



Traveling CME

Musculoskeletal Medicine for Primary Care

Date: Upon Request

Location: Your Practice

Who: Internists, Family Physicians, Rheumatologists, Physiatrists, Orthopaedic Surgeons, Neurologists, Nurse Practitioners, Physician Assistants, Physical and Occupational Therapists

1.0 AMA PRA Category 1 Credit™ per session

ARTHRITIS

Non-Operative Management of Hip and Knee Osteoarthritis

*Speaker: Nels Carlson, M.D.;
Hans Carlson, M.D.*

Objectives: Formulate treatment plans that include exercise, injections, bracing and medications and understand outcome studies supporting these approaches; will be able to formulate treatment plans for patients with osteoarthritis that include exercise, injections, bracing and medications, and be familiar with outcome studies supporting these approaches.

Options for Upper Extremity Arthritis

*Speakers: Robert Orfaly, M.D., F.R.C.S.(C);
Adam Mirarchi, M.D.*

Objectives: Recognize, diagnose and provide appropriate treatments for upper extremity arthritis.

Osteoarthritis of Hip and Knee

Speaker: Kathryn Schabel, M.D.

Objectives: Review and define hip and knee osteoarthritis, radiographic features and non-operative treatment options.

Hip and Knee Replacement: When is it Time?

Speaker: Kathryn Schabel, M.D.

Objectives: Define optimal timing and identify evidence-based criteria for hip and knee replacements (THA/TKA) and evaluate strategies for counseling patients; improve patient counseling and referral timing.

Revision Hip and Knee Arthroplasty

Speaker: Kathryn Schabel, M.D.

Objectives: Recognize, diagnose and provide appropriate treatments for revision hip and knee arthroplasty.

BONE AND SOFT TISSUE TUMORS

Lumps and Bumps: When Should Patients See a Surgeon?

*Speakers: Yee-Cheen Doung, M.D.;
James Hayden, M.D., Ph.D.*

Objectives: Recognize, diagnose and provide appropriate treatments for suspicious lumps.

Evaluation of a Bone Lesion

*Speakers: Yee-Cheen Doung, M.D.;
James Hayden, M.D., Ph.D.*

Objectives: Recognize, diagnose and provide appropriate treatments for bone lesions.

Management of Metastatic Disease of Bone

*Speakers: Yee-Cheen Doung, M.D.;
James Hayden, M.D., Ph.D.*

Objectives: Recognize, diagnose and provide appropriate treatments for metastatic disease of bone.

FOOT AND ANKLE

Foot and Ankle Pain: Information, Options and Alternatives **NEW**

*Speakers: James Meeker, M.D.;
Brad Yoo, M.D.*

Objectives: Discussion of both structural problems and acute injury in the foot and ankle.

Ankle Arthritis: Advances in Surgical Treatment **NEW**

Speaker: James Meeker, M.D.

Objectives: Epidemiology and diagnosis of ankle arthritis.

Achilles Tendon Ruptures: The Shift Toward Non-Surgical Management **NEW**

Speaker: James Meeker, M.D.

Objectives: Epidemiology of Achilles tendon rupture.

Sprain or Fracture: Common Foot and Ankle Injuries **NEW**

Speaker: Brad Yoo, M.D.; James Meeker, M.D.

Objectives: Review the relevant anatomy of the hind foot, midfoot, and forefoot; identify common foot fractures, office treatment and aftercare; diagnose injuries mistaken for common ankle or foot sprains, including the lateral talar process and the Lisfranc midfoot complex.

GENERAL

Electrodiagnostic Interpretation for Primary Care Physicians

Speakers: Hans Carlson, M.D.; Nels Carlson, M.D.

Objectives: Review the timing of ordering nerve conduction studies, assess whether the conclusions are consistent with the clinical assessment and discuss management options based on outcomes.

Overview of the Management of Persistent Musculoskeletal Pain

Speakers: Hans Carlson, M.D.; Nels Carlson, M.D.

Objectives: Identify an accurate diagnosis, review diagnostic tools available and discuss appropriate treatment options.

Office Orthopaedics

Speakers: Hans Carlson, M.D.; James Chesnutt, M.D.

