



AT THE FOREFRONT

UChicago
Medicine

Department of Orthopaedic Surgery and Rehabilitation Medicine

25TH ANNUAL PRIMARY CARE ORTHOPAEDICS

A REVIEW OF BASIC AND CURRENT CONCEPTS

COURSE DIRECTORS

Sherwin S.W. Ho, MD
Professor of Orthopaedic Surgery

Michael J. Lee, MD
Professor of Orthopaedic Surgery

JUNE
5-7
2019

MILLENNIUM
KNICKERBOCKER
HOTEL
163 Walton Place
Chicago, Illinois

“Content was impressively comprehensive.”

—Abigail Robinson, PA-C

Continuing Education Credit:

Physicians • Nurses • Physical Therapists • Occupational Therapists
Athletic Trainers • Physician Assistants

CONFERENCE DESCRIPTION

Primary care, urgent care, and 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 conditions and increase their confidence in managing these issues. This 25th Annual course will provide a complete review of the 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 current topics related to orthopaedic issues and updates.

This conference will provide physical therapists, occupational therapists, nurses, 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, and will 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:

GENERAL SESSIONS

- Describe how to diagnose common patient problems in the following orthopaedic areas: trauma, spine, foot and ankle, pediatrics, sports medicine, upper extremity, and adult hip and knee;
- Distinguish patient issues that need to be referred to an orthopaedist from those best treated by a primary caregiver;
- Explain how to safely manage orthopaedic problems that are appropriately treated by a primary caregiver;
- Name key elements of the orthopaedic physical examination;
- State the most appropriate imaging modalities of common orthopaedic problems;
- Develop strategies to efficiently maximize the value of orthopaedic services through an interdisciplinary, team-based approach to patient care.

ELECTIVE WORKSHOPS

- Demonstrate how to conduct a physical exam of the hand, wrist, shoulder, spine, hip, knee, ankle and foot;
- Interpret orthopaedic x-rays and MRIs to diagnosis orthopaedic problems in patients;
- Identify techniques to properly administer both common and less common, musculoskeletal injections.

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

PHYSICIAN CREDIT

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.

The University of Chicago Pritzker School of Medicine designates this live activity for a maximum of 22.75 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

AMERICAN ACADEMY OF FAMILY PHYSICIANS CREDIT

This Live activity, 25th Annual Primary Care Orthopaedics, with a beginning date of 06/05/2019, has been reviewed and is acceptable for up to 22.75 Prescribed credit(s) by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

NURSING CREDIT

The University of Chicago Medicine is an approved provider of continuing nursing education by the Ohio Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. (OBN-001-91) (OH-355, 7/1/2019)

This live activity is designated for a maximum of 22.75 continuing nursing education units.

PHYSICAL THERAPIST & OCCUPATIONAL THERAPIST CREDIT

The University of Chicago Medical Center is a licensed continuing education provider with the Illinois Department of Financial and Professional Regulation for Physical Therapy, license # 216-000030. All participants will be provided with a certificate of attendance. This course is approved for 22.75 continuing education hours for licensed therapists (PT, PTA, OT, or COTA) in Illinois. The University of Chicago Medical Center has not applied to any other state for therapist CE credit. Participants will need to do this individually through their jurisdiction outside of Illinois.

ATHLETIC TRAINER CREDIT

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 22.75 hours of Category A continuing education.

AMERICAN BOARD OF INTERNAL MEDICINE MOC PART II CREDIT

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 14.75 MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is

the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.

OTHER HEALTHCARE PROFESSIONS CREDIT

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.

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 Knickerbocker 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

\$219*

single or
double
occupancy



Reservations for the University of Chicago Primary Care Orthopaedics group must be received by the hotel no later than May 15, 2019 to guarantee the reduced rate.

- **To book online:** Go to www.knickerbockerchicago.com, select the requested dates, the number of adults, click "Have a promo code?", and enter the code **1906UNCHOR** in the "Group Code" 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.CHOOSCHICAGO.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 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.

* 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 p.m. and check-out time is 12 p.m.

