



Primary Care Orthopaedics Update

Friday, May 8, 2026

UNM Domenici Center for
Health Sciences Education



SCHOOL OF
MEDICINE

ORTHOPAEDICS &
REHABILITATION

Friday, May 8, 2026

TARGET AUDIENCE

This course is designed to provide primary healthcare providers, physical therapists, and athletic trainers a review of current management techniques for common complaints in selected areas of the musculoskeletal system. Emphasis of this course will be on problems commonly encountered by primary health care providers, including diagnosis, management, and appropriate criteria for referral to an Orthopaedic surgeon or for other subspecialty care when indicated.

LEARNING OBJECTIVES

- Gain confidence in performing a focused cervical exam to distinguish mechanical neck pain, radiculopathy, and myelopathy red flags.
- Be able to choose when (and when not) to order cervical imaging and initiate first-line management.
- Outline safe return-to-play criteria for athletes with stingers/neck strain.
- Perform a structured preoperative evaluation for patients undergoing arthroplasty, identify high-risk features (including poor functional capacity, comorbidities, and modifiable risk factors), and implement evidence-based optimization strategies to enhance surgical safety and post-operative recovery.
- Identify various upper extremity overuse injuries based on physical exam, imaging, and current diagnostic criteria.
- Use evidence-based approaches in managing said injuries and knowing the appropriate exercise program to prescribe.
- Determine safe RTP/RTL.
- Consider using emerging treatments for overuse injuries.
- Understand the pathophysiology and biomechanics of an apophysis.
- Learn how to recognize situations where apophysitis is on the different diagnosis.
- Become comfortable treating apophysitis including imaging, treatment options and referral guidelines.

ACCREDITATION

Physicians

The University of New Mexico School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The University of New Mexico School of Medicine designates this live activity for a maximum of **6.50** *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



Other Healthcare Providers

This program has been approved for *AMA PRA Category 1 Credits™* for physicians. Many societies and credentialing bodies accept the *AMA PRA Category 1 Credits™* as long as the topic is relevant to applicant's field of discipline. To obtain other healthcare provider credit, refer to the guidelines provided by your board to understand specific requirements. Supporting documentation and a certificate with a statement of attendance will be provided after the activity for you to use to apply for CE relevant to this activity.

PLEASE NOTE: Participants will be given a pre-test and a post-test based on learning outcomes. To receive CME/CE credit, a score of 85% or greater is required. The test will be emailed to participants prior to and after the activity.

UNIVERSITY OF NEW MEXICO SCHOOL OF MEDICINE and GUEST FACULTY

Camille Aubin-Lemay, MD

Assistant Professor
Department of Orthopaedics and Rehabilitation

Patrick Bosch, MD

Professor and Staff Physician
Department of Orthopaedics and Rehabilitation

Angel Dolores-Rodriguez, DO

Sports Medicine Fellow
Department of Orthopaedics and Rehabilitation

John Krumme, MD

Assistant Professor
Department of Orthopaedics and Rehabilitation

Gwen (Nicky) Lacerda, MD

Assistant Professor
Department of Orthopaedics and Rehabilitation

Bridget Ralston-Ripple, MD

Sports Medicine Fellow
Department of Orthopaedics and Rehabilitation

Viridiana Saenz, MD

Fellow
Department of Family and Community Medicine

Jenny Situ, MD

Fellow
Department of Family and Community Medicine

Erin Wilson, MD

Sports Medicine Fellow
Department of Orthopaedics and Rehabilitation

Co-Course Directors

Rachel Chamberlain, MD, CAQSM, FAMSSM*

Associate Professor, Department of Family and Community Medicine
Program Director, UNM Primary Care Sports Medicine Fellowship

Anthony Okamura, MD, CAQSM*

Assistant Professor and Pediatric Primary Care Sports Medicine Physician
Department of Pediatrics

