UCSF 9th Annual Primary Care Sports Medicine Conference: ABCs of Musculoskeletal Care

INTERCONTINENTAL SAN FRANCISCO • SAN FRANCISCO, CA

December 12-13, 2014

COURSE CHAIR
Anthony Luke, MD, MPH
Director, Primary Care Sports Medicine
Professor, UCSF Department of Orthopaedics
Professor, UCSF Department of Family and Community Medicine

COURSE CO-CHAIR
Carlin Senter, MD
Assistant Professor
UCSF Department of Orthopaedics
UCSF Department of Internal Medicine

*M SK App, included with tuition!
This course provides a comprehensive joint-by-joint review of common injuries and current Sports Medicine practices which apply to the 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 panel discussions, and a MSK app which can be used as a reference, which will be used for teaching.

OBJECTIVES
An attendee completing this course will be able to apply acquired skills and strategies to:

- Conduct specific musculoskeletal examinations;
- Diagnose the most common upper extremity injuries, including the use of radiologic testing;
- Assess conservative and surgical treatment options for common musculoskeletal problems;
- Use educational resources, in particular a musculoskeletal based app provided to course participants.
COURSE CHAIR
Anthony Luke, MD, MPH
Professor and Director
Primary Care Sports Medicine
UCSF Sports Medicine

COURSE CO-CHAIR
Carlin Senter, MD
Assistant Professor
Departments of Orthopaedics and Internal Medicine

UCSF FACULTY SCHOOL OF MEDICINE
Americ Alvarado, MA, ATC
Certified Athletic Trainer
UCSF Sports Medicine

Tim Baldwin, MA, ATC
Certified Athletic Trainer
UCSF Sports Medicine

Nicholas Colyvas, MD
Assistant Clinical Professor,
UCSF Sports Medicine

Jason Dinius, MS, ATC
Certified Athletic Trainer
UCSF Sports Medicine

Brian Feeley, MD
Associate Professor
UCSF Sports Medicine and Shoulder Service

Jonathan Graf, MD
Associate Professor of Medicine

UCSF FACULTY (CONT’D)
Elise Hammond, ATC
Certified Athletic Trainer
UCSF Sports Medicine

Richard Han, MD
Fellow, UCSF Sports Medicine

Derek Hirai, MS, ATC
Certified Athletic Trainer
UCSF Sports Medicine

Cathy Hoang, DPT, OCS
Physical Therapist, Department of Physical Therapy and Rehabilitation

Nicolas Lee, MD
Assistant Professor
Hand and Upper Extremity
UCSF/SFGH OTI

C. Benjamin Ma, MD
Associate Professor
Chief, UCSF Sports Medicine and Shoulder Service

Saam Morsheed, MD, MPH, PhD
Assistant Professor
UCSF/San Francisco General Hospital Orthopaedic Trauma Institute (OTI)

Nirav Pandya, MD
Assistant Professor
UCSF, Children's Hospital Oakland

UCSF FACULTY (CONT’D)
Joshua Pendleton, ATC
Certified Athletic Trainer
UCSF Sports Medicine

Nicoles Schroeder, MD
Assistant Professor
Hand and Upper Extremity
UCSF/SFGH OTI

Bobby Tay, MD
Professor, Department of Orthopaedic Surgery
Director, Spine Fellowship Program

Daniel Thuillier, MD
Assistant Professor
UCSF Foot and Ankle Service

Wendy Vining, PA-C
UCSF Sports Medicine and Shoulder Service

Aubrey Yanda, ATC
Certified Athletic Trainer
UCSF Sports Medicine

Alan Zhang, MD
Assistant Professor
UCSF Sports Medicine and Shoulder Service

GENERAL INFORMATION
Advanced registration closes one (1) business day prior to start of course. On site registration fees, if applicable, will be applied after this date.

HOW TO ENROLL
Tuition: $525 Physicians
$425 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 however pre-registration is preferred to ensure that we have adequate course materials.

CONFERENCE LOCATION
Enjoy San Francisco’s renowned attractions such as the historic cable cars, shopping in Union Square, or visit San Francisco’s culinary hub at the Ferry Building.

Intercontinental Hotel San Francisco
A block of guestrooms has been reserved at the special UCSF conference rate of $239/night. You are urged to make your reservations early. The cut-off date is November 20, 2014 or until the group room block is filled. After this date, rooms will be provided on a space-available basis only. To make hotel reservations on-line, go to www.cme.ucsf.edu.

