

MUSCULOSKELETAL GALAXY

JUNE 3–7, 2020 | ATLANTA, GA



Draft Agenda*

Wednesday, June 3, 2020

6:30 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, ATC, PA-C, DFAAPA; Daniel Acevedo, PA-C; Karen A. Newell, MMSc, PA-C, DFAAPA; and Travis Randolph, PA-C, ATC

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

- Appropriately apply splint/cast padding for upper and lower extremity injuries
- Appropriately apply fiberglass splints for injuries to the upper and lower extremities
- Appropriately apply a short arm cast and short leg cast

8 a.m. - 12 p.m.

Pre-Course: Musculoskeletal Injection Workshop for Beginners - Morning Session *(Separate registration required.)*

Mike Rudzinski, RPh, PA-C; Jamar Brown, PA-C, ATC; Kevin Hartman, PA-C; Deep Patel, PA-C, ATC/L; Harris Patel, PA, ATC; and Christopher Polascik, PA-C, ATC

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 beginning competencies regarding the location and identification of important functional anatomical landmarks
- Demonstrate beginning competencies regarding the proper location for correct needle placement for injection therapy

12 - 1 p.m.

Lunch (On Your Own)

1 - 6 p.m.

Pre-Course: Acute Care Splinting and Casting Workshop - Afternoon Session *(Separate registration required.)*

Tom Gocke, DMSc, ATC, PA-C, DFAAPA; Daniel Acevedo, PA-C; Karen A. Newell, MMSc, PA-C, DFAAPA; and Travis Randolph, PA-C, ATC

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

- Appropriately apply splint/cast padding for upper and lower extremity injuries
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1 - 5 p.m.

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

Mike Rudzinski, RPh, PA-C; Jamar Brown, PA-C, ATC; Kevin Hartman, PA-C; Deep Patel, PA-C, ATC/L; Harris Patel, PA, ATC; and Christopher Polascik, PA-C, ATC

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Thursday, June 4, 2020

7 a.m. - 5 p.m.

On-Site Registration

7 - 8 a.m.

Exhibits and 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.

Common Orthopaedic Conditions of the Knee - Part 1

Kellie Middleton, MD

At the conclusion of this 2-part session, participants should be able to:

- Discuss the assessment and treatment of articular cartilage injuries, quadriceps and patella tendon ruptures, meniscus injuries, cruciate ligament injuries, collateral ligament injuries, patellofemoral syndrome, Osgood-Schlatter, patella tendonitis, IT band syndrome, pes anserine bursitis, pre-patellar bursitis, and patella dislocation
- Identify post-op protocols for common knee procedures, including discussion of DVT prophylaxis, rehab guidelines, and return to activity guidelines
- Discuss the indications for different types of injections in common orthopaedic conditions of the knee

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
- Communicate accurate description of fractures between colleagues

11:30 a.m. - 12:15 p.m.

Common Orthopaedic Conditions of the Knee - Part 2

Kellie Middleton, MD

At the conclusion of this 2-part session, participants should be able to:

- Discuss the assessment and treatment of articular cartilage injuries, quadriceps and patella tendon ruptures, meniscus injuries, cruciate ligament injuries, collateral ligament injuries, patellofemoral syndrome, Osgood-Schlatter, patella tendonitis, IT band syndrome, pes anserine bursitis, pre-patellar bursitis, and patella dislocation
- Identify post-op protocols for common knee procedures, including discussion of DVT prophylaxis, rehab guidelines, and return to activity guidelines
- Discuss the indications for different types of injections in common orthopaedic conditions of the knee

12:15 - 1:15 p.m.

Exhibits and Lunch (Provided)

1:15 - 3 p.m.

