



# GALAXY ON DEMAND

## But I Hurt! Autoimmunity Pearls

**AAPA Category 1 CME Credit:** 0.75

**Description:** This is a case-based session where different patient presentations of pain are reviewed and analyzed to pick out key autoimmune features you shouldn't miss! Know when to order labs to work up autoimmune diseases and which labs are helpful (and which are not!).

### Learning Objectives:

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

- Review patient cases and pick out features that should catch your attention for further autoimmune work up
  - Identify inflammatory features on physical exam and X-ray
  - List basic work up with labs and limitations
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## Cases! Cases! Cases!

**AAPA Category 1 CME Credit:** 1.75

**Description:** In this breakout session, we will review numerous realistic patient scenarios and discuss the entire imaging history of injury or disease, from initial presentation through follow-ups and/or treatment.

### Learning Objectives:

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

- Approach ordering imaging studies in a systemized manner
  - Recognize commonly missed radiographic diagnoses
  - Become more comfortable interpreting MSK radiographs
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## Common Disorders of the Spine

**AAPA Category 1 CME Credit:** 1

**Description:** This talk will focus on patient presentation, exam, and imaging findings for common disorders of the spine.

### Learning Objectives:

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

- Describe the natural history and initial treatment of mechanical low back pain
- Describe the components of a lumbar spine exam



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- Identify where a nerve may be getting compressed based on symptoms
  - Describe the symptoms of neurogenic claudication
  - Discuss the components of a cervical spine exam and identify cervical myelopathy
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## Common Orthopaedic Conditions of the Shoulder in the Young Athlete

**AAPA Category 1 CME Credit:** 0.75

**Description:** After this session, participants should be able to properly evaluate a patient with shoulder symptoms and be able to formulate an appropriate differential diagnosis based on history and physical exam findings.

### 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, and labral injuries
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## Common Orthopaedic Conditions of the Shoulder in Weekend Warriors

**AAPA Category 1 CME Credit:** 1

**Description:** After attending this session, participants should be able to properly evaluate a patient with shoulder symptoms and formulate an appropriate differential diagnosis based on history and physical exam findings. They should be able to recommend an initial treatment plan for patients with shoulder impingement, rotator cuff disease, adhesive capsulitis, and glenohumeral arthritis.

### 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 shoulder impingement, rotator cuff disease, adhesive capsulitis, and glenohumeral osteoarthritis
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## Enlightening Elbow Enigmas. High Yield Topics about the Elbow

**AAPA Category 1 CME Credit: 1**

**Description:** In this one-hour lecture, we invite participants to dive into the realm of elbow pathology and emerge with a deeper understanding of this crucial joint. From tennis elbow, bursitis to arthritis, we'll address common elbow conditions, providing a solid foundation for clinical practice.

### Learning Objectives:

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

- Describe the pertinent anatomy for common orthopaedic pathology about elbow
  - Discuss conservative treatment options for common elbow conditions
  - Explain the operative treatments for common elbow pathology
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## Foot and Ankle Poptpourri

**AAPA Category 1 CME Credit: 1**

**Description:** High-yield facts including identification and treatment of common foot and ankle pathologies including: high ankle sprains/ syndesmotic injuries, lateral ankle sprains, deltoid ligament injuries (surgical indications), posterior tibialis tendonitis/ dysfunction, peroneal tendonitis, Lisfranc injuries, Achilles tendon ruptures, plantar fasciitis/ rupture, tarsal tunnel syndrome, hallux rigidus, hallux valgus, first MTP joint sprains, sesamoiditis, medial tibial stress syndrome vs. stress fracture.

### Learning Objectives:

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

- Identify common foot and ankle pathologies in an outpatient clinic setting
  - Discuss the acuity of these injuries and which are surgical
  - Describe outpatient treatments for these common injuries
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## Hand and Wrist

**AAPA Category 1 CME Credit: 1**

**Description:** Join us for an insightful journey into the intricate world of hand and wrist pathology! In this one-hour lecture, we will explore the fundamental concepts and common conditions affecting the hand and wrist. Whether you're new to the field or seeking a refresher, this lecture will help to equip you with practical knowledge and skills to manage common hand and wrist pathology in your clinical practice.



