

HOUSTON METHODIST ORTHOPEDICS & SPORTS MEDICINE

Orthopedics for the Primary Care Physician



AUGUST 28-29, 2015

MINUTE MAID PARK

501 Crawford St. • Houston, TX 77002

PROGRAM CHAIRMAN

Kevin E. Varner, MD

COURSE DIRECTORS

Joshua D. Harris, MD, and Vijay Jotwani, MD

HOUSTON
Methodist[®]
ORTHOPEDICS &
SPORTS MEDICINE

events.houstonmethodist.org/orthopedics



FACULTY

▪ All Faculty are Houston, Texas, unless otherwise noted

PROGRAM CHAIRMAN



Kevin E. Varner, MD

*Chairman, Department of Orthopedics
Houston Methodist Hospital
Assistant Professor, Clinical Orthopaedic Surgery
Weill Cornell Medical School*

COURSE DIRECTORS



Joshua D. Harris, MD

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Houston Methodist Hospital
Assistant Professor, Clinical Orthopaedic Surgery
Weill Cornell Medical College*



Vijay Jotwani, MD

*Physician, Primary Care Sports Medicine
Houston Methodist Hospital
Assistant Professor of Family Medicine
Houston Methodist Hospital*

SPEAKERS AND FACULTY



Jett Brady, MD

*Diagnostic Radiologist
Houston Methodist Hospital*



Kim Broderick, PT, OSC, ATC, CFMT

*Houston Methodist Orthopedics & Sports Medicine
Houston Methodist Hospital*



William J. "Bill" Bryan, MD

*Surgeon, Department of Orthopedic Surgery
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Pedro Cosculluela, MD

*Surgeon, Department of Orthopedic Surgery
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John L. Haddad, MD

*Clinical Member
Houston Methodist Research Institute
Director, Body MRI
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Daniel Le, MD

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Bruce Moseley, MD

*Surgeon, Department of Orthopedic Surgery
Houston Methodist Hospital*



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*Director, Primary Care Sports Medicine
Fellowship Program
Houston Methodist Willowbrook Hospital*



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Gregory Seelhoefer, MD

*Physician, Primary Care Sports Medicine
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Assistant Professor of Family Medicine
in Clinical Medicine
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Timothy Sitter, MD

*Medical Director, Orthopedic and Sports Physical
Therapy Clinical Residency
Houston Methodist Sugar Land Hospital*



Bradley Weiner, MD

*Vice Chairman (Academics), Orthopaedic Surgery
Chief of Spine Surgery
Director, Orthopaedic Surgery Residency Program
Houston Methodist Hospital
Professor, Clinical Orthopaedic Surgery
Weill Cornell Medical College*

Orthopedics for the Primary Care Physician

AGENDA: FRIDAY, AUGUST 28

7:00 a.m.	Registration and Breakfast	10:50	“I Have ‘Bone-on-Bone’ and Spurs”— Hip Arthritis <i>Daniel Le, MD</i>
8:00	Opening Remarks <i>Program Chairman, Kevin E. Varner, MD</i>	11:10	Spine-Red Flags for Back Pain—When to Refer <i>Bradley Weiner, MD</i>
8:10	“My Ankle is Crooked”— Acute Ankle Injuries <i>Kevin E. Varner, MD</i>	11:40	PICK UP LUNCH
8:25	“My Foot Has Hurt Forever”— Chronic Foot and Ankle Injuries <i>Pedro Cosculluela, MD</i>	12:15 p.m.	Lunch Lecture: Orthopedic “Lumps and Bumps”—How to Stay Out of Trouble <i>Rex A.W. Marco, MD</i>
8:40	“I Felt a ‘Pop’ in My Knee”— Acute Ligament Injuries <i>Mark W. Maffet, MD</i>	1:00	“I Tore My Rotary Cup, Now What?”— Rotator Cuff Tears <i>Bruce Moseley, MD</i>
9:00	Save the Knee—Meniscal Tears <i>Patrick McCulloch, MD</i>	1:30	Shoulder Instability and Labrum Tears <i>Timothy Sitter, MD</i>
9:20	“I Have ‘Bone-on-Bone’ and Spurs”— Knee Arthritis <i>Stephen Incavo, MD</i>	1:50	Ultrasound-guided Injections <i>Vijay Jotwani, MD</i>
9:40	BREAK	2:15	BREAK
10:00	Musculoskeletal Imaging for the Primary Care Physician—What To Order and When <i>Jett Brady, MD</i>	2:30	Tunnels and Triggers—Hand and Wrist <i>Korsh Jafarnia, MD</i>
10:30	Save the Hip-Young Adult Hip <i>Joshua D. Harris, MD</i>	2:50	Physical Therapy—Cutting-Edge Treatments and Modalities <i>Kim Broderick, PT</i>
		3:30	Adjourn

SATURDAY, AUGUST 29 • MINUTE MAID PARK

8:00 a.m.	Registration and Breakfast
8:30	Concurrent Session 1
9:15	Break
9:30	Concurrent Session 2
10:15	Break
10:30	Concurrent Session 3
11:15	Minute Maid Park Tour (optional) —or adjourn

See registration page to indicate your choice for each concurrent session.

