Traveling CME
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| DATE | Upon request |
| LOCATION | Your practice |
| WHO | Internists, family physicians, rheumatologists, physiatrists, orthopaedic surgeons, neurologists, naturopathic physicians, chiropractors, nurse practitioners, physician assistants, physical and occupational therapists |
| CREDIT | OHSU School of Medicine designates this live activity for a maximum of 1.0 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity. |
| ACCREDITATION | Oregon Health & Science University School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. |

For more information or to schedule a traveling session, please contact OHSU Provider Relations.

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Jacqueline Brady, M.D.
Assistant professor, orthopaedics and rehabilitation
(Arthroscopy, knee and shoulder surgery)

Lindsay Brown, P.T., D.P.T., O.C.S.
(Physical therapy)

Hans Carlson, M.D.
Associate professor, orthopaedics and rehabilitation
(Physical medicine and rehabilitation and spine)

Nels Carlson, M.D.
Associate professor, orthopaedics and rehabilitation
(Physical medicine and rehabilitation and spine)

Jim Chesnutt, M.D.
Associate professor, orthopaedics and rehabilitation
(Orthopaedics — primary care and sports medicine)

Dennis Crawford, M.D., Ph.D.
Associate professor, orthopaedics and rehabilitation
(Arthroscopy, cartilage reconstruction, knee and shoulder surgery)

Yee-Cheen Doung, M.D.
Assistant professor, orthopaedics and rehabilitation
(Bone tumors and sarcoma)

Darin M. Friess, M.D.
Assistant professor, orthopaedics and rehabilitation
(Trauma and fracture care)

Jordan Graeme, D.C., M.S.H.N.F.M.
Adjunct professor, anesthesiology and comprehensive pain center
(Chiropractic care)

Kenneth Gundle, M.D.
Assistant professor, orthopaedics and rehabilitation
(Bone tumors and sarcoma)

Matthew Halsey, M.D.
Associate professor, orthopaedics and rehabilitation, OHSU Doernbecher Children’s Hospital
(Pediatric orthopaedic surgery)

James Hayden, M.D., Ph.D.
Assistant professor, orthopaedics and rehabilitation
(Bone tumors and sarcoma)

Andrea Herzka, M.D.
Assistant professor, orthopaedics and rehabilitation
(Arthroscopy, knee, shoulder and hip surgery)

Jayme R. Hiratzka, M.D.
Assistant professor, orthopaedics and rehabilitation
(Trauma and spinal surgery)

Clifford Lin, M.D., M.A.Sc., F.R.C.S.(C)
Assistant professor, orthopaedics and rehabilitation
(Spinal surgery)

Kimberly Mauer, M.D.
Associate professor, anesthesiology and comprehensive pain center
(Pain management)
James Meeker, M.D.
Assistant professor, orthopaedics and rehabilitation
(Foot and ankle surgery)

Adam Mirarchi, M.D.
Assistant professor, orthopaedics and rehabilitation
(Hand, shoulder and elbow surgery)

Omar Nazir, M.D.
Assistant professor, orthopaedics and rehabilitation
(Hand, shoulder and elbow surgery)

Robert Orfaly, M.D.
Associate professor, orthopaedics and rehabilitation
(Hand, shoulder and elbow surgery)

Bill Rubine, M.S.P.T.
(Physical therapy)

Kathryn Schabel, M.D.
Assistant professor, orthopaedics and rehabilitation
(Hip and knee surgery)

Andrei Sdruyla, M.D.
Assistant professor, anesthesiology and comprehensive pain center
(Pain management)

David Sibell, M.D.
Professor, anesthesiology and comprehensive pain center
(Pain management)

Scott Yang, M.D.
Assistant professor, orthopaedics and rehabilitation, OHSU Doernbecher
Children’s Hospital
(Pediatric orthopaedic surgery)

Brad Yoo, M.D.
Associate professor, orthopaedics and rehabilitation
(Trauma and fracture care)

Jung Yoo, M.D.
Professor and chair, orthopaedics and rehabilitation
(Spinal surgery)

Speakers subject to change
Arthritis

Nonoperative Management of Hip and Knee Osteoarthritis  
Hans Carlson, M.D.; Nels Carlson, M.D.  
**LEARNING OBJECTIVES**  
• Formulate treatment plans that include exercise, injections, bracing and medications and be able to explain outcome studies supporting these approaches.  
• Formulate treatment plans for patients with osteoarthritis that include exercise, injections, bracing and medications, and be able to discuss outcome studies supporting these approaches.

