

CONTINUING MEDICAL EDUCATION

Traveling CME Orthopaedics and Rehabilitation 2022-23



Traveling CME

DATE	Upon request
LOCATION	Your practice, hospital, or virtual
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 <i>1.0 AMA PRA Category 1 Credits™</i> . 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 or virtual session, please contact OHSU Provider Relations.

Dina Girgenti-lida

Provider relations manager
503-494-6535
girgenti@ohsu.edu

Table of contents

Faculty	4
Session selection	8
Bone and soft tissue tumors	9
Foot and ankle	9
General	10
Hip and knee	10
Osteoporsis	11
Pain management	12
Pediatrics	13
Spine	14
Sports medicine	15
Trauma	17
Upper extremity	17

Daniel Albrecht, M.D.
OHSU clinical associate, orthopaedics
and rehabilitation
Hillsboro Medical Center
(Physical medicine and rehabilitation)

Lara Atwater, M.D.
Assistant professor, orthopaedics and
rehabilitation
OHSU / Hillsboro Medical Center
(Foot and ankle)

Jacqueline Brady, M.D.
Associate professor, orthopaedics
and rehabilitation
(Sports medicine, 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.
Professor, orthopaedics
and rehabilitation
(Physical medicine and rehabilitation
and spine)

Jim Chesnutt, M.D.
Associate professor, family medicine
(Sports medicine, concussion)

Bopha Chrea, M.D.
Assistant professor, orthopaedics and
rehabilitation
OHSU / Adventist Health Portland
(Foot and ankle)

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

Joann Deutsche, N.P.
Instructor, orthopaedics
and rehabilitation
(Trauma and fracture care)

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

Tyler Duffield, Ph.D
Assistant professor, family medicine
(Sports medicine-concussion)

Darin M. Friess, M.D.
Interim Chair
Associate professor, orthopaedics
and rehabilitation
(Trauma and fracture care)

Jordan Graeme, D.C., MS DCN
Assistant professor, anesthesiology and
comprehensive pain center
(Chiropractic care)

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

Kimberly Hall, M.D.
OHSU clinical associate, orthopaedics
and rehabilitation
Hillsboro Medical Center
(Sports medicine)

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

Andrea Herzka, M.D.
Associate professor, orthopaedics
and rehabilitation
(Sports medicine, arthroscopy, knee,
shoulder and hip surgery)

Ryland Kagan, M.D.

Assistant professor, orthopaedics and rehabilitation
(Hip and knee surgery)

Thomas Kowalik, M.D.

OHSU clinical associate, orthopaedics and rehabilitation
Hillsboro Medical Center
(Hip and knee surgery)

Clifford Lin, M.D., M.A.Sc., F.R.C.S.(C)

Assistant professor, orthopaedics and rehabilitation
(Spinal surgery)

Kimberly Mauer, M.D.

Medical director, Comprehensive Pain Center, Associate professor, anesthesiology
(Pain management)

James Meeker, M.D.

Assistant professor, orthopaedics and rehabilitation
(Foot and ankle surgery)

Adam Mirarchi, M.D.

Associate 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.

Professor, orthopaedics and rehabilitation
(Hand, shoulder and elbow surgery)

Travis Philipp, M.D.

Assistant professor, orthopaedics and rehabilitation
(Spinal surgery)

Sean Robinson, M.D.

Assistant professor, family medicine
(Sports medicine, concussion)

Bill Rubine, M.S.P.T.

(Physical therapy)

Kathryn Schabel, M.D.

Associate professor, orthopaedics and rehabilitation
(Hip and knee surgery)

Andrei Sdrulla, M.D., Ph.D.

Assistant professor, anesthesiology and comprehensive pain center
(Pain management)

David Sibell, M.D.

Professor, anesthesiology and comprehensive pain center
(Pain management)

Zachary Working, M.D.

Director of orthopaedic trauma
Assistant professor, orthopaedics and rehabilitation
(Trauma and fracture care)

Scott Yang, M.D.

Assistant professor, orthopaedics and rehabilitation, OHSU Doernbecher Children's Hospital
(Pediatric orthopaedic surgery)

Jung Yoo, M.D.

Professor, orthopaedics and rehabilitation
(Spinal surgery)

Andrea Young, M.D.

