

Presented by
Department of Orthopaedic Surgery
University of California, San Francisco
School of Medicine



University of California
San Francisco

UCSF 4th Annual Primary Care Sports
Medicine Conference:

ABCs of Musculoskeletal Care



FRIDAY-SATURDAY

November 13-14, 2009

InterContinental
San Francisco
San Francisco, CA

COURSE CHAIR

Anthony Luke, MD, MPH

Associate Professor

Director, Primary Care Sports Medicine

UCSF Department of Orthopaedic Surgery

UCSF Department of Family and

Community Medicine



UCSF Medical Center
Sports Medicine

UCSF 4th Annual Primary Care
Sports Medicine Conference:

ABCs of Musculoskeletal Care

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San Francisco, CA

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This course provides a comprehensive joint-by-joint review of common injuries and offers current sports medicine practices which apply to care of all patients from the recreational participant to the specialized elite athlete. Highlights of this program include: A multidisciplinary faculty, live observed joint examinations using audiovisual aids, optional small group hands-on examination workshops, interactive case sessions and practical sports medicine topics.

OBJECTIVES

Upon completion of this educational activity, participants should be able to:

- Improve expertise in conducting specific musculoskeletal examinations;
- Diagnose common sports-related injuries, including the use of radiologic testing;
- Compare and contrast pain management options for common musculoskeletal problems seen in primary care practices;
- Describe conservative and surgical treatment options for common Musculoskeletal problems;
- Apply learned concepts on diagnosis and treatment from lectures in workshops emphasizing aspects of clinical practice.



ACCREDITATION

The University of California, San Francisco School of Medicine (UCSF) is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

UCSF designates this educational activity for a maximum of 14.5 *AMA PRA Category 1 Credits*[™]. In addition each optional workshop is designated .75 *AMA PRA Category 1 Credits*[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

This CME activity meets the requirements under California Assembly Bill 1195, continuing education and cultural and linguistic competency.

Family Physicians

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

Nurses

For the purpose of recertification, the American Nurses Credentialing Center accepts *AMA PRA category 1 Credit*[™] issued by organizations accredited by the ACCME.

Physician Assistants

AAPA accepts category 1 credit from AOACCME, Prescribed credit from AAFP, and *AMA PRA Category 1 Credit*[™] from organizations accredited by the ACCME.

Pain Management and End-of-Life Care

The approved credits shown above include a maximum of 12 credits toward meeting the requirement under California Assembly Bill 487, Pain Management and End-of-Life Care.

