Agenda

Tuesday, June 25, 2019

6 a.m. - 6 p.m.  On-Site Registration

7 a.m. - 12 p.m.  Pre-Course: Acute Care Splinting and Casting Workshop - Morning Session
(Separate registration required.)

Tom Gocke, DMSc, PA-C, DFAAPA; Daniel Acevedo, PA-C, MPAS; Brian Masterson, PA-C; and Travis Randolph, PA-C, ATC

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

- Select appropriate materials to apply an acute care splint or cast
- Apply acute care splints for common upper and lower extremity injuries
- Apply short arm and short leg casts

8 a.m. - 12 p.m.  Pre-Course: Musculoskeletal Injection Workshop for Beginners - Morning Session
(Separate registration required.)

Mike Rudzinski, RPh, PA-C; Austin Bragdon, PA-C; Amy K. Jean, MSM, PA-C; Brandon McClary, PA-C; and Contessa Wood, PA-C

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

- Identify indications, contraindications, risks, benefits, materials, and proper technique of injection therapy
- Identify common conditions of the upper and lower extremity that may benefit from injection therapy
- Demonstrate how to obtain and document informed consent
- Demonstrate beginning competencies regarding the location and identification of important functional anatomical landmarks and correct needle placement for injection therapy

1 - 6 p.m.  Pre-Course: Acute Care Splinting and Casting Workshop - Afternoon Session
(Separate registration required.)

Tom Gocke, DMSc, PA-C, DFAAPA; Daniel Acevedo, PA-C, MPAS; Brian Masterson, PA-C; and Travis Randolph, PA-C, ATC

At the conclusion of this session, participants should be able to:
Select appropriate materials to apply an acute care splint or cast
Apply acute care splints for common upper and lower extremity injuries
Apply short arm and short leg casts

1 - 5 p.m.  
**Pre-Course: Musculoskeletal Injection Workshop for Beginners - Afternoon Session *(Separate registration required).*

Mike Rudzinski, RPh, PA-C; Austin Bragdon, PA-C; Amy K. Jean, MSM, PA-C; Brandon McClary, PA-C; and Contessa Wood, PA-C

At the conclusion of this session, participants should be able to:
- Identify indications, contraindications, risks, benefits, materials, and proper technique of injection therapy
- Identify common conditions of the upper and lower extremity that may benefit from injection therapy
- Demonstrate how to obtain and document informed consent
- Demonstrate beginning competencies regarding the location and identification of important functional anatomical landmarks and correct needle placement for injection therapy

**Wednesday, June 26, 2019**

7 a.m. - 5 p.m.  **On-Site Registration**

7 - 8 a.m.  **Exhibits and Continental Breakfast (Provided)**

8 - 8:15 a.m.  **Welcome Remarks**

8:15 - 9:30 a.m.  **Basics of Musculoskeletal Imaging**

Michael Friedman, MD

At the conclusion of this session, participants should be able to:
- Discuss the basics of radiographic joint evaluation
- Describe the imaging options available for evaluating bone and joint pathology
- Discuss preferred ordering algorithms of radiologic exams

9:30 - 10:15 a.m.  **Not All Healing Involves a Knife: Nonoperative Orthopaedic Conditions of the Knee**

Eric N. Bowman, MD, MPH

At the conclusion of this session, participants should be able to:
- Discuss the etiology and pathology of common nonoperative orthopaedic knee conditions
• Review approaches to treatment for common nonoperative orthopaedic knee conditions
• Critically evaluate new technology and treatments on the horizon

10:15 - 10:30 a.m.  Exhibits/Break

10:30 - 11:30 a.m.  The Language of Fractures

Christopher V. Bensen, MD

At the conclusion of this session, participants should be able to:
• Discuss basic fracture terminology and nomenclature
• Recognize common fracture patterns, morphology, and classification
• Interpret radiographs of fractures and describe them to other healthcare professionals

11:30 a.m. - 12:15 p.m.  When a Knife Helps: Operative Orthopaedic Conditions of the Knee

Eric N. Bowman, MD, MPH

At the conclusion of this session, participants should be able to:
• Discuss the etiology and pathology of common operative orthopaedic knee conditions
• Review approaches to treatment for common operative orthopaedic knee conditions
• Critically evaluate new technology and treatments on the horizon

12:15 - 1:15 p.m.  Exhibits and Lunch (Provided)

1:15 - 3 p.m.  Breakout Session 1

Do You See What I See? Common Radiology Cases

Michael Friedman, MD

At the conclusion of this session, participants should be able to:
• Discuss appropriate ordering algorithms for bone and joint pathology evaluation
• Evaluate radiographs of major joints via an organized approach
• Identify some of the major signs of injury

