UCSF 14th Annual
Primary Care Sports Medicine Conference

INTERCONTINENTAL HOTEL • 888 HOWARD STREET • SAN FRANCISCO, CA

Hands-On Workshops fill fast!
Sign up early to guarantee your spot!

THURSDAY – SATURDAY
December 12-14, 2019

COURSE CO-CHAIRS
Anthony Luke, MD, MPH
Professor of Orthopaedic Surgery and Family and Community Medicine, UCSF Sports Medicine and Shoulder Service; Director, Primary Care Sports Medicine
Carlin Senter, MD
Associate Professor of Orthopaedic Surgery and Medicine, UCSF Sports Medicine and Shoulder Service, Primary Care Sports Medicine

BACK BY POPULAR DEMAND:
Knee and Shoulder Injection Workshops
UCSF 14th Annual Primary Care Sports Medicine Conference

December 12-14, 2019

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.

GREENER MEETING
We’re saving paper! The syllabus will be available 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, nurses and allied health professionals in family medicine, internal medicine and pediatrics; urgent care and emergency medicine providers; physical therapists and athletic trainers.

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

• Diagnose the most common musculoskeletal injuries using history, exam, and (if needed) imaging;
• Perform a complete, efficient physical examination of the hip, foot/ankle, knee, shoulder, spine and hand/wrist;
• Apply knowledge in practice of conservative and surgical treatment options for common musculoskeletal problems;
• Evaluate and treat a patient with sport-related concussion;
• Teach rehabilitation exercises to your patients.

INTERCONTINENTAL
SAN FRANCISCO
San Francisco, CA

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 16.25 AMA PRA Category 1 Credits™. Physicians should claim only the 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.

Nurses
For the purpose of recertification, the American Nurses Credentialing Center accepts AMA PRA Category 1 Credits™ 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 Credits™ 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 is approved by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers (BOC AP#: XXXXX). This program is eligible for a maximum of XX.XX Category A CEUs (EBP CEUs pending).

ABIM and ABP MOC
Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 16.25 MOC points in the American Board of Internal Medicine’s (ABIM) and American Board of Pediatrics’ Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of MCE credits claimed for the activity. It is the CME activity provider’s responsibility to submit participant completion information to ACCME for the purpose of granting MOC credit. The course evaluation must be completed to receive MOC credit.
GENERAL INFORMATION
Advance registration closes one (1) business day prior to start of course.

HOW TO ENROLL
Tuition:
Early Bird rate ends August 12, 2019
$725 Physicians
$625 Nurses/PA's/Allied Health Professionals/Residents/Fellows
Regular Rate after August 12, 2019
$750 Physicians
$650 Nurses/PA's/Allied Health Professionals/Residents/Fellows

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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
3333 California Street, Suite 450
San Francisco, CA 94118
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
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 $249/night. You are urged to make your reservations early. The cut off date is November 21, 2019, 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 December 10, 2019 will be refunded, less a $75 administrative fee. No refunds will be made on cancellations received after that date.

AIR TRANSPORTATION AND RENTAL CAR
UCSF has negotiated special fares with airlines and car rental agencies. Please visit the TRAVEL AND LODGING section on the course webpage at cme.ucsf.edu for more information and discount codes.
THURSDAY, DECEMBER 12, 2019

3:00 pm  Registration

4:00  Welcome and Overview  Anthony Luke, MD, MPH and Carlin Senter, MD

4:10  Most Common Elbow, Hand and Wrist Problems in Primary Care  Nicole Schroeder, MD

4:40  Live On-screen Demonstration: The Essential Upper Extremity Exam  Nicole Schroeder, MD

5:20  Refreshment Break

5:30  Top Shoulder Problems in Primary Care  Brian Feeley, MD

6:00  Live On-screen Demonstration: The Essential Shoulder Exam  Brian Feeley, MD

6:40  Take Home Point Quiz: Shoulder, Elbow, and Wrist  Anthony Luke, MD, MPH and Carlin Senter, MD

