Sherwin S.W. Ho, MD</i>
	SESSION 1: RADIOLOGY IN ORTHOPAEDICS
7:15	Orthopaedic Radiology, <i>G. Scott Stacy, MD</i>
	SESSION 2: ORTHOPAEDIC TRAUMA
7:45	Adult Lower Extremity Fractures, <i>Rex Haydon, MD, PhD</i>
8:15	Adult Upper Extremity Fractures, <i>Jovito Angeles, MD</i>
8:45	SPOTLIGHT LECTURE: Fragility Fractures & Bone Health: Are We Making This Harder Than It Needs To Be?, <i>Douglas R. Dirschl, MD</i>
9:15	Q & A, <i>G. Scott Stacy, MD, Rex Haydon, MD, PhD, Jovito Angeles, MD, and Douglas R. Dirschl, MD</i>
9:30	REFRESHMENT BREAK
	SESSION 3: ADULT SPINE
9:45	Adult Cervical and Thoracic Spine, <i>Michael J. Lee, MD</i>
10:30	Adult Lumbar Spine, <i>James M. Mok, MD</i>
	SESSION 4: FOOT AND ANKLE
11:15	Adult Foot, <i>Brian C. Toolan, MD</i>
12:00 pm	Adult Ankle, <i>Brian C. Toolan, MD</i>
12:30	Q & A, <i>Michael J. Lee, MD, James M. Mok, MD and Brian C. Toolan, MD</i>
	MORNING SESSIONS ADJOURN
12:45	LUNCH PROVIDED FOR AFTERNOON WORKSHOP ATTENDEES
	CONCURRENT WORKSHOPS:
1:30-2:30	A. Foot and Ankle Exam, <i>Brian C. Toolan, MD</i> B. Reading Orthopaedic X-Rays & MRIs, <i>G. Scott Stacy, MD</i>
2:30-3:30	C. Spine Exam, <i>Michelle S. Gittler, MD</i> D. Reading Orthopaedic X-Rays & MRIs, <i>G. Scott Stacy, MD</i>
3:30-4:30	E. Joint Injection, <i>Sherwin S.W. Ho, MD and Richard W. Kang, MD</i> F. Spine Exam, <i>Michelle S. Gittler, MD</i>
4:30	ADJOURN
WEDNESDAY, JUNE 8, 2016	
6:30 am	CONTINENTAL BREAKFAST
	SESSION 5: PEDIATRIC ORTHOPAEDICS
7:00	Developmental Disorders of the Hip, <i>Robert Bielski, MD</i>
7:30	Pediatric Bone and Joint Infections, <i>Robert Bielski, MD</i>
8:00	Developmental Lower Extremity Problems, <i>Christopher M. Sullivan, MD, MPH</i>
8:30	Pediatric Spinal Deformity and Infections, <i>Christopher M. Sullivan, MD, MPH</i>
9:00	Q & A, <i>Robert Bielski, MD and Christopher M. Sullivan, MD, MPH</i>
9:15	SPOTLIGHT LECTURE: Update on Traumatic Brain Injuries, <i>Holly J. Benjamin, MD, FAAP, FACS</i>
9:45	REFRESHMENT BREAK
	SESSION 6: SPORTS MEDICINE
10:00	Common Adult Sports Shoulder Injuries, <i>Sherwin S.W. Ho, MD</i>
10:45	Common Adult Sports Knee Injuries, <i>Richard W. Kang, MD, MS</i>
11:30	Pediatric Sports Injuries, <i>Holly J. Benjamin, MD, FAAP, FACS</i>
12:00 pm	Tendon Injuries: Tears and Tendinopathy, <i>Aravind Athiviraham, MD</i>
12:30	Q & A, <i>Sherwin S.W. Ho, MD, Richard W. Kang, MD, MS, Holly, J. Benjamin, MD, FAAP, FACS</i> , and <i>Aravind Athiviraham, MD</i>
	MORNING SESSIONS ADJOURN
12:45	LUNCH PROVIDED FOR AFTERNOON WORKSHOP ATTENDEES

CONCURRENT WORKSHOPS:

1:30 – 2:30 **G. Hip Exam, Richard W. Kang, MD, MS**
H. Knee Exam, Aravind Athiviraham, MD

2:30 – 3:30 **I. Shoulder Exam, Sherwin S.W. Ho, MD**
J. Knee Exam, Aravind Athiviraham, MD

3:30 – 4:30 **K. Hip Exam, Richard W. Kang, MD, MS**
L. Shoulder Exam, Sherwin S.W. Ho, MD

4:30 ADJOURN

THURSDAY, JUNE 9, 2016

7:00 am CONTINENTAL BREAKFAST

SESSION 7: ADULT HIP AND KNEE

7:30 **Non-Arthritic Hip Problems, Richard W. Kang, MD, MS**

8:15 **Degenerative Hip Problems, Hue Luu, MD**

9:00 **Degenerative Knee Problems, Aravind Athiviraham, MD**

9:45 **Q & A, Richard W. Kang, MD, MS, Hue Luu, MD and Aravind Athiviraham, MD**

10:00 REFRESHMENT BREAK

SESSION 8: ADULT UPPER EXTREMITY

10:15 **SPOTLIGHT LECTURE: PT: New Approaches to Old Problems, Jennifer Gilbertson, PT, MHS, OCS**

