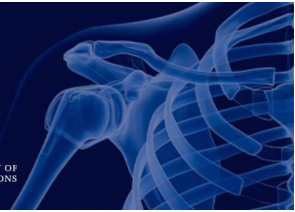


MUSCULOSKELETAL GALAXY

JULY 27 - 30, 2025 | LAS VEGAS, NEV.



Agenda

MGM Grand Hotel Las Vegas

Sunday, July 27, 2025

8:00 a.m. - 6 p.m. **On-Site Registration**

8:30 a.m. - 12 p.m. **Acute Care Splinting and Casting Workshop - Morning Session** *(Separate registration required.)*

Travis Randolph, PA-C, Dan Coll, MBA, MHS, PA-C, DFAAPA, Vanessa Smith, PA-C

The Acute Care Splinting/Casting course provides information on the treatment choices needed in managing selected acute musculoskeletal injuries. While acute care splints are commonly applied for the initial treatment of fractures or dislocations, they are also used to decrease the spread of infection and immobilize tendon injuries or reduce tension on sutures following complex lacerations. This course is designed for new-grad PAs and those new to treating musculoskeletal injuries. The instructors will help you develop/refine the skills/techniques you need to effectively apply Acute Care Splints for common upper & lower extremity injuries.

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

- Apply appropriate cast/splint padding to protect skin and bony surfaces
- Apply splints to protect upper extremity injuries
- Apply splints to protect lower extremity injuries
- Apply a short arm and low leg cast

12:00 p.m. – 1:00 p.m. **Lunch (On Your Own)**

1 - 1:15 p.m. **Welcome Remarks**

1:15 – 2:00 p.m. **Understanding the Language of Fractures**

Chuck Dowell, PA-C, ATC

This presentation will focus on improving the participants ability to use appropriate terminology when describing basic fractures and dislocations. Improve your ability to communicate these with colleagues.

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

- Discuss basic fractures and dislocations
- Describe basic fractures and dislocations on plain x-rays
- Demonstrate improved communication with orthopedic colleagues regarding radiographic findings, to enhance diagnostic accuracy

2 – 2:55 p.m.

The Operation of the Century: Total Hip Arthroplasty!

Ryland Kagan, MD

This session will provide a historical context to understanding modern total hip arthroplasty. In addition will introduce basic fundamentals of implant design and fixation for modern hip replacement. Will discuss pros and cons related to various approaches for total hip arthroplasty and discuss appropriate imaging for preoperative planning.

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

- Describe a historical perspective and understand the evolution of the modern hip replacement
- Discuss basics for implant design and fixation for modern hip replacement
- Describe the pros and cons of various approaches for total hip arthroplasty
- Order appropriate imaging for preoperative planning

2 – 2:55 p.m.

Navigating the Complexity of Rheumatologic Autoimmune Disorders

Whitney Elg-Salsman, DO, MSCR

This session will provide an overview of common autoimmune conditions including gout, rheumatoid arthritis, polymyalgia rheumatica and fibromyalgia. Will discuss diagnostic approach for these conditions and provide a framework for approach to treatment.

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

- Be able to differentiate inflammatory from non-inflammatory joint pain
- Identify common Rheumatologic conditions including rheumatoid arthritis, gout fibromyalgia and polymyalgia rheumatica
- Perform appropriate diagnostic workup for rheumatologic conditions
- Review classic radiographic findings seen in common rheumatic diseases
- Provide a treatment approach for Rheumatologic conditions

2 – 5:30 p.m.

Acute Care Splinting and Casting Workshop – Afternoon Session *(Separate registration required.)*

Travis Randolph, PA-C, Dan Coll, MBA, MHS, PA-C, DFAAPA, Vanessa Smith, PA-C

The Acute Care Splinting/Casting course provides information on the treatment choices needed in managing selected acute musculoskeletal injuries. While acute care splints are commonly applied for the initial treatment of fractures or dislocations, they are also used to decrease the spread of infection and immobilize tendon injuries or reduce tension on sutures following complex lacerations. This course is designed for new-grad PAs and those new to treating musculoskeletal injuries. The instructors will help you develop/refine the skills/techniques you need to effectively apply Acute Care Splints for common upper & lower extremity injuries.

