



AT THE FOREFRONT

**UChicago**  
**Medicine**

Department of Orthopaedic Surgery and Rehabilitation Medicine

# 26TH ANNUAL PRIMARY CARE ORTHOPAEDICS

A REVIEW OF BASIC AND CURRENT CONCEPTS

A V I R T U A L C O N F E R E N C E

**COURSE DIRECTOR**

Michael J. Lee, MD  
Professor of Orthopaedic Surgery

**COURSE CO-DIRECTOR**

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

**OCT**  
**14-16**  
**2020**

“Content was  
impressively  
comprehensive.”

—Abigail Robinson, PA-C

Continuing Education Credit:

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

## VIRTUAL CONFERENCE DESCRIPTION

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**Primary care, urgent care, and emergency room physicians, along with other healthcare providers, are often on the front line in the initial care and management of orthopaedic problems.**

This virtual course is intended to enhance the participants' knowledge base regarding common orthopaedic problems and increase their confidence in managing these issues in order to improve patient care.

### DEMONSTRATION WORKSHOPS

Demonstration workshops will cover those parts of the orthopaedic physical examination relevant to the morning lectures. As in previous years, there will be demonstration workshops covering joint and bursa injections. We will also conduct a workshop devoted to reading X-rays and MRIs. All demonstration 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 problems in the following orthopaedic areas: trauma, spine, foot and ankle, pediatrics, sports medicine, upper extremity, and adult hip and knee;
- Distinguish patients who should generally be referred to an orthopaedist from those best treated by a primary caregiver;
- Outline how to initiate non-operative management of common orthopaedic conditions;
- Name key elements of the orthopaedic physical examination and how to employ them;
- Select the optimal imaging modalities for common orthopaedic problems;
- Analyze how a team approach to interdisciplinary care of orthopaedic problems can improve patient care.

### ELECTIVE DEMONSTRATION WORKSHOPS

- 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;
- Identify techniques to properly administer musculoskeletal injections;
- Interpret orthopaedic x-rays and MRIs to diagnose patient issues;
- Demonstrate how to splint and immobilize the upper and lower extremities;
- Discuss how to overcome acute care challenges surrounding orthopaedic patients' post-surgical 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.

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## 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 24 *AMA PRA Category 1 Credits*<sup>™</sup>. 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, 26th Annual Primary Care Orthopaedics, with a beginning date of 06/03/2020, has been reviewed and is acceptable for up to 24 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

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 24 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 24 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 24 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 14.25 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*<sup>™</sup> from organizations accredited by the ACCME, please consult your professional licensing board.

### EDUCATIONAL GRANTS/COMMERCIAL SUPPORT

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

# VIRTUAL CONFERENCE FACULTY

UCHICAGO MEDICINE DEPARTMENT OF ORTHOPAEDIC SURGERY AND REHABILITATION MEDICINE

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## COURSE DIRECTOR

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

## COURSE CO-DIRECTOR

**Sherwin S.W. Ho, MD**  
Professor of Orthopaedic Surgery and Rehabilitation Medicine  
Director, Sports Medicine Fellowship Program

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## Aravind Athviraham, MD

Associate Professor of Orthopaedic Surgery and Rehabilitation Medicine

## Holly Benjamin, MD, FACSM

Professor of Pediatrics Orthopaedic Surgery and Rehabilitation Medicine  
Director, Primary Care Sports Medicine

## Kenneth Chakour, MD

Clinical Associate Orthopaedic Surgery and Rehabilitative Medicine

## Daryl Dillman, MD

Assistant Professor Orthopaedic Surgery and Rehabilitative Medicine

## Douglas R. Dirschl, MD

Lowell T. Coggeshall Professor and Chairman, Orthopaedic Surgery and Rehabilitation Medicine

## Mostafa El Dafrawy, MBBCh

Assistant Professor for Orthopaedic Surgery and Rehabilitation Medicine

## Michelle S. Gittler, MD

Clinical Associate Professor Orthopaedic Surgery and Rehabilitation Medicine  
Medical Director, Spinal Cord Injury Medicine

## Rex C. Haydon, MD, PhD

Simon and Kalt Families Professor in Orthopaedic Surgery  
Associate Director, Molecular Oncology Laboratory