UCSF 4TH ANNUAL PRIMARY CARE SPORTS MEDICINE ABCs OF MUSCULOSKELETAL CARE

November 13-14, 2009

FRIDAY, NOVEMBER 13, 2009

7:00 am	<i>Registration and Continental Breakfast</i>	
8:00	Welcome	Anthony Luke, MD, MPH
8:10	Osteoarthritis Update – What Can We Do?	Kevin Bozic, MD, MBA
8:40	Back Pain in Primary Care	James MacDonald, MD
9:10	Question + Answer	
9:20	LIVE ON-SCREEN DEMONSTRATION: Back and Hip Exam	Anthony Luke, MD, MPH
10:00	<i>Break</i>	
10:20	Basic Care of Common Fractures: From the ED to the Office	Brian Feeley, MD
10:40	Shoulder Problems	Christina R. Allen, MD
11:10	Question + Answer	
11:15	LIVE ON-SCREEN DEMONSTRATION: Shoulder Exam	C. Benjamin Ma, MD
11:55	<i>Lunch (On Your Own)</i>	
1:00 pm	Elbow, Hand and Wrist Problems	Casey G. Batten, MD
1:40	Question + Answer	
1:45	LIVE ON-SCREEN DEMONSTRATION: Elbow, Hand and Wrist Exam	Bryan Werner, MD, MPH
2:25 - 2:45	<i>Break</i>	
2:45	CONCURRENT WORKSHOPS: (Choose 1 Only)	
	Live On Screen Demonstration: Core Stability	Jason Miyamoto, ATC Joseph Smith, MS, ATC Anthony Luke MD, MPH Brian Feeley, MD
	Practical Clinical Workshop: Test Your Knowledge Pediatric Sports Medicine	
	Hands on Workshop A*: Hand and Wrist Exam	Casey G. Batten, MD
3:30	CONCURRENT WORKSHOPS: (Choose 1 Only)	
	Live On Screen Demonstration: Upper Extremity Injections	C. Benjamin Ma, MD
	Practical Clinical Workshop: On-Field coverage: Dealing with Emergencies	Jason Miyamoto, ATC Joseph Smith, MS, ATC Elise Hammond, ATC Brian Feeley, MD
	Hands on Workshop B*: Elbow Exam	
4:15	CONCURRENT WORKSHOPS: (Choose 1 Only)	
	Live On Screen Demonstration: Advanced Hand Exam	Casey G. Batten, MD
	Practical Clinical Workshop: How to Give Shoulder Exercises In the Office	Jason Miyamoto, ATC Derek Hirai, ATC James MacDonald, MD C. Benjamin Ma MD
	Hands on Workshop C*: Shoulder Exam	
	<i>* Pre-Registration required-limited to 20 participants</i>	
5:00	End of Daily Session for Attendees not participating in Workshop D	
	<i>* Pre-Registration required-limited to 20 participants</i>	
5:00-5:45 pm	HANDS-ON WORKSHOPS D* (Choose 1 Only)	
	<i>* Pre-Registration required-limited to 20 participants</i>	
	Elbow Exam	Brian Feeley, MD
	Shoulder Exam	C. Benjamin Ma, MD
	Hand and Wrist Exam	Anthony Luke, MD, MPH
	Shoulder Exam	Christina R. Allen, MD
	<i>* Pre-Registration required-limited to 20 participants</i>	

GENERAL INFORMATION

Pre-registration is encouraged to ensure that registrants receive a syllabus.

HOW TO ENROLL

Tuition: **\$495** Physicians
\$395 Nurses/Allied Health Professionals/
Residents/Fellows

Payment can be made by Visa, MasterCard, AmEx or check.

REGISTER VIA:

Online: www.cme.ucsf.edu

Mail: Complete course registration form and send with payment to:

UCSF Office of CME
P.O. Box 45368
San Francisco, CA
94145-0368

Fax: Fax completed registration form to: (415) 502-1795 (be sure to include your credit card number)

Phone: To register by phone or to inquire about registration status, please call UCSF's CME Registration Office at (415) 476-5808.

On-Site Registration

Generally we are able to accommodate on-site registration at our courses. To register by phone or to inquire about registration status, please call UCSF's CME Registration Office at (415) 476-5808. For up-to-date information on the course, please check our website: www.cme.ucsf.edu.

REFUND POLICY

Cancellations received in writing before the first day of the course will be refunded, less a \$75 administrative fee. No refunds will be made on cancellations received after that date.