Options for Upper Extremity Arthritis  
Adam Mirarchi, M.D.; Robert Orfaly, M.D.; Omar Nazir, M.D.  
**LEARNING OBJECTIVES**  
• Recognize, diagnose and provide appropriate treatments and explain when referrals for upper extremity arthritis are appropriate.

Osteoarthritis of Hip and Knee  
Kathryn Schabel, M.D.  
**LEARNING OBJECTIVES**  
• Review hip and knee osteoarthritis, radiographic features and nonoperative treatment options.  
• Provide overview of hip and knee osteoarthritis.  
• Define osteoarthritis, radiographic features and nonoperative treatment options.

Hip and Knee Replacement: When Is It Time?  
Kathryn Schabel, M.D.  
**LEARNING OBJECTIVES**  
• Define optimal timing and identify evidence-based criteria for hip and knee replacements and evaluate strategies for counseling patients.  
• Define optimal timing for hip and knee replacements and strategies for counseling patients.  
• Define optimal timing for elective THA/TKA.  
• Identify evidence-based criteria for optimal timing for THA/TKA.  
• Improve patient counseling and referral timing for THA/TKA.

Revision Hip and Knee Arthroplasty  
Kathryn Schabel, M.D.  
**LEARNING OBJECTIVES**  
• Recognize, diagnose and provide appropriate treatments and explain when referrals for revision hip and knee arthroplasty are appropriate.
Lumps and Bumps: When Should Patients See a Surgeon?
Yee-Cheen Doung, M.D.; Kenneth Gundle, M.D.; James Hayden, M.D., Ph.D.
LEARNING OBJECTIVES
• Recognize, diagnose and provide appropriate treatments and explain when referrals for suspicious lumps are appropriate.

Evaluation of a Bone Lesion
Yee-Cheen Doung, M.D.; Kenneth Gundle, M.D.; James Hayden, M.D., Ph.D.
LEARNING OBJECTIVES
• Recognize, diagnose and provide appropriate treatments and explain when referrals for bone lesions are appropriate.

Management of Metastatic Disease of Bone
Yee-Cheen Doung, M.D.; Kenneth Gundle, M.D.; James Hayden, M.D., Ph.D.
LEARNING OBJECTIVES
• Recognize, diagnose and provide appropriate treatments and explain when referrals for metastatic disease are appropriate.

Preventing and Treating Pathologic Fractures
Kenneth Gundle, M.D.
LEARNING OBJECTIVES
• Explain the two questions to ask patients to assess need for prophylactic stabilization.
• Describe new trends in treating pathologic fractures around the hip.
• Identify cases of metastatic disease where resection could be curative.

Foot and ankle

Foot and Ankle Pain: Information, Options and Alternatives
James Meeker, M.D.
LEARNING OBJECTIVES
• Discuss both structural problems and acute injury in the foot and ankle.

Ankle Arthritis: Advances in Surgical Treatment
James Meeker, M.D.
LEARNING OBJECTIVES
• Explain the epidemiology and diagnosis of ankle arthritis.

Achilles Tendon Ruptures: The Shift Toward Nonsurgical Management
James Meeker, M.D.
LEARNING OBJECTIVES
• Explain epidemiology of Achilles tendon rupture.

Sprain or Fracture: Common Foot and Ankle Injuries
James Meeker, M.D.
LEARNING OBJECTIVES
• Review the relevant anatomy of the hind foot, midfoot and forefoot.
• Identify common foot fractures, office treatment and aftercare.
• Diagnose injuries mistaken for common ankle or foot sprains, including the lateral talar process and the Lisfranc midfoot complex.

General

Electrodiagnostic Interpretation for Primary Care Physicians
Hans Carlson, M.D.; Nels Carlson, M.D.
LEARNING OBJECTIVES
• Review the timing of ordering nerve conduction studies.
• Assess whether the conclusions are consistent with the clinical assessment and discuss management options based on outcomes.

Overview of the Management of Persistent Musculoskeletal Pain
Hans Carlson, M.D.; Nels Carlson, M.D.
LEARNING OBJECTIVES
• Identify an accurate diagnosis.
• Review diagnostic tools available.
• Discuss appropriate treatment options.

Office Orthopaedics
Hans Carlson, M.D.; James Chesnutt, M.D.
LEARNING OBJECTIVES
• Explain common knee and shoulder problems and management strategies in the outpatient clinic.