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

- Apply appropriate cast/splint padding to protect skin and bony surfaces
- Apply splints to protect upper extremity injuries
- Apply splints to protect lower extremity injuries
- Apply a short arm and low leg cast

3:00 – 3:55 p.m.

Knee Arthroplasty: From Partial to Total and everything in between

Ryland Kagan, MD

This session will provide a historical context to understanding modern knee replacement. In addition will introduce basic fundamentals of implant design and fixation for modern knee replacement. Will discuss pros and cons related to unicompartmental knee versus total knee arthroplasty and introduce options for enabling technology in knee replacement.

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

- Describe a historical perspective and understand the evolution of the modern knee replacement
- Discuss basics for implant design and fixation for modern knee replacement
- Describe the pros and cons of medial unicompartmental knee arthroplasty versus total knee arthroplasty
- Discuss enabling technology in knee arthroplasty

3:00 – 3:55 p.m.

Pediatric Orthopaedics: From the Basics to Hot Topics Part 1

R. Carter Clement, MD, MBA

This two-part session will cover numerous common conditions in pediatric orthopaedics including hip pathology, spine deformity, trauma, infections, and the basics of physical exam.

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

- Identify and refer common pediatric orthopaedic hip conditions
- Identify and refer common pediatric orthopaedic spine conditions
- Identify and refer common pediatric orthopaedic injuries

4 – 4:25 p.m.

Exhibits/Break

4:30 – 5:25 p.m.

Intro to Radiology - The Not-So-Funny-Bones

Brooke Beckett, MD

In this basic intro to MSK radiology, we will concentrate on radiographic acquisition and interpretation, to include an overview of trauma, arthritis, and tumor imaging.

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

- Determine appropriate radiographic views for bones and joints
- Describe fracture patterns on routine radiography
- Discuss the basics of arthritis imaging and diagnosis
- Describe aggressive vs. non-aggressive bone tumors and tumor-like conditions

4:30 – 5:25 p.m.

Pediatric Orthopaedics: From the Basics to Hot Topics Part 2

R. Carter Clement, MD, MBA

This two-part session will cover numerous common conditions in pediatric orthopaedics including hip pathology, spine deformity, trauma, infections, and the basics of physical exam.

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

- Identify and refer common pediatric orthopaedic hip conditions
- Identify and refer common pediatric orthopaedic spine conditions
- Identify and refer common pediatric orthopaedic injuries

Monday, July 28, 2025

7 a.m. - 6 p.m.

On-Site Registration

7 - 8 a.m.

Breakfast (Provided)

8 - 8:55 a.m.

Upper Extremity Radiology

Brooke Beckett, MD

In this session we will discuss basics of joint MRI imaging and review common pathologies of the shoulder, elbow and wrist.

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

- Recognize basic joint MRI sequences and imaging planes
- Describe MRI findings of rotator cuff tears and tendinosis
- Describe MRI findings of shoulder dislocation
- Recognize MRI findings of UCL injury and capitellar OCDs
- Recognize MRI findings of ligament tears about the wrist

9 – 9:55 a.m.

Surgical Management of the Greatest Joint in the Human Body

This session will review common conditions of the shoulder amenable to surgical intervention. We will review the indications, procedures and techniques, outcomes, and potential complications of surgery for shoulder instability, labral tears, rotator cuff tears, biceps injuries, acromioclavicular separation, arthritis, and others.

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

- List common conditions of the shoulder amenable to surgical management
- Discuss indications for surgical intervention for common conditions of the shoulder
- List the surgical options and basic surgical techniques for common conditions of the shoulder
- List the potential complications of surgical procedures of the shoulder

9 – 9:55 a.m.

Orthopaedic oncology: Lumps, bumps, and heavy metal

Duncan Ramsey, MD, MPH, MS

The goal of this session 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.

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

- Describe basic diagnoses in musculoskeletal oncology

- Initiate the diagnostic workup of musculoskeletal lesions
- Discuss the basic treatment strategies for benign and malignant MSK tumors
- Demonstrate when to refer to orthopaedic oncology

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

10:30 a.m. – 11:25 a.m. **So much anatomy, so little time! Refresh on the Hand & Wrist!**

Vanessa Smith, PA-C

This presentation covers common hand and wrist conditions and injuries, focusing on anatomy, directional terminology, and the physical exam. We'll discuss how to modify the exam for acute, subacute, and chronic cases, appropriate treatment strategies, indications for splinting, and when to refer to hand surgery. Through case scenarios, we'll apply these principles in clinical decision-making to enhance diagnostic accuracy and patient care.

