UCSF 11th Annual
Primary Care Sports Medicine Conference: Upper Extremity
December 9-10, 2016

This course provides a comprehensive review of common upper extremity 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, and interactive case panel discussions.

TARGET AUDIENCE
This conference is tailored to the front-line primary care provider. This includes primary care physicians in family practice, internal medicine and pediatrics; followed by physical therapy, athletic trainers, resident physicians and medical students interested in sports medicine, nurse practitioners and physician assistants. Because musculoskeletal problems are one of the most common medical problems that these practitioners see in clinic, PCPs would benefit from having high confidence and competence in this area.

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

• Improve ability to conduct specific musculoskeletal examinations;
• Diagnose the most common upper extremity injuries, including the use of radiologic testing;
• Consult with patients on conservative and surgical treatment options for common musculoskeletal problems;
• Apply concepts on diagnosis and treatment from lectures and workshops into 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 live activity for a maximum of 13.50 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The approved credits shown above include 2.75 credits toward meeting the requirement under California Assembly Bill 1820, Geriatric Medicine.

The approved credits shown above include .75 credits towards meeting the requirement under California Assembly Bill 487, Pain Management and Care for the Terminally Ill.

The approved credits shown above include .50 credits toward satisfying the American College of Surgeons Committee on Trauma requirement for trauma-related continuing medical education.

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 AOACME, Prescribed credit from AAFP, and AMA PRA Category 1 Credit™ from organizations accredited by the ACCME.

Pharmacy
The California Board of Pharmacy accepts as continuing professional education those courses that meet the standard of relevance to pharmacy practice and have been approved for AMA PRA Category 1 Credit™.

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

Athletic Trainers
UCSF Sports Medicine (BOC AP#: P3359) is approved by the Board of Certification, Inc. to provide continuing education for Certified Athletic Trainers. This program is eligible for a maximum of 13.50 Category A hours/CEUs. ATs should claim only those hours actually spent in the educational program.
GENERAL INFORMATION
Advanced registration closes one (1) business day prior to start of course. Onsite 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: 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.

COURSE CHAIRS
Anthony Luke, MD, MPH
Professor and Director
Primary Care Sports Medicine

Carlin Senter, MD
Assistant Professor
Departments of Orthopaedics and Internal Medicine

UCSF FACULTY
SCHOOL OF MEDICINE
Christina Allen, MD
Professor of Orthopedic Surgery, UCSF Sports Medicine and Shoulder Service

David Arakawa, PT,
CSCS, HSSCS
Director - Walnut Creek Sports Medicine Center for Young Athletes
UCSF Benioff Children’s Hospital Oakland

Cindy Chang, MD
Associate Professor of Orthopedic Surgery, UCSF Sports Medicine and Shoulder Service, UCSF Benioff Children’s Hospital Oakland

UCSF FACULTY (CONT’D)
Nicholas Colyvas, MD
Assistant Professor of Orthopaedic Surgery, UCSF Sports Medicine and Shoulder

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

Andrew Gross, MD
Associate Professor of Medicine, Rheumatology Clinic Chief

Nicholas Lee, MD
Assistant Professor of Orthopaedic Surgery, Medical Director of Orthopaedic Clinics, SFGH

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

Conor O’Neill, MD
Professor of Orthopaedic Surgery, Non-operative Spine Program

UCSF FACULTY (CONT’D)
Nirav Pandya, MD
Assistant Professor, UCSF, Children’s Hospital Oakland

Daniel Thuillier, MD
Assistant Professor, UCSF Foot and Ankle Service

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

Alan Zhang, MD
Assistant Professor In Residence
Sports Medicine and Hip Arthroscopy
Department of Orthopaedic Surgery

UCSF CERTIFIED ATHLETIC TRAINERS

Faculty

InterContinental Mark Hopkins San Francisco is centrally located atop Nob Hill. A block of guestrooms has been reserved at the special UCSF conference rate of $189/night. You are urged to make your reservations early. The cut off date is November 17, 2016, 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 cme.ucsf.edu and click on the hotel link in the Travel & Lodging section of the course webpage

