UCSF 12th Annual
Primary Care Sports Medicine Conference

December 1-3, 2017

COURSE CO-CHAIRS
Anthony Luke, MD, MPH
Director, Primary Care Sports Medicine
Professor, UCSF Department of Orthopaedics / UCSF Department of Family and Community Medicine

Carlin Senter, MD
Associate Professor
UCSF Department of Orthopaedics
UCSF Department of Medicine

* NEW THIS YEAR: Hands-On Knee Injection Practice (pre-registration required)
This course provides a comprehensive joint-by-joint review of common injuries and offers 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, hands-on knee injection practice, interactive case sessions, and practical Sports Medicine topics.

GREENER MEETING
We're saving paper! The syllabus will be transmitted electronically one week prior to the course.

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 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 musculoskeletal problems using history, exam, and (if needed) imaging;
- Describe conservative and surgical treatment options for common musculoskeletal problems;
- Apply learned concepts on diagnosis and treatment from lectures and workshops into clinical practice.
COURSE CHAIRS
Anthony Luke, MD, MPH
Professor and Director
Primary Care Sports Medicine
Carlin Senter, MD
Associate Professor
Departments of Orthopaedics and Internal Medicine

UCSF FACULTY
SCHOOL OF MEDICINE
Christina Allen, MD
Professor of Orthopaedic Surgery, UCSF Sports Medicine
Tim Baldwin, ATC
Certified Athletic Trainer
UCSF Sports Medicine
Gina Biviano, ATC
Certified Athletic Trainer
UCSF Sports Medicine
Cindy Chang, MD
Associate Professor of Orthopaedic Surgery
UCSF Sports Medicine
UCSF Benioff Children’s Hospital
Oakland
Thomas Clennell, PT, DPT, SCSP
Senior Physical Therapist
Sports Medicine Center for Young Athletes - Walnut Creek
UCSF Benioff Children’s Hospital
Oakland

UCSF FACULTY (CONT’D)
Nicholas Colyvas, MD
Assistant Professor of Orthopaedic Surgery
UCSF Sports Medicine
Brian Feeley, MD
Associate Professor of Orthopaedic Surgery
UCSF Sports Medicine
Andrew Gross, MD
Associate Professor of Medicine, Rheumatology
Clinic Chief
Elise Hammond, ATC
Certified Athletic Trainer
UCSF Sports Medicine
Derek Hirai, ATC
Certified Athletic Trainer
UCSF Sports Medicine
Drew Landsdown, MD
Assistant Professor of Orthopaedic Surgery
UCSF Sports Medicine
Nicholas Lee, MD
Assistant Professor of Orthopaedic Surgery
Medical Director of Orthopaedic Clinics
ZSF/G
C. Benjamin Ma, MD
Professor and Chief
UCSF Sports Medicine

UCSF FACULTY (CONT’D)
Wolf Mehling, MD
Professor of Family and Community Medicine
Nirav Pandya, MD
Assistant Professor of Orthopaedic Surgery,
UCSF Benioff Children’s Hospital
Oakland
Fernando Saldana, ATC
Certified Athletic Trainer
UCSF Sports Medicine
Hally Tappan, ATC
Certified Athletic Trainer
UCSF Sports Medicine
Daniel Thullier, MD
Assistant Professor of Orthopaedic Surgery
UCSF Foot and Ankle Service
Derek Ward
Assistant Professor of Orthopaedic Surgery
Alan Zhang, MD
Assistant Professor of Orthopaedic Surgery
UCSF Sports Medicine

GENERAL INFORMATION
Advance registration closes one (1) business day prior to start of course.

HOW TO ENROLL
Tuition:
$725 Physicians
$625 Nurses/Allied Health Professionals/Residents/Fellows

GREENER MEETING
We’re saving paper! The syllabus will be available electronically one week prior to the course.

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.

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 San Francisco is just steps from Union Square and the Theatre District. 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.

