

This 27th 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 topic session, paneled by the faculty. We will feature daily "Spotlight Lectures" as related to current and hot topics on orthopaedic issues.

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 23 *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: The AAFP has reviewed 27th Annual Primary Care Orthopaedics and deemed it acceptable for up to 23 Live AAFP Prescribed credit. Term of Approval is from 10/13/2021 to 10/15/2021. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

NURSING CREDIT: University of Chicago Medicine is approved as a provider of nursing continuing professional development by the Ohio Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. (OBN-001-91) **This live activity is designated for a maximum of 23 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 21.5 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. **Please note the injection workshops are not eligible for physical therapist or occupational therapist credit.**



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 23 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 MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. 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. Please Note: Requests to claim MOC Part II credit must be made within one month to report to ABIM. Requests to claim *AMA PRA Category 1 Credit™* after three months will be subject to additional fees



AT THE FOREFRONT

**UChicago
Medicine**

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

FOR MORE INFORMATION AND TO REGISTER VISIT:

<https://cme.uchicago.edu/PCOC2021>

QUESTIONS? Contact Lisa Kaszubski at

Lisa@meetingachievements.com Or 219.465.1115



AT THE FOREFRONT

**UChicago
Medicine**

DEPARTMENT OF ORTHOPAEDIC SURGERY AND REHABILITATION MEDICINE

27TH ANNUAL

PRIMARY CARE ORTHOPAEDICS

**JOIN US VIRTUALLY:
OCTOBER 13-15, 2021**

COURSE DIRECTORS

Michael J. Lee, MD

Director

Primary Care Orthopaedics Course

Professor of Orthopaedic Surgery

University of Chicago Medicine

Sherwin S.W. Ho, MD

Co-Director

Primary Care Orthopaedics Course

Professor of Orthopaedic Surgery

University of Chicago Medicine



**A REVIEW OF BASIC AND CURRENT CONCEPTS
LECTURES | DEMONSTRATION WORKSHOPS**

cme.uchicago.edu/PCOC2021

TARGET AUDIENCE

This activity is designed for primary care and family physicians, nurse practitioners, physical therapists, occupational therapists, athletic trainers, and other healthcare professionals dedicated to the diagnosis and management of common orthopaedic injuries and illnesses.

LEARNING OBJECTIVES

At the conclusion of this activity, participants will be able to:

General Sessions

1. Describe how to diagnose common problems in the following orthopaedic areas: trauma, spine, foot and ankle, pediatrics, sports medicine, upper extremity, and adult hip and knee;
2. Distinguish patients who should generally be referred to an orthopaedist from those best treated by a primary caregiver;
3. Outline how to initiate non-operative management of common orthopaedic conditions;
4. Name key elements of the orthopaedic physical examination and how to employ them;
5. Select the optimal imaging modalities for common orthopaedic problems;
6. Analyze how a team approach to interdisciplinary care of orthopaedic problems can improve patient care.

Demonstration Workshops

1. Employ the physical exams of the hand, wrist, shoulder, spine, hip, knee, ankle, and foot to help determine the next steps in a patient's course of treatment;
2. Identify techniques to properly administer musculoskeletal injections;
3. Interpret orthopaedic x-rays and MRIs to diagnose patient issues;
4. Demonstrate how to splint and immobilize the upper and lower extremities;
5. Discuss how to overcome acute care challenges surrounding orthopaedic patients' post-surgical care.

7:00 am
WELCOME AND INTRODUCTION
Sherwin Ho, MD
Michael Lee, MD

SESSION 1: RADIOLOGY IN ORTHOPAEDICS

7:15 am
Orthopaedic Radiology
Gregory Scott Stacy, MD

SESSION 2: ORTHOPAEDIC TRAUMA

7:45 am
Adult Lower Extremity Fractures
Rex Haydon, MD, PhD

8:15 am
Adult Upper Extremity Fractures
Jeffrey Stephan, MD, MSc

8:45 am
Things Not to Miss
Rex Haydon, MD, PhD

9:15 am
Spotlight on Biologics in Orthopedics: What's New?
Sherwin Ho, MD

9:45 am
Q&A
All Session Panelists

10:00 am
BREAK

SESSION 3: ADULT SPINE

10:30 am
Adult Cervical
Michael Lee, MD

11:00 am
Adult Lumbar Spine
Mostafa El Dafrawy, MBBCh

SESSION 4: FOOT AND ANKLE

11:30 am
Non-operative Approaches to the Foot and Ankle
Brendon Ross, DO

12:00 pm
Foot and Ankle Injuries in the Athlete and Weekend Warrior
Kelly Hynes, MD, FRCSC