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

- Review anatomy of the hand and wrist with associated descriptive terminology for location and direction
- Identify key points of hand and wrist exam after a trauma vs. subacute/chronic condition
- Analyze case scenarios to review exam findings and appropriate splint or treatment
- Differentiate between splints utilized for various acute injuries

10:30 a.m. – 11:25 a.m. **General Principles of Management of fractures - Upper Extremity**

Chuck Dowell, PA-C, ATC

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 fractures 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.

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

- Explain and describe common upper extremity fractures
- Describe appropriate management of common upper 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 & soft tissue injuries

11:30 a.m. – 12:25 p.m. **Non-operative Conditions of the Shoulder and Elbow**

Travis Randolph, PA-C

Not all shoulder and elbow injuries require surgical intervention. We will discuss the different injuries involving the upper extremity that may be treated with conservative treatment including injections and physical therapy. It's important to understand when conservative treatment would be appropriate and when surgery is indicated. We will discuss common radiographic findings seen in shoulder and elbow injuries and what treatment options we may consider. This presentation hopes to offer you treatment options to consider when surgery is either not indicated or patients decline surgical options.

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

- Discuss injuries of the shoulder and elbow that can be treated non-operatively
- Review x-rays and MRIs of different shoulder and elbow pathology
- Discuss different non-operative treatments including injections and physical therapy

12:30 p.m. – 2 p.m.

Lunch and Learn (Provided)

2 p.m. – 2:55 p.m.

Upper Extremity Case Presentation and Evaluation

Brooke Beckett, MD, Chuck Dowell, PA-C, ATC, Travis Randolph, PA-C

This presentation will be based on different case studies involving upper extremity injuries. We will discuss how each case presented, physical exam testing for each pertinent case and related radiographic findings. These upper extremity case studies should help to bring together all of the information learned in the upper extremity presentations seen earlier throughout the day.

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

- Discuss case studies of upper extremity injuries and their clinical presentation
- Discuss physical exam tests utilized to evaluate upper extremity injuries
- Discuss radiographic findings related to case studies involving upper extremity injuries

3 – 3:30 p.m.

Exhibits/Break

3: 30 p.m. – 4:25 p.m. **Get 'Em Moving, but How? Prescribing Exercise After Sport-Related Concussion**

Emily Kosderka, PhD, ATC

Concussion management has recently undergone a paradigm shift in best practices. For many years, health care professionals recommended a “Rest is Best” approach—discouraging physical and cognitive activity in order to facilitate healing and avoid delayed recovery. The evidence for this approach, however, was sparse and recent research has demonstrated that implementing early physical activity and exercise may improve recovery. The most recent consensus statement on concussion in sport (2023) supports this and recommends initiating physical activity & exercise after approximately 24-48 hours of rest. Questions remain, however, on the timing, type, mode, and duration of activity—leaving athletic trainers uncertain of how to prescribe it.

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

- Identify exercise protocols from existing literature for use with recovery from sport related concussion
- Implement the best research evidence related to timing, frequency, intensity, mode, & duration when prescribing exercise programs for treatment of sport related concussion
- Identify possible uses for the Buffalo Concussion Treadmill Test BCTT in concussion management
- Implement the components of the Buffalo Protocol from post injury treadmill test to exercise prescription to clearance treadmill test
- Illustrate how these principles can be integrated into the Return To Play Strategy through a case study

3: 30 p.m. – 6 p.m. **MSK Focus Pocus** *(Separate Registration Required)*

Katy Martinelli, PA-C, Elinor Naor, DO, Jake Benedicion, DMS, MPAS, PA-C, Samantha Laub, PA-C, Milan Patel, PA-C

The Musculoskeletal Galaxy Focus POCUS ultrasound workshop will cover an introduction to basic ultrasound principle including proper scanning techniques, review of imaging normal anatomy, review of possible pathology encountered during basic MSK US, discuss technique for US guided injections. Attendees will learn proper MSK imaging techniques for the shoulder, elbow, wrist, and knee. Learning is facilitated through an interactive and practical format with the direct supervision of the faculty.

