### Thursday, December 9, 2021

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Speaker(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>3:00pm</td>
<td>Registration</td>
<td>Kristin Wingfield, MD</td>
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<tr>
<td>4:00pm</td>
<td>Welcome and Announcements</td>
<td>Anthony Luke, MD, MPH</td>
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<tr>
<td></td>
<td><strong>Session A</strong></td>
<td>Kristin Wingfield, MD</td>
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<td></td>
<td><strong>Moderator:</strong> Kristin Wingfield, MD</td>
<td>Kristin Wingfield, MD</td>
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<tr>
<td>4:10</td>
<td>P Top Shoulder Problems in Primary Care</td>
<td>Sara Edwards, MD</td>
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<tr>
<td>4:40</td>
<td><strong>LIVE ON SCREEN DEMONSTRATION:</strong> The Essential Shoulder Exam</td>
<td>Sara Edwards, MD</td>
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<td></td>
<td>– How to Find Rotator Cuff Tears in Your Office</td>
<td>Kristin Wingfield, MD</td>
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<tr>
<td>5:20</td>
<td>Break</td>
<td>Kristin Wingfield, MD</td>
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<tr>
<td>5:30</td>
<td>P Most Common Elbow, Hand and Wrist Problems in Primary Care</td>
<td>Nicole Schroeder, MD</td>
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<tr>
<td>6:00</td>
<td><strong>LIVE ON SCREEN DEMONSTRATION:</strong> The Essential Hand, Wrist and Elbow Exam</td>
<td>Nicole Schroeder, MD</td>
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<tr>
<td>6:40</td>
<td><strong>Sports Medicine Quiz: What Do You Know?</strong></td>
<td>Kristin Wingfield, MD</td>
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<tr>
<td>7:00pm</td>
<td>Adjourn</td>
<td>Kristin Wingfield, MD</td>
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### Friday, December 10, 2021

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Speaker(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30am</td>
<td>Registration and Continental Breakfast</td>
<td>Kristin Wingfield, MD</td>
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<tr>
<td>8:00pm</td>
<td>Welcome and Announcements</td>
<td>Anthony Luke, MD, MPH</td>
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<tr>
<td></td>
<td><strong>Session B</strong></td>
<td>Kristin Wingfield, MD</td>
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<tr>
<td></td>
<td><strong>Moderator:</strong> Anthony Luke, MD, MPH</td>
<td>Kristin Wingfield, MD</td>
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<tr>
<td>8:10</td>
<td>P Top Knee Problems in Primary Care</td>
<td>Drew Lansdown, MD</td>
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<tr>
<td>8:50</td>
<td><strong>LIVE ON SCREEN DEMONSTRATION:</strong> The Essential Knee Exam</td>
<td>Elly LaRoque, MD</td>
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<tr>
<td>9:35</td>
<td>P What’s New in Regenerative Medicine? How Does It Apply To Our Patients?</td>
<td>Brian Feeley, MD</td>
</tr>
<tr>
<td>10:15</td>
<td>Break</td>
<td>Kristin Wingfield, MD</td>
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<td></td>
<td><strong>Session C</strong></td>
<td>Kristin Wingfield, MD</td>
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<tr>
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<td><strong>Moderator:</strong> Anthony Luke, MD, MPH</td>
<td>Kristin Wingfield, MD</td>
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<tr>
<td>10:30</td>
<td>P Current Management and New Horizons in Concussion Care</td>
<td>Carlin Senter, MD</td>
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<tr>
<td>11:10</td>
<td>The Latest on Cardiology and Pulmonary Issues Post Covid Infection</td>
<td>Cindy J. Chang, MD</td>
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<td>11:50</td>
<td>Lunch on Own</td>
<td>Kristin Wingfield, MD</td>
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<td><strong>Session D</strong></td>
<td>Kristin Wingfield, MD</td>
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<td></td>
<td><strong>Moderator:</strong> Cindy J. Chang, MD (Kristin Wingfield MD for PM workshop)</td>
<td>Kristin Wingfield, MD</td>
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<td></td>
<td><strong>Virtual Moderator:</strong> Carlin Senter, MD</td>
<td>Kristin Wingfield, MD</td>
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<tr>
<td>1:00pm</td>
<td>P Lumbar Spine Injuries in Athletes of All Ages</td>
<td>Kristin Wingfield, MD</td>
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<tr>
<td>1:30</td>
<td><strong>LIVE ON SCREEN DEMONSTRATION:</strong> The Essential Lumbar Spine Exam</td>
<td>Kristin Wingfield, MD</td>
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<td></td>
<td>– How to Do the Knee Exam (A1)</td>
<td>Casey Jones, PA</td>
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<tr>
<td>2:00</td>
<td>Break</td>
<td>Kristin Wingfield, MD</td>
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<tr>
<td>2:15</td>
<td><strong>WORKSHOP BLOCK A</strong></td>
<td>Kristin Wingfield, MD</td>
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<tr>
<td>P</td>
<td><strong>LIVE ON SCREEN DEMONSTRATION:</strong> Pediatric Overuse Injuries</td>
<td>Rhonda Watkins, MD, MPH</td>
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<tr>
<td>P</td>
<td><strong>Practical Clinical Workshops:</strong> Tendinopathies – Diagnosis and Treatment</td>
<td>Anthony Luke, MD</td>
</tr>
<tr>
<td>P</td>
<td><strong>Hand on Interactive Practice:</strong> How to Do the Knee Exam (A1)</td>
<td>Cindy J. Chang MD, MPH</td>
</tr>
<tr>
<td>P</td>
<td><strong>Hands on Interactive Practice:</strong> How to Do the Lumbar Spine Exam (A2)</td>
<td>Casey Jones, PA</td>
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<td>Celina de Borja, MD</td>
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<td>Chris D’Ambroso PA</td>
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</table>
Hands on Interactive Practice: How to Perform a Knee Injection (A3)  
Carlin Senter, MD  
Wendy Cook, PA-C