CONFERENCE FACULTY

UCHICAGO MEDICINE DEPARTMENT OF ORTHOPAEDIC SURGERY AND REHABILITATION MEDICINE

COURSE DIRECTORS

Sherwin S.W. Ho, MD
Professor of Orthopaedic Surgery
Focus: Sports Medicine, Arthroscopic Surgery

Michael J. Lee, MD
Professor of Orthopaedic Surgery
Focus: Spine

Jovito Angeles, MD
Assistant Professor of Orthopaedic Surgery
Focus: Hand and Upper Extremity, Pediatric Orthopaedics

Aravind Athiviraham, MD
Assistant Professor of Orthopaedic Surgery
Focus: Sports Medicine, Adult Knee Reconstruction

Tessa Balach, MD
Associate Professor of Orthopaedic Surgery
Focus: Orthopaedic Oncology, Adult Joint Reconstruction

Holly Benjamin, MD, FAAP, FACS
Professor of Orthopaedic Surgery and Pediatrics
Director, Primary Care Sports Medicine
Focus: Sports Medicine

Robert Bielski, MD
Associate Professor of Orthopaedic Surgery
Focus: Pediatric Orthopaedics

Tuan Bui, MD
Fellow, Orthopaedic Sports Medicine

Douglas R. Dirschl, MD
Lowell T. Coggeshall Professor of Orthopaedic Surgery
Chairman, Department of Orthopaedic Surgery
Focus: Trauma

Michelle S. Gittler, MD
Clinical Associate Professor of Physical Medicine
Focus: Physiatry

Rex C. Haydon, MD, PhD
Simon and Kalt Families Professor of Orthopaedic Surgery
Focus: Musculoskeletal Oncology

Kelly Hynes, MD
Assistant Professor of Orthopaedic Surgery
Focus: Foot and Ankle

Wonyong Lee, MD
Fellow, Orthopaedic Sports Medicine

Hue Luu, MD
Professor of Orthopaedic Surgery
Focus: Adult Joint Reconstruction, Musculoskeletal Oncology

Kimberly Martin, DNP, APN-C
Orthopaedic Advanced Nurse Practitioner

Daniel Mass, MD
Professor of Orthopaedic Surgery
Focus: Hand and Upper Extremity

Lindsey Plass, PT, DPT, OCS
Department of Therapy Services

Lewis Shi, MD
Associate Professor of Orthopaedic Surgery
Focus: Shoulder and Elbow

G. Scott Stacy, MD
Professor of Radiology
Section Chief, Musculoskeletal Radiology

Jason A. Strelzow, MD, FRCS
Assistant Professor of Orthopaedic Surgery
Focus: Trauma

Christopher M. Sullivan, MD, MPH
Associate Professor of Orthopaedic Surgery
Focus: Pediatric Orthopaedics

Brian C. Toolan, MD
Professor of Orthopaedic Surgery
Focus: Foot and Ankle

Sara Wallace, MD
Clinical Associate in Orthopaedic Surgery
Focus: Adult Joint Reconstruction

Jennifer Moriatis Wolf, MD
Professor of Orthopaedic Surgery
Focus: Hand Surgery

GUEST SPEAKERS

Austin Wright
Assistant Professor of Public Policy
Harris School of Public Policy
The University of Chicago

George Chiampas, DO, CAQSM, FACEP
Assistant Professor, Departments of Emergency Medicine and Orthopaedic Surgery

Medical Director, Community and Sports Event Preparedness Management
Director of CCARES
Northwestern University
Feinberg School of Medicine

PROGRAM ADVISORS

UCHICAGO MEDICINE

Carrie Jaworski, MD
Clinical Assistant Professor, Department of Family Medicine
Director of Primary Care Sports Medicine, NorthShore University Health System

David S. Howes, MD
Professor of Medicine and Pediatrics
Emergency Medicine Residency
Program Director Emeritus
Department of Medicine

Irsk Anderson, MD
Assistant Professor, Section of General Internal Medicine

DISCLOSURE DECLARATIONS

As a provider accredited by the ACCME, The University of Chicago Pritzker School of Medicine asks 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