Sprain or Fracture: Common Foot and Ankle Injuries
James Meeker, M.D.
LEARNING OBJECTIVES
• Review the relevant anatomy of the hind foot, midfoot and forefoot.
• Identify common foot fractures, office treatment and aftercare.
• Diagnose injuries mistaken for common ankle or foot sprains, including the lateral talar process and the Lisfranc midfoot complex.

Common Fractures You Can Manage in Your Office
Darin Friess, M.D.; Brad Yoo, M.D.
LEARNING OBJECTIVES
• Several common fractures of the upper and lower extremity are managed nonoperatively: Be able to explain these fractures and the treatment protocols used for such fractures.

Pain management

Spinal Cord Stimulation Indications and Efficacy: What’s New in the Field
David Sibell, M.D.
LEARNING OBJECTIVES
• Review relevant neurophysiology related to spinal cord stimulation.
• Provide evidence-based rationale for spinal cord stimulation in the treatment of chronic neuropathic pain, including some patients with failed back syndrome.
• Provide evidence-based criteria for patient selection.

Low Back Pain — Evidence-Based Treatment Options
David Sibell, M.D.
LEARNING OBJECTIVES
• Define pathophysiology for common causes of chronic low back pain.
• Review evidence-based, multidisciplinary treatments for chronic low back pain, including exercise-based physical therapy, radio frequency medial branch denervation for painful facet arthropathy, diagnosis and treatment of sacroiliac joint pain, and spinal cord stimulation for treatment of chronic low back pain due to failed back syndrome.
### Physical Therapy Management: The Chronic Pain Patient
Bill Rubine, M.S.P.T.

**LEARNING OBJECTIVES**
- Explain an evidence-based system.
- Classify patients with persistent pain according to their dominant pain mechanisms.
- Describe basic rehabilitation approaches for patients based on their classification.

### Multidisciplinary Pain Management
Grace Chen, M.D.; Kimberly Mauer, M.D.; David Sibell, M.D.; Andrei Sdruulla, M.D., Ph.D.

**LEARNING OBJECTIVES**
- Explain the differences between interdisciplinary and multidisciplinary pain management.
- Describe what treatment modalities multidisciplinary pain management entails.
- Discuss some of the studies regarding efficacy in various treatment modalities.

### Opioids: The Current Trends and Management Strategies
Grace Chen, M.D.; Kimberly Mauer, M.D.; David Sibell, M.D.; Andrei Sdruulla, M.D., Ph.D.

**LEARNING OBJECTIVES**
- Explain where we are with current understanding of opioid side effects and risks.
- Explain the standard of care for opioid prescribing.
- Describe newer treatment modalities that are both opioid and non-opioid.

### Neuropathic Pain
Grace Chen, M.D.; Kimberly Mauer, M.D.; David Sibell, M.D.; Andrei Sdruulla, M.D., Ph.D.

**LEARNING OBJECTIVES**
- Explain the old and new definitions for neuropathic pain.
- Discuss various types of neuropathic pain.
- Describe treatment and prevention of neuropathic pain.

### Neuromodulation
Grace Chen, M.D.; Kimberly Mauer, M.D.; David Sibell, M.D.; Andrei Sdruulla, M.D., Ph.D.

**LEARNING OBJECTIVES**
- Explain the various types of neuromodulation available for pain treatment.
- Describe burst stimulation waveforms.
- Explain indications for neuromodulation.
- Describe DRG stimulation.

### Complex Regional Pain Syndrome
Grace Chen, M.D.; Kimberly Mauer, M.D.; David Sibell, M.D.; Andrei Sdruulla, M.D., Ph.D.

**LEARNING OBJECTIVES**
- Describe diagnosis of complex regional pain syndrome (CRPS).
- Differentiate between CRPS type 1 versus type 2.
- Explain treatment of CRPS.
- Describe newer studies and treatment options being reviewed.

### Non-Opioid Treatment of Pain
Grace Chen, M.D.

**LEARNING OBJECTIVES**
- Explain the evidence for nonallopatic treatment modalities of chronic pain.
- Describe common noninvasive allopathic treatment of chronic pain.
- Explain minimally invasive allopathic treatment of chronic pain.
- Describe invasive treatment of chronic pain.

### Manual Therapy for Acute Low Back Pain
Jordan Graeme, D.C., M.S.H.N.F.M.

**LEARNING OBJECTIVES**
- Describe functional range of motion.
- Explain motion palpation.
- Describe wellness care.
- Explain the efficacy of manual therapy.
- Describe research and evidence behind manual therapy.