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

- Explain why and how to use ultrasound for MSK conditions and procedures
- Describe tips for identifying critical structures and landmarks for basic MSK injections
- Identify modern techniques for utilization of ultrasound and its role in performing injections of large joints

3: 30 p.m. – 6 p.m.

Injections Workshop *(Separate Registration Required)*

Chuck Dowell, PA-C, ATC, Daniel Coll, MBA, MHS, PA-C DFAAPA, Sarah Bolander, PA-C, Peggy Sims, MSPAS, PA-C

This workshop will focus on a basic introduction and understanding into the world of MSK injections. We will review common MSK problems that will require injection therapy. This session will cover different anesthetic and corticosteroid agents, relevant anatomy regarding each injection, techniques to perform common MSK injections, and potential reactions and complications you may see from each injection.

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

- Identify indications, contraindications, risks, benefits, materials and proper technique of common MSK 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 and correct needle placement for injection therapy
- Review acute inflammatory response and common complications from MSK injections

Tuesday, July 29, 2025

7 a.m. – 5:30 p.m.

On-Site Registration

7 – 8 a.m.

Breakfast (Provided)

8 - 8:55 a.m.

Lower Extremity Radiology

Brooke Beckett, MD

In this session we will review the MRI appearance of common pathologies of the hip, knee, and lower extremity.

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

- Describe imaging findings of femoracetabular impingement

- Recognize common locations and imaging appearance of stress fractures
- Recognize common injury patterns of the knee

9 – 9:55 a.m.

My Knee Hurts

Session Information Coming Soon!

9 – 9:55 a.m.

Common Orthopedic Complaints of the Adult Hip

Daniel Coll, PA-C

This session will review and discuss the common pathologies of the adult hip, physical examination, diagnostic imaging, and initial treatments.

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

- Illustrate the Physical Exam Tools of the Hip
- Describe the more common pathologies causing symptoms in the Adult Hip and their initial treatments
- Review and discuss the common pathologies of the adult hip, physical examination, diagnostic imaging, and initial treatments

10 - 10:30 a.m.

Exhibits/Break

10:30 a.m. – 11:25 a.m. **Foot and Ankle Orthopedics - let's take it Step by step!**

Katy Martinelli, PA-C

This is a comprehensive review of common foot and ankle complaints and an overview of common fractures. Radiology review included and appropriate surgical referrals identified as well as complete review of non-operative treatments.

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

- Conduct a comprehensive evaluation of a patient with a foot or ankle complaint
- Demonstrate proficiency in creating a list of differential diagnoses and appropriate diagnostics (if applicable) for a patient presenting with a foot and ankle complaint
- Describe and initiate the appropriate treatment plan and referral (if indicated) for a patient with a foot and ankle complaint
- Recognize urgent/emergent foot and ankle injuries that require surgical referral

10:30 a.m. – 11:25 a.m. **General Principles of Management of fractures - Lower Extremity**

Chuck Dowell, PA-C, ATC

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 fractures 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.

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 & soft tissue injuries

11:30 a.m. – 12:25 p.m. **Surgeries of the Knee - What can we offer patients and when are they indicated?**

Kimberly Hall, MD

The purpose of this talk is to provide general information about the different types of knee surgeries. There will be discussion on surgical emergencies and urgencies as well as basic surgical indications for the wide range of surgeries that can be performed on the knee joint.

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

- Describe the range of knee surgeries available
- Discuss surgical emergencies/urgencies
- Demonstrated when knee surgery is indicated

12:30 p.m. – 2 p.m. **Lunch and Learn (Provided)**

2 p.m. – 2:55 p.m. **Lower Extremity Case Presentation and Evaluation**

Brooke Beckett, MD, Chuck Dowell, PA-C, ATC, Travis Randolph, PA-C

This presentation will be based on different case studies involving lower extremity injuries. We will discuss how each case presented, physical exam testing for each pertinent case and related radiographic findings. These lower extremity case studies should help to bring together all of the information learned in the lower extremity presentations seen earlier throughout the day.

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

- Discuss case studies of lower extremity injuries and their clinical presentation
- Discuss physical exam tests utilized to evaluate lower extremity injuries
- Discuss radiographic findings related to case studies involving lower extremity injuries

3 p.m. – 3:55 p.m.

