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## **A Beginner's Guide to Orthopedic Oncology**

This session helps participants learn to recognize and identify bone and soft tissue tumors based on various imaging studies such as X-ray, MRI, CT, and PET/CT. The session discusses what workup is needed based on the findings and when to make referrals to orthopedic oncologist.

### **Learning Objectives**

At the conclusion of this session, participants should be able to:

- Identify various bone/soft tissue tumors
- Order the appropriate workup needed
- Explain when/why to make referrals

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## **A Pain in the Butt...and Back, an Approach to the Evaluation of Low Back Pain**

This session demystifies the ever-evolving, complex topics of anticoagulation and transfusion medicine. This session will cover the fundamentals surrounding the evaluation of low back pain, from history to exam to diagnostics and treatment.

### **Learning Objectives**

At the conclusion of this session, participants should be able to:

- Describe specific vs. nonspecific low back pain and diagnosis vs. classification of low back pain
- Identify key components in the history and exam to classify low back pain
- Discuss the importance of “mechanical” vs. “nonmechanical” behavior of back pain symptoms with regard to spinal structures and tissues
- Provide patients with appropriate conservative treatment options and know when to refer for interventional or surgical treatment
- Explain the appropriate use of imaging

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## **Ask the Faculty**

A panel of expert faculty members are available to answer orthopaedic questions from the audience that they see in their daily practice.

### **Learning Objectives**

At the conclusion of this session, participants should be able to:

- Review common orthopaedic cases with a panel of experts

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## **Common Orthopaedic Conditions of the Knee (Part 1): Intra-Articular Injuries**

A review on the presentation, diagnosis, and treatment of common intra-articular conditions of the knee including ligamentous injuries, meniscal injuries, and chondral injuries

### **Learning Objectives**

At the conclusion of this session, participants should be able to:

- Describe the diagnosis and treatment of cartilage injuries
- Explain the diagnosis and treatment of meniscal injuries



# GALAXY ON DEMAND 2023 Sessions

- Outline the diagnosis and treatment of chondral injuries
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## **Common Orthopaedic Conditions of the Knee (Part 2): Extensor Mechanism Injuries**

A review of the presentation, diagnosis, and treatment of common extensor mechanism injuries of the knee including injuries to the quadriceps and patellar tendons and patellar instability.

### **Learning Objectives**

At the conclusion of this session, participants should be able to:

- Describe the diagnosis and treatment of patellar tendon injuries
  - Explain the diagnosis and treatment of quadriceps tendon injuries
  - Outline the diagnosis and treatment of patellar instability
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## **Common Orthopaedic Conditions of the Shoulder in the Young Athlete and Weekend Warriors**

This presentation discusses how to properly evaluate a patient with shoulder symptoms and be able to formulate an appropriate differential diagnosis based on history and physical exam findings. The participants should also be able to recommend initial treatment plans with patients with AC joint separation, shoulder instability, labral injuries, biceps tendinitis, shoulder impingement, rotator cuff disease, adhesive capsulitis, and glenohumeral arthritis after this session.

### **Learning Objectives**

At the conclusion of this session, participants should be able to:

- Properly evaluate a patient with shoulder symptoms
  - Formulate an appropriate differential diagnosis based on history and physical exam findings
  - Recommend initial treatment plans for patients with AC joint separations, shoulder instability, labral injuries, shoulder impingement, rotator cuff disease, adhesive capsulitis, and glenohumeral osteoarthritis
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## **Evaluation of the Injured Athlete**

This sports medicine presentation will focus on orthopedic topics related to covering athletics. Many PAs are engaged in providing care for high school, collegiate, professional, and even weekend warrior athletes. This session discusses evaluation and treatment of common athletic injuries, and review other medical topics pertaining to sports medicine.

### **Learning Objectives**

At the conclusion of this session, participants should be able to:

- Identify common orthopedic injuries associated with athletic
  - Manage common athletic injuries on the field and on the sideline
  - Discuss the purpose of pre-participation screenings and emergency action plans in athletics
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## **High Yield Hand Diagnosis**

This session reviews the exam of the injured hand and how to identify and initiate treatment for common hand injuries. Also, touched on common hand conditions such as trigger finger, de Quervains tenosynovitis, and thumb carpometacarpal (CMC) arthritis.