general info

SATURDAY, NOVEMBER 14, 2009

7:30 am	<i>Continental Breakfast</i>	
8:00	Welcome	Anthony Luke, MD, MPH
8:10	Knee Patellofemoral Pain, Mensicus and Cartilage Injuries	Peter G. Gerbino, MD
8:40	Knee Ligament Injuries	C. Benjamin Ma, MD
9:10	Question + Answer	
9:20	LIVE ON-SCREEN DEMONSTRATION: Knee Exam	Christina R. Allen, MD
10:00	<i>Break</i>	
10:20	Imaging Studies – What to Order and When?	C. Benjamin Ma, MD
10:40	Hip Problems	Brian Feeley, MD
11:10	Question + Answer	
11:15	LIVE ON-SCREEN DEMONSTRATION: Kinetic Chain	Peter Gerbino MD
11:55	<i>Lunch (On Your Own)</i>	
1:00 pm	Foot and Ankle Problems	Nancy J. Kadel, MD
1:40	Question + Answer	
1:45	LIVE ON-SCREEN DEMONSTRATION: Foot and Ankle	Stephen J. Pinney, MD
2:25	<i>Break</i>	
2:45	CONCURRENT WORKSHOPS: (Choose 1 Only)	
	Live On Screen Demonstration: Anatomy Review – Musculoskeletal Ultrasound	Anthony Luke, MD, MPH
	Practical Clinical Workshop: Repetitive Strain Injuries	Bryan Werner, MD, MPH
	Hands on Workshop A*: Knee Exam	Christina R. Allen, MD
3:30	CONCURRENT WORKSHOPS: (Choose 1 Only)	
	Live On Screen Demonstration: Knee Injection Techniques	James MacDonald, MD
	Practical Clinical Workshop: Overuse Injuries in the Child Athlete	Anthony Luke, MD, MPH
	Hands on Workshop B*: Foot and Ankle Exam	Stephen J. Pinney, MD
4:15	CONCURRENT WORKSHOPS: (Choose 1 Only)	
	Live On Screen Demonstration: Concussion Management	James MacDonald, MD
	Practical Clinical Workshop: How to Give Knee Exercises in the Office	Jason Miyamoto, ATC Elise Hammond, ATC Derek Hirai, ATC
	Hands on Workshop C*: Hip and Back Exam	Brian Feeley, MD
	<i>* Pre-Registration required-limited to 20 participants</i>	
5:00	End of Daily Session for Attendees not participating in Workshop D	
	<i>* Pre-Registration required-limited to 20 participants</i>	
5:00-5:45 pm	HANDS-ON WORKSHOPS D* (Choose 1 Only)	
	<i>* Pre-Registration required-limited to 20 participants</i>	
	Knee Exam	Christina R. Allen, MD
	Knee Exam	C. Benjamin Ma, MD
	Hip and Back	Anthony Luke, MD, MPH
	Foot and Ankle Exam	Nancy J. Kadel MD
	<i>* Pre-Registration required-limited to 20 participants</i>	

program

CONFERENCE LOCATION

The InterContinental San Francisco is conveniently located adjacent to San Francisco's magnificent Moscone Convention Center, and within a short, scenic stroll of the city's financial, entertainment, premium shopping districts, and, of course, the views – of San Francisco's famous skyline, Golden Gate Bridge, Bay Bridge and South Bay. A block of guestrooms has been reserved at the special UCSF conference rate of **\$219**. You are urged to make your reservations early. The cut off date is October 29, 2009, or until the group room block is filled. After this date, rooms will be provided on a space-available basis only. To make on-line hotel reservations, go to www.intercontinentalsanfrancisco.com use the booking code: PCS. If you prefer to make hotel reservations over the phone, call 1-866-781-2364, please identify yourself as a member of this UCSF Sports Medicine Conference to receive the special rate.

By staying at the host hotel, you help UCSF meet its contractual obligations and keep registration fees reasonable.

RENTAL CAR

Hertz is offering special rates for participants of this conference; simply call (800) 654-2240 and refer to identification number # 03BW0128, or call your travel agent. You may also make reservations at www.Hertz.com. Advance reservations are recommended.

AIR TRANSPORTATION

Special arrangements have been made with Montgomery Travel. Simply call (800) 391-2287 or complete the form on the UCSF web page at www.montgomerytravel.com. In addition to offering lower rates than published fares, ticketed passengers may take advantage of the 24 hour emergency service. There is a \$35 service fee.

UCSF has negotiated special fares with American and United Airlines for our course attendees. You may use the following tour codes to book on your own:
American (800) 433-1790 code: 19686
United (800) 521-4041 code: 510CF

Upcoming CME Courses

5th Annual San Francisco Orthopaedic Trauma Course

April 22-24, 2010
InterContinental San Francisco
San Francisco, CA

55th Annual LeRoy C. Abbott Society Scientific Program and 31st Annual Verne T. Inman Lectureship

May 13-14, 2010
Mission Bay Conference Center @ UCSF
San Francisco, CA

UCSF

0569
University of California,
San Francisco
Office of Continuing
Medical Education
UCSF Box 0742
San Francisco, CA
94143-0742

COURSE CHAIR

Anthony Luke, MD, MPH

Associate Professor; Director,
Primary Care Sports Medicine
Department of Orthopaedic
Surgery; UCSF Department of
Family and Community Medicine

