UCSF 7th Annual Primary Care Sports Medicine Conference: ABCs of Musculoskeletal Care

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

GRAND HYATT SAN FRANCISCO • SAN FRANCISCO, CA

December 7-8, 2012
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, interactive case sessions, and practical sports medicine topics. A focus on the master athlete is included in special talks in this year's program.

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 various treatment options based on evidence-based review of common musculoskeletal problems, including therapeutic choices for pain management;
- Describe conservative and surgical treatment options for common musculoskeletal problems;
- Apply concepts from lectures and workshops to the diagnosis and treatment of injuries.
### FRIDAY, DECEMBER 7, 2012

**7:00 am**
Registration and Continental Breakfast

**8:00**
Welcome

**8:10**
Shoulder Problems
Christina R. Allen, MD

**8:30**
Stress Fractures and Bone Health in Athletes
Aurelia Nattiv, MD

**9:00**
Question + Answer

**9:10**
LIVE–SCREEN DEMONSTRATION: Shoulder Exam
C. Benjamin Ma, MD

**10:00**
Hip Problems
Brian Feeley, MD

**10:30**
Question + Answer

**10:40**
LIVE–SCREEN DEMONSTRATION: Functional Screening for the Older Athlete
Anthony Luke, MD, MPH

**11:20**
Osteoporosis Update 2012
Aurelia Nattiv, MD

**11:50**
Question + Answer

**12:00 pm**
Lunch (On Your Own)

**1:15**
Elbow, Hand, and Wrist Problems
Mohana Amirtharajah, MD

**1:35**
Question + Answer

**1:45**
LIVE–SCREEN DEMONSTRATION: Elbow, Hand, and Wrist Exam
Mohana Amirtharajah, MD

**2:25**
Break

**2:45**
CONCURRENT WORKSHOPS: (Choose 1 Only)
- LIVE–SCREEN DEMONSTRATION: Basic Care of Common Fractures: From the ED to the Office
  - Anthony Luke, MD, MPH
- Practical Clinical Workshop: Running Injuries
  - Aurelia Nattiv, MD
- Hands on Workshop A*: Back and Hip Exam
  - Anthony Luke, MD

**3:30**
CONCURRENT WORKSHOPS: (Choose 1 Only)
- LIVE–SCREEN DEMONSTRATION: Upper Extremity Injections
  - C. Benjamin Ma, MD
- Practical Clinical Workshop: The Masters Overhead Athlete
  - Nick Colyvas, MD
- Hands on Workshop B*: Elbow, Hand, and Wrist Exam
  - Mohana Amirtharajah, MD

**4:15**
CONCURRENT WORKSHOPS: (Choose 1 Only)
- LIVE–SCREEN DEMONSTRATION: Imaging Studies: What to Order and When?
  - C. Benjamin Ma, MD
- Practical Clinical Workshop: How to Give Shoulder Exercises in the Office
  - Kristen Monette, MS, ATC
  - Americ Alvarado, MA, ATC
  - Chris Daprato, DPT, MS, CSCS, PES
- Hands on Workshop C*: Shoulder Exam
  - Brian Feeley, MD

**5:00**
End of Daily Session for Attendees not Participating in Workshop D

**5:00-5:45 pm**
HANDS-ON WORKSHOPS D* (Choose 1 Only)
- Knee Exam
  - Brian Feeley, MD
- Shoulder Exam
  - C. Benjamin Ma, MD
- Elbow, Hand, and Wrist Exam
  - Anthony Luke, MD, MPH
- Shoulder Exam
  - Christina R. Allen, MD

* Pre-Registration required—limited to 20 participants

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### GENERAL INFORMATION

Pre-registration is encouraged to ensure that registrants receive a syllabus. Pre-registration is required 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](http://www.cme.ucsf.edu)
- **Mail:** Complete course registration form and send with payment to: UCSF Office of CME PO. Box 45368 San Francisco, CA 94144-0368
- **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) 476-5895.

**On-Site Registration**

Generally we are able to accommodate on-site registration at our courses. For up-to-date information on the course, please check our website: [www.cme.ucsf.edu](http://www.cme.ucsf.edu).