10:45 **Acute Hand and Wrist Injuries, Daniel Mass, MD**

11:30 **Subacute and Chronic Hand/Wrist Problems, Megan Conti Mica, MD**

12:00 pm **Adult Elbow and Shoulder (Non-Sports Related), Lewis Shi, MD**

12:30 **Q & A, Daniel Mass, MD, Megan Conti Mica, MD, Lewis Shi, MD, and Jennifer Gilbertson, PT, MHS, OCS**

MORNING SESSIONS ADJOURN

12:45 LUNCH PROVIDED FOR AFTERNOON WORKSHOP ATTENDEES

CONCURRENT WORKSHOPS:

1:30-2:30 **M. Elbow and Shoulder Exam, Lewis Shi, MD**
N. Joint injection, Sherwin S.W. Ho, MD and Richard W. Kang, MD

2:30-3:30 **O. Hand and Wrist Exam, Megan Conti Mica, MD**
P. Elbow and Shoulder Exam, Lewis Shi, MD

3:30 CONFERENCE ADJOURNED

Agenda and speaker selection subject to change.

PAYMENT WORKSHEET

	On or Before May 9th	After May 9th	
Physicians	\$550	\$625	\$ _____
Nurses and other Allied Health Professionals	\$450	\$525	\$ _____
Residents & Fellows (fax letter of verification to 773-702-1736)	\$350	\$375	\$ _____

OPTIONAL AFTERNOON Concurrent Workshops* (lunch will be provided for workshop participants)

Tuesday PM

1:30-2:30	<input type="checkbox"/> A. Foot and Ankle Exam	OR	<input type="checkbox"/> B. Reading Orthopaedic X-Rays & MRIs	\$50	\$ _____
2:30-3:30	<input type="checkbox"/> C. Spine Exam	OR	<input type="checkbox"/> D. Reading Orthopaedic X-Rays & MRIs	\$50	\$ _____
3:30-4:30	<input type="checkbox"/> E. Joint Injection			\$75	\$ _____
OR	<input type="checkbox"/> F. Spine Exam			\$50	\$ _____

Wednesday PM

1:30-2:30	<input type="checkbox"/> G. Hip Exam	OR	<input type="checkbox"/> H. Knee Exam	\$50	\$ _____
2:30-3:30	<input type="checkbox"/> I. Shoulder Exam	OR	<input type="checkbox"/> J. Knee Exam	\$50	\$ _____
3:30-4:30	<input type="checkbox"/> K. Hip Exam	OR	<input type="checkbox"/> L. Shoulder Exam	\$50	\$ _____

Thursday PM

1:30-2:30	<input type="checkbox"/> M. Shoulder and Elbow Exam			\$50	\$ _____
OR	<input type="checkbox"/> N. Joint Injection			\$75	\$ _____
2:30-3:30	<input type="checkbox"/> O. Hand and Wrist Exam			\$50	\$ _____
OR	<input type="checkbox"/> P. Shoulder and Elbow Exam			\$50	\$ _____

**We reserve the right to combine or cancel optional workshops at any time due to enrollment.
In the unlikely event that a workshop is canceled, a refund will be issued for the additional fee only.*

Total Due \$ _____


REGISTRATION INFORMATION

Your registration includes an electronic syllabus, conference materials, continental breakfast, and refreshment breaks. Additional fees do apply for the optional afternoon workshops (lunch will be provided), see payment worksheet. While registration is open until the start of the meeting, we encourage early registration to enable us to provide the best possible service to participants.

HOW TO REGISTER

 **ONLINE** <http://cme.uchicago.edu/courses> **(credit card payment only)**

To pay by check, you must mail your registration with payment to:

 **MAIL** The University of Chicago
Department of Orthopaedic Surgery and Rehabilitation Medicine
c/o PCOC
5841 S. Maryland Avenue, MC 3079
Chicago, IL 60637

	On or Before May 9th	After May 9th
Physician	\$550	\$625
Nurses and other Health Professionals	\$450	\$525
Residents / Fellows (fax letter of verification to 773-702-1736)	\$350	\$375

Payment Total \$_____

CONTACT INFORMATION

Name		Degree
Specialty		
Organization		
Mailing Address		
City	State	Zip Code
Phone	Fax	
Email		

PLEASE CHECK ALL THAT APPLY

☐ You must check this box if you do not want your mailing address shared with conference participants and/or exhibitors (where applicable).

Please tell us how you found out about this activity, check all that apply:

☐ Colleague ☐ Brochure ☐ Internet ☐ Email
☐ Journal Ad ☐ Previous Attendance ☐ Other _____

PAYMENT

☐ Check enclosed (U.S. funds only), payable to **University of Chicago (Tax ID# 36-2177139)**

CANCELLATION POLICY

If you cancel your participation in this conference, your registration fee, less a \$100.00 administrative fee, will be refunded when written notification is received by May 16, 2016. **No refunds will be issued after May 16, 2016.**

ACCESSIBILITY

The University of Chicago is committed to providing equal access appropriate to need and circumstance and complies fully with the legal requirements of the Americans with Disabilities Act. If you are in need of special accommodation, please contact our office at 773-702-1056 or via email at cme@bsd.uchicago.edu. **For additional information about this activity, please contact the Center for Continuing Medical Education at 773-702-1056.**

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