Objectives: Become familiar with common knee and shoulder problems and management strategies in the outpatient clinic.

Common Fractures You Can Manage in Your Office **NEW**

Speakers: Darin Friess, M.D.; Brad Yoo, M.D.

Objectives: Several common fractures of the upper and lower extremity are managed non-operatively: understand these fractures and their treatment protocols.

PAIN MANAGEMENT

Spinal Cord Stimulation Indications and Efficacy: What's New in the Field **NEW**

Speaker: David Sibell, M.D.

Objectives: Review relevant neurophysiology related to spinal cord stimulation; provide evidence-based rationale for spinal cord stimulation in the treatment of chronic neuropathic pain, including patients with Failed Back Syndrome; provide evidence-based criteria for patient selection.

Low Back Pain — Evidence-Based Treatment Options **NEW**

Speaker: David Sibell, M.D.

Objectives: Define pathophysiology for common causes of chronic low back pain; review evidence-based, multidisciplinary treatments for chronic low back pain, including exercise-based physical therapy, radio frequency medial branch denervation for painful facet arthropathy, diagnosis and treatment of sacroiliac joint pain and spinal cord stimulation for treatment of chronic low back pain due to Failed Back Syndrome.

PEDIATRICS

Critical Early Diagnoses in Pediatric Orthopaedics **NEW**

Speakers: Matthew Halsey, M.D.; James Chesnutt, M.D.

Objectives: Identify and recognize the early signs and symptoms of slipped capital femoral epiphysis including complaints of knee pain, limping, decreased internal hip rotation and oblique external hip rotation with flexion.

Common Pediatric Playground and Overuse Injuries

Speakers: Matthew Halsey, M.D.; James Chesnutt, M.D.

Objectives: Identify the most common stable and unstable fracture patterns in children; differentiate those patients with acute injuries that can be managed by the primary care provider versus those that should be referred to an orthopedist; identify and manage common overuse injuries in the child and adolescent.

Early-Onset and Adolescent Scoliosis

Speakers: Matthew Halsey, M.D.; James Chesnutt, M.D.

Objectives: Describe early clinical manifestations and natural history of scoliosis in the young child and adolescent; describe the importance of screening for scoliosis; understand the common treatment modalities for adolescent and early-onset idiopathic scoliosis; understand observation, bracing, casting and surgery; manage the early phases of adolescent idiopathic scoliosis and understand the points at which referral to a scoliosis specialist is appropriate for any child or adolescent.

SPINE

Conservative Treatment and What's New in the Management of Spine Conditions

Speakers: Hans Carlson, M.D.; Nels Carlson, M.D.

Objectives: Differentiate mechanical, neurologic and referred pain; understand imaging abnormalities; appreciate functional vs. symptomatic outcomes with treatment options; differentiate mechanical spine pain, neurologic spine pain and referred pain; understand the significance of imaging abnormalities with respect to spine pain; appreciate functional vs. symptomatic outcomes with passive and active treatment options for spine pain; understand and apply new advances in diagnostics and management of back pain.

Diagnosis and Treatment of Low Back Pain — Focus on Function

Speakers: Hans Carlson, M.D.; Nels Carlson, M.D.

Objectives: Recognize origins of back pain, understand common etiologies and formulate effective treatment plans with a focus on exercise to improve function.

Nerve Impingement: Recognizing and Managing Cervical and Lumbar Radiculopathy

Speaker: Jayme Hiratzka, M.D.

Objectives: Describe and recognize the presentation and differential diagnosis of cervical and lumbar radiculopathy and the scientific support for various treatment options.

Minimally Invasive Spine Surgery

Speaker: Jayme Hiratzka, M.D.

Objectives: Understand the rationale for minimally invasive spine surgery and the data comparing traditional and minimally invasive techniques; help patients select a surgeon who offers these procedures.

Lumbar Disc Herniation and Low Back Pain – Surgery or Not

Speaker: Jayme Hiratzka, M.D.

Objectives: Describe the presentation and differential diagnosis of lumbar disc herniation and the scientific support for various treatment options.

SPORTS

Prescribing Exercise: The Weekly Recommended Allowance and Tips for Maintaining Compliance **NEW**

Speaker: Nels Carlson, M.D.