OHSU clinical associate, Adventist Health Portland
(Sports medicine)

SPEAKERS SUBJECT TO CHANGE



Bone and soft tissue tumors

Lumps and Bumps: When Should Patients See a Surgeon?

Yee-Cheen Doung, M.D.;

Kenneth Gundle, M.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.

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.

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

NEW First Metatarsophalangeal Joint

Bopha Chrea, M.D.

LEARNING OBJECTIVES

- Review the relevant anatomy and non-operative and operative treatment modalities.
- Review current literature.

NEW Minimally Invasive Foot Surgery

Bopha Chrea, M.D.

LEARNING OBJECTIVES

- Explain MIS techniques in foot and ankle surgery.
- Discuss current landscape and literature.

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

Lara Atwater, M.D., James Meeker, M.D.

LEARNING OBJECTIVES

- Explain the epidemiology and diagnosis of ankle arthritis.

Achilles Tendon Ruptures: The Shift Toward Nonsurgical Management

Lara Atwater, M.D., 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

Pre- and Post-Operative Management of Orthopaedic Patients

Andrea Young, M.D.

LEARNING OBJECTIVES

Describe common patient pre-operative optimization goals, explain common orthopaedic post-operative DVT and pain management.

Electrodiagnostic Interpretation for Primary Care Physicians

Daniel Albrecht, M.D.; 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.; Nels Carlson, M.D.; James Chesnutt, M.D.

LEARNING OBJECTIVES

- Explain common knee and shoulder problems and management strategies in the outpatient clinic.

Common Fractures You Can Manage in Your Office

Darin Friess, M.D.; Zachary Working, 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.

Hip and knee

Hip Dysplasia and Periacetabular Osteotomy Surgery

Ryland Kagan, M.D.

LEARNING OBJECTIVES

- Recognize and diagnose hip dysplasia and femoral acetabular impingement (FAI), improve patient counseling and referral timing for young patients with hip pain, define the goals and outcomes of periacetabular osteotomy surgery.

Partial Knee Replacement: Who, What, When and Where

Ryland Kagan, M.D.

LEARNING OBJECTIVES

- Define optimal timing and patient selection for partial knee replacement, recognize potential benefit and pitfalls of partial knee replacement, identify evidence-based criteria for optimal partial knee replacement patients.

Computers, Robotics and Technology in Joint Replacement Surgery: Marketing and Myths

Ryland Kagan, M.D.

LEARNING OBJECTIVES

- Define how robotics, computer navigation, patient specific instrumentation and other technologies are used in hip and knee replacement surgery.
- Identify marketing myths spread by industry and what has clinical evidence to support its use and use this information to counsel patients.

Nonoperative Management of Hip and Knee Osteoarthritis

Hans Carlson, M.D.; Nels Carlson, M.D.;

Kathryn Schabel, M.D.;

Thomas Kowalik, M.D.

LEARNING OBJECTIVES

- Provide overview of hip and knee osteoarthritis, define osteoarthritis.
- Formulate treatment plans that include exercise, injections, bracing and medications and be able to explain outcome studies supporting these approaches.

Hip and Knee Replacement: When Is It Time?

Thomas Kowalik, M.D.; 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.

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.

Osteoporosis

Osteoporosis Treatment after Fracture

Joann Deutsche, F.N.P.-B.C.; Darin Friess, M.D.

LEARNING OBJECTIVES

- Describe the scope of the problem and how secondary prevention efforts are effective.
- Define the diagnosis of osteoporosis, explain DXA testing and FRAX scoring, and how results are interpreted.
- Review recommended lab tests for an osteoporosis work-up, list vitamin supplements and other universal recommendations for osteoporosis management.
- Review pharmacologic therapies for the treatment of osteoporosis and recommended follow up.
- Review common osteoporotic fractures, particularly about the hip, and introduce the reasons behind different surgical treatments.

Pain management

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.

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.;
Andrei Sdrulla, M.D., Ph.D.; David Sibell, M.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.;
Andrei Sdrulla, 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.;
Andrei Sdrulla, M.D., Ph.D.; David Sibell, M.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.;
Andrei Sdrulla, M.D., Ph.D.; David Sibell, M.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.;
Andrei Sdrulla, M.D., Ph.D.; David Sibell, M.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 nonallopathic 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.