Breakout Session 1 (Choose One)

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

Surgical Skills Lab for Fracture Fixation: Open Reduction Internal Fixation and Lag Screw Techniques

Christopher V. Bensen, MD; and Sonya Ahmed, MD

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

- Use AO/OTA classification to distinguish fractures and indicate appropriate treatment
- Recognize and indicate the proper procedures to stabilize particular fracture patterns
- Recognize the difference between different types of plate and screw fixation

Orthopaedic Fracture Management

Tom Gocke, DMSc, ATC, PA-C, DFAAPA

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

- Decide on operative vs. non-operative treatment for common fractures
- Discuss the appropriate cast/splint choice for common fractures
- Identify repeat radiograph guidelines for common fractures
- Discuss the average healing time for common fractures
- Discuss techniques for hematoma blocks, fracture reductions and joint reductions
- Evaluate and treat compartment syndrome and other orthopaedic emergencies relating to fractures

Upper Extremity and C-Spine Physical Exam Techniques

Travis Randolph, PA-C, ATC; Scott Linacre, PA-C, MMSc; and Harris Patel, PA, ATC

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

- Perform a physical exam on the shoulder with appropriate special tests to develop a differential diagnosis and determine the need for advanced imaging
- Perform a physical exam on the elbow/wrist/hand with appropriate special tests to develop a differential diagnosis and determine the need for advanced imaging
- Perform a physical exam on the C-spine with appropriate special tests to develop a differential diagnosis and determine the need for advanced imaging

Lower Extremity and L-Spine Physical Exam Techniques

Daniel Acevedo, PA-C; Kevin Hartman, PA-C; and Deep Patel, PA-C, ATC/L

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

- Evaluate the lumbar spine for congenital anomalies, fractures, and infection, as well as discogenic pain and degenerative changes
- Systematically assess acute and chronic hip, knee, foot and ankle pathology through physical examination
- Evaluate lower extremity and lumbar spine pathology in all age populations from pediatric to geriatric

3 - 3:15 p.m.

Exhibits/Break

3:15 - 5 p.m.

Breakout Session 2 (Choose One)

Do You See What I See? Common Radiology Cases

Surgical Skills Lab for Fracture Fixation: Open Reduction Internal Fixation and Lag Screw Techniques

Orthopaedic Fracture Management

Upper Extremity and C-Spine Physical Exam Techniques

Lower Extremity and L-Spine Physical Exam Techniques

6 - 8 p.m.

Party in Piedmont Park

Friday, June 5, 2020

6:15 – 7 a.m.

Group Run (Optional)

7 a.m. - 5 p.m.

On-Site Registration

7 - 8 a.m.

Exhibits and Breakfast (Provided)

8 - 9:45 a.m.

Breakout Session 3 (Choose One)

Do You See What I See? Common Radiology Cases

Surgical Skills Lab for Fracture Fixation: Open Reduction Internal Fixation and Lag Screw Techniques

Orthopaedic Fracture Management

Upper Extremity and C-Spine Physical Exam Techniques

Lower Extremity and L-Spine Physical Exam Techniques

9:45 - 10 a.m.

Exhibits/Break

10 - 11 a.m.

The Fabulous Five of Foot and Ankle

Sonya Ahmed, MD

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

- Discuss the anatomy and pathology of common foot and ankle conditions
- Identify common foot and ankle conditions that can often be missed
- Properly evaluate and treat frequently missed foot and ankle conditions

11 - 11:45 a.m.

Common Orthopaedic Conditions of the Shoulder in the Young Athlete

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 patients with AC joint separations, shoulder instability, and labral injuries

11:45 a.m. - 1:45 p.m.

Lunch (On Your Own)

1:45 - 2:30 p.m.

Common Orthopaedic Conditions of the Shoulder in Weekend Warriors

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

2:30 - 3:30 p.m.

The Basics of Spine

Todd C. Bonvallet, MD

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

- Diagnose and treat cervical radiculopathy
- Diagnose and treat lumbar radiculopathy
- Perform a thorough neurologic exam and diagnose cervical myelopathy

3:30 - 3:45 p.m.

Break

3:45 - 5 p.m.

Staying Out of Trouble in Pediatric Orthopaedics

Steven Gibbons, MD

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

- Identify common orthopaedic injuries in the pediatric population
- Discuss how to treat various pediatric orthopaedic injuries
- Identify which injuries need to be referred to a specialist promptly

Saturday, June 6, 2020

6:15 – 7 a.m.

Group Run (Optional)

7 a.m. - 5 p.m.

On-Site Registration

7 - 8 a.m.

