



16<sup>th</sup> Annual UCSF Sports Medicine: Sports  
Injury and Rehabilitation Conference

## UCSF Sports Medicine Athletic Trainers



*Gina Biviano*



*Michael  
Mayes*



*Elise  
Hammond*



*Hally Tappan*



*Katie Wallen*



*Cam Lu*



*Denise Tung*



*Lexsy Stroh*



*Hannah  
Oyedeji*



*Garrison Chan*

# UCSF Sports Medicine MDs and PAs



**Bill Berrigan, MD**



**Nick Colyvas, MD**



**Wendy Cook, PA-C**



**Amber Dhillon, PA-C**



**Sara Edwards, MD**



**Brian Feeley, MD**



**Nicolas Hatamiya, DO**



**Justin Krogue, MD**



**Drew Lansdown, MD**



**Elly LaRoque, MD**



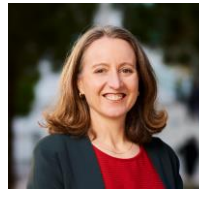
**Anthony Luke, MD**



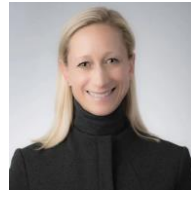
**Ben Ma, MD**



**Evar Saelee, PA-C**



**Carlin Senter, MD**



**Kristin Wingfield, MD**

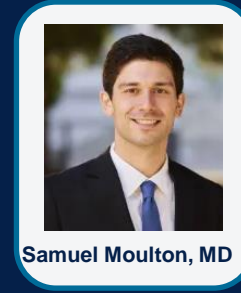
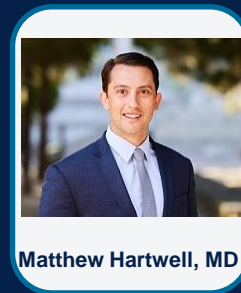


