Eleventh Annual Course on Office and Urgent Care Orthopaedics: The Essentials of Musculoskeletal Care

SATURDAY, MAY 4, 2019 | 7:30 A.M. – 4:30 P.M.

A course for primary care, urgent care and emergency room physicians, nurse practitioners, physician assistants, physical and occupational therapists and all healthcare professionals who diagnose and treat orthopaedic injuries.

COURSE DESCRIPTION
We will review the essentials of acute and chronic musculoskeletal care with focused lectures, case discussions and intensive hands-on workshops. The workshops will focus on the examination, differential, treatment options, injection techniques and red flags for each diagnosis. Seating for each workshop is limited

COURSE DIRECTOR
Glenn Pfeffer, MD
Director, Foot and Ankle Center
Department of Orthopaedics
Cedars-Sinai Medical Center

CONFERENCE LOCATION
Cedars-Sinai Medical Center
Harvey Morse Auditorium
8701 Gracie Allen Drive
Los Angeles, CA 90048

For the latest course information and to register, visit:
https://cedars.cloud-cme.com/officeorthocme
ACTIVITY INFORMATION

COURSE OBJECTIVES
• Apply hands-on physical examination of the back, shoulder, hand, hip, knee and foot/ankle
• Discuss the acute treatment of adult and pediatric orthopaedic emergencies
• Describe acute evaluation and treatment of fractures, dislocations, back and sports injuries
• Identify commonly missed orthopaedic diagnoses
• Evaluate basic and advanced imaging techniques
• Describe an orthopaedic perspective on chronic musculoskeletal pain management
• Explain how to teach home-based physical therapy programs
• Discuss hands-on techniques for cortisone, viscosupplementation, and platelet rich plasma injections
• Discuss how to help your patients avoid unnecessary surgery

ACCREDITATION STATEMENT
Cedars-Sinai Medical Center is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

CREDIT DESIGNATION STATEMENT
Cedars-Sinai Medical Center designates this live activity for a maximum of 8.0 AMA PRA Category 1 Credits™. Physicians should claim only credits commensurate with the extent of their participation in the activity.

NURSES
The California State Board of Registered Nursing accepts courses approved by the ACCME for category 1 credit as meeting the educational requirements for license renewal.

POLICY ON DISCLOSURE
It is the policy of Cedars-Sinai Medical Center to ensure balance, independence, objectivity and scientific rigor in all of its educational activities. While Cedars-Sinai Medical Center endeavors to review faculty content, it remains the obligation of each physician or other healthcare practitioner to determine the applicability or relevance of the information provided from this course in his or her own practice.

ACKNOWLEDGMENT OF COMMERCIAL SUPPORT
All commercial support received for this CME conference will be acknowledged at the meeting.
AGENDA

7:30 A.M.  Registration and Continental Breakfast

8:00  Welcome and Overview  
Mark Vrahas, MD;  
Glenn Pfeffer, MD

8:05  Orthopaedic Urgent Care and Emergencies  
Mikhail Bekarev, MD

8:20  Pediatric Red Flags  
Robert Kay, MD

8:35  Geriatric Fractures and Osteoporosis  
Milton Little, MD

8:50  A Radiologic Primer and the Role for Advanced Imaging  
Joseph Giaconi, MD

9:05  Commonly Missed Serious Orthopaedic Injuries  
Panelists: Mikhail Bekarev, MD; Milton Little, MD; Glenn Pfeffer, MD

9:20  Panel Discussion and Case Presentations

10:20 A.M. – 12:20 P.M.  Hands-On Workshops Session I  
Workshops will focus on the Examination, Differential, Treatment Options, Injection Techniques and Red Flags for each diagnosis

Attendees Should Choose (2) Sessions - (1) Hour Each  
These sessions will be repeated again in the afternoon

1  Fractures and Splint Application  
Charles Moon, MD;  
Mikhail Bekarev, MD;  
Milton Little, MD; Jonathan Domingo, OTC

2  The Shoulder: Arthritis, Tendinitis, Rotator Cuff Tears, and Dislocation  
Natasha Trentacosta, MD; Carlos Uquillas, MD

3  The Hip and Knee: Ligament Injury, Meniscal Tears and Arthritis  
Guy Paiement, MD; Joseph Isaacson, MD

4  The Foot and Ankle: Achilles Injuries, Ankle Sprains, Plantar Fasciitis and Neuromas  
Glenn Pfeffer, MD; Tamar Younan, DPM

5  The Hand and Elbow: DeQuervain’s, Carpal Tunnel, Trigger Finger, and Tennis Elbow  
Ryan Dellamaggiore, MD; Eugene Tsai, MD

6  The Back: Acute and Chronic Pain, Trigger Points, Arthritis and Herniated Discs  
Sang Kim, MD; Terrence Kim, MD

12:30  Box Lunch:  
Elective Case-Based Discussion during Lunch

1:15  Home-Based Physical Therapy Protocols for the Back, Shoulder and Knee  
Dwight Baldoman, PT

1:30  Chronic Orthopaedic Pain Management  
Howard Rosner, MD

1:45  The Use of Platelet Rich Plasma, Viscosupplementation and Cortisone Injections

2:00  Panel Discussion

2:30  Hands-On Workshops Session II  
Attendees Should Choose (2) Sessions, (1) Hour Each  
(See Morning Workshop Topics)

4:30 P.M.  Adjourn
MEETING MATERIALS
All registration confirmation and meeting materials for this conference will be sent to attendees electronically.

Parking is available at any Cedars-Sinai Medical Center parking lots for a rate of $10.00 for the day.

METHODS FOR REGISTERING
Online registration at cedars-sinai.edu/officeorthopaedicscme and click on Register Now
Phone for additional information: 310-423-5548

CONFIRMATION
In order to receive a registration confirmation, please provide your e-mail address. If you do not receive a confirmation, please call 310-423-5548 to confirm your registration.

REFUND POLICY
Written requests for cancellation must be received by Friday, April 26, 2019. A partial refund, less a $50.00 administrative charge, will be issued following the meeting.

After April 26th, no refunds will be given.

We encourage participation by all individuals. If you have a disability, advance notification of any special needs will help us better serve you.

REGISTRATION

REGISTRATION FEES

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<thead>
<tr>
<th></th>
<th>Physicians</th>
<th>Non-Physicians</th>
<th>Residents/Fellows*</th>
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<td>Received by 4/19/2019</td>
<td>$180</td>
<td>$140</td>
<td>$80</td>
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<tr>
<td>Received after 4/19/2019 or on-site</td>
<td>$210</td>
<td>$160</td>
<td>$80</td>
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The registration fee includes CME credit, course materials and meal functions.
FACULTY

COURSE DIRECTOR
Glenn Pfeffer, MD
Director, Foot and Ankle Center
Department of Orthopaedics
Cedars-Sinai Medical Center

Mark Vrahas, MD
Chair and Professor
Department of Orthopaedics
Cedars-Sinai Medical Center

CEDARS-SINAI COURSE FACULTY
Dwight Baldoman, PT
Mikhail Bekarev, MD
Ryan DellaMaggiore, MD
Jonathan Domingo, OTC
Joseph Giaconi, MD
Joseph Isaacson, MD
Robert Kay, MD
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