A block of guestrooms has been reserved at the special UCSF conference rate of $229/night. You are urged to make your reservations early. The cut off date is November 9, 2017. 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. If you prefer to telephone in your reservation, 1-866-781-2364 please 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 # 03BW0136 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:
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Presenter(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00</td>
<td>Registration and Continental Breakfast</td>
<td>Anthony Luke, MD, MPH &amp; Carlin Senter, MD</td>
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<tr>
<td>8:00</td>
<td>Welcome and Announcements</td>
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<tr>
<td>8:10</td>
<td>G Top 5 Knee Problems in Primary Care</td>
<td>Christina Allen, MD</td>
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<tr>
<td>8:50</td>
<td>LIVE ON SCREEN DEMONSTRATION: The Knee Exam for the Generalist</td>
<td>Christina Allen, MD</td>
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<tr>
<td>9:35</td>
<td>GP Knee Osteoarthritis and Degenerative Meniscus Tears: Evidence-Based Treatment Update</td>
<td>Brian Feeley, MD</td>
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<tr>
<td>10:15</td>
<td>Break</td>
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<tr>
<td>10:30</td>
<td>P Lumbar Spine Injuries in Athletes of all Ages</td>
<td>Cindy Chang, MD</td>
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<tr>
<td>11:10</td>
<td>LIVE ON SCREEN DEMONSTRATION: Back Exam</td>
<td>Cindy Chang, MD</td>
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<td>11:50</td>
<td>Lunch on Own</td>
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<tr>
<td>1:00</td>
<td>The Future of PRP and Stem Cells in Sports Medicine</td>
<td>Drew Landsdown, MD</td>
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<tr>
<td>1:30</td>
<td>The Latest in Sports Concussion Management</td>
<td>Carlin Senter, MD</td>
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<tr>
<td>2:00</td>
<td>Break</td>
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<td>2:15</td>
<td>WORKSHOP BLOCK A</td>
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<tr>
<td></td>
<td>Live On Screen Demonstration: Indications for and Benefits of Injections for Knee Osteoarthritis</td>
<td>Brian Feeley, MD</td>
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<td>Practical Clinical Workshop: Case Discussion: Common Lower Extremity Problems in the Pediatric Athlete</td>
<td>Nirav Pandya, MD</td>
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<td></td>
<td>Hands on Interactive Practice: How to do the Knee Exam (A1)</td>
<td>Christina Allen, MD</td>
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<td>Hands on Interactive Practice: How to Do the Lumbar Spine + Hip Exam (A2)</td>
<td>Anthony Luke, MD, MPH</td>
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<tr>
<td>3:00</td>
<td>Break</td>
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<td>3:15</td>
<td>WORKSHOP BLOCK B</td>
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<tr>
<td></td>
<td>Live On Screen Demonstration: Sports Medicine Image Challenge</td>
<td>Carlin Senter, MD</td>
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<td>Hands on Interactive Practice: How to Do the Knee Exam (B1)</td>
<td>Brian Feeley, MD</td>
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<td>Hands on Interactive Practice: How to Do the Lumbar Spine + Hip Exam (B2)</td>
<td>Cindy Chang, MD</td>
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<td>4:00</td>
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<td>4:15</td>
<td>WORKSHOP BLOCK C</td>
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<tr>
<td></td>
<td>Live On Screen Demonstration: Teaching Home Exercise for Lower Extremity Problems</td>
<td>Gina Biviano, ATC, Elise Hammond, ATC, Derek Hirai, ATC</td>
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<td></td>
<td>Practical Clinical Workshop: Rheumatology Tips and Pearls</td>
<td>Andrew Gross, MD</td>
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<td></td>
<td>Hands on Interactive Practice: How to Do a Knee Injection (C1)</td>
<td>Carlin Senter, MD</td>
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<tr>
<td></td>
<td>Hands on Interactive Practice: How to Do the Knee Exam (C2)</td>
<td>Christina Allen, MD</td>
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<td>5:00</td>
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<tr>
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<tr>
<td>7:30 am</td>
<td>Continental Breakfast</td>
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<tr>
<td>8:00</td>
<td>Welcome and Announcements</td>
<td>Anthony Luke, MD, MPH &amp; Carlin Senter, MD</td>
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<tr>
<td>8:10</td>
<td><strong>SESSION D</strong>: What's Hip: Common Hip Problems in Kids and Adults</td>
<td>Alan Zhang, MD</td>
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<td>8:50</td>
<td>The Hip Exam for the Generalist</td>
<td>Alan Zhang, MD</td>
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<td>9:35</td>
<td>Hip and Knee Replacements: What the PCP Needs to Know</td>
<td>Derek Ward, MD</td>
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<tr>
<td>10:15</td>
<td><strong>Break</strong></td>
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<tr>
<td>10:30</td>
<td><strong>SESSION E: FOOT AND ANKLE</strong></td>
<td>Daniel Thuillier, MD</td>
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<td>10:50</td>
<td>The Agony of the Feet: Top 5 Foot/Ankle Problems in Primary Care</td>
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<td>11:10</td>
<td>The Foot/Ankle Exam for the Generalist</td>
<td>Daniel Thuillier, MD</td>
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<td>12:00 pm</td>
<td>Lunch on Own</td>
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<tr>
<td>1:00</td>
<td><strong>SESSION F</strong>: Stump the Chumps: Sports Medicine Case Discussion</td>
<td>Cindy Chang, MD, Brian Feeley, MD, Carlin Senter, MD, Alan Zhang, MD</td>
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<td>1:50</td>
<td>Prize Drawing</td>
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<tr>
<td>2:00</td>
<td><strong>WORKSHOP BLOCK D</strong></td>
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<tr>
<td>2:15</td>
<td>Live On Screen Demonstration: Teaching Home</td>
<td>Tim Baldwin, ATC, Fernando Saldana, ATC</td>
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<td>Exercises for the Rehab of Upper Extremity Problems</td>
<td>Hally Tappan, ATC</td>
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<td><strong>Practical Clinical Workshop</strong>: Hip Cases from Clinic:</td>
<td>Alan Zhang, MD</td>
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<td></td>
<td>Refining Your History and Physical Exam</td>
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<td><strong>Hands on Interactive Practice</strong>: How to Do a Knee Injection (D1)</td>
<td>Carlin Senter, MD</td>
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<td><strong>Hands on Interactive Practice</strong>: How to Do the Shoulder Exam (D2)</td>
<td>Drew Landsdown, MD</td>
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<tr>
<td>3:00</td>
<td><strong>WORKSHOP BLOCK E</strong></td>
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<tr>
<td>3:15</td>
<td>Live On Screen Demonstration: Imaging the Shoulder, Hip, and Knee:</td>
<td>C. Benjamin Ma, MD</td>
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<td>What to Order and How to Interpret the Report</td>
<td>Cindy Chang, MD</td>
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<td><strong>Practical Clinical Workshop</strong>: Return to Play Case Challenges</td>
<td>Derek Ward, MD</td>
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<td><strong>Hands on Interactive Practice</strong>: How to Do the Knee Exam (E1)</td>
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<td>4:00</td>
<td><strong>WORKSHOP BLOCK F</strong></td>
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<td>4:15</td>
<td>Live On Screen Demonstration: Integrative Medicine Principles</td>
<td>Wolf Mehling, MD</td>
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<td>Applied to Sports Medicine Conditions</td>
<td>Nicolas Colyvas, MD</td>
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<td><strong>Practical Clinical Workshop</strong>: Surgery or Not Surgery 2017: Ask the</td>
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<td>Expert</td>
<td>Anthony Luke, MD, MPH</td>
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<td><strong>Hands on Interactive Practice</strong>: How to Do the Upper Extremity Exam</td>
<td>C. Benjamin Ma, MD</td>
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<td></td>
<td><strong>Hands on Interactive Practice</strong>: How to Do the Shoulder Exam (F2)</td>
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<td>5:00 pm</td>
<td><strong>Adjourn</strong></td>
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**SUNDAY, DECEMBER 3, 2017**