### Pediatrics

#### Critical Early Diagnoses in Pediatric Orthopaedics
Matthew Halsey, M.D.; Scott Yang, M.D.

**LEARNING OBJECTIVES**
- Identify and recognize the early signs and symptoms of slipped capital femoral epiphysis including complaints of knee pain, limping, decreased internal hip rotation and obligate external hip rotation with flexion.

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**NEW**
Early-Onset and Adolescent Scoliosis
Matthew Halsey, M.D.; Scott Yang, M.D.

LEARNING OBJECTIVES
• Describe early clinical manifestations and natural history of scoliosis in the young child and adolescent.
• Describe the importance of screening for scoliosis.
• Explain the common treatment modalities for adolescent and early-onset idiopathic scoliosis: observation, bracing, casting and surgery.
• Manage the early phases of adolescent idiopathic scoliosis.
• Explain the points at which referral to a scoliosis specialist is appropriate for any child or adolescent.

Hip Problems From Birth to Adolescence
Scott Yang, M.D.

LEARNING OBJECTIVES
• Explain the basics for diagnosis and management of common pediatric hip problems including hip dysplasia, slipped capital femoral epiphysis and Perthes disease.
• Demonstrate how to properly perform examination of the pediatric hip.
• Determine what conditions specifically need further investigation.

Physical therapy

Rehabilitation for the Knee Joint
Lindsay Brown, P.T., D.P.T., O.C.S.

LEARNING OBJECTIVES
• Describe a comprehensive physical therapy exam for the knee joint.
• Explain how the exam findings help determine treatment and exercise prescription.
• Explain phases of rehab.
• Describe evidence-based set of exercises based on exam findings and working diagnosis.

Spine

Conservative Treatment and What’s New in the Management of Spine Conditions
Hans Carlson, M.D.; Nels Carlson, M.D.

LEARNING OBJECTIVES
• Differentiate mechanical spine pain, neurologic spine pain and referred pain.
• Explain the significance of imaging abnormalities with respect to spine pain.
• Appreciate functional versus symptomatic outcomes with passive and active treatment options for spine pain.
• Apply new advances in diagnostics and management of back pain.

Diagnosis and Treatment of Low Back Pain — Focus on Function
Hans Carlson, M.D.; Nels Carlson, M.D.

LEARNING OBJECTIVES
• Recognize origins of back pain.
• Describe common etiologies.
• Formulate effective treatment plans with a focus on exercise to improve function.

Nerve Impingement: Recognizing and Managing Cervical and Lumbar Radiculopathy
Jayme Hiratzka, M.D.; Clifford Lin, M.D., M.A.Sc., F.R.C.S.(C); Jung Yoo, M.D.

LEARNING OBJECTIVES
• Describe and recognize the presentation and differential diagnosis of cervical and lumbar radiculopathy and the scientific support for various treatment options.

Minimally Invasive Spine Surgery
Jayme Hiratzka, M.D.; Clifford Lin, M.D., M.A.Sc., F.R.C.S.(C); Jung Yoo, M.D.

LEARNING OBJECTIVES
• Explain and describe the rationale for minimally invasive spine surgery and the data comparing traditional and minimally invasive techniques.
• Help patients select a surgeon who offers these procedures.

Prescribing Exercise: The Weekly Recommended Allowance and Tips for Maintaining Compliance
Nels Carlson, M.D.

LEARNING OBJECTIVES
• Review the recommended amount of exercise for adults.

Sports Medicine Update
James Chesnutt, M.D.

LEARNING OBJECTIVES
• Explain sports injuries and sports medicine updates.
• Evaluate biomechanics of running.
• Identify the biomechanics of activity that lead to stress fractures.
Concussions  
James Chesnutt, M.D.  
LEARNING OBJECTIVES  
• Appreciate the frequency with which concussions occur, especially among young female athletes.  
• Explain the importance of early recognition, diagnosis and proper management.  
• Describe the role of “cognitive rest” and a graded return to activity.  
• Explain the emerging role of computerized neuropsychological testing in concussion management.

Office Evaluation of Running Injuries  
James Chesnutt, M.D.  
LEARNING OBJECTIVES  
• Evaluate biomechanics of running.  
• Consider factors leading to overuse injury.  
• Identify common running injuries  
• Learn treatment and prevention strategies.

