6TH ANNUAL MSK PEARLS COURSE

Saturday, March 14, 2020
Delta Edmonton South, 4404 Gateway Boulevard, Edmonton, AB

COURSE OVERVIEW
This expert-lead annual course uses a blend of didactic presentations, case studies, panel discussion and hands-on skills training to enhance physicians’ care for patients with physical injuries or age-related limitations. This year’s topics focus on shoulder, elbow, wrist and hand injuries commonly seen in family practice.

COURSE OBJECTIVES
At the end of this course, learners will be equipped to:
• perform an upper extremity joint physical exam that will enhance the clinician’s ability to determine the etiology of upper extremity injury
• practice functional upper extremity joint assessment and special tests to enhance diagnostic acumen
• indicate the role and limitations of imaging studies in the evaluation of upper limb MSK injuries
• identify provincial resources for treatment and management of MSK conditions and injuries
• demonstrate common rehabilitation approaches for soft tissue injuries

WHO SHOULD ATTEND
Primary Care Physicians, Emergency Medical Technicians, Athletic Therapists, Physiotherapists, Specialist Physicians, Kinesiologists, Nurses, Residents/Trainees

CREDITS
Mainpro+ Group Learning – 6.5 credits
MOC Section 1 – 6.5 hours
Saturday, March 14

0730-0800 Registration and Breakfast

0800-0815 Welcome and Introductions
  - Marnie Wesner

0815-0850 PLENARY
  Shoulder 101
  - David Sheps
  • Discuss causation and treatment of the sore shoulder
  • Discuss the causation and treatment of the stiff shoulder
  • Discuss causation and assessment of the unstable shoulder

0850-0925 PLENARY
  Elbow
  - Boris Boyko
  • Develop an approach to the evaluation of traumatic and nontraumatic complaints of elbow pain, and entrapment problems at the elbow

0925-1005 PLENARY
  Wrist and Hand
  - Michael Lapner
  • Develop an approach to assessment of the traumatic and nontraumatic conditions of the hand and wrist
  • Choose appropriate imaging for hand / wrist conditions

1005-1030 Nutrition Break

1030-1115 Concurrent Workshops 1-3
  (repeat at 1120-1205)
  1 Shoulder Exam 1
    - David Sheps
    Participants will be examining each others’ shoulders. Please dress appropriately.
    • Perform a comprehensive assessment of a shoulder including pertinent history, mechanism of injury, assessment of boney and soft tissue structures, range of motion and strength

  2 Hand and Wrist Exam
    - Michael Lapner
    Participants will be examining each others’ hands and wrists. Please dress appropriately.
    • Perform a comprehensive assessment of the wrist including pertinent history, mechanism of injury, assessment of boney and soft tissue structures, range of motion and strength

  3 Shoulder Injections
    - Olesia Markevych, Roman Tulis
    Participants will be examining each others’ upper limbs. Please dress appropriately.
    • Identify upper limb injections sights using surface anatomy for the shoulder (sub-acromial bursa, biceps tendon and AC joint, glenohumeral joint), elbow (med/lat epicondyles) and wrist (CMC/STT, radiocarpal joint, ulnocarpal) joints
    • Employ standard injection techniques in upper limb joints

1115-1120 Move to Next Workshop

1120-1205 Concurrent Workshops 1-3
  (repeat from 1030-1115)

1205-1300 Lunch

1300-1310 Welcome and Introductions
  - Marnie Wesner

1310-1345 PLENARY
  Dr Google: Emerging Therapies for the Upper Limb
  - Terry DeFreitas
  • Critique the evidence for use of emerging therapeutic treatments for shoulder and upper limb complaints
  • Recognize the contraindications and expectations for emerging therapeutics

1345-1420 PLENARY
  Case Based Approach to Investigation and Treatment Approaches for Shoulder / Elbow / Wrist Disorders
  - Marnie Wesner
  • Identify when / what to image
  • Discuss treatment options and contraindications to injections with your patients

