



University of California
San Francisco

Presented by
Department of Orthopaedic Surgery
University of California, San Francisco
School of Medicine

UCSF 12th Annual

Primary Care Sports Medicine Conference

InterContinental San Francisco
888 Howard Street
San Francisco, CA

FRIDAY – SUNDAY
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)



UCSF Medical Center
Sports Medicine

December 1 - 3, 2017

UCSF 12th Annual

Primary Care Sports Medicine Conference

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.

**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 **17.00 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The approved credits shown above include **3.25** credits toward meeting the requirement under California Assembly Bill 1820, Geriatric Medicine.

The approved credits shown above include **6.00** credits towards meeting the requirement under California Assembly Bill 487, Pain Management and Care for the Terminally Ill.

Nurses

For the purpose of recertification, the American Nurses Credentialing Center accepts **AMA PRA Category 1 Credit™** 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 Credit™** 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#: P3359). This program is eligible for a maximum of 13.50 Category A CEUs (EBP CEUs pending).



UCSF Medical Center
Sports Medicine



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, SCS
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
ZSFG

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 Thuillier, 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

faculty

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:

United – www.united.com code: ZY6G767022

general info

UCSF 12th Annual Primary Care Sports

FRIDAY, DECEMBER 1, 2017

7:00 am *Registration and Continental Breakfast*

8:00 **Welcome and Announcements** Anthony Luke, MD, MPH
& Carlin Senter, MD

SESSION A: KNEE AND SPINE • Moderator: Carlin Senter, MD

8:10 **G Top 5 Knee Problems in Primary Care** Christina Allen, MD

8:50 **LIVE ON SCREEN DEMONSTRATION: The Knee Exam for the Generalist** Christina Allen, MD

9:35 **GP Knee Osteoarthritis and Degenerative Meniscus Tears: Evidence-Based Treatment Update** Brian Feeley, MD

10:15 *Break*

SESSION B: BACK • Moderator: Carlin Senter, MD

10:30 **P Lumbar Spine Injuries in Athletes of all Ages** Cindy Chang, MD

11:10 **LIVE ON SCREEN DEMONSTRATION: Back Exam** Cindy Chang, MD

11:50 *Lunch on Own*

SESSION C • Moderator: Anthony Luke, MD, MPH

1:00 **The Future of PRP and Stem Cells in Sports Medicine** Drew Landsdown, MD

1:30 **The Latest in Sports Concussion Management** Carlin Senter, MD

2:00 *Break*

2:15 **WORKSHOP BLOCK A**

P Live On Screen Demonstration: Indications for and Risks and Benefits of Injections for Knee Osteoarthritis Brian Feeley, MD

Practical Clinical Workshop: Case Discussion: Common Lower Extremity Problems in the Pediatric Athlete Nirav Pandya, MD

\$ Hands on Interactive Practice: How to do the Knee Exam (A1) Christina Allen, MD

\$ Hands on Interactive Practice: How to Do the Lumbar Spine + Hip Exam (A2) Anthony Luke, MD, MPH

3:00 *Break*

3:15 **WORKSHOP BLOCK B**

Live On Screen Demonstration: Sports Medicine Image Challenge Carlin Senter, MD

Practical Clinical Workshop: Physical Therapy for the Lower Extremity: What You and Your Patient Should Expect from Rehab Thomas Clennell, PT

\$ Hands on Interactive Practice: How to Do the Knee Exam (B1) Brian Feeley, MD

\$ Hands on Interactive Practice: How to Do the Lumbar Spine + Hip Exam (B2) Cindy Chang, MD

4:00 *Break*

4:15 **WORKSHOP BLOCK C**

Live On Screen Demonstration: Teaching Home Exercise for Lower Extremity Problems Gina Biviano, ATC
Elise Hammond, ATC
Derek Hirai, ATC

G Practical Clinical Workshop: Rheumatology Tips and Pearls Andrew Gross, MD

\$P Hands on Interactive Practice: How to Do a Knee Injection (C1) Carlin Senter, MD

\$ Hands on Interactive Practice: How to Do the Knee Exam (C2) Christina Allen, MD