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 oblique external hip rotation with flexion.

Common Pediatric Playground and Overuse Injuries

Matthew Halsey, M.D.; Scott Yang, M.D.

LEARNING OBJECTIVES

- Identify the most common stable and unstable fracture patterns in children.
- Differentiate those patients with acute injuries that can be managed by the primary care provider versus those that should be referred to an orthopaedist.
- Identify and manage common overuse injuries in the child and 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.

Review and Recent Advancements in the Treatment of 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.
- Explain benefits of low dose imaging (EOS).
- Describe PT options for scoliosis.

Spine

NEW Common Disorders of the Spine

Travis Philipp, M.D.

LEARNING OBJECTIVES

- Describe the natural history and initial treatment of mechanical low back pain.
- Explain and predict expected dermatomal distribution of radiculopathy for a disc herniation.
- Describe the symptoms of neurogenic claudication.
- Distinguish pain from the back versus pain from the hip.

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

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

Clifford Lin, M.D., M.A.Sc., F.R.C.S.(C);

Travis Philipp, M.D.; 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.

Lumbar Disc Herniation and Low Back Pain – Surgery or Not

Clifford Lin, M.D., M.A.Sc., F.R.C.S.(C);

Travis Philipp, M.D.; Jung Yoo, M.D.

LEARNING OBJECTIVES

- Describe the presentation and differential diagnosis of lumbar disc herniation and the scientific support for various treatment options.

Spine Pain

Grace Chen, M.D.; Kimberly Mauer, M.D.;

Andrei Sdrulla, M.D., Ph.D.; David Sibell, M.D.

LEARNING OBJECTIVES

- Explain the basic anatomy of the pain-generating structures of the spine and differentiate disc pain versus facet-mediated pain.
- Describe basic spine procedures.
- Explain newer treatment modalities and future development.

Sports medicine

NEW ACL Repair is Back: Where does BEAR Fit in the Treatment Algorithm?

Jacqueline Brady, M.D.

LEARNING OBJECTIVES

- Explain the difference between the BEAR procedure and our original attempts at ACL repair.
- Be able to identify patients who are and are not candidates for the BEAR procedure.
- Describe the difference in rehabilitation protocol between the BEAR procedure and traditional ACL reconstruction.

Neuropsychological Factors that Influence Concussion Management and Recovery

Tyler Duffield, Ph.D.

LEARNING OBJECTIVES

- Explain what defines a concussion.
- Explain premorbid factors related to mental health outcomes following concussion.
- Describe the relationship between pain, sleep, and post-injury mental health.
- Explain whether current concussion/mTBI management strategies worsen outcomes.
- Describe the OHSU Sports Medicine Concussion Clinic Model.

Prescribing Exercise: The Weekly Recommended Allowance and Tips for Maintaining Compliance

Hans Carlson, M.D.; 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.; Sean Robinson, 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.; Sean Robinson, 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.; Sean Robinson, 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.;

Andrea Young, M.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

Jacqueline Brady, M.D.; Kimberly Hall, M.D.;

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.; Kimberly Hall, M.D.;

Andrea Young, 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.; Zachary Working, 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

Options for Upper Extremity Arthritis

Adam Mirarchi, M.D.; Omar Nazir, M.D.

LEARNING OBJECTIVES

- Recognize, diagnose and provide appropriate treatments and explain when referrals for upper extremity arthritis are appropriate.

Shoulder Pain Before Age 60

Adam Mirarchi, M.D.; Omar Nazir, M.D.;
Robert Orfaly, M.D.

LEARNING OBJECTIVES

- Recognize, diagnose and provide appropriate treatments for shoulder pain.

What's New in Rotator Cuff Tears

Kimberly Hall, M.D.; 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

Daniel Albrecht, M.D.; 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.

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.

Splinting Basics

Darin Friess, M.D.; Omar Nazir, M.D.

LEARNING OBJECTIVES

- Describe common upper extremity injuries and the appropriate type of immobilization.
- Explain practical tips and immobilization techniques.

Are you interested in other topics that aren't listed here? Please let us know and we'll do everything we can to accommodate your request.





OHSU accepts most major health plans.
OHSU is an equal opportunity, affirmative action institution.

ORT 3071817 06/22