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## **Learning Objectives:**

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

- Describe the pertinent anatomy for common orthopaedic pathology about the hand and wrist
  - Discuss conservative treatment options for hand and wrist conditions
  - Explain the operative treatments for common hand and wrist conditions
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## **Hip and Knee Arthroplasty: Every Detail Makes a Difference - Part 2**

**AAPA Category 1 CME Credit: 1**

**Description:** 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 will be discussed in detail in this session: pre-operative planning; implants, bearings, and longevity; intra-operative risk minimization, antibiotic prophylaxis, DVT prevention; inpatient or outpatient; pain management; and therapy protocols,

## **Learning Objectives:**

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

- Discuss appropriate perioperative care in THA/TKA, including DVT prophylaxis and infection prophylaxis
  - Describe implant bearing surfaces and the longevity of total joints
  - Review THA/TKA post-op protocols, including pain management and physical therapy
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## **Hip and Knee Arthroplasty: Is the Risk Worth the Reward? - Part 1**

**AAPA Category 1 CME Credit: 1**

**Description:** 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 will be discussed in detail in this session: subjective, objective, and radiographic evaluation of hip and knee arthritis and related conditions; non-operative management of osteoarthritis; and risk factor identification and modification.

## **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
  - Determine whether conservative management or joint replacement is the best option for the patient
  - Implement protocols and programs for patient optimization
  - Identify important considerations for surgical planning
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## Infectious Disease for the Orthopedics Team

**AAPA Category 1 CME Credit: 1**

**Description:** Orthopedic infections carry high morbidity and mortality. This sessions will focus on the proper treatments of these infections, as well as measures that can be taken to prevent infections.

### **Learning Objectives:**

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

- Choose appropriate antibiotics to treat a variety of infections
  - Optimize patients pre-operatively to prevent infection
  - Illustrate how to properly treat diabetic foot infections
  - Describe treatment options for native and prosthetic joint infections
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## Orthopaedic Fracture Management - Upper Extremity

**AAPA Category 1 CME Credit: 1**

**Description:** This lecture will review standard methods to describe fractures and fracture patterns based on a systematic review of injury radiographs. We will attempt to review those fracture not discussed in other lectures, or those you may get while on call. We will discuss 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:

- Explain and describe common upper extremity fractures
  - Describe appropriate management of common upper fractures to include appropriate immobilization and fracture reduction
  - Recognize and describe differences in fractures that require emergent treatment vs those that can be sent home and follow up in the office
  - Describe fractures based on location, angulation, displacement, and soft tissue injuries
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## Orthopaedic Fracture Management - Lower Extremity

**AAPA Category 1 CME Credit: 0.75**

**Description:** This lecture will review standard methods to describe fractures and fracture patterns based on a systematic review of injury radiographs. We will attempt to review those fracture not discussed in



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other lectures, or those you may get while on call. We will discuss 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:

- Explain and describe common lower extremity fractures
  - Describe appropriate management of common lower extremity fractures to include appropriate immobilization and fracture reduction
  - Recognize and describe differences in fractures that require emergent treatment vs those that can be sent home and follow up in the office
  - Describe fractures based on location, angulation, displacement, and soft tissue injuries
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## **Orthopaedic Oncology: Lumps, Bumps, and Heavy Metal**

**AAPA Category 1 CME Credit:** 0.75

**Description:** Our goal is to familiarize you with some of the more common or important diagnoses in musculoskeletal oncology including bone and soft tissue sarcomas, benign lesions, and metastatic disease of bone; understand the clinical presentation and imaging characteristics of benign and malignant lesions as well as general treatment schemes; and finally, to know when to refer a patient to your friendly local orthopaedic oncologist.

## **Learning Objectives:**

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

- Describe basic diagnoses in musculoskeletal oncology
  - Initiate the diagnostic workup of MSK lesions
  - Discuss the basic treatment strategies for benign and malignant MSK tumors
  - Explain when to refer to orthopaedic oncology
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## **Staying Out of Trouble in Pediatric Orthopaedics**

**AAPA Category 1 CME Credit:** 1.5

**Description:** Kids are not small adults. They have different skeletons and sustain different injuries based on their age. Whether you work in an ER, primary care, or hospital setting, you are bound to encounter the more common pediatric injuries. And you know your friends are going to ask you about little Sara after she fell and what they should do. So, come learn about common injuries and how to stay out of trouble in pediatric orthopaedics.