7:00 pm  Adjourn
FRIDAY, DECEMBER 13, 2019

7:30 am  Continental Breakfast

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

SESSION B  Moderator: Anthony Luke, MD, MPH
8:10  Top Knee Problems in Primary Care  Drew Lansdown, MD
8:50  Live On Screen Demonstration: The Essential Knee Exam for the Primary Care Clinician  Christina Allen, MD
9:35  Hip and Knee Osteoarthritis: Keys to Treatment  Derek Ward, MD
10:15  Coffee Break

SESSION C  Moderator: Anthony Luke, MD, MPH
10:30  Sports Concussion 2019: Key Updates for the Primary Care Physician  Carlin Senter, MD
11:10  Competitive vs. Recreational Athlete: Compare and Contrast  Cindy J. Chang, MD
11:50  Lunch on Own

SESSION D  Moderator: Anthony Luke, MD, MPH
1:00  Lumbar Spine Injuries in Athletes of All Ages  Kristin Wingfield, MD
1:30  Live On Screen Demonstration: The Essential Lumbar Spine Exam  Anthony Luke, MD, MPH
2:00  Coffee Break
2:15  WORKSHOP BLOCK A  Drew Lansdown, MD
  Live On Screen Demonstration: Steroid Injections for the Knee and Shoulder: Indications, Risks, Benefits
  Practical Clinical Workshop: The Youth Athlete with Concussion: Keys to Management (*Peds topic)
  $ Hands on Interactive Practice: How to Do the Knee Exam (A1)
  $ Hands on Interactive Practice: How to Do the Lumbar Spine and Hip Exam (A2)
  $ Hands on Interactive Practice: Move Workshop: Keys of Strength Training (A3)
3:00  Transition Break
3:15  WORKSHOP BLOCK B  Lianne Gensler, MD
  Live On Screen Demonstration: Inflammatory Low Back Pain: Keys to the Evaluation and Treatment (*Medical Topic)
  Practical Clinical Workshop: The Power of Sleep for the Youth Athlete (*Wellness, Peds topics)
  $ Hands on Interactive Practice: How to Do the Lumbar Spine and Hip Exam (B1)
  $ Hands on Interactive Practice: How to Perform a Knee Injection (B2)
  $ Hands on Interactive Practice: Hands on Knee Exam (B3)
4:00  Transition Break
4:15  WORKSHOP BLOCK C  Cathy Hoang, PT, DPT, OCS and UCSF PTs
  Live On Screen Demonstration: Physical Therapy for the Upper Extremity: What You and Your Patient Should Expect from Rehab
  $ Hands on Interactive Practice: How to Perform a Knee Injection (C1)
  $ Hands on Interactive Practice: How to Do the Knee Exam (C2)
  $ Hands on Interactive Practice: Move Workshop: Keys of Strength Training (C3)
5:00 pm  Adjourn
SATURDAY, DECEMBER 14, 2019

7:30 am  Continental Breakfast

8:00  Welcome and Announcements

SESSION E  
Moderator: Carlin Senter, MD

8:10  What’s Hip: Common Hip Problems in Kids and Adults  Alan Zhang, MD

8:45  Live On Screen Demonstration: The Essential Hip Exam  Alan Zhang, MD

9:15  Top 5 Foot and Ankle Problems in Primary Care  Kirstina Olson, MD

9:50  Live On Screen Demonstration: The Essential Foot and Ankle Exam  Kirstina Olson, MD

10:15  Coffee Break

SESSION F  
Moderator: Carlin Senter, MD

10:30  Surgery or Not Surgery: Case Discussion  Nicholas Colyvas, MD

11:20  Cartilage Care 2019  Benjamin Ma, MD

11:50  Lunch on Own

SESSION G  
Moderator: Carlin Senter, MD

1:00  Identifying and Reducing Care Disparities in Sports Medicine  Nirav Pandya, MD