WEDNESDAY, JUNE 5, 2019

6:15 a.m.	REGISTRATION AND CONTINENTAL BREAKFAST
7:00	Welcome and Introduction Sherwin S.W. Ho, MD
SESSION 1: RADIOLOGY IN ORTHOPAEDICS	
7:15	Orthopaedic Radiology G. Scott Stacy, MD
SESSION 2: ORTHOPAEDIC TRAUMA	
7:45	Adult Lower Extremity Fractures Jason A. Strelzow, MD, FRCSC
8:15	Adult Upper Extremity Fractures Jovito Angeles, MD
8:45	Things Not to Miss Rex Haydon, MD, PhD
9:15	SPOTLIGHT LECTURE: Combat Injuries from Afghanistan Austin Wright
9:45	Q & A G. Scott Stacy, MD, Jovito Angeles, MD, Rex C. Haydon, MD, PhD, and Jason A. Strelzow, MD, FRCSC
10:00	REFRESHMENT BREAK
SESSION 3: ADULT SPINE	
10:30	Adult Cervical and Thoracic Spine Michael J. Lee, MD
11:00	Adult Lumbar Spine Michael J. Lee, MD
SESSION 4: FOOT AND ANKLE	
11:30	Adult Foot Brian C. Toolan, MD
12:00	Adult Ankle Kelly Hynes, MD
12:30 p.m.	Q & A Michael J. Lee, MD, Brian C. Toolan, MD, and Kelly Hynes, MD
12:45	LUNCH PROVIDED FOR AFTERNOON WORKSHOP ATTENDEES
CONCURRENT WORKSHOPS:	
1:30 – 2:30	A. Lower Extremity Splinting Kelly Hynes, MD, Jason A. Strelzow, MD, FRCSC, and Brian C. Toolan, MD B. Reading Orthopaedic X-Rays & MRIs G. Scott Stacy, MD C. Spine Exam Michelle S. Gittler, MD and Michael J. Lee, MD
2:30 – 3:30	D. Foot and Ankle Exam Kelly Hynes, MD and Brian C. Toolan, MD E. Reading Orthopaedic X-Rays & MRIs G. Scott Stacy, MD F. Spine Exam Michelle S. Gittler, MD and Michael J. Lee, MD
3:30 – 4:30	G. Large Joint Injection Sherwin S.W. Ho, MD H. Foot and Ankle Exam Kelly Hynes, MD and and Brian C. Toolan, MD I. Collaborative Care of the Pre-operative Patient Kimberly Martin, DNP, APN-C
4:30	ADJOURN

THURSDAY, JUNE 6, 2019

6:45 a.m.	CONTINENTAL BREAKFAST
SESSION 5: ADULT HIP AND KNEE	
7:45	Degenerative Knee Problems Tessa Balach, MD
8:15	Degenerative Hip Problems Sara Wallace, MD
8:45	Q & A Tessa Balach, MD, and Sara Wallace, MD
SESSION 6: ADULT UPPER EXTREMITY	
8:55	Acute Hand and Wrist Injuries Daniel Mass, MD
9:25	Subacute & Chronic Hand/Wrist Problems Daniel Mass, MD
9:55	Lateral Elbow Pain: Tennis Elbow and Beyond Jennifer Moriatis Wolf, MD
10:25	Q & A Daniel Mass, MD, and Jennifer Moriatis Wolf, MD
10:40	REFRESHMENT BREAK
SESSION 7: PAIN MANAGEMENT AND THE NATIONAL OPIOID EPIDEMIC	
11:10	Adult Shoulder Lewis Shi, MD
11:40	SPOTLIGHT LECTURE The Law of Unintended Consequences In Orthopaedic Surgery: The Next Big Opportunity for Us and Our Patients Douglas R. Dirschl, MD
12:10 p.m.	Q & A Lewis Shi, MD, and Douglas R. Dirschl, MD
12:25	LUNCH PROVIDED FOR AFTERNOON WORKSHOP ATTENDEES
CONCURRENT WORKSHOPS:	
1:30 – 2:30	J. Shoulder Exam Sherwin S.W. Ho, MD K. Upper Extremity Splinting Jennifer Moriatis Wolf, MD, and Lewis Shi, MD L. Small Joint Injection Daniel Mass, MD
2:30 – 3:30	M. Shoulder Exam Lewis Shi, MD, and Sherwin S.W. Ho, MD N. Small Joint Injection Daniel Mass, MD O. Hand/Wrist Exam Jennifer Moriatis Wolf, MD
3:30 – 4:30	P. Rehab Techniques for Patients with FAI Syndrome & Labral Tears Lindsey Plass, PT, DPT, OCS Q. Large Joint Injection Sherwin S.W. Ho, MD, and Lewis Shi, MD R. Hand/Wrist Exam Jennifer Moriatis Wolf, MD, and Dainel Mass, MD
4:30	ADJOURN

CONFERENCE AGENDA

FRIDAY, JUNE 7, 2019

6:45 a.m. **CONTINENTAL BREAKFAST**

SESSION 8: SPORTS MEDICINE

7:15	Sports Shoulder Injuries Sherwin S.W. Ho, MD
7:45	Athlete's Hip Sherwin S.W. Ho, MD
8:15	Common Adult Sports Knee Injuries Aravind Athviraham, MD
8:45	Q & A Sherwin S.W. Ho, MD, and Aravind Athviraham, MD
9:00	Re-thinking our Approach to PT for the Complex Hip Lindsey Plass, PT, DPT, OCS
9:30	SPOTLIGHT LECTURE Importance of Emergency Action Plans in Sport George Chiampas, DO, CAQSM, FACEP