GUEST FACULTY

Peter G. Gerbino, MD

Staff Orthopedic Surgeon,
Community Hospital of the
Monterey Peninsula,
Monterey, CA; Staff Orthopedic
Surgeon, Hazel-Hitchcock
Hospital, Hollister, CA

James MacDonald, MD

Team Physician, University of
California, Santa Cruz Fighting
Banana Slugs

Steven J. Pinney, MD

Orthopaedic Foot and Ankle
Surgeon, San Francisco
Multi-Specialty Medical Group

UCSF FACULTY SCHOOL OF MEDICINE

Christina R. Allen, MD

Associate Professor of
Orthopaedic Surgery, Division of
Sports Medicine, Department of
Orthopaedic Surgery

Casey Batten, MD

Assistant Clinical Professor,
Primary Care Sports Medicine;
Associate Team Physician,
University of California, Berkeley

Kevin J. Bozic, MD, MBA

Associate Professor; Department
of Orthopaedic Surgery and
Institute for Health Policy Studies

Brian Feeley, MD

Assistant Professor; UCSF
Shoulder and Sports Medicine

Elise Hammond, ATC

Certified Athletic Trainer,
UCSF Sports Medicine

UCSF FACULTY SCHOOL OF MEDICINE (CONT'D)

Derek Hirai, ATC

Certified Athletic Trainer,
UCSF Sports Medicine

Nancy J. Kadel, MD

Associate Professor of
Orthopaedic Surgery;
Medical Director,
Healthy Dancer Clinic

Jason Miyamoto, MS, ATC

Certified Athletic Trainer,
UCSF Sports Medicine

C. Benjamin Ma, MD

Assistant Professor; Chief, Sports
Medicine and Shoulder Service

Joseph Smith, MS, ATC

Certified Athletic Trainer,
UCSF Sports Medicine

Bryan Werner, MD, MPH

Assistant Professor, Department of
Orthopaedic Surgery, Division of
Hand Surgery

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For more information or to register online visit our website at www.cme.ucsf.edu. You may also reach us by calling the Office of CME at (415) 476-4251 or emailing: info@ocme.ucsf.edu.

faculty

UCSF 4TH ANNUAL PRIMARY CARE SPORTS MEDICINE CONFERENCE: ABCs OF MUSCULOSKELETAL CARE

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November 13-14, 2009

InterContinental San Francisco • San Francisco, California

Mail to : UCSF Office of CME
P.O. Box 45368
San Francisco, CA 94145-0368
Fax: (415) 502-1795

Registration Information: (415) 476-5808
Course Information: (415) 476-4251
Online registration: www.cme.ucsf.edu

Dr. Mr. Mrs. Ms.

Last Name _____ First _____ M.I. _____

Degree _____ Specialty _____

Address _____

City _____ State _____ Zip _____

Daytime Phone _____ Fax _____

Email _____

Address Label Code (see address label: example, A, B, C, D, etc.) _____

Would you like to be on our priority email list? Yes No

Date of birth to be used as OCME registrant number: ____ / ____ / **XX**
Month Day

 Please indicate if you have any special needs: _____

REGISTRATION FEES (Receipt/Confirmation will be mailed within two to four weeks):

- \$495** Physicians
 \$395 Nurses/Allied Health Professionals/Residents/Fellows

* Pre-registration BY PHONE is required for Afternoon Hands-on Workshop Sessions A, B, C, and D each day. Call (415) 476-5808. Space limited to 20 in each of these sessions and there is an additional charge of \$25 per session.

Make checks payable to *UC Regents*.

Please charge my credit card: Visa MasterCard AmEx for \$ _____

Card # _____ Expiration date _____

Name on Card (Please Print) _____ Authorized Signature _____

Refund Policy: Cancellations received in writing before the first day of the course will be refunded, less a \$75 administrative fee. No refunds will be made on cancellations received after that date.

Please check our website for up to date information on the course: www.cme.ucsf.edu

ON-SITE REGISTRATION

Time: 7:00 am - 8:00 am

Date: Friday November 13, 2009

Place: **InterContinental Hotel**
San Francisco
888 Howard Street
San Francisco, CA 94103
888-811-4273
www.ichotelsgroup.com