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## Christopher Hicks, MD

Clinical Associate of Orthopaedic Surgery and Rehabilitative Medicine

## Kelly Hynes, MD

Assistant Professor of Orthopaedic Surgery and Rehabilitation Medicine

## Megan Conti Mica, MD

Assistant Professor of Orthopaedic Surgery and Rehabilitation Medicine

## Lindsey Plass, PT, DPT, OCS, FAAOMPT

Department of Therapy Services

## Brendon Ross, DO

Assistant Professor of Orthopaedic Surgery and Rehabilitation Medicine

## Lewis Shi, MD

Associate Professor of Orthopaedic Surgery and Rehabilitation Medicine

## G. Scott Stacy, MD

Professor of Radiology Section Chief, Musculoskeletal Radiology  
Orthopaedic Surgery and Rehabilitation Medicine

## Jason A. Strelzow, MD

Assistant Professor of Orthopaedic Surgery and Rehabilitation Medicine

## Christopher M. Sullivan, MD, MPH

Assistant Professor of Orthopaedic Surgery and Rehabilitation Medicine

## Sara Wallace, MD, MPH

Clinical Associate Professor of Orthopaedic Surgery and Rehabilitation Medicine

## Jennifer Moriatis Wolf, MD

Professor of Orthopaedic Surgery and Rehabilitation Medicine

## GUEST SPEAKER

### Robert Bielski, MD

Associate Professor of Clinical Orthopedic Surgery  
Indiana University, Riley Hospital for Children

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## PLANNING COMMITTEE UCHICAGO MEDICINE

### Sherwin Ho, MD

Professor of Orthopaedic Surgery and Rehabilitation Medicine  
Director, Sports Medicine Fellowship Program

### Michael Lee, MD

Professor of Orthopaedic Surgery and Rehabilitation Medicine

### Lindsey Plass, PT, DPT, OCS, FAAOMPT

Department of Therapy Services

### Kimberly Martin, DNP, APN-C

Advanced Practice Nurse

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## 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

It is the policy of the University of Chicago Center for CME to ensure balance, independence, objectivity, and scientific rigor in all its direct or jointly provided educational activities. All individuals participating in University of Chicago CME certified activities who are in a position to control the content of an educational activity are required to disclose all relevant financial relationships with any commercial interest. The ACCME defines commercial interest as any proprietary entity producing, marketing, reselling, distributing, or otherwise participating in or profiting from the distribution, promotion, or sale of health care goods or services consumed by, or used on, patients. All disclosures are made available and communicated to the learner prior to the activity starting. Relevant financial relationships are defined as financial relationships occurring within the past 12 months, including financial relationships of a spouse or life partner, that could create a conflict of interest. Additionally, authors are required to identify investigational products of off-label uses of products regulated by the US Food and Drug Administration, at first mention and where appropriate in the content. In compliance with the ACCME's updated accreditation criteria, presentations of those with reported potential conflicts will be reviewed by the Center for CME and the Activity Director prior to presentation. In addition, speakers must reference the best available evidence in their presentations. Participants will be asked to evaluate the objectivity of each activity/presentation. All activity directors, planning committee members, speakers and moderators must submit a Disclosure and Attestation form. If the speaker or moderator/panelist participating in the CME Certified activity fails to submit the required disclosure form prior to the activity as requested, he/she will not be allowed to participate. There are no exceptions to this policy. This application is for internal use by the University of Chicago to request certification of a continuing medical education (CME) activity. The University of Chicago Pritzker School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. The Center for Continuing Medical Education (Center for CME) provides the oversight and institutional endorsement of all CME activities. It is the responsibility of Center for CME to monitor the integrity of all University of Chicago CME activities to ensure compliance with ACCME, AMA, and University of Chicago criterion, guidelines, policies, and procedures.