**Stephanie Wong, MD**



**Alan Zhang, MD**

# UCSF Sports Medicine Fellows



# UCSF Sports Medicine Course Faculty and Special Guests



**Ivan Arriaga-Martinez,  
PT**



**Zach Bailowitz, MD**



**Ninad Karandikar,  
MD**



**Kevin McGill, MD**



**Lauren Shapiro, MD**



**Maureen Soliman,  
PT, DPT, OCS**



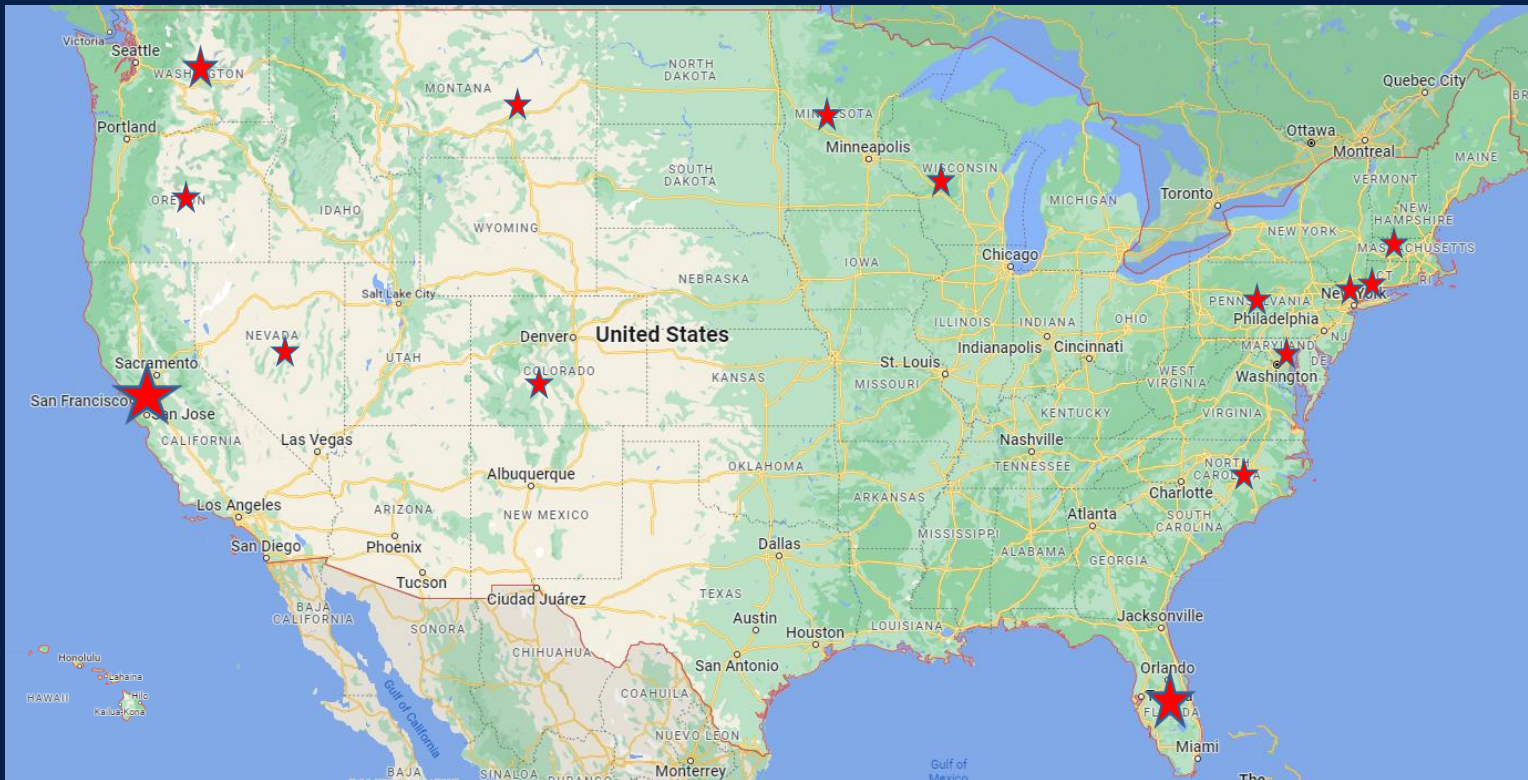
**Jennifer  
Tangtiphaiboonatana,  
MD**



**Dustin Tom, PT, DPT**



**Rhonda Watkins,  
MD**



★ British  
★ Columbia  
★ Australia

***Who are you?***

# Who are you?

- Athletic Trainer- 29
- Physical Therapist- 26
- Medical Doctor- 27
- Allied Health- 4
- Student- 5
- Other- 5

# Course Objectives

## Friday

- Evaluate and advise patients on the best evidence-based treatment for red-flag sports medicine injuries and conditions
- Identify indications for urgent versus non-urgent surgical interventions in patients with sports injuries
- Identification of anatomical red flags to improve ergonomics in the workplace

## Saturday

- 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 pain
- Optimize your practice by improving rehab modalities such as blood flow restriction

# Course Schedule

8:00-8:10 am	<b>Welcome</b>	Katie Wallen, MA, ATC Cam Lu, MPH, ATC Elly LaRoque, MD Carlin Senter, MD
8:10-8:40	<b>Game Day Medical Emergencies</b>	Carlin Senter, MD
8:40-9:10	<b>Neck Injuries: Red flags On and Off the Field</b>	Nicolas Hatamiya, DO
9:10-9:25	<b>Live Q&amp;A</b>	Carlin Senter, MD • <i>Moderator</i> and Nicolas Hatamiya, DO
9:25-9:35	<i>BREAK</i>	
9:35-10:00	<b>Fractures and Dislocations: Lower Extremity</b>	Justin Krogue, MD
10:00-10:25	<b>Fractures and Dislocations: Clavicle, Shoulder, and Elbow</b>	Jennifer Tangtiphaiboonatana, MD
10:25-10:50	<b>Fractures and Dislocations: Wrist and Hand</b>	Lauren Shapiro, MD
10:50-11:00	<b>Live Q&amp;A</b>	Cam Lu, MPH, ATC • <i>Moderator and Speakers</i>
11:00-11:15	<i>BREAK</i>	
11:15-11:40	<b>Knee Injuries – Red Flags in the Youth and Adult Athlete</b>	Brian Feeley, MD
11:40-12:10 pm	<b>Red Flags in Performing Artists</b>	Kristin Wingfield, MD

