



**PRIMARY CARE CONFERENCES**

EXCEPTIONAL CME | EXTRAORDINARY LOCATIONS

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**ORTHOPEDIC MEDICINE FOR PRIMARY CARE:  
ORTHOPEDICS/SPORTS MEDICINE**

**Scottsdale, Arizona – Hyatt Regency Resort and Spa at Gainey Ranch  
March 13 – 15, 2020**

**Friday, March 13th:**

**7:00 am – 7:30 am**

**Registration and Hot Breakfast**

**7:30 am – 8:30 am – Orthopedics**

**Shoulder Problems in Weekend Warriors**

The common area of rotator cuff disorders, shoulder instability and acute injuries. Anatomy, physical examination, exercise prescription and injection techniques will all be mastered by the learner

**8:30 am – 9:30 am – Orthopedics**

**Wrist, Hand and Finger Problems Common in Primary Care**

The common treatment of problems seen in the wrist, hand and fingers; anatomy, exam; treatment options and injection

**9:30 am – 9:40 am**

**Coffee Break**

**9:40 am – 10:40 am – Orthopedics**

**Diagnosis and Treatment of Orthopedic Problems in the Hip and Thigh**

Emphasizing the tools, physical diagnostic techniques and basic investigations available to the primary care practitioner, a practical approach to the undifferentiated hip problem will be reviewed. Diagnostic triage, historical clues and physical examination pearls pertaining to hip conditions will be covered, and evidence-based management

**10:40 am – 11:40 am – Sports Medicine**

**Concussion in Sports: Recognition, Office Evaluation for Primary Care**

Those 18 years of age and younger are particularly vulnerable to concussion, its severity and consequences. This topic will cover the current definition, signs and symptoms, their significance and an office-based approach to mild traumatic brain injury that can accompany participation in youth sports. The presentation will include up-to-date return to sport guidelines and decision making and provide concussion management tools for the primary care physician.

**11:40 am – 12:40 pm – Sports Medicine**

**Nutritional Considerations for the Young Athlete—The Female Athlete Triad**

The growing popularity of organized youth sports is well documented. Young women are now participating in organized sports at historic levels. However, many active young women are often either misinformed on the proper dietary habits necessary for optimal health or willingly undermine their performance in the short term and adversely impact their health in the long term through destructive eating and exercise behaviors. The Female Athlete Triad is an increasingly recognized disorder in which aberrant eating behaviors coupled with excessive exercise leads to early bone demineralization at a crucial developmental period. The basis of this disorder will be discussed, its pathophysiology, early recognition and approaches to management will be presented from a primary care perspective.

**12:40 pm**

**Session Adjourns**

**Saturday, March 14th:**

**7:00 am – 7:30 am**

**Hot Breakfast**

**7:30 am – 8:30 am – Orthopedics**

**Management of Low Back Pain for Primary Care**

Evidence-based approach to dealing with acute and chronic back pain; when is imaging indicated; what treatments show effectiveness in clinical studies; discussion of an algorithmic approach to the evaluation of back pain; reasons to not stress about seeing patients with back pain but to use an evidence-based systematic approach to the problem

**8:30 am – 9:30 am – Sports Medicine**

**Exercise as Medicine: Physical Activity Prescription**

Current recommendations for physical activity in adults and children will be discussed; discussion of health benefits of exercise in adults; lay out of recommendations for beginning competitive athletics and weight lifting in children; important discussion of evidence-based methods for motivating patients to be active and expose the problems caused by the “no pain, no gain” culture

**9:30 am – 9:40 am**

**Coffee Break**

**9:40 am – 10:40 am – Sports Medicine**

**Commonly Missed Orthopedic Injuries in Children and Adolescents**

The immature skeleton of the pediatric and adolescent athlete make it particularly vulnerable to a variety of acute and chronic injuries not seen in the adult population. Recognition of these injuries is critical in the care of the injured young athlete. Objectives of this session include providing physicians with an enhanced differential diagnosis of common and commonly missed musculoskeletal injuries specific to youth and recognition of which injuries can be treated by the primary care physician vs those requiring orthopedic referral.

**10:40 am – 11:40 am – Orthopedics**

**Knee Problems in Sport Medicine Practice**

A case presentation approach to the most common knee injuries physician will see in clinical practice; mechanism of injury, historical features, anatomy of injury, clinical findings evident in the exam; management of problems focused mostly on evidence based conservative interventions but also surgical options available; the top three: ACL, patellofemoral, meniscal



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### **11:40 am – 12:40 pm – Orthopedics**

#### **Common Foot and Ankle Problems in Sport Medicine**

A case presentation approach to common ankle and foot problems physician will see in clinical practice; historical and physical findings that helps the physician make the correct diagnosis; an anatomy-based discussion relevant to each problem; treatment review with focus on the conservative approach – good evidence based approach to restoring function; Ligament injuries (the classic inversion and the high ankle sprain), plantar fasciitis, tendinopathies/enthesitis/ apophysitis

### **12:40 pm**

#### **Session Adjourns**

**Sunday, March 15th:**

**7:00 am – 7:30 am**

**Continental Breakfast**

**7:30 am – 8:30 am – Orthopedics**

**Joint Injection and Aspiration for the Primary Care Provider**

A practical approach to common aspiration/injection techniques for primary care physicians with a review of anatomic landmarks with do's and don'ts incorporating clinical cases and many clinical pearls.

**8:30 am – 9:30 am – Orthopedics**

**Physical Exam and Joint Injection Workshop**

Small-group workshops. Please wear loose gym shorts.

**9:30 am**

**Conference Adjourns**

**Target Audience**

This program is targeted to office-based primary care providers and other health professionals with updates in primary care medicine

**Learning Objectives**

Upon completion of this program, participants should be better able to:

- Describe the anatomy and function of the major joints including shoulder, hand, ankle and knee joints
- Describe how and when to utilize joint aspiration and injection for the shoulder, knee and other major joints
- Discuss signs, symptoms, significance and approach to mild traumatic brain injury as a consequence of athletic endeavors
- List the current recommendations, controversies and medicolegal considerations surrounding treating the adolescent athlete
- List management strategies for effective management of hip, and low back pain

**Learning Outcome**

To provide updates in primary care medicine to office based providers



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### American Academy of Family Physicians



This Live activity, *Orthopedic Medicine for Primary Care*, with a beginning date of March 13, 2020 has been reviewed and is acceptable for up to 12 Prescribed credits by the American Academy of Family Physicians. Physicians should only claim the credit commensurate with the extent of their participation in the activity.

### American Osteopathic Association

These programs are approved for 12 hours in Category 2-A by the American Osteopathic Association.

### American College of Emergency Physicians

This program is approved by the American College of Emergency Physicians for a maximum of 12 hours of ACEP Category I credit.

### Canadian Physicians

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This activity is designated for 4.0 ANCC pharmacotherapeutic contact hours.

The American Academy of Nurse Practitioners (AANP) Certification Board recognizes and accepts continuing education (CE) contact hours from activities approved by AMA, ACCME, ANCC, AANP, AAFP and AACN.

Provider approved by the California Board of Registered Nursing, Provider Number 12299, for 12 contact hours.

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Universal Program Number: 0816-0000-20-034-L01-P

Participants will be required to sign in at the start of the program and/or complete a program evaluation form.

Credits will be uploaded into CPE Monitor within 60 days of the activity.

This activity is certified as Knowledge-based CPE.