Breakfast (Provided)

8 - 9 a.m.

Give Me a Hand: Evaluating and Treating Common Hand Conditions

Christina M. Ward, MD

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

- Accurately describe traumatic hand lacerations
- Diagnose and initiate treatment for tendon and nerve lacerations
- Diagnose and initiate treatment for common non-traumatic hand conditions, including carpal tunnel syndrome, Dupuytren's, and De Quervain's tenosynovitis

9 - 10 a.m.

Demystifying the Elbow

Christina M. Ward, MD

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

- Identify key anatomic landmarks at the elbow
- Diagnose and initiate treatment for common traumatic elbow conditions, including radial head fractures and biceps ruptures
- Diagnose and initiate treatment for common non-traumatic elbow conditions, including cubital tunnel syndrome and lateral epicondylitis

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 Powe, Vice President

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 office and hospital practice settings
- Explain the unique role that PAs and NPs play in driving increased efficiencies and expanding access to care in new value-based payment models
- Describe how PAs and NPs can demonstrate their return on investment (ROI) to employers
- 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 - 2:15 p.m.

Practical Guide to Orthopaedic Medications: What Providers Need to Know

Martha L. Sikes, DMSc, MS, RPh, PA-C

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

- Discuss the mechanism of action of the most common medications used in the treatment of orthopaedic conditions
- Recognize the most common, and must not miss, adverse effects associated with the most common medications used in the treatment of orthopaedic conditions
- Recall the contraindication(s) associated with the most common medications used in the treatment of orthopaedic conditions
- Identify potential drug-drug interactions associated with the most common medications used in the treatment of orthopaedic conditions
- Discuss commonly utilized complimentary/alternative therapies used in the treatment of orthopaedic conditions

2:15 - 3:15 p.m.

Common Orthopaedic Conditions of the Hip

Vonda Wright, MD

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

- Discuss the assessment and treatment of FAI, AVN, ITB and snapping hip
- Identify indications for pre-op testing
- Identify post-op protocols for common hip procedures, including discussion of DVT prophylaxis, rehab guidelines, and return to activity guidelines

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

Sunday, June 7, 2020

7 a.m. - 12:30 p.m.

On-Site Registration

7 - 8 a.m.

Breakfast (Provided)

8 - 9:30 a.m.

Billing and Coding for Orthopaedic Services

Shannon DeConda, CPC, CEMC, CEMA, CPMA, CRTT

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

- Discuss the nuances of billing and coding for orthopaedic visits
- Identify the current guidelines for auditing E/M services
- Briefly discuss the 2021 guidelines for auditing E/M services

9:30 - 10:15 a.m.

Laudable Pus: An Introduction to Musculoskeletal Infection

Josh Lawrenz, MD

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

- Recognize the clinical, radiographic, and laboratory presentation of musculoskeletal infection
- Discuss the appropriate diagnostic workup and treatment of musculoskeletal infection
- Highlight five musculoskeletal infections in further detail, including cellulitis, abscess, septic arthritis, osteomyelitis, and necrotizing fasciitis

10:15 - 10:45 a.m.

Break for Hotel Check-Out

10:45 - 11:30 a.m.

Learning to Be Worried: A Primer to Musculoskeletal Oncology

Josh Lawrenz, MD

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

- Discuss the clinical presentation, imaging findings, diagnostic workup and treatment of selected bone and soft tissue sarcomas
- Discuss the clinical presentation, imaging findings, diagnostic workup and treatment of selected benign bone and soft tissue tumors
- Discuss the clinical presentation, imaging findings, diagnostic workup and treatment of metastatic bone disease

11:30 a.m. - 12:15 p.m.

The Conservative Approach: The Dos and Don'ts in Physical Therapy Treatment

Travis Randolph, PA-C, ATC

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

- Identify appropriate exercises for a patient's home exercise program
- Teach patients appropriate stretches to help restore range of motion
- Discuss how to develop a post-operative rehab protocol
- Identify rehab exercises that patients should avoid

12:15 - 12:30 p.m.

Closing Remarks

*This agenda is a draft and subject to change through the 2020 Musculoskeletal Galaxy course.