Fracture Management Skills Lab

Daniel Acevedo, PA-C, MPAS and Christopher V. Bensen, MD

At the conclusion of this session, participants should be able to:
• Use AO/OTA classification to distinguish fractures and indicate appropriate treatment
• Indicate appropriate digital or regional anesthesia for particular fracture patterns or joint dislocations
• Recognize and indicate the proper procedures to stabilize particular fracture patterns
• Recognize the difference between different types of plate and screw fixation
• Recognize need for external fixation and the principles associated with external fixation

Orthopaedic Case Presentations: the Simple, the Complex and the Things That Go Bump in the Night

Tom Gocke, DMSc, PA-C, DFAAPA

At the conclusion of this session, participants should be able to:
  • Determine a differential diagnosis following a history and physical exam
  • Appropriately evaluate musculoskeletal radiographs
  • Identify factors that can have an impact on musculoskeletal conditions

Physical Exam Pearls and Rehabilitation Techniques

Travis Randolph, PA-C, ATC

At the conclusion of this session, participants should be able to:
  • Demonstrate appropriate orthopaedic special tests for injury evaluation
  • Identify key physical exam findings to assist with differential diagnosis
  • Demonstrate basic rehabilitation exercises for patient’s home exercise program

3 - 3:15 p.m.  Exhibits/Break
3:15 - 5 p.m.  Breakout Session 2

Do You See What I See? Common Radiology Cases

Fracture Management Skills Lab

Orthopaedic Case Presentations: the Simple, the Complex and the Things That Go Bump in the Night

Physical Exam Pearls and Rehabilitation Techniques

5 - 6 p.m.  Networking Event
Thursday, June 27, 2019

7 a.m. - 5 p.m.  On-Site Registration
7 - 8 a.m.  Exhibits and Continental Breakfast (Provided)
8 - 9:45 a.m.  Breakout Session 3
  Do You See What I See? Common Radiology Cases
  Fracture Management Skills Lab
  Orthopaedic Case Presentations: the Simple, the Complex and the Things That Go Bump in the Night
  Physical Exam Pearls and Rehabilitation Techniques
9:45 - 10 a.m.  Exhibits/Break
10 - 11 a.m.  Orthopaedic Foot and Ankle Pathology: You May Not Have Seen It, but It Has Seen You
  Sonya Ahmed, MD
  At the conclusion of this session, participants should be able to:
  • Identify critical anatomy of the foot and ankle and its relevance to common pathologies
  • Provide non-operative care and treatment of common foot and ankle pathologies
  • Identify foot and ankle issues that require referral to a foot and ankle specialist
11 - 11:45 a.m.  Common Orthopaedic Conditions of the Shoulder Before 40
  Christopher V. Bensen, MD
  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 AC joint separations, shoulder instability, labral injuries, and biceps tendinitis
11:45 a.m. - 1:45 p.m.  Lunch (On Your Own)
1:45 - 2:30 p.m.  Common Orthopaedic Conditions of the Shoulder After 40

Christopher V. Bensen, MD

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 shoulder impingement, rotator cuff disease, adhesive capsulitis, and glenohumeral osteoarthritis

2:30 - 3:30 p.m.  Common Orthopaedic Conditions of the Spine

Amir M. Abtahi, MD

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

- Discuss the assessment and treatment of cervical HNP and myelopathy
- Discuss the assessment and treatment of lumbar HNP, stenosis, spondylosis and spondylolisthesis
- Differentiate neck vs. shoulder pain and hip vs. low back pain

3:30 - 3:45 p.m.  Break

3:45 - 5 p.m.  Staying Out of Trouble in Pediatric Orthopaedics

Steve D. Gibbons, MD

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

- Identify common pediatric elbow fractures
- Identify the two most common types of tarsal coalitions
- Discuss treatment options for pediatric femur fractures
- Identify risk factors for non-accidental trauma
- Discuss initial treatment for DDH

6 - 7:30 p.m.  Dinner Product Theater: Knee Injection Technique Workshop for PAs *(Separate registration required.)*

This is a promotional workshop that is not eligible for CME credit.

