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| **Sports Medicine for Primary Care \*Live Stream\***  **Friday, December 1, 2023** | | | |
| 7:45am |  | *Log onto Webinar* |  |
| 8:00 |  | **Welcome and Course Orientation** | Course Chairs |
| 8:10 |  | **Top 5 Shoulder Problems Primary Care** | Anthony Luke, MD, MPH |
| 8:40 |  | **Elbow, Wrist, and Hand Conditions in Primary Care** | Lauren Santiestaban, MD |
| 9:10 |  | **Question and Answer** |  |
| 9:20 |  | *Break* |  |
| 9:30 |  | **Top 5 Knee Problems in Primary Care** | William Berrigan, MD |
| 10:00 |  | **The Most Common Hip Problems in Primary Care Patients** | Stephanie Wong, MD |
| 10:30 |  | **Question and Answer** |  |
| 10:40 |  | *Break* |  |
| 10:50 |  | **Cases from My Clinic: A Walker and a Runner with Knee and Hip Pain** | Nina Freitas, PT, DPT |
| 11:20 |  | **When is an Injection Indicated for my Sports Medicine Patient?** | Nicolas Hatamiya, DO |
| 11:50 |  | **Question and Answer** |  |
| 12:00pm |  | *Lunch Break* |  |
| 1:00 |  | **Afternoon Introduction** |  |
| 1:10 |  | **Low Back Pain in Patients of All Ages** | Patricia Zheng, MD |
| 1:40 |  | **QUIZ: Is this Pain from the Back or from the Hip? Cases from Clinic** | Carlin Senter, MD |
| 2:10 |  | **Question and Answer** |  |
| 2:20 |  | *Break* |  |
| 2:30 |  | **The Latest on Diagnosis and Treatment of Foot and Ankle Problems** | Lan Chen, MD |
| 3:00 |  | **My View from the AT Clinic: Mental Health and the Student Athlete** | Gina Biviano, MA, ATC  Cam Lu, MPH, ATC |
| 3:30 |  | **Question and Answer** |  |
| 3:40 |  | *Break* |  |
| 3:50 |  | **Sports Nutrition for the Primary Care Provider** | Lindsay Orbeta, MS, RD |
| 4:20 |  | **QUIZ: Based on this MRI Report, Should I Refer this Patient to an Orthopaedic Surgeon?** | Drew Lansdown, MD  Nirav Pandya, MD  Alan Zhang, MD |
| 4:50 |  | **Question and Answer** |  |
| 5:00pm |  | *Adjourn* |  |
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| **Sports Medicine for Primary Care Hands-On Workshops**  **Saturday, December 2, 2023**  **Mission Bay Conference Center – 1675 Owens St, San Francisco** | | | |
| 7:00am |  | *Registration and Continental Breakfast* |  |
| 8:00 | **Auditorium** | **Welcome and Orientation to Hands-On Workshop Day** | Course Chairs |
| 8:10 |  | Transition to Workshops |  |
| **Concurrent Workshops (Choose 1)** | | | |
| 8:20 | **Auditorium** | **Watch the Expert: Live on Screen:** Hip and Knee Exam | Sara Edwards, MD |
|  | **Room A** | **Hands On:** Lumbar Spine and Hip  *Max number of attendees: 20* | Cindy J. Chang, MD  Frances Tao, MD |
|  | **Room B** | **How to Provide a Knee Rehabilitation Program in the Office**  *Max number of attendees: 20* | Hannah Oyedeji, ATC  Garrison Chan, MS, ATC |
|  | **Room C** | **Care of Common Pediatric Fractures and Surgical Indications**  *Max number of attendees: 20* | Rhonda Watkins, MD, MPH |
|  | **Room D** | **How to Perform a Knee Injection**  *Max number of attendees: 20* | Drew Lansdown, MD  Amber Dhillon, PA-C |
| 9:10 |  | *Transition/Break* |  |
| **Concurrent Workshops (Choose 1)** | | | |
| 9:20 | **Auditorium** | **Watch the Expert: Live on Screen: Shoulder, Elbow, Wrist, Hand** | Celina de Borja, MD  Nicole Schroeder, MD |
|  | **Room A** | **Hands On: Hip and Knee**  *Max number of attendees: 20* | Justin Krogue, MD  Alan Zhang, MD |
|  | **Room B** | **How to Provide a Knee Rehabilitation Program in the Office**  *Max number of attendees: 20* | Hannah Oyedeji, ATC  Garrison Chan, MS, ATC |
|  | **Room C** | **Concussion Update 2023**  *Max number of attendees: 20* | Nicolas Hatamiya, DO |
|  | **Room D** | **How to Perform a Knee Injection**  *Max number of attendees: 20* | Drew Lansdown, MD  Evar Saelee, PA-C |
| 10:10 |  | *Transition/Break* |  |
| **Concurrent Workshops (Choose 1)** | | | |
| 10:20 | **Auditorium** | **Watch the Expert: Live on Screen Lumbar Spine and Hip** | Cindy J. Chang, MD |
|  | **Room A** | **Hands On: Hip and Knee**  *Max number of attendees: 20* | Sara Edwards, MD  Sports Fellow |
|  | **Room B** | **Hands On: Knee and Foot/Ankle**  *Max number of attendees: 20* | Nicholas Colyvas, MD  Lan Chen, MD |
