

Presented by **Department of Orthopaedic Surgery**  
University of California, San Francisco • School of Medicine



# 15th Annual UCSF SPORTS MEDICINE SPORTS INJURY AND REHABILITATION CONFERENCE A Multidisciplinary Approach to Treating Athletes in Pain

This meeting will be via **HYBRID • On site and Live Stream**

FRIDAY - SATURDAY  
**June 10-11, 2022**

## Ready for something new?

**We are reinventing our annual summer course for 2022!**

**Friday, June 10th**, we will have a full day of fantastic speakers who will update us on a variety of sports medicine topics. The focus for our course this year is on what is new and cutting-edge in treating musculoskeletal pain. All of Friday's content will be on Zoom so you can join us from anywhere!

**Saturday, June 11th**, we plan to host an in-person hands-on day of workshops at UCSF Mission Bay to explore the use of ultrasound in sports medicine, learn key rehab strategies to incorporate into your care for patients with a concussion, and refine your knee and shoulder exam with our experts! We will also do a networking social to mingle with our UCSF faculty and exhibitors. Creating a healthy and safe environment for all of our attendees, faculty, exhibitors, and staff is of the utmost importance as we plan for this meeting. Should we be unable to gather in-person on Saturday we will transform the workshops to a live stream. You can register for just Friday if you would like only the lecture content, but we love learning and teaching by doing at UCSF so hope that you will make plans to join us on Saturday as well!

**UCSF** Medical Center  
Sports Medicine

# SPORTS INJURY AND REHABILITATION CONFERENCE: A Multidisciplinary Approach to Treating Athletes in Pain

live stream

8:00-8:10 am	<b>Welcome</b>	Gina Biviano, MA, ATC Elly LaRoque, MD Carlin Senter, MD Katie Wallen, MA, ATC
8:10-8:40	<b>The Keys to Concussion Care in 2022</b>	Carlin Senter, MD
8:40-9:10	<b>Exercise as Treatment for Back Pain</b>	Patricia Zheng, MD
9:10-9:25	<b>Live Q&amp;A</b>	Carlin Senter, MD <i>Moderator and Speakers</i>
9:25-9:35	<i>BREAK / Exercise Activity</i>	
9:35-10:05	<b>Elbow Injuries in Throwers: Risk Factors, Prevention and Treatment</b>	Drew Lansdown, MD
10:05-10:35	<b>Surgical Indications for Athletes with Foot and Ankle Pain</b>	Lan Chen, MD
10:35- 10:45	<b>Live Q&amp;A</b>	Gina Biviano, MA, ATC <i>Moderator and Speakers</i>
10:45-11:00	<i>BREAK / Exercise Activity</i>	
11:00-11:35	<b>Management of Acute Musculoskeletal Pain</b>	Nirav Pandya, MD
11:35-12:10 pm	<b>Management of Chronic Musculoskeletal Pain</b>	Soraya Azari, MD
12:10-12:25	<b>Live Q&amp;A</b>	Carlin Senter, MD <i>Moderator and Speakers</i>
12:25-12:55	<i>LUNCH BREAK / Exercise Activity</i>	

12:55-1:50	<b>Surgical Hot Topic Debate: Knees, Shoulders and Hips</b>	Elly LaRoque, MD C. Benjamin Ma, MD Sara Edwards, MD Stephanie Wong, MD Nick Colyvas, MD
1:50-2:00	<b>Live Q&amp;A</b>	Elly LaRoque, MD <i>Moderator and Speakers</i>
2:00-2:05	<i>BREAK / Exercise Activity</i>	
2:05-2:35	<b>The Youth Athlete with Overload</b>	Rhonda Watkins, MD
2:35- 3:05	<b>When Does Your Patient Need Advanced Imaging?</b>	Alan Zhang, MD
3:05-3:15	<b>Live Q&amp;A</b>	Elly LaRoque, MD <i>Moderator and Speakers</i>
3:15-3:25	<i>BREAK / Exercise Activity</i>	
3:25-3:55	<b>Keys to Patient-Centered Communication</b>	Danny Keller, PT, DPT, OCS
3:55-4:25	<b>Biologic Treatments for Musculoskeletal Conditions</b>	Brian Feeley, MD
4:25-4:40 pm	<b>Live Q&amp;A, Conclusion</b>	Katie Wallen, MA, ATC <i>Moderator and Speakers</i>