If you prefer to telephone in your reservation, call 1-866-781-2364 and identify yourself as a member of this UCSF conference to receive the special rate.

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

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.

RENTAL CAR
Hertz is offering special rates for participants of this conference; simply call 800-654-2240 and refer to convention number # 03BW0133 or call your travel agent. You may also make reservations at www.Hertz.com. Advance reservations are recommended.

AIR TRANSPORTATION
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:
United – www.united.com code: ZQPP914327
# Program

**FRIDAY, DECEMBER 12, 2014**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session/Event</th>
<th>Speaker(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 am</td>
<td>Registration and Continental Breakfast</td>
<td></td>
</tr>
<tr>
<td>8:00</td>
<td>Welcome and Course Overview</td>
<td>Anthony Luke, MD, MPH</td>
</tr>
<tr>
<td>8:10</td>
<td><strong>SESSION A: SHOULDER</strong></td>
<td></td>
</tr>
<tr>
<td>8:10</td>
<td>PRE-TEST Upper Extremity: Measure Your Pre-conference Knowledge</td>
<td>Carlin Senter, MD</td>
</tr>
<tr>
<td>8:30*</td>
<td>Top 5 Shoulder Problems: My Arm Hurts, Is It My Rotator Cuff or Rotating Cup?</td>
<td>Brian Feeley, MD</td>
</tr>
<tr>
<td>9:20*</td>
<td>Live On Screen Demonstration: How I Do a 5 Minute Comprehensive Exam of the Shoulder</td>
<td>C. Benjamin Ma, MD</td>
</tr>
<tr>
<td>10:00</td>
<td>Question + Answers with Shoulder Experts</td>
<td></td>
</tr>
<tr>
<td>10:15</td>
<td>Break</td>
<td></td>
</tr>
<tr>
<td>10:30*</td>
<td>Top 5 Elbow, Hand, and Wrist Problems: How to Spot Them in Clinic</td>
<td>Nicolas Lee, MD</td>
</tr>
<tr>
<td>11:10*</td>
<td>The 5 Minute Hand and Wrist Exam</td>
<td>Nicole Schroeder, MD</td>
</tr>
<tr>
<td>11:40</td>
<td>Questions + Answers with Hand Experts</td>
<td>Nicolas Lee, MD</td>
</tr>
<tr>
<td>11:50</td>
<td>Lunch (On Your Own)</td>
<td></td>
</tr>
<tr>
<td>1:15 pm</td>
<td><strong>SESSION C: EXPERT PANEL SESSION</strong></td>
<td></td>
</tr>
<tr>
<td>1:15 pm</td>
<td>Your Questions – ANSWERED! Hot Topics in MSK Medicine When and When NOT to Operate on Upper Extremity Problems: Audience Cases (Submitted Pre-course)</td>
<td>Panel: Brian Feeley, MD, C. Benjamin Ma, MD, Nicolas Lee, MD, Nicole Schroeder, MD, Alan Zhang, MD</td>
</tr>
<tr>
<td>2:00</td>
<td>Break</td>
<td></td>
</tr>
<tr>
<td>2:15</td>
<td><strong>WORKSHOP BLOCK A (Choose 1 Only)</strong></td>
<td></td>
</tr>
<tr>
<td>2:15</td>
<td>Live On Screen Demonstration: Shoulder Injections: Torture, Voodoo or Magic Bullet</td>
<td>C. Benjamin Ma, MD</td>
</tr>
<tr>
<td>2:15</td>
<td>Practical Clinical Workshop: My Child is the Next Tim Lincecum: Managing Upper Extremity Problems in Adolescent Athletes</td>
<td>Nirav Pandya, MD</td>
</tr>
<tr>
<td>2:15</td>
<td>Hands on Interactive Practice: How to Do the Hand and Elbow Exam (A1) $</td>
<td>Nicole Schroeder, MD</td>
</tr>
<tr>
<td>2:15</td>
<td>Hands on Interactive Practice: How to Do the Hand and Elbow Exam (A2) $</td>
<td>Nicolas Lee, MD</td>
</tr>
<tr>
<td>3:00</td>
<td>Break</td>
<td></td>
</tr>
<tr>
<td>3:15</td>
<td><strong>WORKSHOP BLOCK B (Choose 1 Only)</strong></td>
<td></td>
</tr>
<tr>
<td>3:15</td>
<td>Live On Screen Demonstration: I Was Training for the X Games and Look What Happened – Management of Acute Fractures</td>
<td>Saam Morshed, MD, PhD, MPH</td>
</tr>
<tr>
<td>3:15</td>
<td>Practical Clinical Workshop: Do it Yourself: Teach Home Exercise for Upper Extremity Problems</td>
<td>Americ Alvarado, MA, ATC, Tim Baldwin, MA, ATC, Aubry Yanda, MA, ATC</td>
</tr>
<tr>
<td>3:15</td>
<td>Hands on Interactive Practice: How to Do the Shoulder Exam (B1) $</td>
<td>Richard Han, MD, Alan Zhang, MD</td>
</tr>
<tr>
<td>3:15</td>
<td>Hands on Interactive Practice: How to Do the Shoulder Exam (B2) $</td>
<td>Brian Feeley, MD</td>
</tr>
</tbody>
</table>
### FRIDAY, DECEMBER 12, 2014 (CONT’D)