Cervical Spine Essentials: A PA's Playbook for Cervical Spine Pathology

Clifford Lin, MD, MBA, MASc

Neck pain, numbness, and weakness - symptoms that commonly bring patients to your clinic. But when should you be concerned, and how do you navigate the next steps? This session aims to equip physician assistants with the essential tools to confidently manage cervical spine disorders, from initial presentation through post-surgical care. You'll learn to quickly identify and differentiate between common pathologies, including cervical radiculopathy and myelopathy, using clinical pearls and key imaging insights. You'll gain strategies for evidence-based decision-making, determining conservative versus operative care, and mastering post-operative management to ensure optimal patient outcomes. Additionally, we will review common surgical procedures like ACDF, disc arthroplasty, posterior decompression/fusion and laminoplasty, and help you understand when - and which - surgery is the best option for your patient. Join us to boost your skills and enhance patient care in managing cervical spine problems.

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

- Identify and differentiate common cervical spine pathologies, including cervical radiculopathy and myelopathy, using key clinical findings and imaging studies
- Evaluate indications for conservative versus surgical management of cervical spine disorders, emphasizing evidence-based clinical decision making
- Describe common surgical interventions for cervical spine disorders, including anterior and posterior approaches, fusion and non-fusion techniques
- Summarize effective strategies for post-operative care, recognizing potential complications and optimizing patient recovery and outcomes

3 p.m. – 5:30 p.m.

MSK Focus Pocus *(Separate Registration Required)*

Katy Martinelli, PA-C, Elinor Naor, DO, Jake Benedicion, DMS, MPAS, PA-C,
Samantha Laub, PA-C, Milan Patel, PA-C

The Musculoskeletal Galaxy Focus POCUS ultrasound workshop will cover an introduction to basic ultrasound principle including proper scanning techniques, review of imaging normal anatomy, review of possible pathology encountered during basic MSK US, discuss technique for US guided injections. Attendees will learn proper MSK imaging techniques for the shoulder, elbow, wrist, hip, knee and ankle. Learning is facilitated through an interactive and practical format with the direct supervision of the faculty.

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

- Explain why and how to use ultrasound for MSK conditions and procedures
- Describe tips for identifying critical structures and landmarks for basic MSK injections
- Identify modern techniques for utilization of ultrasound and its role in performing injections of large joints

3 p.m. – 5:30 p.m.

Musculoskeletal Injection Workshop for Beginners *(Separate Registration Required)*

Chuck Dowell, PA-C, ATC, Daniel Coll, MBA, MHS, PA-C DFAAPA, Sarah Bolander, PA-C, Peggy Sims, MSPAS, PA-C

This lecture will focus on a basic introduction and understanding into the world of MSK injections. We will review common MSK problems that will require injection therapy. This session will cover different anesthetic and corticosteroid agents, relevant anatomy regarding each injection, techniques to perform common MSK injections, and potential reactions and complications you may see from each injection.

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

- Identify indications, contraindications, risks, benefits, materials and proper technique of common MSK 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 and correct needle placement for injection therapy

- Review acute inflammatory response and common complications from MSK injections

Wednesday, July 30, 2025

7 a.m. – 12:45 p.m. **On-Site Registration**

7 – 8 a.m. **Breakfast (Provided)**

8 – 8:55 a.m. **Show Me the Money: Billing, Reimbursement, and Productivity**

Sondra DePalma, DHSc, PA-C, DFAAPA

It is essential that practitioners know the payment and coverage policies for the services they provide. This session will cover fundamental billing and reimbursement information, including coding and documentation guidelines and “incident to” and split (or shared) billing policies. It will also explore the productivity and value of PAs and NPs.

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

- Summarize coding, documentation, and billing guidelines
- Describe key billing concepts (e.g., “incident to” and split/shared billing)
- Demonstrate productivity and value

9 – 9:55 a.m. **Back to Basics: Demystifying Lumbar Spine Pathologies**

Clifford Lin, MD, MBA, MASc

Low back pain is one of the most common complaints in clinical practice—but behind it lies a wide spectrum of pathologies. This session is designed to give physician assistants a clear, practical framework for evaluating and managing lumbar spine conditions. We’ll break down key diagnoses including disc herniation, spinal stenosis, spondylolisthesis, and deformity, and walk through how to correlate imaging findings with clinical symptoms. You’ll learn how to recognize signs of neural compression, identify spinal instability and deformity, and understand when surgery is indicated. Common procedures, such as microdiscectomy, decompression, and lumbar fusion, will be reviewed so you can better support your patients and surgical team. Whether you’re in clinic, the hospital, or the OR, this session will sharpen your skills and boost your confidence in managing lumbar spine pathologies.

