

Primary Care Sports Medicine Update 2019

Friday October 18, 2019

UNM Continuing Education Center

1634 University Blvd. NE

Albuquerque, NM 87102



Objectives

This course is designed to provide primary healthcare providers a review of current management techniques for sports-related issues 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.

The general objectives of this conference for all participants are to:

- Review the evaluation and management of lower and upper extremity joint dislocations
- Review the evaluation and management of common sports hand injuries
- Review the evaluation and management of common sports foot and ankle injuries
- Review the evaluation and management of sports related shoulder injuries
- Review the updated physical activity guidelines for the general population
- Review updated physical activity guidelines in pregnancy
- Review the evaluation and management of common running injuries
- Review and get hands on practice in joint and soft tissue injections
- Review and get hands on practice in shoulder and knee physical examination

Accreditation

Physicians

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

The Office of Continuing Medical Education designates this live activity for a maximum of 10.0 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



American Academy of Family Physicians

Application for CME credit has been filed with the American Academy of Family Physicians.

Determination of credit is pending.

Physical Therapists

The New Mexico Physical Therapy Board is reviewing the program for possible continuing education credits for physical therapists.

CONFERENCE SCHEDULE

Friday October 18, 2019

7:30 AM	<i>Registration and Continental Breakfast</i>	
8:00am - 8:05am	<i>Welcome and Introduction</i>	Christopher McGrew, MD
8:05am - 8:35am	<i>Sports Related Hand Injuries: Primary Care Pearls</i>	Geneva Tranchida, MD
8:35am - 9:05am	<i>Evaluation and Initial Management of Common Joint Dislocations - What Are the First Steps?</i>	Christopher Bossart, MD
9:05am - 9:35am	<i>Select Sports Medicine Injuries: When is Early Surgery Appropriate</i>	Gehron Treme, MD
9:35am - 9:40am	<i>Faculty Q&A</i>	Moderator: Rachel Chamberlain, MD, CAQSM
9:40am - 10:00am	Break	
10:00am - 10:30am	<i>Update on Physical Activity Guidelines: How Much Should We Do?</i>	Christine Mermier, PhD
10:30am - 11:00am	<i>Evaluation and Management Running Injuries: Put the Smiles Back in the Miles</i>	Rebecca Dutton, MD, CAQSM
11:00am - 11:30am	<i>Exercise and Pregnancy? Yes!</i>	Rachel Chamberlain, MD
11:30am - 12:00pm	<i>Sports Related Ankle Injuries: Evaluation and Management</i>	Katherine Gavin, MD
12:00pm - 12:04pm	<i>Faculty Q&A / Morning Wrap Up</i>	Moderator: Rachel Chamberlain, MD CAQSM
12:05pm - 1:00pm	Lunch	
1:05pm - 4:55pm	WORKSHOPS and SIMULTANEOUS SESSIONS — SEE REGISTRATION PAGE	



Attire

Comfortable loose fitting clothing is recommended in order to participate in the hands-on workshops.

Since meeting room temperatures and personal comfort levels vary, it is recommended that you bring a sweater or jacket to this educational activity.

Participants requiring special accommodations should contact Continuing Medical Education & Professional Development as early as possible. UNM is in compliance with the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990.



[Workshops | Sessions Details](#)

WORKSHOPS AND SESSIONS

Participants have the option to attend either:
1 of the Workshops OR 2 of the Simultaneous Sessions

WORKSHOP	TIME	TOPIC	PRESENTERS
#1	1:05pm - 4:05pm	<i>Myofascial Pain/Trigger Point Injections</i>	Brian Shelley, MD
#2	1:05pm - 4:05pm	<i>Manual Medicine Techniques for Sports Injuries</i>	Adam Walsh, PT, DPT

SIMULTANEOUS SESSIONS

Repeating Workshops A, B, C, D, E, F,G and H
Sessions run from 1:05 pm - 2:50 pm | Sessions Repeat from 3:10 pm - 4:55 pm

SESSION	TIME	TOPIC	PRESENTERS
A	1:05pm - 2:50pm	Joint and Soft Tissue Injection Techniques	Ortho. Sports Medicine Fellows: Brock Johnson, MD, and Heidi Smith, DO
B	1:05pm - 2:50pm	Shoulder Exam Techniques	Primary Care Sports Medicine Fellow: James Carter, MD
C	1:05pm - 2:50pm	Knee Exam Techniques	Primary Care Sports Medicine Fellow: Andrew Hyden MD
D	1:05pm - 2:50pm	Lumbar Spine Problems	Andrew Paterson, MD and William Rivers, MD
E	3:10pm - 4:55pm	Joint and Soft Tissue Injection Techniques	Ortho. Sports Medicine Fellows: Brock Johnson, MD, and Heidi Smith, DO
F	3:10pm - 4:55pm	Shoulder Exam Techniques	Primary Care Sports Medicine Fellow: Andrew Hyden MD
G	3:10pm - 4:55pm	Knee Exam Techniques	Primary Care Sports Medicine Fellow: James Carter, MD
H	3:10pm - 4:55pm	Lumbar Spine Problems	Andrew Paterson, MD and William Rivers, MD