12:10-12:25	<b>Live Q&amp;A</b>	Cam Lu, MPH, ATC • <i>Moderator and Speakers</i>
12:25-12:55	<i>LUNCH BREAK</i>	
12:55-1:55	<b>Injury Red Flags – Urgent vs Non-Urgent Cases</b>	Elly LaRoque, MD • <i>Moderator</i> Nick Colyvas, MD Stephanie Wong, MD William Berrigan, MD
1:55-2:25	<b>Indications for Emergent Imaging: Cases from the Sidelines and the Clinic</b>	William Berrigan, MD
2:25-2:55	<b>Key Lumbar Spine Injuries: What Not to Miss in the Athlete</b>	Ninad Karandikar, MD
2:55-3:05	<b>Live Q&amp;A</b>	Elly LaRoque, MD • <i>Moderator and Speakers</i>
3:05-3:15	<i>BREAK</i>	
3:15-3:45	<b>Red Flags at the Desk – Ergonomics</b>	Dustin Tom PT, DPT
3:45-4:15	<b>Hip Injuries: Red Flags</b>	Stephanie Wong, MD
4:15-4:30 pm	<b>Live Q&amp;A, Conclusion</b>	Cam Lu, MPH, ATC • <i>Moderator and Speakers</i>



**VIRTUAL LIVESTREAM (Zoom)**

**Friday, June 16, 2023**

# Speaker and Course Evaluation Forms

Check your email from yesterday for links- *please complete both!*

Speaker Evaluations



Overall Course Evaluation



# CME Certificates

Will be sent in an email post-course

**Office of Continuing Medical Education**  
School of Medicine  
**ACCME Provider Number: 0000302**  
(415) 476-5808  
[www.cme.ucsf.edu](http://www.cme.ucsf.edu)

**Certificate of Attendance**

# Thank You to our Exhibitors!

- **Arthrex/Evolution Surgical**
- **Bioventus**
- **Breg, Inc.**
- **Ferring Pharmaceuticals Inc.**
- **HealthTech Connex**
- **Pacira (Zilretta)**
- **Pacific Medical/Stryker**
- **Samsung Healthcare**

# Workshops and Networking Saturday June 17<sup>th</sup>

- Location:

UCSF Orthopaedic Institute  
1500 Owens Street, SF

- Registration opens 7:45am

*\*you must be pre-registered to attend*

- Check your email for parking instructions and syllabus for the day.

We are excited to host you at  
our office!

# UCSF Primary Care Sports Medicine Course

December 1-2, 2023

- **Save the date!**
- Friday Dec 1: Head-to-toe sports medicine live stream
- Saturday Dec 2: In-person hands-on sports medicine workshops at UCSF Mission Bay Conference Center



# Connect with us!

- <https://orthosurgery.ucsf.edu/>
- [playsafe.ucsf.edu](https://playsafe.ucsf.edu)
- **UCSF Dept of Orthopaedic Surgery YouTube Channel**
  - [https://www.youtube.com/channel/UC1i4\\_V6oO4fCwYvjSjRIbrw](https://www.youtube.com/channel/UC1i4_V6oO4fCwYvjSjRIbrw)
- **UCSF Sports Medicine LinkedIn**
  - <https://www.linkedin.com/in/ucsf-sports-medicine-024745176/>
- **Instagram- @ucsfportsmedicine**
- **Twitter- @UCSFOrthoSurg**
- **Ortho Podcast- 6-8 Weeks: Perspectives on Sports Medicine hosted by Drs. Pandya, Feeley, Lansdown**