

**Sports Medicine for Primary Care \*Live Stream\***  
**Friday, December 9, 2022**

7:45am	<i>Log onto Webinar</i>	
8:00	<b>Welcome and Announcements</b>	Anthony Luke, MD, MPH Kristin Wingfield, MD
8:10	<b>Top Shoulder Problems You See in the Office</b>	Brian Feeley, MD
8:40	<b>LIVE ON SCREEN DEMONSTRATION:</b> Reach Your Goal of Performing a Great Shoulder Exam	Brian Feeley, MD
9:10	<b>Question and Answer</b>	
9:20	<b>Elbow, Hand and Wrist Problems</b>	Nico Lee, MD
9:50	<b>LIVE ON SCREEN DEMONSTRATION:</b> The Essential Hand, Wrist and Elbow Exam Made Simple	Nico Lee, MD
10:20	<b>Question and Answer</b>	
10:30	<i>Break</i>	
10:50	<b>Back Problems in Athletes of All Ages</b>	Kristin Wingfield, MD
11:20	<b>LIVE ON SCREEN DEMONSTRATION:</b> How to Do a Quick and Effective Back Exam	William Berrigan, MD, PhD
11:50	<b>Question and Answer</b>	
12:00pm	<i>Lunch Break</i>	
1:00	<b>How to Diagnose and Manage the Top Knee Problems in Primary Care</b>	Drew Lansdown, MD
1:30	<b>LIVE ON SCREEN DEMONSTRATION:</b> Master the Knee Exam	Anthony Luke, MD, MPH
2:00	<b>Question and Answer</b>	
2:10	<b>Common Hip Problems: It's Hip to Know the Hip</b>	Stephanie Wong, MD
2:40	<b>LIVE ON SCREEN DEMONSTRATION:</b> Hip Hip Hooray: Learn the Hip Exam	Stephanie Wong, MD
2:50	<b>Question and Answer</b>	
3:00	<i>Break</i>	
3:15	<b>Foot and Ankle: Solving the Common Problems Your Patients Have</b>	Dan Thuillier, MD
3:45	<b>LIVE ON SCREEN DEMONSTRATION:</b> Step by Step Foot and Ankle Exam	Dan Thuillier, MD
4:15	<b>Question and Answer</b>	
4:35	<b>Deep Dive:</b> When Does Your Patient Need Advanced Imaging?	Alan Zhang, MD
5:00pm	<i>Adjourn</i>	

**Sports Medicine for Primary Care \*Live Stream\* and Hands-On Workshops**  
**Saturday, December 10, 2022**  
**Mission Bay Conference Center**  
**1675 Owens St, San Francisco**

7:00am		<i>Registration and Continental Breakfast</i>	
8:00		<b>Welcome and Announcements</b>	Anthony Luke, MD, MPH Kristin Wingfield, MD
<b>Concurrent Workshops (Choose 1)</b>			
8:10		<b>*Live Stream* (Deep Dive) Women's Health: The Future is Now</b>	Sara Edwards, MD
	<b>P</b>	<b>*Practical Workshop* Pediatric Sports Medicine: If It's Broken, When Should We Fix It?</b>	Nirav Pandya, MD
		<b>Hands on Workshop A: Knee Exam</b>	Anthony Luke, MD, MPH
		<b>Hands on Workshop B: Elbow, Wrist and Hand Exam</b>	Nick Carvelli, NP
9:00		<i>Break</i>	
<b>Concurrent Workshops (Choose 1)</b>			
9:10	<b>P</b>	<b>*Live Stream* (Deep Dive) Key Updates in Management of Youth Concussion</b>	Nick Hatamiya, DO
		<b>*Practical Workshop* Bone Health in Athletes of All Ages</b>	Aenor Sawyer, MD
		<b>Hands on Workshop A: Foot and Ankle</b>	Kristin Wingfield, MD
		<b>Hands on Workshop B: Elbow, Wrist and Hand</b>	Nick Carvelli, NP
10:00		<i>Break</i>	
<b>Concurrent Workshops (Choose 1)</b>			
10:10		<b>*Live Stream* The Top 5 Practice-Changing Musculoskeletal Papers for PCPs in 2022</b>	Carlin Senter, MD
	<b>P</b>	<b>*Practical Workshop* Shin and Leg Pain Diagnostic Dilemmas</b>	Anthony Luke, MD, MPH
		<b>Hands on Workshop A: Foot and Ankle Exam</b>	Kristin Wingfield, MD
		<b>Hands on Workshop B: Shoulder Exam</b>	Sara Edwards, MD
11:00		<i>Break</i>	
<b>Concurrent Workshops (Choose 1)</b>			
11:10	<b>P</b>	<b>*Live Stream* (Deep Dive): Orthobiologics and Ultrasound in Sports Medicine</b>	William Berrigan, MD
		<b>*Practical Workshop* Sports Nutrition for Doctors: Practical Tips for Your Practice</b>	Lindsay Orbeta, MS, RD
		<b>Hands on Workshop A: Knee Exam</b>	Carlin Senter, MD
		<b>Hands on Workshop B: Elbow, Wrist and Hand Exam</b>	Nick Carvelli, NP
12:00pm		<i>Lunch</i>	
<b>Concurrent Workshops (Choose 1)</b>			
1:00		<b>*Live Stream* Cartilage Surgery – What Happens?</b>	Nick Colyvas, MD
		<b>*Practical Clinical Workshop* How to Help Your Patients with Wearables, Fitness and Health</b>	Ryan Wei, MD
		<b>Hands on Workshop A: How to do a Knee Injection</b>	Nick Hatamiya, DO
		<b>Hands on Workshop B: Back and Hip Exam</b>	Elly LaRoque, MD
			Wendy Cook, PA-C
			Kristin Wingfield, MD
1:50		<i>Break</i>	

Concurrent Workshops (Choose 1)			
2:00	P	<b>*Live Stream*:</b> Hip Preservation: What We Do in 2022	Alan Zhang, MD,
		<b>*Practical Workshop*</b> How to Give Knee Exercises in the Office	AK Misra, MD Denise Tung, ATC Lexsy Stroh, MS, ATC
	P	<b>Hands on Workshop A:</b> How to do a Knee Injection	Elly LaRoque, MD Ryan Wei, MD
		<b>Hands on Workshop B:</b> Shoulder Exam	Anthony Luke, MD, MPH
2:50		<i>Break</i>	
Concurrent Workshops (Choose 1)			
3:00	P	<b>*Live Stream*:</b> Pediatric Sports Medicine	Celina de Borja, MD
		<b>*Practical Workshop*</b> How to Give Shoulder Exercises in the Office	Jaime Bosl, PT, DPT Cam Lu, MPH, ATC Hannah Oyedeji, ATC
	P	<b>Hands on Workshop A:</b> How to Do a Knee Injection	Elly LaRoque, MD Wendy Cook, NP
		<b>Hands on Workshop B:</b> Shoulder Exam	Nick Colyvas, MD
3:50		<i>Break</i>	
Concurrent Workshops (Choose 1)			
4:00	P	<b>*Live Stream* Deep Dive:</b> Dance Medicine: Grace Under Pressure	Kristin Wingfield, MD
		<b>*Practical Workshop*</b> Concussion Vestibular Rehab	Alison Scheid, PT, DPT
		<b>Hands on Workshop A:</b> Knee Exam	Celina de Borja, MD
		<b>Hands on Workshop B:</b> Back and Hip Exam	William Berrigan, MD
4:50		<i>Adjourn</i>	