

# Twelfth Annual Course on Office and Urgent Care Orthopaedics: *The Essentials of Musculoskeletal Care*

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**SATURDAY, MAY 2, 2020**

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.



## ALL NEW TOPICS AND EXPANDED HANDS-ON WORKSHOPS!

### **COURSE DIRECTOR**

**Glenn Pfeffer, MD**

Director, Foot and Ankle Center  
Department of Orthopaedics  
Cedars-Sinai Medical Center

### **DEPARTMENT CHAIR**

**Mark Vrahas, MD**

Chair and Professor  
Department of Orthopaedics  
Cedars-Sinai Medical Center

### **CONFERENCE LOCATION**

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

Register Online: <https://cedars.cloud-cme.com/officeorthocme>



# REGISTRATION

**REGISTER ONLINE:** <https://cedars.cloud-cme.com/officeorthocme>

## REGISTRATION FEES

|                          | PHYSICIANS | NON-PHYSICIANS | RESIDENTS/FELLOWS* |
|--------------------------|------------|----------------|--------------------|
| Received by 4/24/2020    | \$180      | \$140          | \$80               |
| Received after 4/24/2020 | \$210      | \$160          | \$80               |

The registration fee includes CME credit, course materials and meal functions.



Parking is available at any Cedars-Sinai Medical Center parking lots for a rate of \$15.00 for the day.

**Phone** for additional information: 310-423-5548



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



# ACTIVITY INFORMATION

## 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.

## 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.

## NON-PHYSICIAN ATTENDANCE

A certificate of participation will be provided to other health care professionals requesting credits. Participants should ensure in advance that their credentialing or licensing organization accepts *AMA PRA Category 1 Credits™*.

## 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



# AGENDA

|                            |  |   |
|----------------------------|--|---|
| 7:30 A.M.                  | Registration and Continental Breakfast   |   |
| 8:00                       | Welcome and Overview   | <i>Mark Vrahas, MD; Glenn Pfeffer, MD</i> |
| 8:05                       | Orthopaedic Urgent Care and Emergencies  | <i>Carol Lin, MD</i>                      |
| 8:25                       | Updates on Acute Musculoskeletal Infection   | <i>Richard Sokolov, MD</i>                |
| 8:40                       | Osteoporosis and Fragility Fractures   | <i>Kathleen Breda, NP, ONP-C</i>          |
| 8:55                       | A Radiologic Primer and the Role for Advanced Imaging  | <i>Joseph Robinson, MD</i>                |
| 9:10                       | Commonly Missed Serious Orthopaedic Injuries<br>Panelists: <i>Carol Lin, MD; Glenn Pfeffer, MD; Michael Stone, MD</i>  |   |
| 9:40                       | Panel Discussion and Case Presentations  |   |
| 10:20 A.M. –<br>12:20 P.M. | <b>HANDS-ON WORKSHOPS SESSION I</b><br>Workshops will focus on the Examination, Differential, Treatment Options, Injection Techniques and Red Flags for each diagnosis<br><br><i>Attendees Should Choose (2) Sessions - (1) Hour Each</i><br><i>These sessions will be repeated again in the afternoon</i><br><br><div><div>1</div>Fractures and Splint Application<br/><i>Charles Moon, MD; Carol Lin, MD; Jonathan Domingo, OTC</i></div> <div><div>2</div>The Shoulder: Arthritis, Tendinitis, Rotator Cuff Tears, and Dislocation<br/><i>Michael Stone, MD; Carlos Uquillas, MD</i></div> <div><div>3</div>The Hip and Knee: Ligament Injury, Meniscal Tears and Arthritis<br/><i>Guy Paiement, MD; Joseph Isaacson, MD; Sean Rajee, MD</i></div> <div><div>4</div>The Foot and Ankle: Achilles Injuries, Ankle Sprains, Plantar Fasciitis and Neuromas<br/><i>Glenn Pfeffer, MD; Tamer Younan, DPM</i></div> <div><div>5</div>The Hand and Elbow: DeQuervain's, Carpal Tunnel, Trigger Finger, and Tennis Elbow<br/><i>Ryan Dellamaggiora, MD; Ryu Yoshida, MD</i></div> <div><div>6</div>The Back: Acute and Chronic Pain, Trigger Points, Arthritis and Herniated Discs<br/><i>Sang Kim, MD; Robert Ryu, MD</i></div> |   |
| 12:30                      | Box Lunch: Elective Case-Based Discussion during Lunch   |   |
| 1:15                       | Home-Based Physical Therapy Protocols for the Back, Shoulder and Knee  | <i>Dwight Baldoman, PT</i>                |
| 1:30                       | Chronic Orthopaedic Pain Management  | <i>Howard Rosner, MD</i>                  |
| 1:45                       | The Use of Platelet Rich Plasma, Viscosupplementation and Cortisone Injections   | <i>Casey Batten, MD</i>                   |
| 2:00                       | Panel Discussion   |   |
| 2:30                       | Hands-On Workshops Session II<br><i>Attendees Should Choose (2) Sessions, (1) Hour Each</i><br><i>(See Morning Workshop Topics)</i>  |   |
| 4:30 P.M.                  | Adjourn  |   |

# FACULTY

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## CEDARS-SINAI COURSE FACULTY

**Dwight Baldoman, PT**

**Casey Batten, MD**

**Kathleen Breda, RN, ONP-C**

**Ryan Dellamaggiora, MD**

**Jonathan Domingo, OTC**

**Joseph Isaacson, MD**

**Sang Kim, MD**

**Carol Lin, MD**

**Charles Moon, MD**

**Guy Paiement, MD**

**Sean Rajee, MD**

**Howard Rosner, MD**

**Joseph Robinson, MD**

**Richard Sokolov, MD**

**Michael Stone, MD**

**Carlos Uquillas, MD**

**Ryu Yoshida, MD**

**Tamer Younan, DPM**







8700 Beverly Boulevard  
Los Angeles, CA 90048

**REGISTER NOW**

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Saturday, May 2, 2020 | Cedars-Sinai Medical Center

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