CME Reviewers

From the Office for Continuous Professional Learning
Jennifer Harbaugh

**speaker*

PRIMARY CARE ORTHOPAEDICS UPDATE

AGENDA

7:30-8 am	Registration/Continental Breakfast (provided)	
8-8:05 am	Welcome and Announcements	<i>Rachel Chamberlain MD, CAQSM and Anthony Okamura, MD</i>
8:05-8:45 am	Pediatric Scoliosis: Updated Screening and Management	<i>Patrick Bosch, MD</i>
8:45-9:25 am	Common Hand and Wrist Conditions: Initial Evaluation and Management	<i>Camille Aubin-Lemay, MD</i>
9:25-10:05 am	Pediatric Apophysitis	<i>Anthony Okamura, MD</i>
10:05-10:15 am	Panel Questions and Answers with Speakers	
10:15-10:30 am	BREAK	
10:30-11:10 am	Common Cervical Spine Diagnoses	<i>Gwen (Nicky) Lacerda, MD</i>
11:10-11:50 am	Greater Trochanteric Pain Syndrome	<i>Rachel Chamberlain, MD, CAQSM</i>
11:50 am-12:30 pm	Pre-operative Optimization for Total Joint Arthroplasty	<i>John Krumme, MD</i>
12:30-12:40 pm	Panel Questions and Answers with Speakers	
12:40-1:30 pm	LUNCH (provided)	
1:30-2:15 pm	Workshop Block #1	
	Pediatric Spine Physical Exam	<i>Viridiana Saenz, MD</i>
	Wrist and Hand Physical Exam	<i>Angel Dolores-Rodriguez, DO</i>
	Cervical Spine Physical Exam	<i>Jenny Situ, MD</i>
2:15-2:25 pm	BREAK	
2:25-3:10 pm	Workshop Block #2	
	Pediatric Spine Physical Exam	<i>Viridiana Saenz, MD</i>
	Wrist and Hand Physical Exam	<i>Angel Dolores-Rodriguez, DO</i>
	Hip Physical Exam	<i>Bridget Ralston-Ripple, MD</i>
	Knee Physical Exam	<i>Erin Wilson, MD</i>
3:10-3:20 pm	BREAK	
3:20-4:05 pm	Workshop Block #3	
	Hip Physical Exam	<i>Bridget Ralston-Ripple, MD</i>
	Knee Physical Exam	<i>Erin Wilson, MD</i>
	Cervical Spine Physical Exam	<i>Jenny Situ, MD</i>

Please Note: Participants will be given a pre-test and a post-test based on learning outcomes. To receive CME/CE credit, a score of 85% or greater is required. The test will be emailed to participants prior to and after the activity.

	EARLY BIRD: Now through 4/16/2026	REGULAR: 4/17/2026 to 5/3/2026	ONSITE: 5/4/2026 to 5/8/2026
MD, DO Paying with UNM Tuition Remission	\$275.00 \$265.00	\$315.00 \$305.00	\$340.00 \$330.00
PA, RN, NP, OT, PT, Other Paying with UNM Tuition Remission	\$175.00 \$165.00	\$215.00 \$205.00	\$240.00 \$230.00
UNM Residents/Fellows/Students*	\$35.00	\$75.00	\$100.00

*A copy of Resident/Student ID will be required at conference check-in. Students will not receive professional credit.

REGISTRATION

Advance registration is encouraged. Register early to avoid disappointment. Your registration will be confirmed via email. If you do not receive a confirmation email, please contact UNM CPL at HSC-CPL@salud.unm.edu to verify your attendance. Registration includes conference materials, breakfast, lunch and refreshment breaks. Please confirm your registration before making travel arrangements. Minimum and maximum registration numbers have been established for this activity. Registrations paid in cash must be in the exact amount of tuition. CPL does not maintain a petty cash fund. It is UNM policy to charge offerer \$35.00 plus normal merchant bank fees for each returned check.

HOW TO REGISTER

CREDIT CARDS, CHECK OR UNM PR: <https://bit.ly/PCOrtho26Reg>

Checks should be made payable to the UNM CPL, include the attendees name and mailed to: The University of New Mexico, Office for Continuous Professional Learning, MSC09 5370, 1 University of New Mexico, Albuquerque, New Mexico 87131-0001. It is UNM policy to charge offerer \$35.00 plus normal merchant bank fees for each returned check. **Please note: For security and processing efficiency, CPL does not handle credit card payments submitted via paper forms and is unable to process purchase orders. Please use our secure online registration platform.**

UNM Tuition Remission:

All eligible UNM faculty and staff may enroll using a UNM Tuition Remission (waiver) to cover tuition costs listed on the registration form. Proper completion includes all required signatures. No refund or credit will be issued for non-attendance.

1. **Complete the conference registration form** and select you will be paying with UNM Tuition Remission.
2. If you need your supervisors' approval to use your Tuition Remission you will need to upload a completed **UNM Tuition Remission form** with proper signatures to the online registration form.

PRE & POST TEST

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CANCELLATION

If you preregister and cannot attend, CPL will refund tuition, less a \$40.00 administrative fee, provided it is in writing **on or before April 24, 2026**. No refunds will be issued after this date or for non-attendance. Conferences are subject to cancellation. In the event this conference is canceled, registrants will be notified via email. CPL is not responsible for any airfare, hotel, car rental or other costs incurred by participants.

LODGING

We do not have a room block secured for this conference. However, The University of New Mexico has negotiated agreements with several local hotels, should you need lodging during the conference. These rates are based on availability and hotel occupancies. Some hotels may require proof of UNM eligibility.

<https://purchase.unm.edu/local-hotel-information/index.html>

SPECIAL ACCOMMODATIONS

Individuals requiring special accommodations should contact CPL as soon as possible. UNM is in compliance with the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990.

QUESTIONS?

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CONTINUOUS
PROFESSIONAL LEARNING