***Please bring a laptop and mouse for the ImPACT test session**

CONCURRENT SESSION 1

- Hands-on Physical Therapy Lab
- Introduction to Musculoskeletal Ultrasound
- Radiology for the Primary Care Physician—What, When, How and Interpretation
- Concussion Evaluation and Management—Take the ImPACT test*

CONCURRENT SESSION 2

- Hands-on Upper Extremity Physical Examination
- Hands-on Lower Extremity Physical Examination
- Radiology for the Primary Care Physician—What, When, How and Interpretation
- Concussion Evaluation and Management—Take the ImPACT test*

CONCURRENT SESSION 3

- Hands-on Physical Therapy Lab
- Introduction to Musculoskeletal Ultrasound
- Hands-on Upper Extremity Physical Examination
- Hands-on Lower Extremity Physical Examination

Program Overview

There is a current need to educate first-line clinicians on the appropriate diagnostic tools and treatment skills that are needed to evaluate and manage musculoskeletal problems and injuries effectively. A disparity exists in the amount of medical training that PCPs receive on musculoskeletal disorders and the amount of MSK conditions they see in their practices. It is estimated that one-third of symptoms reported to PCPs are musculoskeletal, and the vast majority of MSK disease is evaluated by a PCP, urgent care, or occupational medicine providers before patients are ever seen by a specialist. This can result in a patient population that receives less than optimal care due to delayed diagnosis, inappropriate referrals to specialists, unnecessary use of therapeutic and diagnostic modalities, increased patient suffering and increased cost of care.

Target Audience

Primary care physicians, emergency medicine physicians, physician assistants, nurse practitioners, physical therapists, athletic trainers, nurses, residents/fellows, students and researchers

Educational Methods

Didactic and small group tutorials

Educational Objectives

At the conclusion of this activity, the participant should be able to

- Improve the ability to perform a comprehensive musculoskeletal physical exam
- Summarize the initial management of many orthopedic problems, acute and chronic
- Describe the relationship between the anatomy and injury of specific anatomical areas
- Interpret and order appropriate imaging studies

Accreditation and Credit Designation Statements

Physicians

Houston Methodist is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Houston Methodist designates this live activity for a maximum of 8.5 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses

Houston Methodist is an approved provider of continuing nursing education by the Texas Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Houston Methodist provides up to 8.5 contact hours for this activity. Participants must attend selected sessions in their entirety and complete the corresponding items on the evaluation tool.

Physical Therapists

Continuing education units have been applied for with Texas Physical Therapy Association (TPTA).

ADA Statement

In compliance with the Americans with Disabilities Act, Houston Methodist will make reasonable efforts to accommodate persons with disabilities at this symposium. Please call 713.441.4971 for further information, or if you need special assistance.

Evaluation

Evaluation via an online questionnaire will address program content, presentation and possible bias.

Fees, Registration and Conference Information

Refer to the registration form for the fee schedule. Your registration will not be processed until payment is received. Your registration will be confirmed. If you have not received confirmation at least five business days before the activity start date, contact the Office of Continuing Medical Education (OCME) immediately.

If you plan to register on-site, contact OCME at least 24 hours in advance to confirm activity status and space availability. The OCME reserves the right to limit the number of participants in an activity and will not be responsible for any expenses incurred by an individual whose registration is not confirmed and for whom space is not available.

Cancellation/Refund Policy

Requests for registration refunds must be in writing and received by the OCME at least 10 business days before the course begins. The date the request is received by the OCME will be considered the cancellation date. Requests received after the refund deadline will not be processed. Cancellations are subject to an administrative fee deducted from the registration fee paid to cover guarantees and other expenses. Requests should be mailed to the OCME or faxed to 713.441.0589.

The OCME reserves the right to cancel activities, not fewer than 10 business days before the scheduled date, if extenuating circumstances make it necessary. Registrants will be notified at the contact number indicated on the registration form followed by written notification. If an activity is canceled, OCME's liability is limited to the registration fee paid. Note: If payment is made by check, a Social Security number is required to process the refund.