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Facilitator(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:00</td>
<td>Break</td>
<td></td>
</tr>
<tr>
<td>4:15</td>
<td><strong>WORKSHOP BLOCK C</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Live On Screen Demonstration:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Shoulder Injections in Your Office:</td>
<td>C. Benjamin Ma, MD</td>
</tr>
<tr>
<td></td>
<td>Torture, Voodoo or Magic Bullet</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Practical Clinical Workshop:</td>
<td>Nicolas Colyvas, MD</td>
</tr>
<tr>
<td></td>
<td>The Masters Overhead Athlete</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Hands on Interactive Practice:</strong></td>
<td>Richard Han, MD</td>
</tr>
<tr>
<td></td>
<td><strong>How to Do the Shoulder Exam (C1)</strong></td>
<td>Alan Zhang, MD</td>
</tr>
<tr>
<td></td>
<td><strong>Hands on Interactive Practice:</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>How to Do the Shoulder Exam (C2)</strong></td>
<td>Anthony Luke, MD, MPH</td>
</tr>
<tr>
<td></td>
<td><strong>Hands on Interactive Practice:</strong></td>
<td>Carlin Senter, MD</td>
</tr>
<tr>
<td>5:00</td>
<td>Adjourn</td>
<td></td>
</tr>
</tbody>
</table>

### SATURDAY, DECEMBER 13, 2014

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Facilitator(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30</td>
<td>Continental Breakfast</td>
<td></td>
</tr>
<tr>
<td>8:00</td>
<td>Welcome + Overview</td>
<td>Carlin Senter, MD</td>
</tr>
<tr>
<td>8:10</td>
<td><strong>SESSION D: CERVICAL SPINE</strong></td>
<td>Bobby Tay, MD</td>
</tr>
<tr>
<td></td>
<td>Pain in the Neck: Common Problems in the Cervical Spine</td>
<td></td>
</tr>
<tr>
<td>8:40</td>
<td>Live On Screen Demonstration:</td>
<td>Bobby Tay, MD</td>
</tr>
<tr>
<td></td>
<td>How to Do a Good Cervical Spine Exam</td>
<td></td>
</tr>
<tr>
<td>9:15</td>
<td><strong>SESSION E: PUTTING IT ALL TOGETHER</strong></td>
<td>Anthony Luke, MD, MPH</td>
</tr>
<tr>
<td></td>
<td>Is it an MSK Problem? Broadening the Upper Extremity Differential</td>
<td></td>
</tr>
<tr>
<td>9:40</td>
<td>Questions + Answers</td>
<td></td>
</tr>
<tr>
<td>9:50</td>
<td><strong>SESSION F: EXPERT PANEL SESSION</strong></td>
<td></td>
</tr>
<tr>
<td>10:00</td>
<td>Upper Extremity Imaging: What to Order and How to Interpret the Report</td>
<td>C. Benjamin Ma, MD</td>
</tr>
<tr>
<td>10:45</td>
<td>Shoulder Red flags: What Not to Miss</td>
<td>Alan Zhang, MD</td>
</tr>
<tr>
<td>11:15</td>
<td>Hand, Elbow and Wrist Red Flags: What Not to Miss</td>
<td>Nicolas Lee, MD</td>
</tr>
<tr>
<td>11:50</td>
<td><strong>QUESTIONS + ANSWERS</strong></td>
<td></td>
</tr>
<tr>
<td>12:00</td>
<td>Lunch <em>(On Your Own)</em></td>
<td></td>
</tr>
<tr>
<td>1:00</td>
<td><strong>SESSION F: EXPERT PANEL SESSION</strong></td>
<td>Panel:</td>
</tr>
<tr>
<td></td>
<td>Your Questions ANSWERED! Hot Topics in MSK Medicine</td>
<td>Brian Feeley, MD</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Anthony Luke, MD, MPH</td>
</tr>
<tr>
<td></td>
<td></td>
<td>C. Benjamin Ma, MD</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Alan Zhang, MD</td>
</tr>
<tr>
<td>1:45</td>
<td><strong>POST-TEST: What Have You Learned?</strong></td>
<td>Carlin Senter, MD</td>
</tr>
<tr>
<td>2:00</td>
<td><strong>SESSION F: EXPERT PANEL SESSION</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Break</td>
<td></td>
</tr>
</tbody>
</table>
SATURDAY, DECEMBER 13, 2014 (CONT’D)