|  | **Room C** | **Knee and Hip Replacement: Questions My Patients Ask and My Responses**  *Max number of attendees: 20* | Jeff Barry, MD  PT |
|  | **Room D** | **Hands On: How to Perform a Knee Injection**  *Max number of attendees: 20* | Justin Krogue, MD  PA |
| 11:10 |  | *Transition/Break* |  |
| **Concurrent Workshops (Choose 1)** | | | |
| 11:20 | **Auditorium** | **Watch the Expert: Live on Screen Knee and Foot/Ankle** | Nicholas Colyvas, MD  Lan Chen, MD |
|  | **Room A** | **Hands On: Shoulder, Elbow, Wrist, Hand**  *Max number of attendees: 20* | Sara Edwards, MD  Igor Immerman, MD |
|  | **Room B** | **Hands On: Lumbar Spine and Hip**  *Max number of attendees: 20* | Cindy J. Chang, MD  Alan Zhang, MD |
|  | **Room C** | **The Annual Sports Physical: Red Flags**  *Max number of attendees: 20* | Celina de Borja, MD |
|  | **Room D** | **How to Perform a Knee Injection**  *Max number of attendees: 20* | Nicolas Hatamiya, DO  Evar Saelee, PA-C |
| 12:00pm |  | *Lunch on own* |  |
| **Afternoon Workshops** | | | |
| 1:10pm |  | **Afternoon Welcome and Prize Drawing** | Anthony Luke, MD, MPH |
| **Concurrent Workshops (Choose 1)** | | | |
| 1:20 |  | *Transition/Break* |  |
| 1:30 | **Auditorium** | **Watch the Expert: Live On-screen Hip and Knee Exam** | Stephanie Wong, MD |
|  | **Room A** | **How to Provide a Shoulder Rehabilitation Program in the Office** | Lexy Stroh, MS, ATC  Alyssa Boldt, MS, ATC |
|  | **Room B** | **Hands On: Knee and Foot/Ankle**  *Max number of attendees: 20* | Nicolas Hatamiya, DO  Daniel Thuillier, MD |
|  | **Room C** | **Expand the Differential: Peripheral Nerve Injuries**  *Max number of attendees: 20* | William Berrigan, MD |
|  | **Room D** | **How to Perform a Shoulder Injection**  *Max number of attendees: 20* | Elly LaRoque, MD  Frances Tao, MD |
| 2:20 |  | *Transition/Break* |  |
| **Concurrent Workshops (Choose 1)** | | | |
| 2:30 | **Auditorium** | **Watch the Expert: Live On-screen Shoulder, Elbow, Hand** | Brian Feeley, MD  Gopal Lalchandani, MD |
|  | **Room A** | **How to Provide a Shoulder Rehabilitation Program in the Office**  *Max number of attendees: 20* | Lexsy Stroh, MS, ATC  Alyssa Boldt, MS, ATC |
|  | **Room B** | **Hands On: Knee and Foot/Ankle**  *Max number of attendees: 20* | William Berrigan, MD  Daniel Thuillier, MD |
|  | **Room C** | **Orthobiologics in Sports Medicine: What the Primary Care Provider Needs to Know**  *Max number of attendees: 20* | Frances Tao, MD  Carlin Senter, MD |
|  | **Room D** | **How to Perform a Shoulder Injection**  *Max number of attendees: 20* | Elly LaRoque, MD  Wendy Cook, PA-C |
| 3:20 |  | *Transition/Break* |  |
| **Concurrent Workshops (Choose 1)** | | | |
| 3:30 | **Auditorium** | **Watch the Expert: Live On-screen Lumbar Spine and Hip** | Anthony Luke, MD, MPH |
|  | **Room A** | **Hands On: Hip and Knee**  *Max number of attendees: 20* | Stephanie Wong, MD  Sports Fellow |
|  | **Room B** | **Hands On: Shoulder, Elbow, Hand**  *Max number of attendees: 20* | Brian Feeley, MD  Gopal Lalchandani, MD |
|  | **Room C** | **Supplements in Sports Medicine Used by Kids and Adults**  *Max number of attendees: 20* | Faustine Ramirez, MD |
|  | **Room D** | **How to Perform a Shoulder Injection**  *Max number of attendees: 20* | Ben Ma, MD  Wendy Cook, PA-C |
| 4:20 |  | *Transition/Break* |  |
| **Concurrent Workshops (Choose 1)** | | | |
| 4:30 | **Auditorium** | **Watch the Expert: Live On-screen Knee and Foot/Ankle** | Ben Ma, MD  Daniel Thuillier, MD |
|  | **Room A** | **Hands On: Shoulder, Elbow, Hand**  *Max number of attendees: 20* | Brian Feeley, MD  Gopal Lalchandani, MD |
|  | **Room B** | **Hands On: Lumbar Spine and Hip**  *Max number of attendees: 20* | Anthony Luke, MD, MPH  William Berrigan, MD |
|  | **Room C** | **How to Prescribe Exercise to Help Your Patient Recover from Concussion**  *Max number of attendees: 20* | UCSF Physical Therapist |
|  | **Room D** | **Orthobiologics in Sports Medicine: What the Primary Care Provider Needs to Know**  *Max number of attendees: 20* | Frances Tao, MD  Carlin Senter, MD |
| 5:20 |  | *Adjourn* |  |