Primary Care Orthopaedics and Sports Medicine Update 2017

October 26 - 27, 2017
Albuquerque Marriott
2101 Louisiana Blvd. NE
Albuquerque, New Mexico 87110
**Thursday, October 26**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Speaker(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:00 pm</td>
<td>Registration</td>
<td></td>
</tr>
<tr>
<td>1:00 - 1:10 pm</td>
<td>Welcome and Introduction</td>
<td>Christopher A. McGrew, MD, FACSM, CAQPCSM</td>
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<tr>
<td>1:10 - 1:40 pm</td>
<td>A Brief History of the Lowly Meniscus: Where are We in 2017?</td>
<td>Gehron Treme, MD</td>
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<tr>
<td>1:40 - 2:10 pm</td>
<td>Comprehensive Neuropathies of the Upper Extremity</td>
<td>Kourosh Kolahi, MD</td>
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<tr>
<td>2:10 - 2:40 pm</td>
<td>Hand and Wrist Arthritis</td>
<td>Kavita T. Vakharia, MD</td>
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<tr>
<td>2:40 - 2:50 pm</td>
<td>Question and Answer</td>
<td></td>
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<tr>
<td>2:50 - 3:10 pm</td>
<td>Break</td>
<td></td>
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<tr>
<td>3:10 - 3:40 pm</td>
<td>Spondylolysis/Spondylolisthesis</td>
<td>David Bennett, MD</td>
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<tr>
<td>3:40 - 4:10 pm</td>
<td>Pediatric Fracture of Upper Extremity</td>
<td>Selina Silva, MD</td>
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<tr>
<td>4:10 - 4:40 pm</td>
<td>Pediatric Fracture of Lower Extremity</td>
<td>Selina Silva, MD</td>
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<tr>
<td>4:40 - 4:50 pm</td>
<td>Question and Answer</td>
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**Friday, October 27**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Speaker(s)</th>
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<tbody>
<tr>
<td>8:00 - 8:10 am</td>
<td>Welcome/Announcements</td>
<td>Christopher A. McGrew, MD, FACSM, CAQPCSM</td>
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<tr>
<td>8:10 - 8:40 am</td>
<td>Neuropsychological Issues Related to Sports Concussion</td>
<td>Richard Campbell, PhD</td>
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<tr>
<td>8:40 - 9:20 am</td>
<td>Sports Concussion: The Role of the Physical Therapist</td>
<td>Katie Weems, MPT</td>
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<tr>
<td>9:20 - 9:30 am</td>
<td>Question and Answer</td>
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<tr>
<td>9:30 - 9:50 am</td>
<td>Break</td>
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<tr>
<td>9:50 - 10:20 am</td>
<td>The (Dis)abled Athlete and Adapted Sports Participation</td>
<td>Rebecca Dutton, MD</td>
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<tr>
<td>10:20 - 10:50 am</td>
<td>Patellofemoral Pain: An Update on Evaluation and Management</td>
<td>Rebecca Dutton, MD</td>
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<tr>
<td>10:50 - 11:20 am</td>
<td>The Neuroscience of Pain</td>
<td>Stephanie Baca, MPT</td>
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<tr>
<td>11:20 - 11:40 am</td>
<td>Question and Answer</td>
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<tr>
<td>11:40 - 1:00 pm</td>
<td>Lunch</td>
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<tr>
<td>1:00 - 2:45 pm</td>
<td>Workshops A - F (Session 1)</td>
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<td>2:45 - 3:15 pm</td>
<td>Break</td>
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<tr>
<td>3:15 - 5:00 pm</td>
<td>Workshops A - F (Session 2)</td>
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Workshops A - F will run from 1:00 pm - 2:45 pm (Session 1) and will repeat from 3:15 pm - 5:00 pm (Session 2) allowing participants to attend two separate workshops Friday afternoon.

Please choose 2 selections when registering for these workshops.

A. **Joint Injections**  
   (Limited to 20 participants)  
   Robert C. Schenck, Jr., MD  
   Carina Pierce, PA-C and  
   Rebecca Dutton, MD

B. **Trigger Point Injections**  
   (Limited to 20 participants)  
   Brian M. Shelley, MD

C. **Knee Exam**  
   (Limited to 20 participants)  
   Brandee S. Black, MEd, MD

D. **Shoulder Exam**  
   (Limited to 20 participants)  
   Matthew Tennison, MD

E. **Elbow, Hand and Wrist Physical**  
   (Limited to 20 participants)  
   Kourosh Kolahi, MD  
   Kavita T. Vakharia, MD

F. **Explain Pain in the Athletic Population**  
   (Limited to 20 participants)  
   Stephanie Baca, MPT

Please note: Minimum and maximum numbers have been established for each workshop. We encourage you to register early to avoid disappointment due to limited enrollment in each workshop.
**Objectives**

This course is designed to provide primary healthcare providers a review of current management techniques for sports-related and general orthopaedic issues in selected areas of the musculoskeletal system.