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 # 03BW0135 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 United Airlines for our course attendees. You may use the following tour codes to book on your own:
United – www.united.com code: ZWQA984664
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<thead>
<tr>
<th>Time</th>
<th>Session A</th>
<th>Speaker</th>
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<tbody>
<tr>
<td>8:00</td>
<td>Welcome and Announcements</td>
<td>Carlin Senter, MD</td>
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<tr>
<td>8:10</td>
<td>Top Shoulder Problems in Primary Care: Raise Your Arm If You Want to Know More</td>
<td>Christina Allen, MD</td>
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<tr>
<td>8:45</td>
<td>Rotator Cuff Tears: What Is the Evidence?</td>
<td>Brian Feeley, MD</td>
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<tr>
<td>9:20</td>
<td>LIVE ON-SCREEN DEMONSTRATION: How I Do a 5 Minute Comprehensive Exam of the Shoulder</td>
<td>Brian Feeley, MD</td>
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<tr>
<th>Time</th>
<th>Session B</th>
<th>Speaker</th>
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<tbody>
<tr>
<td>10:20</td>
<td>Rheumatology vs Ortho: How Do You Tell?</td>
<td>Andrew Gross, MD</td>
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<tr>
<td>10:55</td>
<td>LIVE ON-SCREEN DEMONSTRATION: Rheumatology Findings: The Art of the Exam</td>
<td>Andrew Gross, MD</td>
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<tr>
<td>11:30</td>
<td>Stingers, Burners, and Winging: Nerve Injuries of the Upper Extremity</td>
<td>Cindy Chang, MD</td>
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<tr>
<th>Time</th>
<th>Session C</th>
<th>Speaker</th>
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<tbody>
<tr>
<td>1:00</td>
<td>Pain in the Neck: Common Problems in the Cervical Spine</td>
<td>Conor O’Neill, MD</td>
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<tr>
<td>1:30</td>
<td>LIVE ON-SCREEN DEMONSTRATION: How to Do a Good Cervical Spine Exam</td>
<td>Conor O’Neill, MD</td>
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<tr>
<th>Time</th>
<th>Workshop Block A</th>
<th>Speaker</th>
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<tbody>
<tr>
<td>2:15</td>
<td>Live On-Screen Demonstration: The Throwing Athlete: Managing and Rehabing Upper Extremity Problems in Adolescent Athletes</td>
<td>Nirav Pandya, MD with ATs</td>
</tr>
<tr>
<td></td>
<td>Practical Clinical Workshop: Sports Concussion Physical Exam</td>
<td>Cindy Chang, MD and Carlin Senter, MD</td>
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<td></td>
<td>Hands-on Interactive Practice: How to Do the Shoulder Exam (A1)</td>
<td>Brian Feeley, MD</td>
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<tr>
<td></td>
<td>Hands-on Interactive Practice: How to do the 5 Minute Spine Exam (A2)</td>
<td>Conor O’Neill, MD</td>
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<th>Time</th>
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<tbody>
<tr>
<td></td>
<td>Practical Clinical Workshop: Swim At Your Own Risk: Swimmer's Problems</td>
<td>David Arakawa, PT, and ATCs</td>
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<tr>
<td></td>
<td>Hands-on Interactive Practice: How to do the Knee Exam (B1)</td>
<td>Carlin Senter, MD</td>
</tr>
<tr>
<td></td>
<td>Hands-on Interactive Practice: How to Do the Shoulder Exam (B2)</td>
<td>Cindy Chang, MD</td>
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FRIDAY, DECEMBER 9, 2016 (CONT’D)

4:15 WORKSHOP BLOCK C
Live On-Screen Demonstration: Sports Concussion — What Your Patients Are Asking and Treatment Tips  
Carlin Senter, MD

Practical Clinical Workshop: Do It Yourself: Teach Home Exercise for Upper Extremity Problems  
ATs

