

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



University of California
San Francisco

UCSF 11th Annual

Primary Care Sports Medicine Conference: Upper Extremity

INTERCONTINENTAL MARK HOPKINS • SAN FRANCISCO, CA

COURSE CO-CHAIRS

Anthony Luke, MD, MPH

Director, Primary Care

Sports Medicine

Professor, UCSF Department

of Orthopaedics

Professor, UCSF Department of

Family and Community Medicine

Carlin Senter, MD

Assistant Professor

UCSF Department of Orthopaedics

UCSF Department of Internal

Medicine



UCSF Medical Center
Sports Medicine

FRIDAY - SATURDAY

December 9-10, 2016



Primary Care Sports Medicine Conference: Upper Extremity

**InterContinental
Mark Hopkins
San Francisco**
San Francisco, CA

December 9-10, 2016

This course provides a comprehensive review of common upper extremity injuries and 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, and interactive case panel discussions.

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 these 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 upper extremity injuries, including the use of radiologic testing;
- Consult with patients on conservative and surgical treatment options for common musculoskeletal problems;
- Apply concepts on diagnosis and treatment from lectures and workshops into clinical practice.

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 **13.50 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 **2.75** credits toward meeting the requirement under California Assembly Bill 1820, Geriatric Medicine.

The approved credits shown above include **.75** credits towards meeting the requirement under California Assembly Bill 487, Pain Management and Care for the Terminally Ill.

The approved credits shown above include **.50** credits toward satisfying the American College of Surgeons Committee on Trauma requirement for trauma-related continuing medical education.

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 (BOC AP#: P3359) is approved by the Board of Certification, Inc. to provide continuing education to Certified Athletic Trainers. This program is eligible for a maximum of 13.50 Category A hours/CEUs. ATs should claim only those hours actually spent in the educational program.



Sports Medicine



COURSE CHAIRS

Anthony Luke, MD, MPH
Professor and Director
Primary Care Sports Medicine

Carlin Senter, MD
Assistant Professor
Departments of Orthopaedics
and Internal Medicine

UCSF FACULTY SCHOOL OF MEDICINE

Christina Allen, MD
Professor of Orthopaedic
Surgery, UCSF Sports Medicine
and Shoulder Service

**Michelle Cappello, PT,
MSPT, SCS**
Clinical Director, Physical
Therapist, Board Certified
Clinical Specialist in Sports
Physical Therapy, UCSF Benioff
Children's Hospital Oakland

Cindy Chang, MD
Associate Professor of
Orthopaedic Surgery, UCSF
Sports Medicine and Shoulder
Service, 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, UCSF
Sports Medicine and Shoulder

Andrew Gross, MD
Associate Professor of Medicine,
Rheumatology Clinic Chief

Nicholas Lee, MD
Assistant Professor of
Orthopaedic Surgery,
Medical Director of Orthopaedic
Clinics, SFGH

C. Benjamin Ma, MD
Associate Professor and Chief,
UCSF Sports Medicine and
Shoulder Service

Conor O'Neill, MD
Professor of Orthopaedic
Surgery,
Non-operative Spine Program

UCSF FACULTY (CONT'D)

Nirav Pandya, MD
Assistant Professor, UCSF,
Children's Hospital Oakland

Daniel Thuillier, MD
Assistant Professor, UCSF Foot
and Ankle Service

Wendy Vining, PA-C
UCSF Sports Medicine and
Shoulder Service

Alan Zhang, MD
Assistant Professor In Residence
Sports Medicine and Hip
Arthroscopy
Department of Orthopaedic
Surgery

UCSF CERTIFIED ATHLETIC TRAINERS



faculty

GENERAL INFORMATION

Advanced registration closes one (1) business day prior to start of course. Onsite registration fees, if applicable, will be applied after this date.

HOW TO ENROLL

Tuition: **\$525** Physicians
\$425 Nurses/Allied Health Professionals/
Residents/Fellows

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 to ensure that we have adequate
course materials.

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 Mark Hopkins San Francisco
is centrally located atop Nob Hill.

A block of guestrooms has been reserved at the
special UCSF conference rate of **\$189/night**. You
are urged to make your reservations early. The cut
off date is **November 17, 2016**, 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

*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 # 03BW0135 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: ZWQA984664

general info

FRIDAY, DECEMBER 9, 2016

7:00 am *Registration and Continental Breakfast*8:00 **Welcome and Announcements**

Carlin Senter, MD

SESSION A8:10 **G Top Shoulder Problems in Primary Care:
Raise Your Arm If You Want to Know More**

Christina Allen, MD

8:45 **G Rotator Cuff Tears: What Is the Evidence?**

Brian Feeley, MD

9:20 **LIVE ON-SCREEN DEMONSTRATION: How I Do a
5 Minute Comprehensive Exam of the Shoulder**

Brian Feeley, MD

10:00 *Break***SESSION B**10:20 **G Rheumatology vs Ortho: How Do You Tell?**

Andrew Gross, MD

10:55 **LIVE ON-SCREEN DEMONSTRATION: Rheumatology
Findings: The Art of the Exam**

Andrew Gross, MD

11:30 **Stingers, Burners, and Winging: Nerve Injuries of
the Upper Extremity**

Cindy Chang, MD

12:00 pm *Lunch on Own***SESSION C**1:00 pm **G Pain in the Neck: Common Problems in
the Cervical Spine**

Conor O'Neill, MD

1:30 **LIVE ON-SCREEN DEMONSTRATION:
How to Do a Good Cervical Spine Exam**

Conor O'Neill, MD

2:00 *Break***2:15 WORKSHOP BLOCK A****Live On-Screen Demonstration: The Throwing
Athlete: Managing and Rehabing Upper Extremity
Problems in Adolescent Athletes**

Nirav Pandya, MD with ATs

**Practical Clinical Workshop: Sports Concussion
Physical Exam**Cindy Chang, MD and
Carlin Senter, MD**Hands-on Interactive Practice: How to Do the
Shoulder Exam (A1) ^{\$}**

Brian Feeley, MD

**Hands-on Interactive Practice: How to do the
5 Minute Spine Exam (A2) ^{\$}**

Conor O'Neill, MD

3:00 *Break***3:15 WORKSHOP BLOCK B****Live On-Screen Demonstration: Functional Anatomy
of the Upper Extremity 101**

Anthony Luke, MD, MPH

**Practical Clinical Workshop: Swim At Your Own Risk:
Swimmer's Problems**Michelle Cappello, PT,
MSPT, SCS and ATs**Hands-on Interactive Practice: How to do the
Knee Exam (B1) ^{\$}**

Carlin Senter, MD

**Hands-on Interactive Practice: How to Do the
Shoulder Exam (B2) ^{\$}**

Cindy Chang, MD

4:00 *Break*

Conference: Upper Extremity

FRIDAY, DECEMBER 9, 2016 (CONT'D)

4:15	WORKSHOP BLOCK C Live On-Screen Demonstration: Sports Concussion — What Your Patients Are Asking and Treatment Tips	Carlin Senter, MD
	Practical Clinical Workshop: Do It Yourself: Teach Home Exercise for Upper Extremity Problems	ATs
	Hands-on Interactive Practice: How to Do the Shoulder Exam (C1) \$	Brian Feeley, MD
	Hands-on Interactive Practice: How to Do the 5 Minute Hand and Elbow Exam (C2) \$	Anthony Luke, MD, MPH
5:00 pm	<i>Adjourn</i>	

SATURDAY, DECEMBER 10, 2016

7:30 am	<i>Continental Breakfast</i>	
8:00	Welcome and Announcements	Anthony Luke, MD, MPH
SESSION D		
8:10	Top Elbow Problems: Tennis Elbow, Anyone?	Anthony Luke, MD, MPH
8:45	The 5 Minute Elbow Exam	Anthony Luke, MD, MPH
9:20	Upper Extremity Imaging: What to Order and How to Interpret the Report	Alan Zhang, MD
10:00	<i>Break</i>	
SESSION F		
10:20	T Acute Shoulder Trauma: Snap, Crack and Pop	Nicholas Colyvas, MD
10:45	G Top Hand and Wrist Problems: How to Spot Them in Clinic	Nicholas Lee, MD
11:20	The 5 Minute Hand and Wrist Exam	Nicholas Lee, MD
12:00	<i>Lunch on your own</i>	
SESSION G		
1:00 pm	Hot Topics in MSK Medicine, Including Your Questions ANSWERED!	Carlin Senter, MD Anthony Luke, MD, MPH C. Benjamin Ma, MD Nicholas Colyvas, MD Alan Zhang, MD
1:50	Draw and Conclusions	
2:00	<i>Break</i>	



SATURDAY, DECEMBER 10, 2016 (CONT'D)

2:15	WORKSHOP BLOCK D	
P	Live On-Screen Demonstration: Shoulder Injections in Your Office: Torture, Voodoo or Magic Bullet	C. Benjamin Ma, MD
	Practical Clinical Workshop: Work-related Issues of the Neck and Upper Extremity	Nicholas Colyvas, MD Wendy Vining, PA-C
	Hands-on Interactive Practice: How to Do the 5 Minute Spine and Hip Exam (D1) §	Alan Zhang, MD
	Hands-on Interactive Practice: How to Do the 5 Minute Hand and Elbow Exam (D2) §	Nicholas Lee MD
3:00	<i>Break</i>	
3:15	WORKSHOP BLOCK E	
	Live On-Screen Demonstration: Knee Exam: Tips and Pearls to Examine Like a Pro	Christina Allen, MD
	Practical Clinical Workshop: Clinical Pearls: What Happens When Your Patient Goes to Orthopedic Clinic?	C. Benjamin Ma, MD Wendy Vining, PA-C
	Hands-on Interactive Practice: How to Do the 5 Minute Knee Exam (E1) §	Carlin Senter, MD
	Hands on Interactive Practice: How to Do the 5 Minute Foot and Ankle Exam (E2) §	Daniel Thullier, MD
4:00	<i>Break</i>	
4:15	WORKSHOP BLOCK F	
	Live On-Screen Demonstration: Examining the Foot & Ankle	Daniel Thullier, MD
	Practical Clinical Workshop: Sports Specific Rehab for the Upper Extremity: Return to Sport	ATs
	Hands-on Interactive Practice: How to Do the 5 Minute Shoulder Exam (F1) §	Alan Zhang, MD
	Hands-on Interactive Practice: How to Do the 5 Minute Knee Exam (F2) §	Christina Allen, MD
5:00 pm	<i>End of Conference, Speaker Evaluations</i>	

G Geriatric Credit

P Pain Credit

T Trauma Credit

§ Pre-Registration required, limited to 20 participants. Cost is **\$25** per session.



**UCSF 11TH ANNUAL PRIMARY CARE SPORTS MEDICINE
CONFERENCE: UPPER EXTREMITY
December 9-10, 2016
InterContinental Mark Hopkins San Francisco • San Francisco, CA**

MOR17002

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

 Please indicate if you have any special needs: _____

REGISTRATION FEES:

- ☐ **\$525** Physicians
- ☐ **\$425** 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, 2016

Place: **InterContinental Mark Hopkins
San Francisco**
999 California St.
San Francisco, CA 94108
www.intercontinentalmarkhopkins.com





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



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.

UPCOMING COURSE

6th Annual Spinal Surgery Bioskills Lab:

Techniques and Advances

November 4-5, 2016

Vdara Hotel, Las Vegas, NV