# VIRTUAL CONFERENCE AGENDA

## WEDNESDAY, OCTOBER 14, 2020

7:00	<b>Welcome and Introduction</b> Sherwin S.W. Ho, MD, and Michael J. Lee, MD
SESSION 1: RADIOLOGY IN ORTHOPAEDICS	
7:15	<b>Orthopaedic Radiology</b> G. Scott Stacy, MD
SESSION 2: ORTHOPAEDIC TRAUMA	
7:45	<b>Adult Lower Extremity Fractures</b> Jason A. Strelzow, MD
8:15	<b>Adult Upper Extremity Fractures</b> Daryl Dillman, MD
8:45	<b>Things Not to Miss</b> Rex Haydon, MD, PhD
9:15	<b>The Law of Unintended Consequences In Orthopaedic Surgery: The Next Big Opportunity for Us and Our Patients</b> Douglas R. Dirschl, MD
9:45	<b>Q &amp; A</b> G. Scott Stacy, MD, Jason A. Strelzow, MD, Daryl Dillman, MD, and Rex C. Haydon, MD, PhD
10:00	<b>BREAK</b>
SESSION 3: ADULT SPINE	
10:30	<b>Adult Cervical and Thoracic Spine</b> Michael J. Lee, MD
11:00	<b>Adult Lumbar Spine</b> Mostafa El Dafrawy, MBBCh
SESSION 4: FOOT AND ANKLE	
11:30	<b>Non-operative approaches to the Foot and Ankle</b> Brendon Ross, DO
12:00 p.m.	<b>Foot and Ankle Injuries in the Athlete and Weekend Warrior</b> Kelly Hynes, MD
12:30	<b>Q &amp; A</b> Michael J. Lee, MD, Mostafa El Dafrawy, MBBCh, Brendon Ross, DO, and Kelly Hynes, MD
12:45	<b>BREAK</b>
DEMONSTRATION WORKSHOPS:	
1:30 – 2:15	<b>Reading Orthopaedic X-Rays &amp; MRIs</b> G. Scott Stacy, MD
2:20 – 3:05	<b>Spine Exam</b> Michelle S. Gittler, MD and Mostafa El Dafrawy, MBBCh
3:10 – 3:55	<b>Foot and Ankle Exam</b> Kelly Hynes, MD and Brendon Ross, DO
4:00 – 4:45	<b>Large Joint Injection</b> Sherwin S.W. Ho, MD
4:50 – 5:35	<b>Lower Extremity Splinting</b> Daryl Dillman, MD and Jason A. Strelzow, MD
5:35	<b>ADJOURN</b>

## THURSDAY, OCTOBER 15, 2020

SESSION 5: ADULT HIP AND KNEE	
7:45	<b>Degenerative Knee Problems</b> Sara Wallace, MD, MPH
8:15	<b>Degenerative Hip Problems</b> Kenneth Chakour, MD
8:45	<b>Q &amp; A</b> Sara Wallace, MD, MPH, and Kenneth Chakour, MD
SESSION 6: ADULT WRIST AND HAND	
9:00	<b>Acute Hand and Wrist Injuries</b> Jennifer Moriatis Wolf, MD
9:30	<b>Subacute &amp; Chronic Hand/Wrist Problems</b> Jennifer Moriatis Wolf, MD
10:00	<b>Q &amp; A</b> Jennifer Moriatis Wolf, MD
10:15	<b>BREAK</b>
SESSION 7: THE SHOULDER & ELBOW	
10:45	<b>Common Adult Elbow Problems</b> Megan Conti Mica, MD
11:15	<b>Common Non-Sports Shoulder Conditions in Adults</b> Lewis Shi, MD
11:45	<b>SPOTLIGHT LECTURE</b> <b>The Role of U/S in Upper Extremity Conditions</b> Christopher Hicks, MD
12:15 p.m.	<b>Q &amp; A</b> Lewis Shi, MD, Jennifer Moriatis Wolf, MD, and Christopher Hicks, MD
12:30	<b>BREAK</b>
DEMONSTRATION WORKSHOPS:	
1:30 – 2:15	<b>Shoulder Exam</b> Sherwin S.W. Ho, MD, and Lewis Shi, MD
2:20 – 3:05	<b>Large Joint Injection</b> Sherwin S.W. Ho, MD, and Lewis Shi, MD
3:10 – 3:55	<b>Hand/Wrist Exam</b> Jennifer Moriatis Wolf, MD and Megan Conti Mica, MD
4:00 – 4:45	<b>Small Joint Injection</b> Megan Conti Mica, MD and Christopher Hicks, MD
4:50 – 5:35	<b>Upper Extremity Splinting</b> Jennifer Moriatis Wolf, MD and Lewis Shi, MD
5:36	<b>ADJOURN</b>

