

Sports Medicine Essentials



**Earn up to 7.5 AMA PRA
Category 1 Credits™**

When

Saturday, October 24, 2020
7:00 am - 4:30 pm

Where

McGlothlin Medical Education Center
1201 E. Marshall Street, Richmond, VA

Who Should Attend

Physicians, nurse practitioners, physical therapists, and physician assistants specializing in:

- Emergency Medicine
- Family Practice
- General Practice
- Internal Medicine
- Pediatrics

Registration Fees

\$250 Registration

\$275 Late Registration (After Sept. 24)
Fee includes refreshments, meals, and online course syllabus.

If conference is cancelled due to inclement weather, all registrations will be refunded in full.

Join us for an information packed one-day course covering the sports medicine essentials you need to know. This course will help you to identify the most common sports medicine injuries you'll see in your exam rooms, as well as proper treatment plans, and when to refer for surgical intervention.

Benefits of Attending

- Evaluate common sports related injuries to the upper and lower extremities and joints.
- Describe best practices for non-surgical treatment for common sports related injuries.
- Review appropriate referral for surgical evaluation of common sports related shoulder, elbow, wrist, finger, and knee injuries.
- Identify common sports injuries in need of emergent evaluation versus urgent outpatient referral.
- Outline common medical issues and nutrition counseling in athletes across the lifespan.
- Discuss latest updates regarding concussion in athletes.
- Identify appropriate radiology studies for evaluation of common sports related injuries.

Optional Session | Ultrasound Guided Joint Injection Workshop

Fee: \$450 Until September 24 | \$475 September 25 – October 9

This workshop will teach ultrasound evaluation of the major joints and serve as a guide on intra-articular needle placement for injections and aspirations. There will be small groups led by experienced board-certified sport physicians with hands-on practice using anatomical models. Specific injections to be reviewed include the shoulder (AC joint, the glenohumeral joint, and the subacromial space), wrist (carpal tunnel and extensor compartments), elbow (medial and lateral epicondyles), knee (lateral knee approach), and hip (greater trochanteric bursa and intra-articular).

Please note: A minimum number of ten participants is required for this session to run. If this session is cancelled due to lack of registrants, all session registrations will be refunded in full.

Register online at vcu.cloud-cme.com/sports

Course Faculty

VCU Health | Richmond, VA

Mary Caldwell, DO

Assistant Professor

Department of Physical Medicine
and Rehabilitation

Seth Cheatham, MD

Assistant Professor

Department of Orthopaedic Surgery

Katherine Dec, MD, FAAPMR, CAQ

Professor

Department of Physical Medicine
and Rehabilitation

Thomas Loughran, MD

Professor

Department of Orthopaedic Surgery

Anish Patel, MD, MBA, CAQSM

Assistant Professor

Department of Orthopaedic Surgery

Michael Petrizzi, MD, CAQ

Conference Chair

Clinical Professor

Department of Family Medicine and

Population Health

Christopher Pruitt, MD

Assistant Professor

Department of Emergency Medicine

Alexander Vap, MD

Assistant Professor

Department of Orthopaedic Surgery

Josephina Vossen, MD, PhD

Assistant Professor

Musculoskeletal Imaging & Intervention

Guest Faculty

Jeffrey Roberts, MD, CAQSM, FAAPF

Sports Medicine Fellowship Director

Bon Secours Richmond Health System

Richmond, VA

Timothy Yu, MD, CAQSM

Bon Secours Richmond Health System

Richmond, VA

Schedule | Saturday, October 24, 2020

A.M.

7:00 Registration and Continental Breakfast

7:30 Monday Morning Visit of the Weekend Warrior

Michael Petrizzi, MD

8:15 Sport Medicine is Not Just Injuries

Anish Patel, MD

9:00 Refreshment Break

9:15 Pediatric and Adolescent Injuries

Jeffrey Roberts, MD

**10:00 Pearls for Powering the Brain for Recovery:
Sports Concussion in the Office**

Katherine Dec, MD

10:45 To ER or not to ER? That is the Question

Christopher Pruitt, MD

11:30 Lunch

P.M.

12:30 "What A Pain in the Neck or Back"

Case Studies of Spinal Problems in Active Individuals

Mary Caldwell, DO

1:15 Sports Events Related Trauma Case Studies

Seth Cheatham, MD

1:45 When to Refer Patients to an Orthopaedist Case Studies

Thomas Loughran, MD

2:15 Refreshment Break

2:30 Breakout Sessions | Choose One

Session 1 | Interventions

Orthopaedic Intervention Case Studies

Alexander Vap, MD

Review of Radiographs and Imaging Choices for Adolescents & Adults

Josephina Vossen, MD

Session 2 | Requires Additional Fee

Ultrasound Guided Joint Injection Workshop

Mary Caldwell, DO and Timothy Yu, MD

Session 3

Physical Exam Skills

Michael Petrizzi, MD

4:30 Adjourn

Questions?

Contact VCU Health Continuing Education | ceinfo@vcuhealth.org | 804.828.3640

If special accommodations are needed, please contact us at the phone or email address above.

VCU Health is an equal opportunity/affirmative action employer.

Minimum and maximum numbers for attendance at this event have been established, and we reserve the right to substitute speakers/topics, adjust credit hours, or cancel if necessary.

By attending this event you grant VCU Health CE the right at the event to records, film, photograph, or capture your likeness in any media and to distribute, use, or otherwise disseminate, in perpetuity, such media without any further approval or any payment to you.

Cancellation Policy

Registration fee, less a 15% non-refundable administrative fee, will be refunded only if written notice of cancellation is received via email to ceinfo@vcuhealth.org on or before September 24, 2020. No refunds after this date.

Disclosure

In compliance with ACCME standards, all planners and presenter relationships with commercial supporters have been resolved. All presenting faculty affirm that they will employ the best available evidence from all sources to support any clinical recommendations made in their presentations. If learners detect any commercial bias in any presentation, they should document their observations on the activity evaluation form.

Accreditation



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INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, VCU Health is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

VCU Health designates this live activity for a maximum of 7.5 **AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

VCU Health awards 7.5 hours of participation (equivalent to **AMA PRA Category 1 Credits™**) to each non-physician participant who successfully completes this educational activity.