**Friday, June 28, 2019**

7 a.m. - 5 p.m.  On-Site Registration

7 - 8 a.m.  Continental Breakfast (Provided)
8 - 9 a.m.  Common Orthopaedic Conditions of the Wrist and Hand
Mihir J. Desai, MD

At the conclusion of this session, participants should be able to:
• Identify the symptoms and treatment of carpal tunnel syndrome
• Identify the symptoms and treatment of trigger finger
• Discuss proper diagnosis and treatment of distal radius fractures

9 - 10 a.m.  Common Orthopaedic Conditions of the Elbow
Mihir J. Desai, MD

At the conclusion of this session, participants should be able to:
• Identify the symptoms and treatment of cubital tunnel syndrome
• Identify the symptoms and treatment of lateral epicondylitis
• Identify the symptoms and treatment of distal biceps tendon rupture

10 - 10:15 a.m.  Break

10:15 a.m. - 12:15 p.m.  How to Keep Your Job: Understanding Reimbursement and Knowing Your Value
Michael L. Powe

At the conclusion of this session, participants should be able to:
• Describe payment policies and requirements that impact the ability of PAs and NPs to deliver medically necessary orthopaedic services in offices and hospitals
• Describe how PAs and NPs can demonstrate their return on investment (ROI) to employers
• Explain the unique role that PAs and NPs play in driving increased efficiencies and expanding access to care in new value-based payment models
• Identify strategies to improve the recognition and tracking of the contributions and productivity of PAs and NPs in various specialties and practice settings

12:15 - 1:15 p.m.  Lunch (Provided)

1:15 - 2 p.m.  Fragility Fractures: How to Recognize, Treat and Prevent Low Energy Fractures in the Elderly
Daniel Acevedo, PA-C, MPAS

At the conclusion of this session, participants should be able to:
• Discuss the basics of bone homeostasis and physiology
• Define fragility fracture, osteoporosis and osteopenia, and describe the common risk factors for each
• Develop a treatment and prevention strategy for patients who suffer a fragility fracture
• Discuss the basic indication for DXA, FRAX and other diagnostic tools
• Describe the most common indications for osteoporosis medications, along with the efficacy, basic pharmacology and common side effect profiles of each medication

2 - 3:15 p.m.  Evaluation of the Injured Athlete

Travis Randolph, PA-C, ATC and Christopher V. Bensen, MD

At the conclusion of this session, participants should be able to:
• Identify common orthopaedic injuries associated with athletics
• Manage common athletic injuries on the field and on the sideline
• Demonstrate rehabilitation exercises for non-operative orthopaedic injuries
• Discuss the purpose of pre-participation screenings in athletics

3:15 - 3:30 p.m.  Break

3:30 - 5 p.m.  Hip and Knee Replacement: Minimizing Risks to Maximize Outcomes

Harry A. Demos, MD

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
• 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

Saturday, June 29, 2019

7 a.m. - 12:30 p.m.  On-Site Registration

7 - 8 a.m.  Continental Breakfast (Provided)
8 - 9 a.m.  
**Time to Crack the Hip: Taking Your Hip Pain Diagnosis to the Next Level**

Derik J. Geist, MD

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

- Recognize the different zones of the hip and their references towards the diagnosis
- Identify the basic anatomy of the hip joint and adjacent structures
- Describe the basic features of femoroacetabular impingement and the pathogenesis of hip joint disease
- Discuss the diagnosis of the snapping hip syndromes and the treatment of the conditions
- Discuss the pathogenesis of avascular necrosis of the hip, the monitoring of the condition, and treatment plans

9 - 9:45 a.m.  
**Laudable Pus: Overview of Musculoskeletal Infections**

James Pascal Norris, IV, MD

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

- Identify the pertinent work-up for a suspected orthopaedic infection
- Accurately diagnose the more common orthopaedic infections
- Discuss the basic treatment methods for the common orthopaedic infections

9:45 - 10:15 a.m.  
**Break**

10:15 - 11 a.m.  
**Overview of Orthopaedic Oncology**

James Pascal Norris, IV, MD

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

- Identify the appropriate initial imaging studies for orthopaedic neoplasia
- Recognize clinical and radiographic warning signs for both bone and soft tissue lesions that should prompt further work-up or referral to a specialty center
- Identify some of the more common benign and malignant orthopaedic tumors
11 a.m. - 12:15 p.m. **Ask the Experts: Q & A**

Travis Randolph, PA-C, ATC; Christopher V. Bensen, MD; and Harry A. Demos, MD

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

- Identify appropriate imaging/testing for orthopaedic cases/questions that are submitted by the audience
- Discuss operative vs. non-operative treatment for orthopaedic cases/questions that are submitted by the audience
- Discuss different orthopaedic surgical techniques and principles from the expert panel

12:15 - 12:30 p.m. **Closing Remarks**

* This agenda may be updated or modified without notification.