



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

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## **ORTHOPEDIC MEDICINE FOR PRIMARY CARE: NECK & SPINE/ORTHOPEDICS/PODIATRY**

**Las Vegas, NV - Waldorf Astoria Las Vegas  
June 20 - 22, 2025**

Friday, June 20, 2025

**7:00 am**

**Registration and Breakfast**

**7:30 am - 8:30 am - Podiatry**

**Stress Fractures of the Foot and Ankle**

So common, yet often missed or mistreated. Session will discuss causes and prevention, treatment, and evidence based medicine for foot and ankle stress fractures seen in the primary care setting.

**8:30 am - 9:30 am - Podiatry**

**Ankle Sprains**

Session will explore those injuries which present to the primary care office that can easily be managed, those that require additional diagnostics, and the tricky injuries that may need referral.

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

**Coffee Break**

**9:40 am - 10:40 am - Podiatry**

**Achilles Tendinitis**

The Achilles tendon is the largest and strongest tendon in the body, yet it is highly susceptible to injury. Achilles tendon injuries account for the third most common injury to the lower extremity after the ankle sprain and plantar fasciitis. This lecture will explore the causes of Achilles tendon conditions and their treatment. A differentiation between insertional and non-insertional tendonitis is critical for proper treatment. A multitude of new modalities which are available for the primary care provider to effectively treat and prevent Achilles tendon injuries will be discussed.

**10:40 am - 11:40 am - Neck & Spine**

**Non-surgical Treatment of Low Back Pain**

Comprehensive overview of various options for activity modification; The role and maximum benefit of physical therapy and the various modalities; Medications; Discussion of interventional treatments

**11:40 am - 12:40 pm - Neck & Spine**

**Non-surgical Treatment of Neck and Mid Back Pain**

The role of activity modification; Benefits and limits of physical therapy and discussion of modalities; Medications; Interventional treatments

**12:40 pm**

**Session Adjourns**

**Saturday, June 21, 2025**

**7:00 am**

**Registration and Breakfast**

**7:30 am - 8:30 am - Neck & Spine**

**Non-Opioid Pharmacologic Options for Managing Neck & Spine Pain**

NSAIDs, acetaminophen, topicals, injections, antidepressants, anticonvulsants, medical marijuana

**8:30 am - 9:30 am - Neck & Spine**

**Physical Exam of the Neck & Spine**

Practical guide to examining the neck and spine

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

**Coffee Break**

**9:40 am - 10:40 am - Podiatry**

**Plantar Fasciitis**

Session will discuss the causes and prevention of this common problem and discuss new and exciting technologies used to treat the acute and chronic forms of this condition.

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

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

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

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

**Shoulder Examination and Injection Workshop**

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

**12:40 pm**

**Session Adjourns**



**Sunday, June 22, 2025**

**7:00 am**

**Registration and Breakfast**

**7:30 am - 8:30 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

**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 causes, prevention and treatment of foot and ankle stress fractures
- Diagnose and manage ankle injuries and identify when referral is appropriate
- Recognize achilles tendinitis and recommend appropriate treatment
- Discuss technologies used to treat acute and chronic plantar fasciitis
- Describe the role of physical therapy and activity modification for treating low back pain
- Discuss the benefits of physical therapy and activity modification in the treatment of neck and mid back pain
- Design non-opioid pain management strategies
- Perform a physical exam of the neck and spine
- Recommend appropriate exercise prescriptions for common shoulder injuries
- Demonstrate injection techniques for the shoulder
- Diagnose and treat knee injuries
- Describe how and when to utilize joint aspiration and injection for the knee joint

### **Disclosure of Relevant Financial Relationships**

Medical Education Resources ensures balance, independence, objectivity, and scientific rigor in all our educational activities. In accordance with this policy, MER identifies financial relationships with its instructors, content managers, and other individuals who are in a position to control the content of an activity. All relevant financial relationships have been mitigated by MER to ensure that all scientific research referred to, reported, or used in a CE activity conforms to the generally accepted standards of experimental design, data collection, and analysis, MER is committed to providing learners with high-quality CE activities that promote improvements or quality in healthcare, and not the business interests of an ineligible company.

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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)

Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

### 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 American Academy of Family Physicians (AAFP) and the College of Family Physicians of Canada (CFPC) have a bilateral reciprocal certification agreement whereby: CME/CPD activities held across the Canada - U.S. border are certified according to the nationality of the primary target audiences regardless of where the providers are located. The activities will be reviewed according to the criteria of the certifying organization.

### **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 Associates Credit Designation**

#### **American Academy of Physician Associates (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.