

# ORTHOPAEDICS

FOR THE PRIMARY CARE PRACTITIONER  
& REHABILITATION THERAPIST

JULY 26-28, 2019 • THE SANDPEARL - CLEARWATER, FL

## FRIDAY, JULY 26, 2019

**1:00 PM - 1:30 PM Registration**

**1:30 PM - 5:55 PM Hands-On Workshop**

1:30 PM Evaluation of the Painful Knee

2:10 PM Knee Injections

2:30 PM Question & Discussion

**2:55 PM – 3:15 PM Break with Exhibitors**

3:15 PM Physical Examination of the Shoulder

3:45 PM Ultrasound Examination of the Shoulder

4:15 PM Shoulder Injections

4:35 PM Question & Discussion

5:00 PM Lab: Ultrasound and Injections

**6:15 PM Adjourn for the Day**

## SATURDAY, JULY 27, 2019

**6:00 AM - 7:00 AM Registration & Breakfast with Exhibitors**

7:00 AM Introduction & Welcome Remarks

**7:10 AM - 10:00 AM Session 1 - General/ Miscellaneous**

7:10 AM Basic Principles of Orthopaedic Imaging

7:30 AM Lumps and Bumps: When to be Concerned

7:50 AM Common Orthopedic Nutritional Supplements- Myths and Reality

8:10 AM Questions & Discussion

**8:25 AM – 10:00 AM Session 2 - Primary Care Sports Medicine**

8:25 AM Biologics in Sports Medicine; Current Concepts

8:45 AM Non-Operative Treatment of Osteoarthritis

9:05 AM Heat Injury

9:25 AM The Female Athlete

9:45 AM - 10:00 AM Questions & Discussion

**10:00 AM - 10:20 AM Break with Exhibitors**

**10:20 AM - 11:55 AM Session 3 - Shoulder & Elbow**

10:20 AM Physical Examination of the Shoulder

10:40 AM Rehabilitation after Rotator Cuff Surgery

11:00 AM Glenohumeral Arthritis: Treatment Options

11:20 AM Traumatic Shoulder Instability: Evaluation and Treatment

11:40 AM Question & Discussion

**11:55 AM – 12:55 PM Non-CME Lunch & Learn by Ossur**

**12:55 PM - 2:30 PM Session 4 - Hand/Upper Extremity**

12:55 PM Physical Examination of the Wrist and Hand

1:15 PM Thumb Pain: Dequervain Syndrome, CMC Arthritis, Gamekeepers Thumb

1:35 PM Tendinopathies of the Upper Extremity

1:55 PM 5 Most Commonly Missed Upper Extremity Fractures

2:15 PM Questions & Discussion

**2:30 PM - 2:50 PM Break with Exhibitors**

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## SATURDAY, JULY 27, 2019

### 2:50 PM - 4:05 PM Session 5 - Foot & Ankle

- 2:50 PM Physical Examination of the Foot and Ankle
- 3:10 PM Common Causes of Foot Pain: Plantar Fasciitis to Metatarsalgia
- 3:30 PM Posterior Tibial Tendon Dysfunction: Adult Flatfoot Deformity
- 3:50 PM Questions & Discussion

### 4:05 PM - 5:20 PM Session 6 - Trauma

- 4:05 PM Principles of Fracture Management
- 4:25 PM Orthopaedic Emergencies
- 4:45 PM Rehabilitation of the Trauma Patient
- 5:05 PM Questions & Discussion

### 5:20 PM Adjourn for the Day

### 6:00 PM - 8:00 PM Welcome Reception

## SUNDAY, JULY 28, 2019

### 6:30 AM - 7:00 AM Breakfast with Exhibitors

### 7:00 AM - 8:40 AM Session 7 - Adult Reconstruction

- 7:00 AM Noncompartmental Knee Replacement
- 7:20 AM Outpatient Hip and Knee Replacement: Same Day, Home Safe
- 7:40 AM Rehabilitation after Lower Extremity Joint Replacement Surgery
- 8:00 AM The use of Robotics in Joint Replacement Surgery
- 8:20 AM Questions & Discussion

### 8:40 AM - 9:00 AM Break with Exhibitors

### 9:00 AM - 10:40 AM Session 8 - Spine

- 9:00 AM Low Back Pain: Work up and Treatment
- 9:20 AM Cervical Disc Disease
- 9:40 AM Minimally Invasive Spine Surgery
- 10:00 AM Rehabilitation for Low Back Pain
- 10:20 AM Questions & Discussion

### 10:40 AM - 12:20 PM Session 9 - Sports Medicine

- 10:40 AM Physical Examination of the Knee
- 11:00 AM Evolving Cartilage Repair Strategies
- 11:20 AM Return to Play: Game Day Decision Making on the Field Management of Athletic Injuries
- 11:40 AM Hip/Groin Pain in the Athlete (Athletic Pubalgia)
- 12:00 PM Questions & Discussion

### 12:20 PM Course Adjourns