12:30 pm
Q&A
All Session Panelists

12:45 pm
LUNCH

WORKSHOPS

1:30 pm
Reading Orthopaedic X-Rays & MRIs
Gregory Scott Stacy, MD

2:20 pm
Spine Exam
Michelle Gittler, MD
Mostafa El Dafrawy, MBBCh

3:10 pm
Foot and Ankle
Kelly Hynes, MD, FRCSC
Brendon Ross, DO

4:00 pm
Large Joint Injection
Sherwin Ho, MD

4:50 pm
Lower Extremity Splinting
Follows:
Kevin Hyek, MD
Brian J. Still, MD

5:35 pm
ADJOURN

SESSION 5: ADULT HIP AND KNEE

7:45 am
Degenerative Knee Problems
Sara Wallace, MD, MPH

8:15 am
Degenerative Hip Problems
Kenneth Chakhour, MD

8:45 am
Q&A
All Session Panelists

SESSION 6: ADULT WRIST AND HAND

9:00 am
Acute Hand and Wrist Injuries
Jennifer Wolf, MD

9:30 am
Subacute & Chronic Hand/Wrist Problems
Jeffrey Stepan, MD, MSc

10:00 am
Q&A
All Session Panelists

10:15 am
BREAK

SESSION 7: THE SHOULDER & ELBOW

10:45 am
Common Non-Sports Shoulder Conditions in Adults
Lewis Shi, MD

11:15 am
Common Adult Elbow Problems
Megan Conti Mica, MD

11:45 am
Robotic Invasion of Orthopaedic Surgery! Technology in the 21st Century
Michael Lee, MD

12:15 pm
Q&A
All Session Panelists

12:30 pm
LUNCH

WORKSHOPS

1:30 pm
Shoulder Exam
Sherwin Ho, MD
Lewis Shi, MD

2:20 pm
Hand/Wrist Exam
Jeffrey Stepan, MD, MSc
Megan Conti Mica, MD

3:10 pm
Small Joint Injection
Megan Conti Mica, MD
Christopher Hicks, MD

4:00 pm
Upper Extremity Splinting
Jeffrey Stepan, MD, MSc

4:45 pm
ADJOURN

SESSION 8: SPORTS MEDICINE

7:15 am
Athletic Hip
Sherwin Ho, MD

7:45 am
Pediatric Sports Injuries
Holly Benjamin, MD, FACS

8:15 am
Rethinking Our Approach to CAM Morphology
Lindsey Plass, PT, DPT, OCS

8:45 am
Sports Shoulder Injuries
Nicholas Maassen, MD

9:15 am
Common Adult Sports Knee Injuries
Aravind Athiviraham, MD

9:45 am
Q&A
All Session Panelists

10:00 am
BREAK

SESSION 9: PEDIATRIC ORTHOPAEDICS

10:30 am
Developmental Disorders of the Hip
Clarabelle DeVries, MD

11:00 am
Developmental Upper Extremity Problems
Laura Lewallen, MD

11:30 am
Pediatric Spinal Deformity and Infections
Christopher Sullivan, MD, MPH

12:00 pm
Q&A
All Session Panelists

12:30 pm
LUNCH

WORKSHOPS

1:45 pm
Knee Exam
Aravind Athiviraham, MD
Holly Benjamin, MD, FACS

2:35 pm
Hip Exam
Sherwin Ho, MD

3:25 pm
Rehab Techniques for Patients with FAI Syndrome & Labral Tears
Lindsey Plass, PT, DPT, OCS

4:10 pm
ADJOURN



SCAN ME!