5:00 pm *Adjourn*

Medicine Conference

SATURDAY, DECEMBER 2, 2017

7:30 am	Continental Breakfast		
8:00	Welcome and Announcements		Anthony Luke, MD, MPH & Carlin Senter, MD
SESSION D • Moderator: Cindy Chang, MD			
8:10	GP	What's Hip: Common Hip Problems in Kids and Adults	Alan Zhang, MD
8:50		The Hip Exam for the Generalist	Alan Zhang, MD
9:35	GP	Hip and Knee Replacements: What the PCP Needs to Know	Derek Ward, MD
10:15	Break		
SESSION E: FOOT AND ANKLE • Moderator: Cindy Chang, MD			
10:30		The Agony of the Feet: Top 5 Foot/Ankle Problems in Primary Care	Daniel Thuillier, MD
11:10		The Foot/Ankle Exam for the Generalist	Daniel Thuillier, MD
12:00 pm	Lunch on Own		
SESSION F • Moderator: Anthony Luke, MD, MPH			
1:00		Stump the Chumps: Sports Medicine Case Discussion	Cindy Chang, MD Brian Feeley, MD Carlin Senter, MD Alan Zhang, MD
1:50		Prize Drawing	
2:00	Break		
2:15	WORKSHOP BLOCK D		
		Live On Screen Demonstration: Teaching Home Exercises for the Rehab of Upper Extremity Problems	Tim Baldwin, ATC Fernando Saldana, ATC Hally Tappan, ATC
		Practical Clinical Workshop: Hip Cases from Clinic: Refining Your History and Physical Exam	Alan Zhang, MD
	\$P	Hands on Interactive Practice: How to Do a Knee Injection (D1)	Carlin Senter, MD
	\$	Hands on Interactive Practice: How to Do the Shoulder Exam (D2)	Drew Landsdown, MD
3:00	Break		
3:15	WORKSHOP BLOCK E		
		Live On Screen Demonstration: Imaging the Shoulder, Hip, and Knee: What to Order and How to Interpret the Report	C. Benjamin Ma, MD
		Practical Clinical Workshop: Return to Play Case Challenges	Cindy Chang, MD
	\$	Hands on Interactive Practice: How to Do the Knee Exam (E1)	Derek Ward, MD
	\$	Hands on Interactive Practice: How to Do the Shoulder Exam (E2)	Drew Landsdown, MD
4:00	Break		
4:15	WORKSHOP BLOCK F		
	P	Live On Screen Demonstration: Integrative Medicine Principles Applied to Sports Medicine Conditions	Wolf Mehling, MD
		Practical Clinical Workshop: Surgery or Not Surgery 2017: Ask the Expert	Nicolas Colyvas, MD
	\$	Hands on Interactive Practice: How to Do the Upper Extremity Exam (F1)	Anthony Luke, MD, MPH
	\$	Hands on Interactive Practice: How to Do the Shoulder Exam (F2)	C. Benjamin Ma, MD
5:00 pm	Adjourn		

SUNDAY, DECEMBER 3, 2017

7:30 am	Continental Breakfast	
8:00	Welcome and Announcements	Anthony Luke, MD, MPH & Carlin Senter, MD
SESSION G • Moderator Anthony Luke, MD, MPH		
8:10	Top Shoulder Problems in Primary Care	C. Benjamin Ma, MD
8:50	Live On Screen Demonstration: The Shoulder Exam for the Generalist	C. Benjamin Ma, MD
9:30	Broadening the Shoulder Differential Diagnosis	Anthony Luke, MD, MPH
10:15	Break	
Session H • Moderator Anthony Luke, MD, MPH		
10:30	Elbow, Hand, and Wrist	Nicholas Lee, MD
11:10	Live On Screen Demonstration: Elbow, Hand, and Wrist	Nicholas Lee, MD
11:55	Thank you and Course Adjourn	Anthony Luke, MD, MPH & Carlin Senter, MD

- G Geriatric Credit
- P Pain Credit
- s Pre-Registration required, limited to 20 participants.
Cost is \$25 per session.

program





0569
University of California,
San Francisco
Office of Continuing
Medical Education
3333 California St.
Suite 450
San Francisco, CA
94143-0742

UPCOMING COURSE

7th Annual UCSF Techniques in Complex Spine Surgery Program

November 3-4, 2017

Vdara Hotel, Las Vegas, NV

♻️ Printed on Recycled Paper

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.



UCSF 12TH Annual

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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

☐ Dr. ☐ Ms. ☐ Mr. ☐ Mrs.

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

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 # _____ 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: **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