10:00 **REFRESHMENT BREAK**

SESSION 9: PEDIATRIC ORTHOPAEDICS

10:30	Pediatric Sports Injuries Holly J. Benjamin, MD, FAAP, FACSM
11:00	Developmental Disorders of the Hip Robert Bielski, MD
11:30	Pediatric Bone and Joint Infections Robert Bielski, MD
12:00 p.m.	Developmental Lower Extremity Problems Christopher M. Sullivan, MD, MPH
12:30	Pediatric Spinal Deformity and Infections Christopher M. Sullivan, MD, MPH
1:00	Q & A Holly J. Benjamin, MD, FAAP, FACSM, Robert Bielski, MD and Christopher M. Sullivan, MD, MPH

1:15 **LUNCH PROVIDED FOR AFTERNOON WORKSHOP ATTENDEES**

CONCURRENT WORKSHOPS:

2:00 – 3:00	S. Knee Exam Aravind Athviraham, MD and Holly Benjamin, MD, FAAP, FACSM T. Hip Exam Sherwin S.W. Ho, MD
3:00 – 4:00	U. Knee Exam Aravind Athviraham, MD and Holly Benjamin, MD, FAAP, FACSM V. Hip Exam Sherwin S.W. Ho, MD

4:00 **CONFERENCE ADJOURNED**

Agenda and speaker selection subject to change.

PAYMENT WORKSHEET

	On or Before May 7th	After May 7th	
Physicians	\$595	\$675	\$ _____
Nurses and other Allied Health Professionals	\$450	\$525	\$ _____
Residents & Fellows (fax letter of verification to 773-702-1736)	\$350	\$375	\$ _____

Ask about our active duty military discount: 773-702-1056

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

Wednesday PM

1:30 – 2:30	<input type="checkbox"/> A. Lower Extremity Splinting	\$85	\$ _____
	<input type="checkbox"/> B. X-Ray & MRI	\$60	\$ _____
	<input type="checkbox"/> C. Spine Exam	\$60	\$ _____
2:30 – 3:30	<input type="checkbox"/> D. Foot/Ankle Exam	\$60	\$ _____
	<input type="checkbox"/> E. X-Ray & MRI	\$60	\$ _____
	<input type="checkbox"/> F. Spine Exam	\$60	\$ _____
3:30 – 4:30	<input type="checkbox"/> G. Large Joint Injection	\$85	\$ _____
	<input type="checkbox"/> H. Foot/Ankle Exam	\$60	\$ _____
	<input type="checkbox"/> I. Collaborative Care of the Pre-operative Patient	\$60	\$ _____

Thursday PM

1:30 – 2:30	<input type="checkbox"/> J. Shoulder Exam	\$60	\$ _____
	<input type="checkbox"/> K. Upper Extremity Splinting	\$85	\$ _____
	<input type="checkbox"/> L. Small Joint Injection	\$85	\$ _____
2:30 – 3:30	<input type="checkbox"/> M. Shoulder Exam	\$60	\$ _____
	<input type="checkbox"/> N. Small Joint Injection	\$85	\$ _____
	<input type="checkbox"/> O. Hand/Wrist Exam	\$60	\$ _____
3:30 – 4:30	<input type="checkbox"/> P. Rehab Techniques for Patients with FAI Syndrome & Labral Tears	\$60	\$ _____
	<input type="checkbox"/> Q. Large Joint Injection	\$85	\$ _____
	<input type="checkbox"/> R. Hand/Wrist Exam	\$60	\$ _____

Friday PM

2:00 – 3:00	<input type="checkbox"/> S. Knee Exam	OR	<input type="checkbox"/> T. Hip Exam	\$60	\$ _____
3:00 – 4:00	<input type="checkbox"/> U. Knee Exam	OR	<input type="checkbox"/> V. Hip Exam	\$60	\$ _____

Total Due \$ _____

*Please note: CME reserves 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.


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** <https://cme.uchicago.edu/PCOC2019> **(credit card payment only)**

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

 **MAIL** **The University of Chicago**
Center for Continuing Medical Education
5841 S. Maryland Avenue, MC 1137
Chicago, IL 60637

	On or Before May 7th	After May 7th
Physician	\$595	\$675
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 Save the Date 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 13, 2019. **No refunds will be issued after May 13, 2019.**

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.**



AT THE FOREFRONT
**UChicago
Medicine**

25TH ANNUAL PRIMARY CARE ORTHOPAEDICS

A REVIEW OF BASIC AND CURRENT CONCEPTS



June 5-7, 2019



The University of Chicago
Department of Orthopaedic Surgery and
Rehabilitation Medicine
5841 S. Maryland Avenue, MC 3079
Chicago, IL 60637

NON-PROFIT ORG.
U.S. POSTAGE
PAID
CAROL STREAM, IL
PERMIT #101

“Very happy with the trauma content. It’s missing from many programs. A very reliable program that I tell all my colleagues to attend.”

—Daniel Longyne, PT