



REGISTRATION

Mail or fax completed registration form to:

CNOS Foundation
Attn: Ruth Klein
575 Sioux Point Road
Dakota Dunes, SD 57049

Phone: 605.217.2817

Fax: 605.217.2928

Name: _____

Title: MD DO NP PT OT STUDENT
 PA-C DC RN PTA COTA ATC

Medical Specialty _____

Institution _____

E-Mail Address _____

Address _____

City _____ State _____ Zip _____

Phone _____

Make checks payable to: CNOS Foundation

Registration Fee: Students Free
 All other \$75

CNOS Foundation

ORTHOPAEDIC & SPORTS MEDICINE

SYMPOSIUM

Who Should Attend

Physicians, Physician Assistants, Nurses, Nurse Practitioners, Chiropractors, Physical Therapists, Physical Therapy Assistants, Occupational Therapists, COTAs, Athletic Trainers (certified) and other healthcare professionals working in a hospital, clinic, long-term care, school, occupational health or public health setting and students.

Course Description

The program is aimed at providing information on topics related to diagnosing and treating patients with Orthopaedic problems. Topics are aimed at keeping participants aware of changes in current trends and practice guidelines.

General Information

For questions please call Ruth Klein 605.217.2817 or email ruth.klein@cnos.net.

Accreditation

Physician Credits: 6.75 AMA PRA Category 1 Credit(s)TM Designation:

Mercy Medical Center Sioux City is accredited by the Iowa Medical Society to provide continuing medical education for physicians. Mercy Medical Center Sioux City designates this educational activity for a maximum of **6.75 AMA PRA Category 1 Credit(s)TM**. Physicians should only claim credit which commensurates with the extent of their participation in the activity.

Physician Assistant Credits:

A certificate of attendance will be provided. Submit to your organization for appropriate credit.

Nurse Credits:

Upon completion of the entire conference, each nurse will receive CEUs of **6.75 Credits** through Mercy Medical Center - Sioux City Iowa Board of Nursing Provider #68. No partial credit will be given.

Athletic Training Credits:

This event has been approved for **6.75** hours of Category D Continuing Education by the BOC.

Nurse Practitioners, Physical and Occupational Therapist Credits:

A certificate of completion will be provided.

Cancellation Policy

A full refund will be given for complete registration cancellations made before September 6, 2019. Cancellation fee will be assessed. (A written letter requesting cancellation must be faxed to 605.217.2928).

ITINERARY

7:15 A.M.

7:55 A.M.

8:00 - 8:35

8:35 - 9:10

9:10 - 9:45

9:45 - 10:00

10:00 - 10:30

10:30 - 11:00

11:00 - 11:45

11:45 - 12:15

12:15 - 12:45

12:45 - 1:15

1:15 - 1:45

1:45 - 2:00

2:00 - 3:00

3:00 - 4:00

4:00

REGISTRATION

Welcome

Suzi Gausman, VP of Community Engagement & Corporate Compliance

Perioperative Pain Control In Knee

Replacement

Raymond Sherman, MD

Hand & Wrist Problems In Athletes

Yorell Manon-Matos, MD

Achilles Tendon Pathology

David Rettedal, DPM

BREAK

Blood Flow Restriction

Shauna Hoak, MSPT

Knee Preservation: When Total Joint

Arthroplasty Isn't the Best Option

Joseph Carreau, MD

Case Studies In Sports Medicine

Joseph Carreau, MD

LUNCH

Non-Operative Management

Technique For Calcific Tendinitis in the Shoulder

Michael Nguyen, MD

Shoulder Instability From Labral

Latarjet

Brian Johnson, MD

Partial Thickness ACL Tears

Richard Lawton, MD

BREAK

Case Studies & Panel Discussion

Ryan Meis, MD

Assessing the Painful Knee At

Different Stages of Life

Ryan Meis, MD

Conclusion

FACULTY

Raymond Sherman, MD, FRCSC, FAAOS

Board Certified Orthopaedic Surgeon
Fellowship Trained in Upper Extremity & Knee Reconstruction

Yorell Manon-Matos, MD, FACS

Board Certified in General Surgery, and Surgery of the Hand
Fellowship Trained in Hand & Microsurgery

David Rettedal, DPM, AACFAS

Board Certified Foot & Ankle Surgeon
Fellowship trained in Foot & Ankle Surgery

Shauna Hoak, MSPT

Joseph Carreau, MD

Board Eligible Orthopaedic Surgeon
Fellowship trained in Sports Medicine

Michael Nguyen, MD, MHM, MHSR

Board Certified Primary Care Sports Medicine Physician
Fellowship Trained in Sports Medicine

Brian Johnson, MD

Board Certified Orthopaedic Surgeon
Fellowship trained at Kaiser Permanente – San Diego

Richard Lawton, MD

Board Certified Orthopaedic Surgeon
Fellowship Trained in Sports Medicine

Ryan Meis, MD, FAAOS

Board Certified in Orthopaedic Surgery & Sports Medicine
Fellowship trained in Sports Medicine and Knee, Shoulder & Elbow Surgery

Disclosure Policy: The speaker(s) will disclose to participants the nature of any relevant financial relationships he/she has with the company providing support, as well as the commercial manufactures of products and/or the providers of services discussed in the presentation. The speaker will disclose if any pharmaceuticals or medical procedures and devices discussed are investigational or unapproved for use by the Food and Drug Administration (FDA).

OBJECTIVES

1. Describe multimodal concept of pain control.
2. Discuss pre-op use of IOVERA on post-op narcotic usage.
3. Discuss opioid sparing protocol.
4. Explain common diagnosis of hand and wrist problems in athletes.
5. Restate approach to regain mobility.
6. Discuss Achilles tendon anatomy.
7. Restate treatment of acute Achilles tendon ruptures.
8. Restate treatment of chronic Achilles tendinopathy.
9. Explain the history and theory behind BFRT.
10. Explain the safety of BFRT including tourniquet use and limb occlusion pressures.
11. Explain how to apply BFRT to rehabilitating patients and athletes.
12. Discuss non-arthroplasty options for symptomatic knee arthritis.
13. Define the concept of knee joint homeostasis.
14. Repeat the limitations of knee preservation as a means of surgical treatment.
15. Discuss the mechanism and risk factors of the presented injury.
16. Discuss treatment considerations.
17. Repeat return to sport principles.
18. Recall the features of calcific tendinitis amongst other etiologies of shoulder pain.
19. Restate the indications for the use of barbotage in the setting of calcific tendinitis.
20. Compare the risks/benefits of non-operative vs operative management of calcific tendinitis in the shoulder.
21. Repeat reasons for shoulder instability.
22. Recall pathology involved with dislocations.
23. Define exam findings found in unstable shoulders.
24. Define partial thickness ACL tears.
25. Recall how to evaluate and diagnose partial thickness ACL tears.
26. Discuss treatment options for partial thickness ACL tears.
27. Explain the approach to exertional compartment syndrome.
28. Discuss the symptoms of rotator cuff disease.
29. Define protocols for concussion management in sports.
30. Recall the difference between articular cartilage and meniscus.
31. Discuss the common causes of knee pain in different age categories.
32. Define the treatment of common knee ailments.