Emphasis of this course will be on problems commonly encountered by primary healthcare providers, including diagnosis, management, and appropriate criteria for referral to an orthopaedic surgeon or for other subspecialty care when indicated.

The general objectives of this conference for all participants are to:

1. Review the evaluation and management of lower and upper extremity fractures;
2. Review the evaluation and management of common wrist problems and arthritis;
3. Review the evaluation and management of issues related to sports concussion;
4. Update the knowledge on spondylolysis and spondylolisthesis;
5. Explore adaptive sports participation;
6. Review the evaluation and management of patellofemoral pain;
7. Review the evaluation and management of the meniscus.

Further objectives for this conference, depending on the workshop the participant chooses to attend:

1. Learn and perform the physical exam of the knee;
2. Learn and perform the physical exam of the shoulder;
3. Learn and perform the physical exam of the elbow, hand and wrist;
4. Learn techniques for joint aspiration and injection;
5. Learn techniques for trigger point injection;
6. Learn and explain pain in the athletic population.

**Accreditation**

**Physicians**
The University of New Mexico School of Medicine, Office of Continuing Medical Education is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The Office of Continuing Medical Education designates this live activity for a maximum of 10.0 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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

**Physical Therapists**
The New Mexico Physical Therapy Board is reviewing the program for possible continuing education credits for physical therapists.

**Attire**

Comfortable loose fitting clothing is recommended in order to participate in the hands-on workshops. Since meeting room temperatures and personal comfort levels vary, it is recommended that you bring a sweater or jacket to this educational activity.
Registration Fees

<table>
<thead>
<tr>
<th>Early Registration</th>
<th>(Postmarked on or before 10/12/17)</th>
<th>Regular Registration</th>
<th>(Postmarked after 10/12/17)</th>
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<tbody>
<tr>
<td>MD, DO</td>
<td>$265</td>
<td>MD, DO</td>
<td>$305</td>
</tr>
<tr>
<td>MD, DO (using UNM Tuition Remission)</td>
<td>$255</td>
<td>MD, DO (using UNM Tuition Remission)</td>
<td>$295</td>
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<tr>
<td>RN, PA, PT, Other</td>
<td>$165</td>
<td>RN, PA, PT, Other</td>
<td>$205</td>
</tr>
<tr>
<td>RN, PA, PT, Other (using UNM Tuition Remission)</td>
<td>$155</td>
<td>RN, PA, PT, Other (using UNM Tuition Remission)</td>
<td>$195</td>
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All eligible UNM Faculty and Staff may enroll using a tuition remission form to cover tuition costs. Properly completed and signed tuition remissions must accompany the registration form. Please mail or fax your tuition remission form to the CME office. Online registration is not available for tuition remissions. No refund or credit will be issued for non-attendance.

https://hr.unm.edu/benefits/tuition-remission

Tuition Remission

Accommodations & Conference Site

This conference will be held at the Albuquerque Marriott Uptown. A block of rooms has been reserved for participants of this conference for the nights of October 26 and 27, 2017. Special participant rates are available to you at $99.00 if you make your room reservations no later than Thursday, October 12, 2017. Please identify yourself as a participant of this conference. To make room reservations, please contact the hotel directly at:

Albuquerque Marriott
2101 Louisiana Blvd NE
Albuquerque, New Mexico 87110
Phone 505-798-6446 • Phone 505-821-3333

Cancellation

If you cannot attend, Continuing Medical Education & Professional Development will refund tuition, less a $40.00 administrative fee, provided it is received in writing prior to October 19, 2017. No refunds will be issued after this date or for non-attendance.

Registration for Workshops - Friday, October 27, 2017

Participants may attend two of the following workshops as the workshops will repeat.

Session 1 from 1:00 pm - 2:45 pm
Session 2 from 3:15 pm - 5:00 pm

Please number 1 (first choice), 2 (second choice), and 3 (alternate choice).

#_____ Workshop A #_____ Workshop B
#_____ Workshop D #_____ Workshop E
#_____ Workshop C #_____ Workshop F

Contact Information

This conference is presented by the University of New Mexico Health Sciences Center School of Medicine Department of Orthopaedics and Rehabilitation, the Department of Family and Community Medicine and Continuing Medical Education & Professional Development. For additional information contact:

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MSC09 5370, 1 University of New Mexico
Albuquerque, NM 87131-0001
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Visit our website and register online at
http://som.unm.edu/education/cme/