Hands-on Interactive Practice: How to Do the Shoulder Exam (C1)  
Brian Feeley, MD

Hands-on Interactive Practice: How to Do the 5 Minute Hand and Elbow Exam (C2)  
Anthony Luke, MD, MPH

5:00 pm Adjourn

SATURDAY, DECEMBER 10, 2016

7:30 am Continental Breakfast

8:00 Welcome and Announcements  
Anthony Luke, MD, MPH

SESSION D
8:10 Top Elbow Problems: Tennis Elbow, Anyone?  
Anthony Luke, MD, MPH

8:45 The 5 Minute Elbow Exam  
Anthony Luke, MD, MPH

9:20 Upper Extremity Imaging: What to Order and How to Interpret the Report  
Alan Zhang, MD

10:00 Break

SESSION F
10:20 T Acute Shoulder Trauma: Snap, Crack and Pop  
Nicholas Colyvas, MD

10:45 G Top Hand and Wrist Problems: How to Spot Them in Clinic  
Nicholas Lee, MD

11:20 The 5 Minute Hand and Wrist Exam  
Nicholas Lee, MD

12:00 Lunch on your own

SESSION G
1:00 pm Hot Topics in MSK Medicine, Including Your Questions ANSWERED!  
Carlin Senter, MD

1:50 Draw and Conclusions

2:00 Break
### SATURDAY, DECEMBER 10, 2016 (CONT’D)

#### 2:15
**WORKSHOP BLOCK D**

- **Live On-Screen Demonstration: Shoulder Injections in Your Office: Torture, Voodoo or Magic Bullet**
  - C. Benjamin Ma, MD
- **Practical Clinical Workshop: Work-related Issues of the Neck and Upper Extremity**
  - Nicholas Colyvas, MD
  - Wendy Vining, PA-C
- **Hands-on Interactive Practice: How to Do the 5 Minute Spine and Hip Exam (D1)**
  - Alan Zhang, MD
- **Hands-on Interactive Practice: How to Do the 5 Minute Hand and Elbow Exam (D2)**
  - Nicholas Lee MD

#### 3:00
**Break**

#### 3:15
**WORKSHOP BLOCK E**

- **Live On-Screen Demonstration: Knee Exam: Tips and Pearls to Examine Like a Pro**
  - Christina Allen, MD
- **Practical Clinical Workshop: Clinical Pearls: What Happens When Your Patient Goes to Orthopedic Clinic?**
  - C. Benjamin Ma, MD
  - Wendy Vining, PA-C
- **Hands-on Interactive Practice: How to Do the 5 Minute Knee Exam (E1)**
  - Carlin Senter, MD
- **Hands-on Interactive Practice: How to Do the 5 Minute Foot and Ankle Exam (E2)**
  - Daniel Thullier, MD

#### 4:00
**Break**

#### 4:15
**WORKSHOP BLOCK F**

- **Live On-Screen Demonstration: Examining the Foot & Ankle**
  - Daniel Thullier, MD
- **Practical Clinical Workshop: Sports Specific Rehab for the Upper Extremity: Return to Sport**
  - ATs
- **Hands-on Interactive Practice: How to Do the 5 Minute Shoulder Exam (F1)**
  - Alan Zhang, MD
- **Hands-on Interactive Practice: How to Do the 5 Minute Knee Exam (F2)**
  - Christina Allen, MD

#### 5:00 pm
**End of Conference, Speaker Evaluations**

**Pre-Reregistration required, limited to 20 participants. Cost is $25 per session.**
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: ___ ___ / ___ ___ / X X

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: cme.ucsf.edu

ON-SITE REGISTRATION

Time:  7:00 am - 8:00 am

Date: Friday, December 9, 2016

Place: Intercontinental Mark Hopkins

999 California St.

San Francisco, CA 94108

www.intercontinentalmarkhopkins.com
UPCOMING COURSE
6th Annual Spinal Surgery Bioskills Lab: Techniques and Advances
November 4-5, 2016
Vdara Hotel, Las Vegas, NV

Printed on Recycled Paper

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