### **Learning Objectives**

At the conclusion of this session, participants should be able to:

- Identify and initiate treatment for common tendon injuries
  - Identify hand injuries that need emergent care
  - Identify and initiate treatment for common hand problems including trigger finger, de Quervains tenosynovitis, and thumb CMC arthritis
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## **Hip and Knee Arthroplasty: The Details Before, During, and After Make a Difference**

Although hip and knee replacement are among the most commonly performed orthopedic procedures and they have beneficial outcomes, achieving these outcomes requires diligent pre, intra, and post-op optimization and management. The following topics are discussed in detail in this session; subjective, objective, and radiographic evaluation of hip and knee arthritis and related conditions. Risk factor identification and modification. Pre-operative planning. Intra-operative risk minimization, antibiotic prophylaxis, and DVT prevention. Inpatient or outpatient? Pain management -- therapy protocols.

### **Learning Objectives**

At the conclusion of this session, participants should be able to:

- Discuss the assessment (including radiograph findings) and treatment of hip and knee osteoarthritis
  - Identify important considerations for surgical planning
  - Implement protocols and programs for patient optimization
  - Discuss appropriate perioperative care in THA/TKA, including DVT prophylaxis and infection prophylaxis
  - Review THA/TKA post-op protocols, including pain management and physical therapy
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## **How to Keep Your Job: Understanding Reimbursement and Knowing Your Value**

This session will assist PAs in understanding the rules and requirements that surround reimbursement for the services performed in both the office and hospital settings. PAs will be able to explain billing rules and better understand how they generate revenue and overall value to employers. The session will also alert PAs about how to minimize concerns about billing mistakes that could lead to practice audits and allegations of fraud and abuse.

### **Learning Objectives**

At the conclusion of this session, participants should be able to:

- Discuss the changes to Medicare and commercial billing policies for 2023 and 2024
- Explain policies related to first assisting, pre-op H&Ps, and proposed changes to the global surgical package



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- Identify approaches to improve the recognition and tracking of the financial and non-financial contributions and productivity of PAs

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## **Infectious Disease Wishes for the Ortho Team**

This session will address what creates difficulties in the treatment of orthopedic infections, as well as the selection of antibiotic regimens used to treat orthopedic infections. Participants are also shown how to interpret cultures and how to recognize when something might be a contaminant.

### **Learning Objectives**

At the conclusion of this session, participants should be able to:

- Describe how cultures are processed in the lab to better interpret their results
- Explain the potential treatment approaches to prosthetic joint infections
- Outline when to use different antibiotics and when they should be started

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## **Intro to Musculoskeletal Radiology**

This session is a concise whirlwind introduction to orthopedic radiology, including brief introductions into anatomy, trauma, musculotendinous injuries, arthritis, infection, repetitive stress, and aggressive vs. non-aggressive lesions. Very brief mention of post-operative exams and spine.

### **Learning Objectives**

At the conclusion of this session, participants should be able to:

- Explain a general overview of different imaging modalities in sports/orthopedic imaging
- Describe a general approach to musculotendinous injuries
- Describe a general approach to aggressive vs. non-aggressive lesions
- Illustrate why to always start with radiographs
- Describe trauma with some common "don't miss" diagnoses and injuries

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## **Moving up the Arm: Common Wrist and Elbow Conditions**

This session will address common orthopedic UE problems including elbow pathology and nerve entrapment syndromes.

### **Learning Objectives**

At the conclusion of this session, participants should be able to:

- Diagnose and initiate treatment for lateral epicondylitis
- Diagnose and initiate treatment for cubital tunnel syndrome
- Diagnose and initiate treatment for carpal tunnel syndrome

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## **Orthopaedic Fracture Management**

This session reviews standard methods to describe fractures and fracture patterns based on a systematic review of injury radiographs. This session also attempts to review those fracture not



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discussed in other lectures or those you may get while on-call. Also, discussed are traditional descriptive techniques, assessment of soft tissue injuries, and emergent treatment options for acute fractures.

