ORTHOPEDIC MEDICINE FOR PRIMARY CARE

Walt Disney World Resort, Florida – Disney’s Yacht & Beach Club Resorts
November 13 – 15, 2015
Friday, November 13th:

7:30 am – 8:00 am
Registration and Hot Breakfast

8:00 am – 10:00 am
Diagnosis and Treatment of Shoulder Injuries
Rotator cuff syndrome; impingement, frozen shoulder; subacromial bursitis; bicipital
tenonitis; A-C joint disease

10:00 am – 10:10 am
Coffee Break

10:10 am – 11:20 pm
Concussion in Sports: Recognition, Office Evaluation and Management for
Primary Care
This topic will cover the current definition, signs and symptoms, significance and office
approach to mild traumatic brain injury as a consequence of athletic endeavors. The
presentation will include up-to-date classification, return to sport guidelines and decision
making by the primary care physician, and discuss an office-based management
scheme

11:20 am – 12:40 pm
Commonly Missed Orthopedic Injuries in Children and Adolescents
The immature skeleton of the pediatric and adolescent athlete make it particularly
vulnerable to a variety of acute and chronic injuries not seen in the adult population.
Recognition of these injuries is critical in the care of the injured young athlete.
Objectives of this session include providing physicians with an enhanced differential
diagnosis of common and commonly missed musculoskeletal injuries specific to youth
and recognition of which injuries can be treated by the primary care physician vs those
requiring orthopedic referral.

12:40 pm – Session Adjourns
Saturday, November 14th:

7:30 am – 8:00 am
Hot Breakfast

8:00 am – 10:00 am
Diagnosis and Treatment of Knee Injuries
ACL, meniscus, MRI; common sports injuries; osteoarthritis and hyaluronan; bursitis: prepatellar, pesanserine; baker’s cyst; joint injection/X-ray interpretation; pediatrics

10:00 am – 10:10 am
Coffee Break

10:10 am – 11:10 am
Recognition and Treatment of Common Injuries to the Lower Leg, Ankle and Foot for Primary Care
This case-based presentation will address a series of common acute and chronic injuries and pain syndromes to the lower leg, foot and ankle as they would present in the primary care setting. The focus will be on developing a working differential diagnosis based on the historical mechanism of injury and exam findings. The session will conclude with a hands-on examination skills workshop.

11:10 am – 12:10 pm
Diagnosis and Treatment of Lumbar Spine Disorders
A practical approach to the diagnosis and early management of lumbar spine disorders will be presented. Anatomy, differential diagnosis, as well as physical examination concepts will be covered.

12:10 pm – 12:40 pm
Physical Examination of the Lumbar Spine, Hip and Sacroiliac Joint
Exam techniques will be demonstrated and discussed

12:40 pm
Session Adjourns
Sunday, November 14th:
7:30 am – 8:00 am  
Continental Breakfast

8:00 am – 8:45 am  
Diagnosis and Treatment of Cervical Spine and Select Upper Extremity Disorders  
A practical approach to the diagnosis and early management of cervical spine and selected upper extremity disorders will be presented. Anatomy, differential diagnosis, as well as physical examination concepts will be covered.

8:45 am – 9:00 am  
Physical Examination of the Cervical Spine and UE Entrapment Neuropathies  
Exam techniques will be demonstrated and discussed

9:00 am – 10:00 am  
Spine Treatment and Management of Acute and Chronic Pain  
An algorithm for the triage and management of spine and pain patients will be presented. This treatment algorithm will include guidelines for the use of imaging and other diagnostic tools, medications, manual therapies, injections, surgeries, as well as psychological and other approaches to pain management.

10:00 am  
Conference Adjourns

Target Audience  
This program is targeted to office-based primary care providers and other health professionals with updates in primary care medicine

Learning Objectives  
Upon completion of this program, participants should be better able to:
- Describe the anatomy and function of the shoulder and knee joints
- Describe how and when to utilize joint aspiration and injection for the shoulder and knee joints
- Discuss signs, symptoms, significance and approach to mild traumatic brain injury as a consequence of athletic endeavors
- Explain the principles behind treating common pediatric sports injuries
- Diagnose, triage and manage lumbar and cervical spine disorders
- Describe medications, manual therapies, injections as well as psychological and other approaches to pain management

Nursing Purpose Statement  
To provide updates in primary care medicine to office based providers
Disclosure of Conflicts of Interest

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All lectures incorporate time for questions and answers. Due to last-minute updates by the faculty, flash drives may differ from the actual presentations.
Accreditation

Physician Accreditation
Medical Education Resources is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Credit Designation
Medical Education Resources designates this live activity for a maximum of 11 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

American Academy of Family Physicians
This Live activity, Orthopedic Medicine for Primary Care, with a beginning date of November 13, 2015 has been reviewed and is acceptable for up to 11 Prescribed credits by the American Academy of Family Physicians. Physicians should only claim the credit commensurate with the extent of their participation in the activity.

American Osteopathic Association
These programs are approved for 11 hours in Category 2-A by the American Osteopathic Association.

American College of Emergency Physicians
This program is approved by the American College of Emergency Physicians for a maximum of 11 hours of ACEP Category I credit.

Canadian Physicians
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Universal Program Number: 0816-0000-15-038-L01-P

Participants will be required to sign in at the start of the program and/or complete a program evaluation form. Certificates of credit will be provided at the conclusion of the activity. This activity is certified as Knowledge-based CPE.