



**PRIMARY CARE CONFERENCES**  
EXCEPTIONAL CME | EXTRAORDINARY LOCATIONS

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## **OFFICE ORTHOPEDICS FOR PRIMARY CARE**

**Yosemite, CA - Tenaya Lodge at Yosemite  
September 22 - 24, 2023**



Friday, September 22, 2023

**7:00 am**

**Registration and Breakfast**

**7:30 am - 9:30 am - Office Orthopedics**

**Shoulder: Anatomy, Common Injuries, and Exam Techniques**

Rotator cuff syndrome; impingement, frozen shoulder; subacromial bursitis; bicipital tendonitis; A-C joint disease

**9:30 am - 9:40 am**

**Coffee Break**

**9:40 am - 10:40 am - Office Orthopedics**

**Shoulder (Continued)**

Anatomy, common injuries, and exam techniques

**10:40 am - 11:40 am - Office Orthopedics**

**Elbow**

Tennis and golfer's elbow, olecranon bursitis, osteoarthritis, joint injection

**11:40 am - 12:40 am - Office Orthopedics**

**Wrist, Hand, and Fingers**

Carpal tunnel, CMC arthritis thumb, ganglion cyst, trigger finger, de Quervains disease.

**12:40 pm**

**Session Adjourns**

**Saturday, September 23, 2023**

**7:00 am**

**Registration and Breakfast**

**7:30 am - 9:30 am - Office Orthopedics**

**Knee: Anatomy, Common Injuries, and Exam Techniques**

ACL, meniscus, MRI; common sports injuries; osteoarthritis and hyaluronan; bursitis: prepatellar, pesanserine; baker's cyst; joint injection/X-ray interpretation; pediatrics

**9:30 am - 9:40 am**

**Coffee Break**

**9:40 am - 10:40 am - Office Orthopedics**

**Knee (Continued)**

Anatomy, common injuries, and exam techniques

**10:40 am - 12:40 am - Office Orthopedics**

**Lower Extremities**

Hip, ankle, and foot

**12:40 pm**

**Session Adjourns**



**Sunday, September 24, 2023**

**7:00 am**

**Registration and Breakfast**

**7:30 am - 8:30 am - Office Orthopedics**

**Shoulder Examination and Injection Workshop**

Small-group workshops. Please wear tank tops so shoulders are exposed.

**8:30 am - 9:30 am - Office Orthopedics**

**Knee Examination, Injection and Aspiration Workshop**

Small-group workshops. Please wear loose gym shorts so knees are exposed.

**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:

- Discuss Common Office Orthopedic Problems
- Describe the anatomy and function of the shoulder and knee joints
- Determine the basics and common pitfalls of orthopedic x-ray interpretation for shoulder and knee imaging
- Describe how and when to utilize joint aspiration and injection for the shoulder and knee joints
- Diagnose and treat common joint problems



### **Disclosure of Conflicts of Interest**

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## Accreditation Statements

### Joint Accreditation for Interprofessional Continuing Education



JOINTLY ACCREDITED PROVIDER™  
INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, Medical Education Resources is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

This activity was planned by and for the healthcare team, and learners will receive 12 Interprofessional Continuing Education (IPCE) credits for learning and change.

### Physician Credit Designation

#### AMA PRA Category 1 Credits™

Medical Education Resources designates this live activity for a maximum of 12 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### American Board of Internal Medicine MOC Recognition (ABIM)



Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 12 (part II) MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.

### American Academy of Family Physicians (AAFP)



This Live activity, *Office Orthopedics for Primary Care*, with a beginning date of September 22, 2023 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 (AOA)

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

### American College of Emergency Physicians (ACEP)

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

### Canadian Physicians

The College of Family Physicians of Canada (CFPC) has a reciprocal credit agreement with the American Academy of Family Physicians (AAFP) for activities which offer Prescribed credit. CFPC members who complete these conferences may claim the equivalent number of Mainpro-M1 credits.

### **Nursing Credit Designation**

#### **American Nurses Credentialing Center (ANCC)**

Medical Education Resources designates this live activity for a maximum of 12 ANCC nursing contact hours. Nurses will be awarded contact hours upon successful completion of the activity.

This activity is designated for 4.5 ANCC pharmacotherapeutic contact hours.

#### **American Academy of Nurse Practitioners (AANP)**

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.

#### **California Board of Registered Nursing**

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

### **Physician Assistant Credit Designation**

#### **American Academy of Physician Assistants (AAPA)**



Medical Education Resources has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 12 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.

### **Pharmacy Accreditation**

#### **Accreditation Council for Pharmacy Education (ACPE)**



Medical Education Resources (MER) designates this live continuing education activity for 12 contact hours (1.2 CEUs) of the Accreditation Council for Pharmacy Education.

Universal Program Number: JA0003680-0000-23-091-L01-P

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

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

This activity is certified as Knowledge-based CPE.