1:50  Prize drawing  Anthony Luke, MD, MPH and Carlin Senter, MD

2:00  Coffee Break

2:15  WORKSHOP BLOCK D  
Interactive Sports Medicine Quiz: Keys for Your Practice  Elly LaRoque, MD

Practical Clinical Workshop: How Much is Too Much? Overuse and Overload in the Youth Athlete (*Peds Topic)  Nirav Pandya, MD

$ Hands on Interactive Practice: How to Do the Shoulder Exam (D1)  C. Benjamin Ma, MD and Brian Feeley, MD

$ Hands on Interactive Practice: How to Do the Foot and Ankle Exam (D2)  Anthony Luke, MD, MPH and Nicholas Carvelli NP

$ Hands on Interactive Practice: How to Do the Hand and Elbow Exam (D3)  Cindy Chang, MD and Nicholas Colyvas, MD

3:00  Transition Break

3:15  WORKSHOP BLOCK E  
Live On Screen Demonstration: Circus Performers, Dancers and Gymnasts: Cases from My Clinic  Kristin Wingfield, MD

Practical Clinical Workshop: Orthotics, Braces and Splints: Sports Medicine DME Pearls  Timothy Baldwin, ATC

$ Hands on Interactive Practice: How to Do the Hip Exam (E1)  Alan Zhang, MD and C. Benjamin Ma, MD

$ Hands on Interactive Practice: How to Do the Foot and Ankle Exam (E2)  Anthony Luke, MD, MPH

$ Hands on Interactive Practice: How to Do a Shoulder Subacromial Injection (E3)  Carlin Senter, MD and Cindy Chang, MD

4:00  Transition Break

4:15  WORKSHOP BLOCK F  
Live On Screen Demonstration: Determining Readiness for Return to Sport in the Student Athlete: Tools for the PCP (*Peds Topic)  Thomas Clennell, PT, DPT, SCS and Scott Pygeorge, ATC

Practical Clinical Workshop: Teaching Home Exercises for the Rehab of Hip Problems  Alan Zhang, MD and ATCs

$ Hands on Interactive Practice: How to Do the Hand and Elbow Exam (F1)  Kristin Wingfield, MD and Nicholas Carvelli NP

$ Hands on Interactive Practice: How to Do the Shoulder Exam (F2)  Nicholas Colyvas, MD and Brian Feeley, MD

$ Hands on Interactive Practice: How to Do a Shoulder Subacromial Injection (F3)  Carlin Senter, MD and Elly LaRoque, MD

5:00 pm  Adjourn

$ Pre-Registration required, limited to 20 participants. Cost is $25 per session.
UPCOMING COURSE

14th Annual UCSF Spine Symposium
May 31–June 1, 2019
Parc 55 San Francisco-Hilton, San Francisco CA

Arthroplasty for the Modern Surgeon: Hip, Knee and Health Innovation Technology
September 8–9, 2019
Fairmont Sonoma Mission Inn and Spa, Sonoma, CA

9th Annual UCSF Techniques in Complex Spine Surgery Program
November 2–3, 2019
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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PRIMARY CARE SPORTS MEDICINE CONFERENCE
December 12-14, 2019
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Mail to: UCSF Office of CME
3333 California Street, Suite 450
San Francisco, CA 94118
Fax: (415) 502-1795

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

Dr.  Ms.  Mr.  Mrs.  Mx.

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:

Early Bird Rate ends August 12, 2019
□ $725 Physicians
□ $625 Nurses/PA’s/Allied Health Professionals/Residents/Fellows

Regular Rate after August 12, 2019
□ $750 Physicians
□ $650 Nurses/PA’s/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. These sessions sell out fast, so be sure to register early

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 December 10, 2019 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: 3:00 pm - 4:00 pm
Date: Thursday, December 12, 2019
Place: InterContinental San Francisco
888 Howard Street
San Francisco, CA 94103
www.intercontinentalsanfrancisco.com

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

Green Meeting

Please indicate if you have any special needs: