

# FACULTY

## Course Director

### **Seth Gasser, MD**

Sports Medicine Surgeon  
Florida Orthopaedic Institute  
Tampa, FL

## Invited Faculty

### **John Arrington, MD**

Medical Director  
University Diagnostics Institute  
Tampa, FL

### **Christopher E. Baker, MD**

Sports Medicine Surgeon  
Florida Orthopaedic Institute  
Tampa, FL

### **Steven A. Barna, MD**

Interventional Spine &  
Regenerative Surgeon  
Florida Orthopaedic Institute  
Tampa, FL

### **Thomas Bernasek, MD**

Adult Reconstruction Surgeon  
Florida Orthopaedic Institute  
Tampa, FL

### **Scott Brickett, ATC**

Head Athletic Trainer  
University of Tampa  
Tampa, FL

### **David Cheong, MD**

Orthopaedic Oncology  
Orthopaedic Associates  
of West Florida  
Tampa, FL

### **Eddy L. Echols, MD**

General Orthopaedic Surgeon  
Florida Orthopaedic Institute  
Tampa, FL

### **Kevin Elder, MD**

Family & Sports Medicine  
Bay Care Medical Group  
Tampa, FL

### **Timothy C. Epting, DO**

Foot & Ankle Surgeon  
Florida Orthopaedic Institute  
Tampa, FL

### **Mark Frankle, MD**

Chief, Shoulder & Elbow Service  
Florida Orthopaedic Institute  
Tampa, FL

### **Michael Garica, MD**

Hand & Wrist Surgeon  
Florida Orthopaedic Institute  
Tampa, FL

### **Grant Garlick, MD**

Sports Medicine Surgeon  
Florida Orthopaedic Institute  
Tampa, FL

### **Christopher W. Grayson, MD**

Adult Reconstruction Surgeon  
Florida Orthopaedic Institute  
Tampa, FL

### **Alfred Hess, MD**

Hand & Wrist Surgeon  
Florida Orthopaedic Institute  
Tampa, FL

### **Maureen Maciel, MD**

Acting Chief of Staff  
Shriners' Hospitals for Children  
Tampa, FL

### **Benjamin J. Maxson, DO**

General Orthopaedic Surgeon  
Florida Orthopaedic Institute  
Tampa, FL

### **Mark A. Mighell, MD**

Shoulder & Elbow Surgeon  
Florida Orthopaedic Institute  
Tampa, FL

### **Michael A. Miranda, DO**

Adult Reconstruction Surgeon  
Florida Orthopaedic Institute  
Tampa, FL

### **Adam C. Morse, DO**

Co-Director of Sports Medicine Dept.  
Florida Orthopaedic Institute  
Tampa, FL

### **Brian Palumbo, MD**

Adult Reconstruction Surgeon  
Florida Orthopaedic Institute  
Tampa, FL

### **Cristina Pando, MPT**

Physical Therapist, South Tampa  
Clinic Supervisor  
Florida Orthopaedic Institute  
Tampa, FL

### **Ioannis Pappou, MD**

Hand & Wrist Surgeon, Shoulder  
& Elbow Surgeon  
Florida Orthopaedic Institute  
Tampa, FL

### **David Reina, DC**

Chiropractic Examiner  
Florida Orthopaedic Institute  
Tampa, FL

### **Jeff Sellman, MD**

Primary Care Sports Medicine  
Florida Orthopaedic Institute  
Tampa, FL

### **Anjan R. Shah, MD**

Orthopaedic Trauma Surgeon  
Florida Orthopaedic Institute  
Tampa, FL

### **John Small, MD**

Spine Surgeon  
Florida Orthopaedic Institute  
Tampa, FL

### **Jeffrey D. Stone, MD**

Hand & Wrist Surgeon  
Florida Orthopaedic Institute  
Tampa, FL

### **Steven Tresser, MD**

Spine Surgeon  
Florida Orthopaedic Institute  
Tampa, FL

### **Mark Weinstein, MD**

Spine Surgeon  
Florida Orthopaedic Institute  
Tampa, FL

### **Jeffrey A. Westerfield, MD**

Primary Care Sports Medicine  
Florida Orthopaedic Institute  
Tampa, FL

# AGENDA JULY 22 - 24, 2016

THE SANDPEARL, CLEARWATER, FLORIDA

## FRIDAY, JULY 22, 2016

### SPECIAL SESSION - HANDS ON WORKSHOPS

|        |                                                                 |                          |
|--------|-----------------------------------------------------------------|--------------------------|
| 2:30pm | Lecture: Physical Examination of the Knee                       | Seth Gasser, MD          |
| 2:50pm | Lecture: Knee Injections                                        | Seth Gasser, MD          |
| 3:00pm | Lab: Hand-on Workshop: Knee Exams & Injections                  | Drs. Gasser & Baker      |
| 4:00pm | Break                                                           |                          |
| 4:10pm | Lecture: Physical Examination of the Shoulder                   | Christopher E. Baker, MD |
| 4:30pm | Lecture: Ultrasound Examination of the Shoulder                 | Christopher E. Baker, MD |
| 4:50pm | Lecture: Shoulder Injections                                    | Christopher E. Baker, MD |
| 5:00pm | Lab: Hands-on Workshop: Shoulder Exam, Ultrasound, & Injections |                          |
| 6:00pm | Adjourn for the Day                                             |                          |

## SATURDAY, JULY 23, 2016

|        |                                          |                    |
|--------|------------------------------------------|--------------------|
| 7:00am | Registration & Breakfast with Exhibitors |                    |
| 7:20am | Introduction & Welcome Remarks           | Seth I. Gasser, MD |

### SESSION 1 - GENERAL/ MISCELLANEOUS

MODERATOR: SETH GASSER, MD

|        |                                                        |                    |
|--------|--------------------------------------------------------|--------------------|
| 7:30am | MRI of the Knee and Shoulder: Pitfalls and Confounders | John Arrington, MD |
| 7:45am | Lumps and Bumps: When to be Concerned                  | David Cheong, MD   |
| 8:00am | Pediatric Orthopaedic Update                           | Maureen Maciel, MD |
| 8:15am | Questions & Discussion                                 | Faculty Panel      |

### SESSION 2 - PRIMARY CARE SPORTS MEDICINE

MODERATOR: SETH GASSER, MD

|        |                                                |                            |
|--------|------------------------------------------------|----------------------------|
| 8:35am | Biologics in Sports Medicine: Current Concepts | Jeffrey A. Westerfield, MD |
| 8:50am | Non-operative Treatment of Osteoarthritis      | Jeff Sellman, MD           |
| 9:05am | Nutritional Supplements and Ergogenic Aids     | Scott Brickett, ATC        |
| 9:20am | Questions & Discussion                         | Faculty Panel              |
| 9:40am | Morning Break with Exhibitors                  |                            |

### SESSION 3 - SPORTS MEDICINE

MODERATOR: SETH GASSER, MD

|         |                                    |                    |
|---------|------------------------------------|--------------------|
| 9:55am  | Hip/Groin Pain in the Athlete      | Adam Morse, DO     |
| 10:10am | Patellar Instability               |                    |
| 10:25am | ACL Rehabilitation/ Return to Play | Eddy L. Echols, MD |
| 10:40am | Multi-ligament Knee Injuries       | Seth Gasser, MD    |
| 10:55am | Questions & Discussion             | Faculty Panel      |

### SESSION 4 - HAND/UPPER EXTREMITY

MODERATOR: TBD

|         |                                                 |                      |
|---------|-------------------------------------------------|----------------------|
| 11:15am | Compression Neuropathies of the Upper Extremity | Michael Garcia, MD   |
| 11:30am | Wrist Arthroscopy: State of the Art             | Jeffrey D. Stone, MD |
| 11:45am | Traumatic Nerve Injuries/Lacerations            | Alfred Hess, MD      |
| 12:00pm | Pediatric Elbow Fractures                       | Jeffrey D. Stone, MD |
| 12:15pm | Ulnar Sided Wrist Pain: Where Do I Start?       | Alfred Hess, MD      |
| 12:30pm | Questions & Discussion                          | Faculty Panel        |
| 12:50pm | Lunch with Exhibitors                           |                      |

# ORTHOPAEDICS FOR THE PRIMARY CARE PRACTITIONER & REHABILITATION THERAPIST

## SESSION 5 - FOOT AND ANKLE

**MODERATOR: TBD**

|        |                                                               |                       |
|--------|---------------------------------------------------------------|-----------------------|
| 1:30pm | Posterior Tibial Tendon Dysfunction: Adult Flatfoot Deformity | Timothy C. Epting, DO |
| 1:45pm | Lesser Toe Deformities                                        |                       |
| 2:00pm | Hallus Valgus/ Hallus Rigidus                                 | Timothy C. Epting, DO |
| 2:15pm | Common Foot Fractures                                         |                       |
| 2:30pm | Questions & Discussion                                        | Faculty Panel         |

## SESSION 6 - TRAUMA

**MODERATOR: ANJAN R. SHAH, MD**

|             |                                                       |                        |
|-------------|-------------------------------------------------------|------------------------|
| 2:50pm      | Long Bone Fractures                                   | Anjan R. Shah, MD      |
| 3:05pm      | Evaluation and Treatment of Intra-articular Fractures | Benjamin J. Maxson, DO |
| 3:20pm      | Hip Fractures                                         | Anthony Infante, MD    |
| 3:35pm      | How Can I Get This Bone to Heal?                      | Brian Palumbo, MD      |
| 3:50pm      | Questions & Discussion                                | Faculty Panel          |
| 4:10pm      | Adjourn for the Day                                   |                        |
| 4:30-5:30pm | Welcome Reception                                     |                        |

## SUNDAY, JULY 24, 2016

7:00am Breakfast with Exhibitors

## SESSION 7 - ADULT RECONSTRUCTION

**MODERATOR: MARK MIGHELL, MD**

|        |                                                            |                            |
|--------|------------------------------------------------------------|----------------------------|
| 7:30am | Total Hip Arthroplasty                                     | Thomas Bernasek, MD        |
| 7:45am | Total Knee Arthroplasty/ Unicompartmental Knee Replacement | Steven T. Lyons, MD        |
| 8:00am | Periprosthetic Fractures                                   | Christopher W. Grayson, MD |
| 8:15am | The Painful TKA                                            | Grant Garlick, MD          |
| 8:30am | Outpatient Hip and Knee Replacement: Same Day, Home Safe   | Michael A. Miranda, DO     |
| 8:45am | Questions & Discussion                                     | Faculty Panel              |

## SESSION 8 - SHOULDER AND ELBOW

**MODERATOR: MARK MIGHELL, MD**

|         |                                                               |                          |
|---------|---------------------------------------------------------------|--------------------------|
| 9:05am  | Rotator Cuff Tears: State of Art                              | Mark Mighell, MD         |
| 9:20am  | Management of the Failed Rotator Cuff Repair                  | Christopher E. Baker, MD |
| 9:35am  | Rehabilitation after Rotator Cuff Surgery                     | Jeffrey D. Stone, MD     |
| 9:50am  | Total Shoulder Arthroplasty: Current Concepts                 | Mark Frankle, MD         |
| 10:05am | Diagnosis and Treatment of the Biceps-Superior Labral Complex | Ioannis Pappou, MD       |
| 10:20am | Questions & Discussion                                        | Faculty Panel            |
| 10:35am | Morning Break with Exhibitors                                 |                          |

## SESSION 9 - SPINE

**MODERATOR: STEVEN BARNA, MD**

|         |                                                                                   |                       |
|---------|-----------------------------------------------------------------------------------|-----------------------|
| 10:55am | Neck Pain: Work up and Treatment                                                  | Steven A. Barna, MD   |
| 11:10am | Low Back Pain                                                                     | Steven A. Barna, MD   |
| 11:25am | Lumbar Disc Herniation: Treatment, Complications, Outcomes, & Evidence Based Data | Mark Weinstein, MD    |
| 11:40am | Surgical Treatment of Cervical Disc Disorders                                     | Steven J. Tresser, MD |
| 11:55am | Minimally Invasive Spine Surgery                                                  | John M. Small, MD     |
| 12:10pm | Rehabilitation for Common Spine Disorders                                         | Cristina Pando, MPT   |
| 12:25pm | Questions & Discussion                                                            | Faculty Panel         |
| 12:40pm | Course Adjourn                                                                    |                       |



# ACCOMMODATIONS

## THE SANDPEARL

500 Mandalay Boulevard  
Clearwater, Florida 33767

Reservations: 1-877-726-3111

Fax Number: 727-441-2425

Website: [www.sandpearl.com](http://www.sandpearl.com)

Sandpearl couples sophisticated amenities with the warmth and appeal of timeless island architecture to create an enriching experience for the mind, body and soul. A small block of rooms has been reserved and reservations will be made on a first come, first served basis. Please mention "Orthopaedics for the Primary Care Practitioner & Rehabilitation Therapist" when booking your room to receive the group rate of \$206.00 plus tax and resort fees before June 23, 2016.

## DRIVING DIRECTIONS

### From North & East

Follow I-75 South or I-4 West to I-275 South through Tampa. As you approach Tampa International Airport, take Exit 39 and merge onto SR 60 West. If you are coming from Tampa International Airport, take the first exit onto SR 60 West. Continue heading West for almost 14 miles; after having driven through Clearwater, you will go over the Memorial Causeway onto Clearwater Beach. At the roundabout take the third exit, marked North Beaches & Mandalay Avenue. The Sandpearl is located 1/3 of a mile North of the roundabout on the left side of the road at 500 Mandalay Avenue at the intersection with Baymont Street.

### From South

Head North on I-275 until you exit at Junction 30 marked SR 686 West Roosevelt Blvd. Continue on this road past the St. Pete/Clearwater Airport, over the Bayside Bridge until you exit to the left onto SR 60 West, also known as Gulf to Bay Blvd. After approximately 4.5 miles you will go over the Memorial Causeway onto Clearwater Beach. At the roundabout take the third exit, marked North Beaches & Mandalay Avenue. The Sandpearl is located 1/3 of a mile north of the roundabout on the left side of the road at 500 Mandalay Avenue at the intersection of Baymont Street and Mandalay.

## Discover Clearwater Beach's Premier Attractions

The Sandpearl offers the perfect home base for enjoying the endless activities, attractions and adventures synonymous with Florida's Gulf Coast. It is less than two miles from the city's most popular attractions, including the nightly sunset celebrations at Pier 60 and the Clearwater Marine Aquarium.

Pier 60 is a family-friendly destination known for its fishing, restaurants and shopping as well as "Sunsets at Pier 60", a daily celebration featuring arts and crafts vendors, street musicians and entertainers. In addition to the Sunset festivities, Pier 60 features a large children's playground, covered pavilions, snack shops, shopping, restaurants and bars, fishing rentals, boat tours, and a modern pier for fishing or just enjoying a stroll.

The Clearwater Marina offers everything from sunset sails and dinner cruises to deep sea fishing expeditions and dolphin encounters; while guests seeking an outdoor adventure will enjoy kayaking around nearby Caladesi Island.

### Nearby Clearwater Beach attractions:

- Pier 60
- Caladesi Island
- Captain Bligh's Landing Miniature Golf
- Clearwater Marine Aquarium
- Clearwater Marina
- Busch Gardens, Tampa Bay (40-Minute Drive)
- Lowry Park Zoo, Tampa (40-Minute Drive)
- Florida Aquarium, Tampa (40-Minute Drive)
- Dali Museum, St. Petersburg (40-Minute Drive)
- Chihuly Collection Modern Art Center, St. Petersburg (40-Minute Drive)

For more information contact the Sandpearl's Concierge at 727-441-2425.



JULY 22 - 24, 2016

# ORTHOPAEDICS FOR THE PRIMARY CARE PRACTITIONER & REHABILITATION THERAPIST

THE SANDPEARL, CLEARWATER, FLORIDA

## WAYS TO REGISTER

**1** ONLINE: [WWW.FOREONLINE.ORG](http://WWW.FOREONLINE.ORG)

**2** PHONE: 813-877-8096

ON OR BEFORE 6/18/2016

AFTER 6/22/2016

|                                                  |             |       |
|--------------------------------------------------|-------------|-------|
| PHYSICIANS.....                                  | \$500.....  | \$600 |
| FELLOWS AND OTHER HEALTHCARE PROFESSIONALS ..... | \$350 ..... | \$450 |
| INDUSTRY PROFESSIONALS .....                     | \$450 ..... | \$550 |
| RESIDENTS (LIMITED AVAILABILITY) .....           | \$150 ..... | \$150 |
| WELCOME RECEPTION GUEST FEE.....                 |             | \$35  |

REGISTRATION FEE INCLUDES COURSE MATERIALS, WORKSHOPS, BREAKS, BREAKFASTS, LUNCHES, AND AN EVENING WELCOME RECEPTION FOR THE PARTICIPANT ONLY.