REGISTRATION FORM

Primary Care Sports Medicine Update 2019

Name:

Specialty:

Credentials: MD DO RN NP PA PT Other:

Street Address:

City: State: Zip:

Daytime Phone: Email:

Workshops

Select 1 Workshop 1:05-4:05pm

OR

Simultaneous Sessions

Select a first choice (1) and an alternate (2) in each group:

Sessions A-D 1:05 pm - 2:50 pm

Sessions E-H 3:10 pm - 4:55 pm

Workshop #1

Workshop #2

Session A

Session B

Session C

Session D

Session E

Session F

Session G

Session H

CONFERENCE REGISTRATON FEES	Early Bird <i>On or Before Sept 23</i>	Regular <i>Sept 24 – Oct 14</i>	On Site <i>Oct 15 - Oct 18</i>
MD, DO	\$292.00	\$336.00	\$401.00
PA, RN, NP, OT, PT, Others	\$182.00	\$226.00	\$291.00
Student/Resident/Fellow <i>(include copy of ID with registration form)</i>	\$35.00	\$75.00	\$140.00
TUITION REMISSION REGISTRATION	Early Bird <i>On or Before Sept 23</i>	Regular <i>Sept 24 – Oct 14</i>	On Site <i>Oct 15 - Oct 18</i>
MD, DO	\$282.00	\$326.00	\$391.00
PA, RN, NP, OT, PT, Others	\$172.00	\$216.00	\$281.00

PAYMENT OPTIONS

Credit Card Payments Online

Check / Cash / Tuition Remission

- Email this registration form and your Tuition Remission form to HSC-CMEWEB@salud.unm.edu
- Mail to: UNM CME/PD 1 University of NM, MSC 09-5370, Albuquerque NM 87131

It is UNM Policy to charge offerer \$35.00 plus normal merchant bank fees for each returned check.

Minimum and maximum registration numbers have been established for this conference and the workshops. Please register early to avoid disappointment. Please confirm your registration before making travel arrangements.

Registration closes October 14, 2019.

On site Registrations Welcome. \$65 late fee will apply.

This form may be duplicated for additional registrations
UNM CME no longer accepts POs or faxed registrations with credit card information.

FACULTY AND PLANNING COMMITTEE

Primary Care Orthopaedics and Sports Medicine Update 2019

Christopher Bossart, MD

Assistant Professor
University of New Mexico Hospitals
Emergency Medicine

James Carter, MD

Primary Care Sports Medicine Fellow
University of New Mexico Hospitals
Department of Orthopaedics and Rehabilitation

Rebecca Dutton, MD, CAQSM

Assistant Professor
Physical Medicine and Rehabilitation, Sports Medicine
Department of Orthopaedics and Rehabilitation

Katherine Gavin, MD

Assistant Professor
Physical Medicine and Rehabilitation, Sports Medicine
Department of Orthopaedics and Rehabilitation

Andrew Hyden, MD

Primary Care Sports Medicine Fellow
University of New Mexico Hospitals
Department of Emergency Medicine

Brock Johnson, MD

UNM HSC Orthopedic Sports Medicine Fellow
Department of Orthopaedics and Rehabilitation
Division of Sports Medicine

Christine Mermier, PhD

Associate Professor
Department of Family and Community Medicine
Director, Exercise Physiology Laboratories

Andrew Paterson, MD

Assistant Professor
Adult Orthopaedic Spine Surgery
Department of Orthopaedics

William Rivers, MD

Assistant Professor
University of New Mexico Hospitals
SOM Neurosurgery

Brian M. Shelley, MD

Professor, Department of Family and Community Medicine
Attending Physician, UNM Pain Consultation and Treatment
Center

Heidi Smith, DO

UNM HSC Orthopedic Sports Medicine Fellow
Department of Orthopaedics and Rehabilitation
Division of Sports Medicine

Geneva Tranchida, MD

UNM HSC Hand Surgery Fellow
Department of Orthopaedics and Rehabilitation

Gehron Treme, MD

Clinical Education - Associate Professor
Orthopaedics Sports Medicine
Department of Orthopaedics and Rehabilitation

Adam Walsh, PT, DPT

Assistant Professor
University of New Mexico Hospitals
Division of Physical Therapy

Planning Committee

Course Director:

Christopher A. McGrew, MD, FACSM, CAQSM

Professor,
Director, Family Medicine Sports Medicine Fellowship
Department of Orthopaedics and Rehabilitation Division
of Sports Medicine
Department of Family and Community Medicine

Co-Director

Rachel Chamberlain, MD, CAQSM

Assistant Professor
Associate Program Director Sports Medicine Fellowship
Department of Family and Community Medicine

Conference Management by:

University of New Mexico Continuing Medical Education & Professional Development

HSC-CMEWEB@SALUD.UNM.EDU | 505-272-3942 | som.unm.edu/education/cme

