

Thursday, December 9, 2021

3:00pm		<i>Registration</i>	
4:00		Welcome and Announcements	Anthony Luke, MD, MPH Kristin Wingfield, MD
Session A			
Moderator: Kristin Wingfield, MD			
Virtual Moderator: Anthony Luke, MD, MPH			
4:10	P	Top Shoulder Problems in Primary Care	Sara Edwards, MD
4:40		LIVE ON SCREEN DEMONSTRATION: The Essential Shoulder Exam – How to Find Rotator Cuff Tears in Your Office	Sara Edwards, MD
5:20		<i>Break</i>	
5:30	P	Most Common Elbow, Hand and Wrist Problems in Primary Care	Nicole Schroeder, MD
6:00	P	LIVE ON SCREEN DEMONSTRATION: The Essential Hand, Wrist and Elbow Exam	Nicole Schroeder, MD
6:40		Sports Medicine Quiz: What Do You Know?	Kristin Wingfield, MD
7:00pm		<i>Adjourn</i>	

Friday, December 10, 2021

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

		Hands on Interactive Practice: How to Perform a Knee Injection (A3)	Carlin Senter, MD Wendy Cook, PA-C
3:00		<i>Break</i>	
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
		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		<i>Break</i>	
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		<i>Adjourn</i>	

Saturday, December 11, 2021

7:30am		<i>Continental Breakfast</i>	
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		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		LIVE ON SCREEN DEMONSTRATION: The Essential Foot 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		<i>Lunch on Own</i>	

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
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		Cindy J. Chang, MD
1:50	<i>Break</i>	
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	<i>Break</i>	
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	<i>Break</i>	
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	<i>Adjourn</i>	