Objectives: Review the recommended amount of exercise for adults.

Sports Medicine Update NEW

Speaker: James Chesnutt, M.D.

Objectives: Become familiar with sports injuries and sports medicine updates; evaluate biomechanics of running; identify the biomechanics of activity that lead to stress fractures.

Concussions

Speaker: James Chesnutt, M.D.

Objectives: Understand the frequency of concussion occurrence, the importance of early recognition, diagnosis and proper management cognitive rest, computerized neuropsychological testing and graded return to activity; grasp the frequency with which concussions occur, especially among young female athletes.

Office Evaluation of Running Injuries NEW

Speaker: James Chesnutt, M.D.

Objectives: Evaluate biomechanics of running; consider factors leading to overuse injury; identify common running injuries; learn treatment and prevention strategies.

Pre-Participation Exam and Cardiac Screening NEW

Speaker: James Chesnutt, M.D.

Objectives: Screen for conditions that may be life-threatening or disabling, especially cardiac issues; screen for conditions that may predispose to injury or illness; understand why a screening ECG is *not* currently medically recommended; learn how to conduct exams and meet state requirements; be prepared to treat sudden cardiac events.

Common Stress Fractures NEW

Speaker: James Chesnutt, M.D.

Objectives: Identify the biomechanics of activity that lead to stress fractures; learn the components of female athlete triad; learn common stress fractures; be aware of high-risk stress fractures that need special attention.

Rotator Cuff: Distinguishing Injury for Degeneration NEW

Speaker: Dennis Crawford, M.D.

Objectives: Review anatomy of the shoulder and understand the spectrum of disease and treatment options.

Cartilage Injury Treatments: Can We Prevent Osteoarthritis? NEW

Speaker: Dennis Crawford, M.D.

Objectives: Review function of cartilage and understand the process of degenerative joint disease and treatment options.

MRI of the Shoulder and Knee in Adults NEW

Speaker: Dennis Crawford, M.D.

Objectives: Review anatomy of these joints, understand when to order MRI and what to do with the results.

Hip Pain in the Young Adult: Dysplasia and Femoracetabular Impingement

Speaker: Andrea Herzka, M.D.

Objectives: Formulate common mechanisms of injury, treatment options and indications for surgery.

Female Athlete Triad Syndrome: Eating Disorders, Amenorrhea and Osteoporosis

Speaker: Andrea Herzka, M.D.

Objectives: Define and understand clinical implications of the triad: this condition is seen in females participating in sports that emphasize leanness or low body weight, and is a serious illness with lifelong health consequences and can potentially be fatal.

Prevention of ACL Injuries

**Speaker: Andrea Herzka, M.D.;
Jacqueline Munch, M.D.**

Objectives: Formulate common mechanisms of injury, treatment options and indications for surgery.

Throwing Elbow:

What Are the Risks? **NEW**

Speaker: Jacqueline Munch, M.D.

Objectives: Discuss risk factors for injury, including pitch type and count in pediatric athletes and changes in morphology/anatomy that result from throwing too early and too often in pediatric and skeletally mature athletes; identify appropriate candidates for surgery, how to approach partial vs. complete ulnar collateral ligament injuries, and when to think about other procedures such as arthroscopy and/or ulnar nerve transposition; discuss implications for rehabilitation and return to sport.

Patellofemoral Instability and Pain: Do You Have to be a Runner to get Runners Knee? **NEW**

Speaker: Jacqueline Munch, M.D.

Objectives: Understand the factors involved in patellofemoral instability and overload, and be able to differentiate the two scenarios; recognize high-risk groups for recurrent instability; understand the indications for conservative and surgical management, and general principles involved in each.

Complex Shoulder Instability **NEW**

Speaker: Jacqueline Munch, M.D.

Objectives: Recognize different types of shoulder instability, including direction and degree of laxity; understand the nuances involved in throwing/overhead athletes, and indications for open vs. arthroscopic surgical intervention; briefly discuss rates of failure and options for revision surgical shoulder stabilization.

TRAUMA

Orthopaedic Emergencies

Speakers: Darin Friess, M.D.; Brad Yoo, M.D.

