



PRIMARY CARE CONFERENCES
EXCEPTIONAL CME | EXTRAORDINARY LOCATIONS

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

**Charleston, SC - Francis Marion Hotel
May 2 - 4, 2025**

Friday, May 2, 2025

7:00 am

Registration and Breakfast

7:30 am - 8:30 am - Orthopedics

Shoulder Injuries

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

8:30 am - 9:30 am - Orthopedics

Elbow

Tennis and golfer's elbow, nursemaid's elbow, olecranon bursitis, supracondylar fractures, joint injection/ x-ray interpretation

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Orthopedics

Wrist, Hand, and Fingers

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

10:40 am - 11:40 am - Pain

Chronic Pain Management for Primary Care

Treatment of common chronic pain conditions including chronic low back pain and neuropathic pain

11:40 am - 12:40 pm - Pain

Opioid Pharmacologic Options in Pain Management

Overall safety and efficacy, selecting and monitoring patients, pain contracts, regulatory issues

12:40 pm

Session Adjourns

Saturday, May 3, 2025

7:00 am

Registration and Breakfast

7:30 am - 8:30 am - Pain

Interventional Pain Management Options

Procedures, pain clinics, nerve blocks, shots, epidural options, and urine drug testing for primary care practitioners

8:30 am - 9:30 am - Pain

Fibromyalgia

Differential diagnosis and treatment of this difficult-to-manage pain syndrome; Treatment options of anti-epileptics and SNRI's

9:30 am - 9:40 am

Coffee Break

9:40 am - 10:40 am - Orthopedics

Knee Injuries

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

10:40 am - 11:40 am - Sports Med

The Pre-participation Sports Physical

The American Academy of Pediatrics, in conjunction with the American Academy of Family Physicians and American Medical Society for Sports Medicine published the 1st edition of the Preparticipation Sports Physical Examination monograph nearly 30 years ago. Currently in its 5th edition, the monograph contains the most recent evidence and consensus-based recommendations pertaining to the history, physical exam and clearance to play guidelines for practitioners caring for active youth. The presentation will review the contents of this monograph and will also review the latest recommendations for return-to-play for active youth who may have contracted COVID-19.

11:40 am - 12:40 pm - Sports Med

Concussion in Sports: Recognition, Office Evaluation and Management for Primary Care

Severity and consequences of concussion for those 18 and younger; Current definition, signs and symptoms, their significance; Up-to-date return to sport guidelines and decision making and provide concussion management tools; Discussion the 6th International Conference on Concussion in Sports in Amsterdam 2022 as well as CRT6, SCAT6, SCOAT6; Discussion of helmets, hype and hope

12:40 pm

Session Adjourns

Sunday, May 4, 2025

7:00 am

Registration and Breakfast

7:30 am - 8:30 am - Sports Med

Nutritional Considerations for the Young Athlete: Relative Energy Deficiency in Sports (RED-S)

The growing popularity of organized youth sports is well documented. Young men and women are now participating in organized sports at historic levels. However, many active young athletes 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. RED-S (Relative Energy Deficiency in Sports) 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

8:30 am - 9:30 am - Sports Med

Exercise Prescriptions for Primary Care Practitioners

Discussion of the health risks of obesity and a sedentary lifestyle; Up-to-date evidence for the health benefits of weight management and the risks and benefits of exercise; Exercise-related terminology used in the science of exercise physiology; Tools to confidently risk stratify the patient wishing to begin an exercise program; Basic components on an individual exercise prescription; Tips for becoming more proactive in prescribing exercise to their patients

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:

- Recommend appropriate exercise prescriptions for common shoulder injuries
- Diagnose and treat elbow injuries
- Diagnose and treat wrist, hand, and finger injuries
- Utilize observation, palpation, range of motion and neurologic exams to diagnose knee injuries
- Identify strategies to overcome the challenges of treating chronic pain
- Design opioid pain management strategies
- Describe interventional pain management strategies
- Compare the benefits and side effect profiles of pharmacologic treatment options for fibromyalgia
- Discuss the components of a pre-participation sports physical
- Discuss signs, symptoms, significance and approach to mild traumatic brain injury as a consequence of athletic endeavors
- Identify risk factors for Relative Energy Deficiency in Sports and discuss the importance of nutrition and work out programs for athletes
- Identify appropriate exercise prescriptions for a variety of sports injuries



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)



AAFP has reviewed Orthopedic Medicine for Primary Care: Ortho/Pain/Sports Med and deemed it acceptable for up to 12.00 Live AAFP Prescribed credits. Term of Approval is from 5/2/2025 to 5/4/2025. Physicians should claim only 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 4.0 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: JA0003680-0000-25-XXX-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.