Program may change due to circumstances beyond our control
PLENARY
Pediatric Diagnosis
- Erika Persson
  • indicate the most common sport related injuries seen in the shoulder, elbow, wrist and hand in children and adolescents
  • describe the physiology of growth and skeletal changes, and how this affects the types and treatment of injuries in these populations
  • indicate when immobilization should be applied / removed

Nutrition Break

Concurrent Workshops 4-7
(repeat at 1605-1650)

4  Shoulder Rehabilitation
- Judy Chepeha
  • describe the scapulothoracic and glenohumeral biomechanics of shoulder function
  • recognize the clinical findings of an under-rehabilitated shoulder
  • describe the requirements of proper shoulder rehabilitation

5  Over the Counter Braces
- Andrew MacLeod
  • indicate bracing and splinting options for shoulder, elbow and wrist

6  Shoulder Exam 2
- Terry DeFreitas
  • perform a comprehensive assessment of a shoulder including pertinent history, mechanism of injury, assessment of boney and soft tissue structures, range of motion and strength

7  Trigger Point Injections
- Dhiren Naidu
  • describe the clinical features and diagnostic criteria for myofascial pain
  • identify trigger points
  • recognize the pro / con of trigger point injections including what / when / why / how much

Move to Next Workshop

Adjournment
PLANNING COMMITTEE

Marni Wesner MD MA CCFP (SEM) FCFP Dip Sport Med
Course Chair
Assistant Clinical Professor, Faculty of Medicine and Dentistry, University of Alberta; Lead Physician, Basketball Canada; Sport and Exercise Medicine Consultant, Glen Sather Sports Medicine Clinic

Eric Babins MSc MD FCFP (SEM) Dip Sport Med
Clinical Associate Professor, University of Calgary

Chris Barnsdale MBBS CCFP(SEM) Dip Sports Med
Central Alberta Orthopedics

Terry (Teresa) DeFreitas CCFP (SEM) Dip Sport Med
Assistant Professor, Department of Family Medicine, University of Alberta; Director of Sports Medicine, Glen Sather Sports Medicine Clinic

Olesia Markevych CCFP (SEM) Dip Sport Med
Clinical Lecturer, Department of Family Medicine, University of Alberta; Consultant, Glen Sather Sport Medicine Clinic; Team Physician, MacEwan Griffins Men’s Hockey; Sport Medicine Physician, MacEwan University Athletes

Ryan Shields MD MSc CCFP (SEM) Dip Sport Med
University of Calgary Sport Medicine Centre

Preston Wiley MPE MD CCFP (SEM) FCFP Dip Sport Med
Adjunct Professor, Faculty of Kinesiology and Clinical Professor, Department of Family Medicine, Cumming School of Medicine, University of Calgary; Sport Medicine Physician, University of Calgary Sport Medicine Centre

Diane Simpson PhD MDE CME Representative
Education Consultant, Office of Continuing Medical Education and Professional Development, Cumming School of Medicine, University of Calgary

FACULTY

Boris Boyko MD CCFP(SEM) FCFP Dip Sport Med
Assistant Clinical Professor, Faculty of Medicine & Dentistry, University of Alberta; Physician, Sport & Exercise Medicine, Glen Sather Sports Medicine Clinic

Judy Chepeha MSCPT PhD Dip Sport PT
Associate Professor, Faculty of Rehabilitation Medicine Physical Therapy, University of Alberta

Terry DeFreitas CCFP (SEM) Dip Sport Med
Assistant Professor, Department of Family Medicine, University of Alberta; Director of Sports Medicine, Glen Sather Sports Medicine Clinic

Michael Lapner MD FRCSC
Assistant Clinical Professor, Division of Orthopaedics, Department of Surgery, University of Alberta

Andrew MacLeod Certified Orthotist CBCPO
Orthotist, Glen Sather Sports Medicine Clinic; Owner, Private Orthotic Practice

Olesia Markevych CCFP (SEM) Dip Sport Med
Clinical Lecturer, Department of Family Medicine, University of Alberta; Consultant, Glen Sather Sport Medicine Clinic; Team Physician, MacEwan Griffins Men’s Hockey; Sport Medicine Physician, MacEwan University Athletes