## REFUND POLICY

Cancellation notification must be in writing (email/[scan.cme@foreonline.org](mailto:scan.cme@foreonline.org)) and received by the close of business on June 18, 2016. A cancellation fee of \$50 will be assessed. Cancellations received after June 18, 2016 will not receive a refund. No-shows will not receive a refund. FORE reserves the right to cancel this program due to unforeseen circumstances, in which case a full refund of registration fees will be given to participants. FORE will not be responsible for travel expenses incurred by the participant in the unlikely event that the program is cancelled.

## ACCOMMODATIONS FOR DISABILITIES

Please notify the Continuing Medical Education Office, 13020 Telecom Parkway N, Tampa, FL 33637 or call 813-877-8096 a minimum of ten working days in advance of the event if a reasonable accommodation for a disability is needed. Events, activities and facilities of Foundation for Orthopaedic Research and Education are available without regard to race, color, sex, national origin, disability, age or veteran status as provided by the law and in accordance with FORE's respect for personal dignity.



# COURSE DESCRIPTION

This course is designed to provide healthcare professionals with the most current diagnostic and treatment options in every orthopaedic subspecialty. A distinguished faculty will present recent advancements in pediatrics, trauma & fracture fixation, arthritis, joint reconstruction, sports-related conditions, spine surgery, biologics, and physical therapy. Participants will be given ample time for interactive discussions, opportunities to interact with faculty, plus hands-on workshops.

## TARGET AUDIENCE

Primary care practitioners, nurses, physician assistants, physical therapists, athletic trainers, and any allied healthcare professionals with an interest in expanding their knowledge in orthopaedics.



## OBJECTIVES

*Upon completion of this activity, participants should be able to:*

- **Review** common musculoskeletal ailments
- **Discuss** updates in treating common orthopaedic injuries
- **Assess** appropriate diagnostic imaging tests
- **Evaluate** indications for referral to a specialist with regard to hip and knee disorders
- **Develop** new approaches to relieve pain and improve function; specifically the painful shoulder
- **Evaluate** existing therapies to enhance treatment

## ACCREDITATION

**Physicians:** Foundation for Orthopaedic Research and Education is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide Continuing Medical Education for physicians.

Foundation for Orthopaedic Research and Education designates this live activity for a maximum of 16 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Physician Assistants:** The American Academy of Physician Assistants (AAPA) accepts *AMA PRA Category 1 Credits™* from organizations accredited by the ACCME.

**Nurses:** For the purpose of recertification, the American Nurses Credentialing Center (ANCC) accepts *AMA PRA Category 1 Credits™* issued by organizations accredited by the ACCME.

**Physical Therapists:** Please check back for approval of Florida Board of Physical Therapy credits.

**Athletic Trainers:** The Foundation for Orthopaedic Research and Education (BOC AP#P3115) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of 16 Category A hours/CEUs. ATs should claim only those hours actually spent in the educational program.





**fore**  
FOUNDATION FOR ORTHOPAEDIC  
RESEARCH and EDUCATION

Foundation for Orthopaedic Research and Education  
13020 Telecom Parkway N.  
Tampa, FL 33637

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#ORTHOPCP



**COURSE DIRECTOR** SETH GASSER, MD  
SPORTS MEDICINE SURGEON  
FLORIDA ORTHOPAEDIC INSTITUTE  
TAMPA, FL

**JULY 22 - 24, 2016**

## **ORTHOPAEDICS FOR THE PRIMARY CARE PRACTITIONER & REHABILITATION THERAPIST**

THE SANDPEARL, CLEARWATER, FLORIDA

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**NEW**  
INJECTION  
& BRACING  
WORKSHOPS  
**FRIDAY**

**COURSE  
DIRECTOR**

**SETH GASSER, MD**  
SPORTS MEDICINE SURGEON  
FLORIDA ORTHOPAEDIC INSTITUTE  
TAMPA, FL

**JULY 22 - 24, 2016**

# **ORTHOPAEDICS FOR THE PRIMARY CARE PRACTITIONER & REHABILITATION THERAPIST**

**THE SANDPEARL, CLEARWATER, FLORIDA**

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