Objectives: Diagnose and provide initial treatment for compartment syndrome; evaluate and diagnose septic joint arthritis; understand techniques for joint aspiration; understand acute fracture and dislocation management; triage acute fracture and dislocation management prior to timely orthopaedic consultation; appropriately evaluate and diagnose septic joint arthritis; discuss techniques for joint aspiration.

UPPER EXTREMITY

Shoulder Pain Before Age 60 **NEW**

Speakers: Robert Orfaly, M.D., F.R.C.S.(C); Adam Mirarchi, M.D.

Objectives: Recognize, diagnose and provide appropriate treatments for shoulder arthritis.

What's New in Rotator Cuff Tears

Speakers: Robert Orfaly, M.D., F.R.C.S.(C); Adam Mirarchi, M.D.

Objectives: Recognize, diagnose and provide appropriate treatments for rotator cuff tears.

The Numb Hand: Differential and Treatment Options

Speakers: Robert Orfaly, M.D., F.R.C.S.(C); Adam Mirarchi, M.D.

Objectives: Recognize, diagnose and provide appropriate treatments and/or referrals for cubital and carpal tunnel syndromes.

Upper Extremity Top 10

Speakers: Robert Orfaly, M.D., F.R.C.S.(C); Adam Mirarchi, M.D.

Objectives: Recognize, diagnose and provide appropriate treatments and/or referrals for upper extremity conditions.

Faculty

Hans Carlson, M.D.

*Associate professor, orthopaedics and rehabilitation, OHSU
(Physical medicine and rehabilitation and spine)*

Nels Carlson, M.D.

*Associate professor, orthopaedics and rehabilitation, OHSU
(Physical medicine and rehabilitation and spine)*

Jim Chesnutt, M.D.

*Clinical associate professor, orthopaedics and rehabilitation, OHSU
(Orthopaedics - primary care and sports medicine)*

Yee-Cheen Doung, M.D

*Assistant professor, orthopaedics and rehabilitation, OHSU
(Bone tumors and sarcoma)*

Dennis Crawford, M.D.

*Associate professor, orthopaedics and rehabilitation, OHSU
(Knee and shoulder surgery)*

Darin M. Friess, M.D.

*Assistant professor, orthopaedics and rehabilitation, OHSU
(Trauma and fracture care)*

Matthew Halsey, M.D.

*Assistant professor, orthopaedics and rehabilitation, OHSU
Doernbecher Children's Hospital
(Pediatric orthopaedic surgery)*

James Hayden, M.D., Ph.D.

*Assistant professor, orthopaedics and rehabilitation, OHSU
(Bone tumors and sarcoma)*

Andrea Herzka, M.D.

*Assistant professor, orthopaedics and rehabilitation, OHSU
(Arthroscopic sports surgery: shoulder, knee and hip)*

Jayne R. Hiratzka, M.D.

*Assistant professor, orthopaedics and rehabilitation, OHSU
(Trauma and spinal surgery)*

James Meeker, M.D.

*Assistant professor, orthopaedics and rehabilitation, OHSU
(Foot and ankle surgery)*

Jacqueline Munch, M.D.

*Assistant professor, orthopaedics and rehabilitation, OHSU
(Knee, shoulder and elbow surgery)*

Adam Mirarchi, M.D.

*Assistant professor, orthopaedics and rehabilitation, OHSU
(Hand, shoulder and elbow surgery)*

Robert Orfaly, M.D., F.R.C.S. (C)

*Associate professor, orthopaedics and rehabilitation, OHSU
(Hand, shoulder and elbow)*

Kathryn Schabel, M.D.

*Assistant professor, orthopaedics and rehabilitation, OHSU
(Hip and knee surgery)*

David Sibell, M.D.

*Assistant professor, orthopaedics and rehabilitation, OHSU
(Pain management)*

Brad Yoo, M.D.

*Associate professor, orthopaedics and rehabilitation, OHSU
(Trauma)*

(Speakers subject to change)

**For more information or to schedule a traveling session,
please contact OHSU Provider Relations.**

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Credit

OHSU School of Medicine, Division of CME, designates this live activity for a maximum of 1.0 *AMA PRA Category 1 Credit™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



Orthopaedics & Rehabilitation

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