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

- Identify and differentiate common lumbar spine conditions including disc herniation, spinal stenosis, spondylolisthesis and spinal deformities

- Interpret and analyze lumbar spine imaging to accurately localize areas of neural compression, identify vertebral instability, and recognize spinal deformity to support diagnostic and treatment decisions
- Describe the indications and techniques for common lumbar surgical procedures such as microdiscectomy, laminectomy, and fusion

9 – 9:55 a.m.

Infectious Disease for the Orthopedics Team

Laura Damioli, MD

This session will cover a broad number of topics in the field of orthopedic infectious disease. It is focused on topics I most frequently receive questions on such as "what antibiotic should I use," "does this patient need dental prophylaxis," can antibiotics treat this infection without surgery," and "is this patient cleared for surgery from an ID perspective."

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

- Select appropriate empiric antibiotics
- Optimize patients pre-operatively to prevent infection
- Explain acute vs chronic osteomyelitis and how that distinction impacts treatment
- Explain the proper use of dental prophylaxis

10 – 10:30 a.m.

Break for hotel check-out

10:30 – 11:25 a.m.

Osteo Odyssey: Charting the Course of Bone Health Excellence

Dudley A. Phipps, PA-C, CCD

This session navigates the critical landscape of metabolic bone health, with a focus on osteoporosis and bone health (OBH) care. Participants will recognize the scope and impact of OBH across their practice, enterprise, and the U.S. healthcare system. Learn to initiate, expand, and sustain effective OBH service lines, mastering practical steps for implementation. The presentation equips you to formulate clear goals for successful treatment plans and service lines, emphasizing fracture risk reduction and patient well-being. Gain insights into designing impactful OBH service lines within your practice or enterprise, enhancing outcomes through collaboration and evidence-based care. Set sail on this journey to elevate your expertise and lead in OBH excellence!

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

- Recognize the scope and impact of osteoporosis in their practice, their enterprise, and the US Healthcare system
- Describe the steps to successfully initiate, expand, and sustain osteoporosis and bone health service line

- Formulate goals of successful osteoporosis and bone health treatments plans and service lines
- Propose and assess goals for a successful osteoporosis bone health service line within their practice/enterprise

10:30 – 11:25 a.m.

Nutrition in Sports Medicine and Orthopedics

Randon Hall, MD, MBA, RMSK

Sports Nutrition: Essentials for Athletic Performance explores the vital role of nutrition in optimizing athletic performance. This talk delves into the fundamental metabolic processes that underpin sports nutrition, providing a clear understanding of how the body utilizes nutrients during exercise. Participants will gain actionable nutritional recommendations tailored for competitive athletes, covering pre-, during, and post-workout fueling strategies. We'll also discuss common nutritional supplements and ergogenic aids, offering evidence-based advice to navigate their use safely and effectively. This session empowers clinicians with the knowledge to make informed recommendations, maximizing performance and overall well-being.

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

- Provide practical nutritional recommendations for the competitive athlete in regards to performance
- Review perioperative nutritional recommendations for both athletes and non-athletes
- Discuss and advise athletes on commonly used nutritional supplements and ergogenic aids
- Discuss a basic approach to diagnosis and management of relative energy of sport (RED-S)

11:30 – 12:25 p.m.

Sports Medicine and Conference Wrap Up

Travis Randolph, PA-C

This presentation will take a Sports Medicine approach to dealing with different injuries and treatment options to consider. We will discuss different therapeutic modalities that may be utilized in the physical therapy setting. We will examine different medications that are commonly used for pain control, inflammation, infections and DVT prophylaxis. We will also consider the role of injections for different Orthopaedic injuries. We will end the conference wrap with discussions on topics that may have been missed throughout the week.

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

- Discuss different therapeutic modalities utilized in Orthopaedics

- Discuss different medications used in Orthopaedics for pain control, inflammation, infections and DVT prophylaxis
- Discuss different injections available for treatment of Orthopaedic conditions

* This agenda may be updated or modified without notification.