Disclosure

This CME activity is designed for use by health care professionals for educational purposes only. Information and opinions offered by the contributors represent their viewpoints. Conclusions drawn by the participant should be derived from careful consideration of all available scientific information. Prescription information and use of medical devices should be undertaken only after confirmation of information by consulting the FDA-approved uses and information.

Houston Methodist makes every effort to have accurate information presented; no warranty, expressed or implied, is offered. The participant should use his/her clinical judgment, knowledge, experience and diagnostic decision-making skills before applying any information, whether provided here or by others, for any professional use.

For Further Information Contact

Houston Methodist

Office of Continuing Medical Education

6670 Bertner Ave., R2-216 ▪ Houston, TX 77030

Phone: 713.441.4971 ▪ Fax: 713.441.0589

Email: cme@houstonmethodist.org

For information about other Houston Methodist CME activities, visit houstonmethodist.org/cme.



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AUGUST 28-29, 2015

REGISTRATION ■ THERE ARE FOUR WAYS TO REGISTER

Online: events.houstonmethodist.org/orthopedics

Mail: Houston Methodist
Office of Continuing Medical Education
ATTN: Orthopedics (#280)
6670 Bertner Ave. R2-216 ■ Houston, TX 77030
Phone: 713.441.4971 **Fax:** 713.441.0589

PAYMENT AND FEES

- Physician**.....\$225
- Nurse**.....\$100
- Physical Therapist**.....\$100
- Other Health Care Professional**.....\$100
- Resident/Fellow/Student***.....\$25

*Verification required. Call the OCME at 713.441.4971 to register.

(Please print clearly)

Last Name: _____ First Name: _____ Credentials: _____

Organization: _____

Specialty: _____

Title/Position: _____

Address: _____

City: _____ State: _____ ZIP: _____

Office Phone: _____ Office Fax: _____

Email: _____

Check or Money Order (made payable in U.S. funds to *Houston Methodist Hospital*) Do **not** include me in future mailing lists

Credit Card: I authorize *Houston Methodist Hospital* to charge my: Visa® MasterCard® AMEX®

Credit Card No. _____ Exp. Date: _____

Name on the Card: _____

Authorized Signature: _____

Special/Dietary needs (specify): _____

SATURDAY SESSIONS | Please choose one option below for each session.

CONCURRENT SESSION 1

- Hands-on Physical Therapy Lab
- Intro to Musculoskeletal Ultrasound
- Radiology for the PCP—What, When, How, Interpretation
- Concussion Evaluation and Management & ImPACT test

CONCURRENT SESSION 2

- Hands-on Upper Extremity Physical Examination
- Hands-on Lower Extremity Physical Examination
- Radiology for the PCP—What, When, How, Interpretation
- Concussion Evaluation and Management & ImPACT test

CONCURRENT SESSION 3

- Hands-on Physical Therapy Lab
- Intro to Musculoskeletal Ultrasound
- Hands-on Upper Extremity Physical Examination
- Hands-on Lower Extremity Physical Examination

CONFERENCE LOCATION

MINUTE MAID PARK

501 Crawford St. ■ Houston, TX 77002

MINUTE MAID PARK TOUR

- I plan on taking the 11:15 a.m. tour
- I do **not** plan on taking the 11:15 a.m. tour

ACCOMMODATIONS

For hotels arrangements, please check the conference website: events.houstonmethodist.org/orthopedics

If you prefer not to receive future communication from Houston Methodist, please email optout@houstonmethodist.org or call 713.790.3333.

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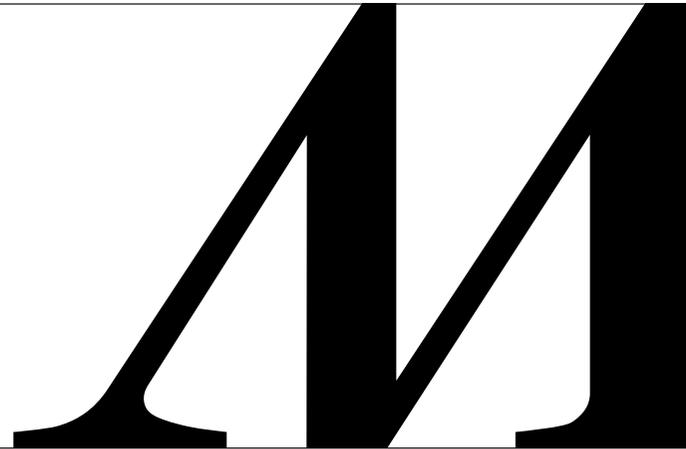
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