**VIRTUAL LIVE STREAM (Zoom)**

**Friday, June 10, 2022**

# SPORTS INJURY AND REHABILITATION CONFERENCE: A Multidisciplinary Approach to Treating Athletes in Pain

in-person

8:00-9:00 am	<b>Welcome! Breakfast, networking and exhibitors</b>	UCSF Sports Medicine Faculty and Staff
9:10-10:00	<b>Ultrasound Case-based Anatomy Skill Builder</b>	Peter DeJong, MD Anthony Luke, MD Kevin McGill, MD, MPH
	<b>Physical Exam: Perfect Your Knee and Shoulder Exam</b>	Stephanie Wong, MD Elly LaRoque, MD Drew Lansdown, MD
	<b>Physical Therapy for Sports Concussion: Keys to a Safe and Active Recovery</b>	Nina Freitas, PT, DPT Kurt van der Schalie, PT, DPT, OCS, ATC Alison Scheid, PT, DPT, OCS, NCS
10:00-10:10	<i>BREAK / Transition to next Workshop</i>	
10:10-11:00	<b>Ultrasound Case-based Anatomy Skill Builder</b>	Peter DeJong, MD Anthony Luke, MD Kevin McGill, MD, MPH
	<b>Physical Exam: Perfect Your Knee and Shoulder Exam</b>	Sara Edwards, MD Nick Colyvas, MD Elly LaRoque, MD Drew Lansdown, MD
10:10-11:00	<b>Physical Therapy for Sports Concussion: Keys to a Safe and Active Recovery</b>	Nina Freitas, PT, DPT Kurt van der Schalie, PT, DPT, OCS, ATC Alison Scheid, PT, DPT, OCS, NCS

11:00-11:10	<i>BREAK / Transition to next Workshop</i>	
11:10-12:00 pm	<b>Ultrasound Case-based Anatomy Skill Builder</b>	Peter DeJong, MD Anthony Luke, MD Kevin McGill, MD, MPH
	<b>Physical Exam: Perfect Your Knee and Shoulder Exam</b>	Ben Ma, MD Sara Edwards, MD Stephanie Wong, MD
	<b>Physical Therapy for Sports Concussion: Keys to a Safe and Active Recovery</b>	Nina Freitas, PT, DPT Kurt van der Schalie, PT, DPT, OCS, ATC Alison Scheid, PT, DPT, OCS, NCS
12:00-1:00 pm	<i>Adjourn / snack / faculty questions / exhibitors</i>	
		UCSF Sports Medicine Faculty and Staff



## IN PERSON WORKSHOPS and OPEN HOUSE at UCSF Orthopaedic Institute

1500 Owens Street  
San Francisco, California 94158

Saturday, June 11, 2022



#### COURSE CHAIRS

**Gina Biviano, MA, ATC**

Manager of Athletic Training Services  
UCSF Sports Medicine and  
Shoulder Service

**Elly LaRoque, MD**

Professor, UCSF Sports Medicine  
and Shoulder Service

**Carlin Senter, MD**

Professor, UCSF Sports Medicine  
and Shoulder Service

**Katie Wallen, MA, ATC**

Athletic Trainer, UCSF Sports Medicine  
and Shoulder Service

#### COURSE FACULTY

**Soraya Azari, MD**

Associate Professor  
UCSF Department of Medicine

**Cindy J. Chang, MD**

Professor, UCSF Sports Medicine  
and Shoulder Service  
UCSF Benioff Children's Hospital Oakland

**Lan Chen, MD**

Associate Professor, UCSF Foot and  
Ankle Service

**Nicholas Colyvas, MD**

Professor, UCSF Sports Medicine and  
Shoulder Service

**Peter DeJong, MD**

Primary Care Sports Medicine Fellow  
UCSF Sports Medicine and Shoulder Service

**Sara Edwards, MD**

Associate Professor, UCSF Sports Medicine  
and Shoulder Service

**Nina Freitas, PT, DPT**

Physical Therapist, UCSF Department of  
Physical Therapy and Rehabilitation Science

#### COURSE FACULTY (CONT'D)

**Danny Keller, PT, DPT, OCS**

Assistant Clinical Professor  
UCSF Department of Physical Therapy  
and Rehabilitation Science