Dhiren Naidu MD FRCPC Dip Sport Med
Associate Professor, Faculty of Physical Medicine and Rehabilitation, University of Alberta; Lead Physician, Edmonton Eskimos, University of Alberta Golden Bears

Erika Persson MD FRCPC Dip Sport Med
Associate Clinical Professor, General Pediatrics, University of Alberta; Pediatric Sports Medicine Physician, Glen Sather Sports Medicine Clinic; National Physician, Skate Canada

David Sheps MD MSc MBA FRCSC
Assistant Clinic Professor, Division of Orthopaedics, Department of Surgery, University of Alberta; Facility Medical Director, Sturgeon Community Hospital

Roman Tulis MD CCFP(SEM) Dip Sport Med
Term Clinical Lecturer, Faculty of Medicine & Dentistry, Department of Family Medicine, University of Alberta; Physician, Sport & Exercise Medicine, Glen Sather Sports Medicine Clinic

Marni Wesner MD MA CCFP(SEM) FCFP Dip Sport Med
Course Chair
Assistant Clinical Professor, Faculty of Medicine and Dentistry, University of Alberta; Lead Physician, Basketball Canada; Sport and Exercise Medicine Consultant, Glen Sather Sports Medicine Clinic

DISCLOSURE OF POTENTIAL FINANCIAL CONFLICTS OF INTEREST

In keeping with accreditation guidelines, speakers participating in this event have been asked to disclose to the audience any involvement with industry or other organizations that may potentially influence the presentation of the educational material. Disclosure will be done verbally and using a slide prior to the speaker’s presentation.
ACCREDITATION

The University of Calgary – Office of Continuing Medical Education and Professional Development is fully accredited by the Committee on Accreditation of Continuing Medical Education (CACME).

STUDY CREDITS

**CFPC**

**MAINPRO+ GROUP LEARNING**
This one-credit-per-hour Group Learning program meets the certification criteria of The College of Family Physicians of Canada and has been certified by the University of Calgary Office of Continuing Medical Education and Professional Development for up to 6.5 Mainpro+ credits.

**AAFP**

**AMERICAN ACADEMY OF FAMILY PHYSICIANS (AAFP) AND CFPC**
Members of the American Academy of Family Physicians are eligible to receive 6.5 prescribed credits for participation in this activity due to reciprocal agreement with The College of Family Physicians of Canada.

**RCPSC**

This program was co-developed with the AMA Section of Sports and Exercise Medicine and was planned to achieve scientific integrity, objectivity and balance.

**MOC SECTION 1**
This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, and approved by University of Calgary Office of Continuing Medical Education and Professional Development. You may claim a maximum of 6.5 hours (credits are automatically calculated).

**AMA-PRA CATEGORY 1 CREDIT**
Through an agreement between the Royal College of Physicians and Surgeons of Canada and the American Medical Association, physicians may convert Royal College MOC credits to AMA PRA Category 1 Credits™. More information on the process to convert Royal College MOC credit to AMA credit at https://www.ama-assn.org/education/earn-credit-participation-international-activities.

Read more on the Royal College agreement with the American Medical Association at http://www.royalcollege.ca/rcsite/cpd/providers/international-accreditation-agreements-e.
ADDITIONAL PROGRAM INFORMATION

DRESS
Dress is business casual. Sweaters or items of clothing that can be layered are recommended since temperature in the venue may fluctuate.

MEALS
This course offers a light breakfast, nutrition break(s) and lunch. We are sensitive to dietary requirements (for example, gluten free, peanut allergies) and do our best to offer a variety of options; however we are unable to guarantee that all dietary needs can be accommodated.

SCENT FREE
To ensure the comfort of everyone attending this event, please do not wear scented products.

REGISTRATION DEADLINE
Registration deadline is 2 p.m. MST / MDT Wednesday, March 11, 2020. After this deadline, in person registration will only be accepted on-site and the on-site rate applies. On-site is based on availability and is not guaranteed.

CONFIRMATION OF REGISTRATION
Confirmation will be sent by email to registrants.