2:15  WORKSHOP BLOCK D (Choose 1 Only)
   Live On Screen Demonstration:  
   Rheumatology vs Ortho: How Do You Tell  
   Practical Clinical Workshop:  
   Sports Specific Rehab for the Upper Extremity: Return to Sport  
   Jonathan Graf, MD  
   Jason Dinius, MS, ATC  
   Derek Hirai, MS ATC  
   Cathy Hoang, DPT, OCS  
   Joshua Pendleton, MS, ATC

   Hands on Interactive Practice:  
   How to Do the 5 Minute Foot and Ankle Exam (D1)  
   Daniel Thuillier, MD

   Hands on Interactive Practice:  
   How to Do the 5 Minute Knee Exam (D2)  
   Carlin Senter, MD  
   Alan Zhang, MD

3:00  Break

3:15  WORKSHOP BLOCK E (Choose 1 Only)
   Live On Screen Demonstration:  
   Knee Exam*: Tips and Pearls to Examine Like a Pro  
   Practical Clinical Workshop:  
   What Do I Tell My Patients: Patient Education Pearls From Sports Clinic  
   Hands on Interactive Practice:  
   How to Do the 5 Minute Knee Exam (E1)  
   Hands on Interactive Practice:  
   How to Do the 5 Minute Foot and Ankle Exam (E2)  
   C. Benjamin Ma, MD  
   Anthony Luke, MD, MPH  
   Richard Han, MD  
   Alan Zhang, MD  
   Daniel Thuillier, MD

4:00  Break

4:15  WORKSHOP BLOCK F (Choose 1 Only)
   Live On Screen Demonstration:  
   Examining the Foot and Ankle*  
   Practical Clinical Workshop:  
   Concussion 2014 – What Your Patients are Asking and Treatment Tips  
   Hands on Interactive Practice:  
   How to Do the 5 Minute Lumber/Hip Exam (F1)  
   Hands on Interactive Practice:  
   How to Do the 5 Minute Knee Exam (F2)  
   Daniel Thuillier, MD  
   Carlin Senter, MD  
   Elise Hammond, MD  
   Anthony Luke, MD, MPH  
   Alan Zhang, MD  
   Brian Feeley, MD  
   Richard Han, MD

5:00  Adjourn, Speaker Evaluations

* Lecture content ties to UCSF MskExam Tutor App  
$ Pre-Registration required, limited to 20 participants. Cost is $25 per session
UCSF 9th ANNUAL PRIMARY CARE SPORTS MEDICINE CONFERENCE: ABCs OF MUSCULOSKELETAL CARE
December 12-13, 2014
Intercontinental Hotel San Francisco • San Francisco, California

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

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

☐ 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:

☐ $525 Physicians
☐ $425 Nurses/Allied Health Professionals/Residents/Fellows

* Pre-registration BY PHONE or ONLINE is required for Afternoon Hands-on Workshop Sessions A, B, C, D, E, and F. 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, December 12, 2014

Place: Intercontinental Hotel San Francisco
888 Howard St
San Francisco, CA 94103
(415) 616-6500
www.intercontinentalsanfrancisco.com

Intercontinental Hotel

Course Registration Form
New for 2014: UCSF MskExam Tutor App

UCSF Orthopaedics and School of Medicine present the MskExam Tutor App for Apple iPad and iPhone. Master the orthopaedic exam by working through the eight musculoskeletal cases. The app features real patients who are examined by UCSF experts. With more than 60 high-quality videos, master clinicians at UCSF show 50 different physical exam maneuvers and provide advice for treating the most common MSK problems. Access physical exam snap-shots to help you recall maneuvers as you provide patient care. Become a musculoskeletal medicine expert. You will receive download instructions for the App during conference registration.