**Drew Lansdown, MD**

Assistant Professor, UCSF Sports Medicine  
and Shoulder Service

**Anthony Luke, MD**

Professor, UCSF Sports Medicine  
and Shoulder Service

**C. Benjamin Ma, MD**

Professor, UCSF Sports Medicine  
and Shoulder Service

**Kevin McGill, MD, MPH**

Assistant Professor  
UCSF Department of Radiology  
and Biomedical Imaging

**Nirav Pandya, MD**

Associate Professor,  
UCSF Pediatric Orthopaedics

**Alison Scheid, PT, DPT, OCS, NCS**

Associate Clinical Professor  
UCSF Department of Physical Therapy  
and Rehabilitation Science

**Kurt van der Schalie, PT, DPT, OCS, ATC**

Assistant Clinical Professor,  
UCSF Department of Physical Therapy  
and Rehabilitation Science

**Rhonda Watkins, MD**

Assistant Professor  
UCSF Pediatric Orthopaedics

**Stephanie Wong, MD**

Assistant Professor  
UCSF Sports Medicine and  
Shoulder Service

**Patricia Zheng, MD**

Assistant Professor,  
UCSF Spine Center

An attendee completing this course will be able to apply acquired skills and strategies to:

- Explain cutting-edge surgical treatments for joint preservation of the ankle, knee, shoulder, elbow, and hip.
- List three essential parts of the concussion evaluation and describe how each of these, if abnormal, would affect your return-to-learn and/or return-to-play plan for the patient.
- Counsel patients who are suffering from acute or chronic musculoskeletal pain about most evidence-based pain management strategies.
- List three red flags on a patient evaluation that would prompt referral to a physician to consider imaging.
- Improve your ability to complete a physical examination of the knee and shoulder.
- Explain the role of ultrasound and advanced imaging in the diagnosis and treatment of sports injuries.
- Optimize your practice with enhanced patient-centered communication skills.

course  
objectives

# SPORTS INJURY AND REHABILITATION CONFERENCE: A Multidisciplinary Approach to Treating Athletes in Pain

UCSF

Friday-Saturday, June 10 -11, 2022 • **HYBRID Meeting** • #MMC22028B • **REGISTER ONLINE** at [cme.ucsf.edu](http://cme.ucsf.edu) / **REGISTER BY PHONE** (415) 476-5808 • Registration will close online **6/7/2022**

## REFUND POLICY

Cancellations received in writing before the first day of the course will be refunded, less a \$45 administrative fee. No refunds will be made on cancellations received after that date.

Please check our website for up-to-date information on the course: [cme.ucsf.edu](http://cme.ucsf.edu)

## TARGET AUDIENCE

This conference is tailored to physical therapists, athletic trainers, chiropractors, and primary care physicians who are interested in a more current and advanced understanding of sports medicine science, diagnosis, and treatment. Musculoskeletal problems are some of the most common medical problems addressed by these practitioners. This conference is aimed at achieving high confidence and competence in these areas, therefore optimizing care of the athlete.

## PROGRAM INFORMATION

**Registration:** UCSF Office of CME

Online [cme.ucsf.edu](http://cme.ucsf.edu)

Phone If you do not wish to register on-line you may call the CME registration office at (415) 476-5808 during regular business hours, Monday-Friday.

## Course Options:

### Virtual only (Friday)

**\$80** Conference Registration (early-bird until 3/31/2022)

**\$100** Conference Registration

**\$25** PT, Med Students (External to UCSF)

### Virtual + Workshops (Friday+ Saturday)

**\$150** Conference + Workshop Registration (early-bird until 3/31/2022)

**\$175** Conference + Workshop Registration

**\$200** Conference + Workshop Registration (on-site)

## ACCREDITATION

The University of California, San Francisco (UCSF) School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

## CONTINUING EDUCATION

**Physicians:** UCSF designates this live activity for a maximum of **11.25 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



**Physician Assistants:** AAPA accepts category 1 credit from AOACCME, Prescribed credit from AAFP, and *AMA PRA Category 1 Credits* from organizations accredited by the ACCME.

**Athletic Trainers:** UCSF (BOC AP#: P3359) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers (ATs). This program is eligible for a maximum of **(11.25)** Category A hours/CEUs. ATs should claim only those hours actually spent in the educational program.

**Physical Therapists:** UCSF Sports Medicine is in the process of attaining continuing education units for PT's. **Approval #: Pending. This course qualifies for 1.13 CEUs**

**Chiropractors:** Application for CME credit for Chiropractors has been filed with the Board of Chiropractic Examiners. **Determination of credit is pending.**