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<td>8:10</td>
<td>Top Shoulder Problems in Primary Care</td>
<td>C. Benjamin Ma, MD</td>
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<tr>
<td>8:50</td>
<td>Live On Screen Demonstration: The Shoulder Exam for the Generalist</td>
<td>C. Benjamin Ma, MD</td>
</tr>
<tr>
<td>9:30</td>
<td>Broadening the Shoulder Differential Diagnosis</td>
<td>Anthony Luke, MD, MPH</td>
</tr>
<tr>
<td>10:15</td>
<td>Break</td>
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<tr>
<td>10:30</td>
<td>Elbow, Hand, and Wrist</td>
<td>Nicholas Lee, MD</td>
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<tr>
<td>11:10</td>
<td>Live On Screen Demonstration: Elbow, Hand, and Wrist</td>
<td>Nicholas Lee, MD</td>
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<tr>
<td>11:55</td>
<td>Thank you and Course Adjourn</td>
<td>Anthony Luke, MD, MPH &amp; Carlin Senter, MD</td>
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</tbody>
</table>

G Geriatric Credit

P Pain Credit

$ Pre-Registration required, limited to 20 participants. Cost is $25 per session.
UPCOMING COURSE
7th Annual UCSF Techniques in Complex Spine Surgery Program
November 3-4, 2017
Vdara Hotel, Las Vegas, NV

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.

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UCSF SPORTS MEDICINE CONFERENCE REGISTRATION

UCSF 12th Annual
PRIMARY CARE SPORTS MEDICINE CONFERENCE
December 1-3, 2017
InterContinental San Francisco • San Francisco, CA

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

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

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

GREENER MEETING
We’re saving paper! The syllabus will be transmitted electronically one week prior to the course.

Please indicate if you have any special needs:

REGISTRATION FEES:
□ $725 Physicians
□ $625 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 # _________________________ / _________________________

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, 2017
Place: Intercontinental San Francisco
888 Howard Street
San Francisco, CA 94103
www.intercontinentalsanfrancisco.com

On-Site Registration Form