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## **Learning Objectives:**

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

- Recognize common elbow injuries
  - Know when to urgently refer patients
  - Treat common upper extremity injuries
  - Treat common lower extremity injuries
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## **The Conundrum of Hip Pain - An Approach and Review**

**AAPA Category 1 CME Credit: 1**

**Description:** The hip is a challenging location diagnostically, with overlapping structures and poor evidence for many diagnoses. I aim to demystify the region and provide an approach to patients with challenging complaints in the anterior, lateral, and posterior hip.

## **Learning Objectives:**

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

- Identify common conditions in the hip and surrounding area
  - Develop a strong regional differential list employing anatomy of the area
  - Use physical examination and imaging to appropriately and quickly test hypotheses
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## **The Knee: An Orthopaedic Sports Surgeon's Summary (part 1)**

**AAPA Category 1 CME Credit: 0.75**

**Description:** In two parts, this tour of the knee and its most common ailments will provide the listener with the tools to recognize common knee diagnoses and know when to pursue further workup and/or refer to a surgeon.

## **Learning Objectives:**

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

- Describe typical injury mechanisms that accompany common orthopaedic knee problems
  - Identify the most useful imaging modalities for diagnosing orthopaedic injuries
  - Diagnose common ailments in the knee by combining history, physical examination findings, and imaging
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## The Knee: An Orthopaedic Sports Surgeon's Summary (part 2)

**AAPA Category 1 CME Credit:** 0.75

**Description:** In two parts, this tour of the knee and its most common ailments will provide the listener with the tools to recognize common knee diagnoses and know when to pursue further workup and/or refer to a surgeon.

### **Learning Objectives:**

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

- Describe typical injury mechanisms that accompany common orthopaedic knee problems
  - Identify the most useful imaging modalities for diagnosing orthopaedic injuries
  - Diagnose common ailments in the knee by combining history, physical examination findings, and imaging
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## The Language of Fractures

**AAPA Category 1 CME Credit:** 1

**Description:** 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:

- Identify appropriate imaging/testing for orthopaedic cases
  - Discuss operative vs. non-operative treatment for orthopaedic cases
  - Discuss different orthopaedic surgical techniques and principles from the expert panel
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## The Not-So-Funny Bones

**AAPA Category 1 CME Credit:** 0.75

**Description:** The first of two sessions dedicated to reviewing basics of MSK imaging. This first session will focus on the all-important radiograph, reviewing fracture patterns and basic arthritides, and will touch on scary vs. reassuring features of bone tumors and tumor-like conditions.

### **Learning Objectives:**

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

- Determine appropriate radiographic views for joints and bones





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- Describe fracture patterns on routine radiography
  - Describe the basics of arthritis imaging and diagnosis
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## The Tendon-cy to Tear

**AAPA Category 1 CME Credit: 0.75**

**Description:** The second of two sessions dedicated to reviewing the basics of MSK imaging. This second session will concentrate on advanced MSK imaging and will largely focus on appropriateness criteria for ordering US, MRI, and CT. We will also touch on the basics of MRI sequences and interpretation.

### **Learning Objectives:**

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

- Recognize basic MRI sequences used for MSK imaging
  - Describe appropriate ordering practices for advanced MSK imaging including MRI, CT, and US
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## Therapeutic Modalities: What are Your Options When Surgery Isn't An Option?

**AAPA Category 1 CME Credit: 1.25**

**Description:** Even in the orthopaedic setting, surgery is not always the best option. While patients may present with a fracture, sprain, or arthritis, not all patients can be treated the same. Some patients may wish to avoid surgery and others may not be great surgical candidates. This presentation will take a deeper look at some of the non-operative treatment options we can utilize to treat orthopaedic conditions. The purpose of this talk is to provide you with alternative treatment options when your patient is not ready or able to proceed with surgery.

### **Learning Objectives:**

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

- Discuss the different types of injections available for non-operative Orthopaedic treatment
  - Discuss the different therapeutic modalities available through physical therapy
  - Discuss commonly prescribed medications utilized in the Orthopaedic setting for pain control, inflammation, infections and DVT prophylaxis
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