# VIRTUAL CONFERENCE AGENDA

FRIDAY, OCTOBER 16, 2020

## SESSION 8: SPORTS MEDICINE

7:15	<b>Athlete's Hip</b> Sherwin S.W. Ho, MD
7:45	<b>Re-thinking our Approach to PT for the Complex Hip</b> Lindsey Plass, PT, DPT, OCS, FAAOMPT
8:15	<b>Sports Shoulder Injuries</b> Sherwin S.W. Ho, MD
8:45	<b>Common Adult Sports Knee Injuries</b> Aravind Athiviraham, MD
9:15	<b>Pediatric Sports Injuries</b> Holly Benjamin, MD, FACSM
9:45	<b>Q &amp; A</b> Aravind Athiviraham, MD, Sherwin S.W. Ho, MD, Lindsey Plass, PT, DPT, OCS, FAAOMPT, and Holly Benjamin, MD, FACSM
10:00	<b>BREAK</b>

## SESSION 9: PEDIATRIC ORTHOPAEDICS

10:30	<b>Developmental Disorders of the Hip</b> Robert Bielski, MD
11:00	<b>Developmental Lower Extremity Problems</b> Christopher M. Sullivan, MD, MPH
11:30	<b>Pediatric Bone and Joint Infections</b> Robert Bielski, MD
12:00 p.m.	<b>Pediatric Spinal Deformity and Infections</b> Christopher M. Sullivan, MD, MPH
12:30	<b>Q &amp; A</b> Robert Bielski, MD and Christopher M. Sullivan, MD, MPH
12:45	<b>BREAK</b>

## DEMONSTRATION WORKSHOPS:

1:45 - 2:30	<b>Knee Exam</b> Aravind Athiviraham, MD and Holly Benjamin, MD, FACSM
2:35 - 3:20	<b>Hip Exam</b> Sherwin S.W. Ho, MD
3:25 - 4:10	<b>Rehab Techniques for Patients with FAI Syndrome &amp; Labral Tears</b> Lindsey Plass, PT, DPT, OCS, FAAOMPT
4:10	<b>CONFERENCE ADJOURNED</b>

Agenda and speaker selection subject to change.

CLIP HERE TO MAIL IN REGISTRATION FORM

## PAYMENT WORKSHEET

On or Before  
September 24th

Physicians	<b>\$625</b>	\$ _____
Nurses and other Healthcare Professionals	<b>\$450</b>	\$ _____
Residents & Fellows (fax letter of verification to 773-702-1736)	<b>\$350</b>	\$ _____

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

### DEMONSTRATION WORKSHOPS\*

#### Wednesday PM

1:30 - 2:15	<input type="checkbox"/> X-Ray & MRI	\$ 65	\$ _____
2:20 - 3:05	<input type="checkbox"/> Spine Exam	\$ 65	\$ _____
3:10 - 3:55	<input type="checkbox"/> Foot/Ankle Exam	\$ 65	\$ _____
4:00 - 4:45	<input type="checkbox"/> Large Joint Injection	\$ 65	\$ _____
4:50 - 5:35	<input type="checkbox"/> Lower Extremity Splinting	\$ 65	\$ _____

#### Thursday PM

1:30 - 2:15	<input type="checkbox"/> Shoulder Exam	\$ 65	\$ _____
2:20 - 3:05	<input type="checkbox"/> Large Joint Injection	\$ 65	\$ _____
3:10 - 3:55	<input type="checkbox"/> Hand/Wrist Exam	\$ 65	\$ _____
4:00 - 4:45	<input type="checkbox"/> Small Joint Injection	\$ 65	\$ _____
4:50 - 5:35	<input type="checkbox"/> Upper Extremity Splinting	\$ 65	\$ _____

#### Friday PM

1:45 - 2:30	<input type="checkbox"/> Knee Exam	\$ 65	\$ _____
2:35 - 3:20	<input type="checkbox"/> Hip Exam	\$ 65	\$ _____
3:25 - 4:10	<input type="checkbox"/> Rehab Techniques	\$ 65	\$ _____

**Total Due** \$ \_\_\_\_\_

\*Please note: CME reserves the right to combine or cancel demonstration workshops at any time due to enrollment. In the unlikely event that a demonstration 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 demonstration workshops, 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/PCOC2020> **(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

## PAYMENT

Profession Type	Fee
Physicians	\$625
Nurses	\$450
Other Healthcare Professionals	\$450
Residents and Fellows	\$350

## 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 administrative fee for the conference and \$20 for each workshop will be refunded when written notification is received by September 24, 2020. **No refunds will be issued after September 24, 2020.**

## 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](mailto: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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Chicago, IL 60637



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“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

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