**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. The Grand Hyatt San Francisco is just steps from Union Square. With so many options, you may choose to wander through Chinatown to Fisherman's Wharf, shop in Union Square or board the cable cars for a riding tour of the city. A block of guestrooms has been reserved at the special UCSF conference rate of $219 per night. You are urged to make your reservations early.
**SATURDAY, DECEMBER 8, 2012**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Speaker(s)</th>
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<tbody>
<tr>
<td>7:30 am</td>
<td>Continental Breakfast</td>
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<tr>
<td>8:00</td>
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<td>Question + Answer</td>
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<td>LIVE ON-SCREEN DEMONSTRATION: Knee Exam</td>
<td>Christina R. Allen, MD</td>
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<td>9:20</td>
<td>Advances in Total Knee and Hip Replacement</td>
<td>Erik Hansen, MD</td>
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<td>9:50</td>
<td>Question + Answer</td>
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<td>10:00</td>
<td>Break</td>
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<tr>
<td>10:20</td>
<td>Back Pain in Primary Care</td>
<td>Anthony Luke, MD, MPH</td>
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<td>Question + Answer</td>
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<td>LIVE ON-SCREEN DEMONSTRATION: Back and Hip Exam</td>
<td>Anthony Luke, MD, MPH</td>
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<td>11:30</td>
<td>Every Patient is an Athlete: Exercise Counseling and Prescription</td>
<td>Carlin Senter, MD</td>
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<td>11:50</td>
<td>Question + Answer</td>
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<td>CONCURRENT WORKSHOPS: (Choose 1 Only)</td>
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<td>LIVE ON-SCREEN DEMONSTRATION: Concussion Management</td>
<td>Carlin Senter, MD</td>
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<td>Practical Clinical Workshop: Rheumatology Update</td>
<td>Krishna Chaganti MD</td>
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<td>Hands on Workshop A*: Knee Exam</td>
<td>Christina R. Allen, MD</td>
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<td>LIVE ON-SCREEN DEMONSTRATION: Practice points for Preparticipation</td>
<td>Anthony Luke, MD, MPH</td>
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<td>Physical Exam</td>
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<td>Practical Clinical Workshop: Athletic Injury</td>
<td>Gina Biviano, MA, ATC</td>
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<td>Emergency Techniques</td>
<td>Duke Meek, ATC</td>
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<td>Hands on Workshop B*: Foot and Ankle Exam</td>
<td>Kirstina Olson, MD</td>
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<td>CONCURRENT WORKSHOPS: (Choose 1 Only)</td>
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<td>LIVE ON-SCREEN DEMONSTRATION: Knee Injection Techniques</td>
<td>Anthony Luke, MD</td>
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<td>Practical Clinical Workshop: How to Give Knee</td>
<td>Tim Baldwin, MA, ATC</td>
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<td>Exercises in the Office</td>
<td>Elise Hammond, ATC</td>
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<td>Hands on Workshop C*: Back and Hip Exam</td>
<td>Carlin Senter, MD</td>
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<td>5:00</td>
<td>End of Daily Session for Attendees not participating in Workshop D</td>
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**CONFERENCE LOCATION (CONT’D)**

The cut-off date is **November 20, 2012**, 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 our website at [tiny.ucsf.edu/MOR13002hotel](http://tiny.ucsf.edu/MOR13002hotel) or if you prefer to make hotel reservations over the phone, call (800) 233-1234, 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 # 03BW0131, 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:

- American (800) 433-1790 code: 71D2AX
- United (800) 521-4041 code: 510CF

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**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.

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**HANDS-ON WORKSHOPS D* (Choose 1 Only)**

- Knee Exam
- Back and Hip
- Foot and Ankle Exam

* Pre-Registration required-limited to 20 participants
2nd Annual UCSF Techniques in Complex Spine Surgery Program
November 8-10, 2012
Las Vegas, Nevada

8th Annual San Francisco Orthopaedic Trauma Course
May 16-18, 2013
InterContinental San Francisco
San Francisco, CA

8th Annual UCSF Spine Symposium
May 31 - June 1, 2012
Marriott Union Square
San Francisco, CA

COURSE CHAIR
Anthony Luke, MD, MPH
Associate Professor; Director, Primary Care Sports Medicine; Department of Orthopaedic Surgery; UCSF Department of Family and Community Medicine

QUEST FACULTY
Aurelia Nattiv, MD
Clinical Professor, Departments of Family Medicine and Orthopaedic Surgery; Director of the UCLA Osteoporosis Center
University of California, Los Angeles

UCSF FACULTY
SCHOOL OF MEDICINE (CONT’D)
Mohana Amirtharajah, MD
Assistant Professor, UCSF Department of Orthopaedics, Division of Hand Surgery

Gina Biviano, MA, ATC
Certified Athletic Trainer, UCSF Sports Medicine

R. Krishna Chaganti, MD
Assistant Professor, Department of Internal Medicine, Division of Rheumatology

Nicholas Colyvas, MD
Assistant Clinical Professor, UCSF Sports Medicine

Christopher DaPrato, DPT, MS, CSCS, PES
Physical Therapist, Outpatient Faculty Practice Manager

Brian Feeley, MD
Assistant Professor; UCSF Sports Medicine and Shoulder Service

Elise Hammond, ATC
Certified Athletic Trainer, UCSF Sports Medicine

Erik Hanson, MD
Assistant Professor in Residence, Adult Reconstruction Division, Department of Orthopaedic Surgery

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

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.

Printed on Recycled Paper
UCSF 7TH ANNUAL PRIMARY CARE SPORTS MEDICINE
CONFERENCE: ABCs OF MUSCULOSKELETAL CARE
December 7-8, 2012
Grand Hyatt San Francisco • San Francisco, California

Last Name               First       M.I.
Degree                   Specialty
Address
City                     State       Zip
Daytime Phone            Fax

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: _______ / _______ / _______

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 or ONLINE is required for Afternoon Hands-on Workshop Sessions A, B, C, and D
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 7, 2012
Place:  Grand Hyatt San Francisco
345 Stockton Street
San Francisco, California, USA 94108
(415) 398-1234
www.grandsanfrancisco.hyatt.com