3:00  
Break

3:15  
WORKSHOP BLOCK B

P  
LIVE ON SCREEN DEMONSTRATION: Scoliosis and Malalignment Syndromes  
Celina de Borja, MD

P  
Practical Clinical Workshops: Medication Use In Sports  
Peter De Jong, MD  
Cindy J. Chang, MD  
Chris D’Ambroso, PA  
Rhonda Watkins, MD  
Casey Jones, PA

Hands on Interactive Practice: How to Do the Lumbar Spine Exam (B1)  
Cindy J. Chang, MD  
Chris D’Ambroso, PA

Hands on Interactive Practice: How to Perform a Knee Exam (B2)  
Rhonda Watkins, MD  
Casey Jones, PA

Hands on Interactive Practice: How to do a Foot and Ankle Exam  
Anthony Luke, MD, MPH  
Nicola Shea, PA

4:00  
Break

4:15  
WORKSHOP BLOCK C

P  
LIVE ON SCREEN DEMONSTRATION: Bone Health in Athletes of All Ages  
Aenor Sawyer, MD

Practical Clinical Workshop: Little League Shoulder and Return to Throw  
Michelle Cappello, MSPT  
Jamie Faison, PTA, ATC, CSCS

Hands on Interactive Practice: How to Perform a Knee Injection (C1)  
Carlin Senter, MD  
Wendy Cook, PA

Hands on Interactive Practice: How to Do the Foot and Ankle Exam (C2)  
Anthony Luke, MD, MPH  
Nicola Shea, PA

Hands on Interactive Practice: How to Do the Knee Exam (C2)  
Drew Lansdown, MD  
Casey Jones, PA

5:00pm  
Adjourn

Saturday, December 11, 2021

7:30am  
Continental Breakfast

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

Session E  
Moderator: Cindy J. Chang, MD  
Virtual Moderator: Carlin Senter, MD

8:10  
P  
What’s Hip: Common Hip Problems in Kids and Adults  
Stephanie Wong, MD

8:45  
P  
LIVE ON SCREEN DEMONSTRATION: The Essential Hip Exam  
Alan Zhang, MD

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

9:50  
P  
LIVE ON SCREEN DEMONSTRATION: The Essential Food and Ankle Exam  
Kirstina Olson, MD

10:15  
Break

Session F  
Moderator: Cindy J. Chang, MD  
Virtual Moderator: Carlin Senter, MD

10:30  
P  
Osteoarthritis: Innovations in Management  
Derek Ward, MD

11:20  
P  
Meniscus Problems: Cutting Edge Treatment  
Nick Colyvas, MD

11:50  
Lunch on Own

Session G  
Moderator: Carlin Senter, MD  
Virtual Moderator: Anthony Luke, MD, MPH

1:00pm  
P  
Panel: When to Refer to Your Orthopaedic Surgeon  
Stephanie Wong, MD  
Ben Ma, MD  
Nick Colyvas, MD
1:50  Break

2:00  WORKSHOP BLOCK D
Virtual Moderator: Kristin Wingfield, MD (all PM workshops)

2:15  LIVE ON SCREEN DEMONSTRATION: How to Read X-rays and MRIs for the PCP
Ben Ma, MD

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

Hands on Interactive Practice: How to Do the Shoulder Exam (D1)
Nick Colyvas, MD Ortho Fellow

Hands on Interactive Practice: How to Do a Shoulder Subacromial Injection (D2)
Carlin Senter, MD Peter De Jong, MD

Hands on Interactive Practice: How to do a Hip Exam (D3)
Alan Zhang, MD Ortho Fellow

3:00  Break

3:15  WORKSHOP BLOCK E

LIVE ON SCREEN DEMONSTRATION: Every Patient is an Athlete: The Exercise Prescription
Carlin Senter, MD

Practical Clinical Workshop: How to Manage Repetitive Strain Injuries with Strength Training
AK Mishra, MD Gina Biviano, ATC

Hands on Interactive Practice: How to Do the Shoulder Exam (E1)
Ben Ma, MD Ortho Fellow

Hands on Interactive Practice: How to Do the Hip Exam (E2)
Stephanie Wong, MD Ortho Fellow

Hands on Interactive Practice: How to Do Hand, Wrist and Elbow Exams (E3)
Anthony Luke, MD, MPH Nick Carvelli, NP

4:00  Break

4:15  WORKSHOP BLOCK F

LIVE ON SCREEN DEMONSTRATION: Weight Management for Active Patients
Diana Thiara, MD

Practical Clinical Workshop: Addressing Young Athletes’ Mental Health Concerns: Tips from the Field
Gina Biviano ATC Cindy J. Chang MD

Hands on Interactive Practice: How to Do the Hand, Wrist and Elbow Exam (F1)
Nicholas Carvelli, NP Ortho Fellow

Hands on Interactive Practice: How to Do a Shoulder Subacromial Injection (F2)
Nick Colyvas, MD Peter De Jong, MD

Hands on Interactive Practice: How to Do the Shoulder Exam (F3)
Ben Ma, MD Ortho Fellow, MD

5:00pm  Adjourn