COURSE CANCELLATION POLICY
The Office of Continuing Medical Education and Professional Development reserves the right to cancel the course if there are insufficient registrations.

REFUND POLICY
A registration refund will be made upon written request if made at least two weeks before the start of the program; however $50 will be retained for administrative costs. No refunds will be available for cancellations made within two weeks of the start of the program and thereafter.

REIMBURSEMENT OF REGISTRATION FEES
Physicians may be eligible for reimbursement of registration fees and expenses to attend CME courses from a fund administered by the Alberta Medical Association. For more information regarding this, please call the AMA at 780.482.2626 or 1.800.272.9680.

FOR FURTHER INFORMATION
Office of Continuing Medical Education and Professional Development, Cumming School of Medicine, University of Calgary, TRW Building, 3280 Hospital Drive NW, Calgary, AB T2N 4Z6

ABOUT COURSE CONTENT
Diane Simpson, Education Consultant
Phone 403.210.8804
Email dsimpson@ucalgary.ca

ABOUT GENERAL PROGRAM INFORMATION
Diane Simpson, Education Consultant
Phone 403.210.8804
Email dsimpson@ucalgary.ca

ABOUT REGISTRATION
Phone 403.220.7032
Email cmereg@ucalgary.ca
REGISTRATION FEE
PLUS 5% GST – UCalgary GST Registration #108102864RT0001
ADD 5% TO FEE(S) BELOW TO CALCULATE TOTAL COURSE FEE

EARLY RATE – on or before February 15, 2020
$ 370.00 Physician
$ 210.00 Other Health Professional
$ 160.00 Student / Resident (FULL-TIME STUDENTS ONLY)

REGULAR RATE – after February 15, 2020
$ 400.00 Physician
$ 225.00 Other Health Professional
$ 160.00 Student / Resident (FULL-TIME STUDENTS ONLY)

REGISTRATION DEADLINE – WEDNESDAY, MARCH 11, 2020 AT 2 PM MST / MDT

ON-SITE RATE – AFTER 2 PM MST / MDT WEDNESDAY, MARCH 11, 2020
$ 465.00 Physician
$ 360.00 Other Health Professional
$ 160.00 Student / Resident (FULL-TIME STUDENTS ONLY)

ON-SITE BASED ON AVAILABILITY AND NOT GUARANTEED

PAYMENT BY
CHEQ AMEX VISA MASTERCARD EXPIRY DATE
CARD NUMBER
SIGNATURE

REGISTER
For your protection, the University of Calgary does not accept and will not process credit card information provided via email or phone.

ONLINE
cumming.ucalgary.ca/cme

BY CONFIDENTIAL FAX
Fax 403.270.2330
Please note: registrations submitted by fax may take up to one business day to process.

BY MAIL
Cheque Payable – UNIVERSITY OF CALGARY
CHEQUE MUST INCLUDE 5% GST

Cumming School of Medicine, Office of Continuing Medical Education and Professional Development, University of Calgary, TRW Building, 3280 Hospital Drive NW, Calgary, AB T2N 4Z6

REGISTRATION SERVICES
Phone 403.220.7032
Email cmereg@ucalgary.ca

COMPLETE REGISTRATION FORM Part 2 >>
REGISTRATION FORM
Part 2

REGISTRATION FOR ATTENDING IN PERSON
6th Annual MSK Pearls Course
March 14, 2020

FIRST NAME

LAST NAME

CONCURRENT WORKSHOPS SELECTIONS

Workshops 1-3 • 1030-1115, 1120-1205
Select 3 – Number in order of preference with 1 being most important

☐ 1 Shoulder Exam 1 (Shoulder Exam 1 and Shoulder Exam 2 cover the same information)
☐ 2 Hand and Wrist Exam
☐ 3 Shoulder Injections

Workshops 4-7 • 1515-1600, 1605-1650
Select 4 – Number in order of preference with 1 being most important

☐ 4 Shoulder Rehabilitation
☐ 5 Over the Counter Braces
☐ 6 Shoulder Exam 2 (Shoulder Exam 1 and Shoulder Exam 2 cover the same information)
☐ 7 Trigger Point Injections