## Learning Objectives

At the conclusion of this session, participants should be able to:

- Describe fractures based on location, angulation, displacement, and soft tissue injuries
  - Recognize and describe factors associated with acute fractures
  - Describe essential exam maneuvers and essential immobilization techniques for acute fractures
  - Recognize and describe differences in fractures that require emergent treatment vs. those that can be sent home and follow-up in the office
  - Recognize and treat fractures of the upper extremity and lower extremity
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## Staying Out of Trouble in Pediatric Orthopaedics

Pediatric and adolescent patients are not just small adults, X-rays can be hard to interpret and treatment varies based on age. The goal is that you feel much more comfortable in recognizing common fractures and injuries and know what to do about them. The next time you see another immature elbow radiograph, you will brim with confidence rather than shirk in fear. Even if you don't see or treat kids, you will be able to recognize and triage common pediatric injuries.

## Learning Objectives

At the conclusion of this session, participants should be able to:

- Recognize common elbow fractures in kids
  - Recognize the difference between buckle and complete fractures
  - Know which pediatric fractures need urgent referral and treatment
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## The Fab Five of Foot and Ankle

The foot is an intricate aspect of the human body consisting of 26 bones, 33 joints, and more than a hundred muscles, tendons, and ligaments even further cleverly articulating with the ankle. It is not therefore unreasonable to expect that injuries to such a sophisticated aspect of the body can sometimes be difficult to identify and unfortunately when missed can be catastrophic to the patient. It is the goal of this presentation to inform and educate the participants about such injuries and how to treat them.

## Learning Objectives

At the conclusion of this session, participants should be able to:

- Describe basic foot and ankle anatomy and how it correlates with common foot and ankle conditions
  - Identify foot and ankle conditions that should not be missed
  - Offer basic treatments for these conditions and learn when to refer
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## **The Language of Fractures**

This session will discuss basic fracture terminology and nomenclature and be able to recognize common fracture patterns, morphology, and basic classification. Participants should be able to interpret x-rays of fractures and describe them to other healthcare professionals.

### **Learning Objectives**

At the conclusion of this session, participants should be able to:

- Discuss basic fracture terminology and nomenclature
  - Recognize common fracture patterns, morphology, and classification
  - Communicate accurate description of fractures between colleagues
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## **Things That Go Bump in the Night - Ortho On Call**

Nightmares in the ED; those things that will keep you awake while on-call for orthopaedics is a necessity for all providers, who will be taking call from home or hospital-based. The participants goal is to identify those injuries that have the highest possibility of having a catastrophic outcome and prevent that from happening. This session helps you identify those injuries that have the greatest probability of having the worst outcomes, if you fail to recognize or don't intervene in a timely fashion. This session hones your skills to identify pelvic fractures, selected high risk extremity fractures, long bone fractures, vascular injuries, compartment syndrome, hand injuries/infections, hip/knee dislocations, and joint infections.

### **Learning Objectives**

At the conclusion of this session, participants should be able to:

- Identify and treat emergent cauda equina and hematoma
  - Identify and treat emergent acute compartment syndrome and pelvic ring fractures
  - Identify and treat emergent infections, necrotizing fasciitis, septic hip vs. toxic synovitis
  - Identify and treat emergent open fractures, hip fracture/dislocation, knee dislocation, ankle fracture/dislocation
  - Identify and treat emergent AMS/stroke, chest pain/MI, atrial fibrillation, and pulmonary embolism
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## **What's Hip with the Hip**

This session will detail a focus on common hip pathologies, primarily non-contact related, with a non-surgical focus on treatment. Methodical exam approach to hip pain complaints will be reviewed in addition to potential interventions that can be attempted.

### **Learning Objectives**

At the conclusion of this session, participants should be able to:

- Explain a methodical approach for hip examination
  - Describe a focused differential of potential contributors to hip pathology and treatment options
  - Determine when there is need for advanced imaging, interventional trial, or referral
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