Pre-Participation Exam and Cardiac Screening  
James Chesnutt, M.D.  
LEARNING OBJECTIVES  
• Screen for conditions that may be life-threatening or disabling, especially cardiac issues.  
• Screen for conditions that may predispose to injury or illness.  
• Explain why a screening ECG is not currently medically recommended.  
• Learn how to conduct exams and meet state requirements.  
• Be prepared to treat sudden cardiac events.

Common Stress Fractures  
James Chesnutt, M.D.  
LEARNING OBJECTIVES  
• Identify the biomechanics of activity that lead to stress fractures.  
• Learn the components of female athlete triad.  
• Learn common stress fractures.  
• Be aware of high-risk stress fractures that need special attention.

Rotator Cuff: Distinguishing Injury from Degeneration  
Dennis Crawford, M.D., Ph.D.  
LEARNING OBJECTIVES  
• Review anatomy of the shoulder.  
• Explain the spectrum of disease and treatment options.

Cartilage Injury Treatments: Can We Prevent Osteoarthritis?  
Dennis Crawford, M.D., Ph.D.  
LEARNING OBJECTIVES  
• Review function of cartilage and explain the process of degenerative joint disease and treatment options.

MRI of the Shoulder and Knee in Adults  
Dennis Crawford, M.D., Ph.D.  
LEARNING OBJECTIVES  
• Review anatomy of these joints.  
• Describe when to order MRI and what to do with the results.

Hip Pain in the Young Adult: Dysplasia and Femoroacetabular Impingement  
Andrea Herzka, M.D.  
LEARNING OBJECTIVES  
• Formulate common mechanisms of injury, treatment options and indications for surgery.

Female Athlete Triad Syndrome: Eating Disorders, Amenorrhea and Osteoporosis  
Andrea Herzka, M.D.  
LEARNING OBJECTIVES  
• Define clinical implications of the triad: This condition is seen in females participating in sports that emphasize leanness or low body weight, and is a serious illness with lifelong health consequences, and can potentially be fatal.

Prevention of ACL Injuries  
Andrea Herzka, M.D.  
LEARNING OBJECTIVES  
• Formulate common mechanisms of injury, treatment options and indications for surgery.

Patellofemoral Instability and Pain: Do You Have to Be a Runner to Get Runner’s Knee?  
Jacqueline Brady, M.D.  
LEARNING OBJECTIVES  
• Describe the factors involved in patellofemoral instability and overload.  
• Be able to differentiate the two scenarios.  
• Recognize high-risk groups for recurrent instability.  
• Describe the indications for conservative and surgical management, and general principles involved in each.

Complex Shoulder Instability  
Jacqueline Brady, M.D.  
LEARNING OBJECTIVES  
• Recognize different types of shoulder instability, including direction and degree of laxity.  
• Describe the nuances involved in throwing/overhead athletes, and indications for open versus arthroscopic surgical intervention.  
• Briefly discuss rates of failure and options for revision surgical shoulder stabilization.

Trauma  
Orthopaedic Emergencies  
Darin Friess, M.D.; Brad Yoo, M.D.  
LEARNING OBJECTIVES  
• Recognize, diagnose and provide initial treatment for compartment syndrome.  
• Explain techniques for joint aspiration.  
• Triage acute fracture and dislocation management prior to timely orthopaedic consultation.  
• Appropriately evaluate and diagnose septic joint arthritis.
Upper Extremity Top 10
Adam Mirarchi, M.D.; Omar Nazir, M.D.; Robert Orfaly, M.D.
LEARNING OBJECTIVES
• Recognize, diagnose and provide appropriate treatments for upper extremity conditions.

What’s New in Rotator Cuff Tears
Adam Mirarchi, M.D.; Omar Nazir, M.D.; Robert Orfaly, M.D.
LEARNING OBJECTIVES
• Recognize, diagnose and provide appropriate treatments for rotator cuff tears.

The History of Distal Radius Fractures
Omar Nazir, M.D.
LEARNING OBJECTIVES
• Describe the changes in treatments for distal radius fractures.
• Explain the rationale behind different treatment methods.
• Describe controversies with the field.

The Numb Hand: Differential and Treatment Options
Adam Mirarchi, M.D.; Omar Nazir, M.D.; Robert Orfaly, M.D.
LEARNING OBJECTIVES
• Recognize, diagnose and provide appropriate treatments for cubital and carpal tunnel syndromes.

Other topics are available depending on speaker availability: Please ask.
OHSU accepts most major health plans.

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