

# Primary Care Orthopaedic Update 2021

**Friday, October 1, 2021**

UNM Domenici Center for  
Health Sciences Education

*In-person and virtual options available*



SCHOOL OF  
MEDICINE

DEPARTMENT OF  
ORTHOPAEDICS & REHABILITATION

In partnership with the Office for Continuous Professional Learning  
at The University of New Mexico School of Medicine

# Primary Care Orthopaedic Update 2021

## Conference Objectives

This conference is directed toward those providing pain management in a primary care setting.

### Morning session objectives

- Identify the modifiable and non-modifiable risk factors for osteoarthritis and make patient-centered recommendations at decreasing risk of OA.
- Develop a comfortable feeling with when to refer a patient to specialists for various MSK complaints, and understand contraindications to surgery or when not to refer patients.

### Afternoon session objective

- Develop a comfortable feeling performing a physical exam for various musculoskeletal complaints, be able to identify an accurate diagnosis and make recommendations on initial management based on the physical exam.

## Conference Schedule

### GENERAL SESSION PRESENTATIONS (in-person AND virtual)

7:30—8:00 am	<b>Continental Breakfast &amp; Registration</b>
8:00—8:05 am	<b>Welcome and Introductions</b> - Christopher McGrew, MD, CAQPCSM, FACSM, FAMSSM and Rachel Chamberlain, MD, CAQSM
8:05—8:35 am	<b>Osteoarthritis Update</b> - Michael Decker, MD, MSc
8:35—9:05 am	<b>Non-Operative Management of Osteoarthritis</b> - Rachel Chamberlain, MD, CAQSM
9:05—9:35 am	<b>Initial Evaluation of Lumbar Spine Pain</b> - Gwen (Nicky) Lacerda, MD
9:35—10:05 am	<b>Low Back Pain: Indications to Refer to Surgery</b> - Andrew Paterson, MD
10:05—10:20 am	<b>Panel Questions and Answers</b>
10:20—10:30 am	<b>BREAK</b>
10:30—11:00 am	<b>Common Causes of Foot Pain</b> - Katherine Gavin, MD
11:00—11:30 am	<b>A Guide to Hip Pain in the Active Adult</b> - Christopher Schultz, MD
11:30 am—12:00 pm	<b>My Shoulder Hurts: Identifying Causes of Shoulder Pain in Adult Patients</b> - Gehron Treme, MD
12:00- - 12:15 pm	<b>Panel Questions and Answers, AM wrap up</b>
12:15—1:00 pm	<b>LUNCH</b>

### AFTERNOON WORKSHOPS (in-person attendees will choose one session per time block; workshops are NOT virtual)

	<b>Workshop Block 1</b>
	<b>Low Back and Spine Clinical Assessment Skills</b> - Andrew Paterson, MD
	Instructor for these exam techniques will be one of the Sports Medicine fellows: Bianca Alvarez, MD, Mikhail Klimstra, MD, Todd Ludwig, MD, Carter L. Starr, MD, or Allen Wong, MD
1:05—2:15 pm	<b>Ankle &amp; Foot</b>
	<b>Knee</b>
	<b>Shoulder</b>
	<b>Wrist &amp; Elbow</b>
2:15—2:25 pm	<b>TRANSITION / BREAK</b>

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2:25—3:35 pm	<b>Workshop Block 2</b>
	<b>Low Back and Spine Clinical Assessment Skills - Andrew Paterson, MD</b>
	<b>Instructor for these exam techniques will be one of the Sports Medicine fellows: Bianca Alvarez, MD, Mikhail Klimstra, MD, Todd Ludwig, MD, Carter L. Starr, MD, or Allen Wong, MD</b>
	<b>Ankle &amp; Foot</b>
	<b>Knee</b>
3:35—3:50 pm	<b>Shoulder</b>
	<b>Wrist &amp; Elbow</b>
3:50—5:00 pm	<b>TRANSITION / BREAK</b>
	<b>Workshop Block 3</b>
	<b>Low Back and Spine Clinical Assessment Skills - Andrew Paterson, MD</b>
	<b>Instructor for these exam techniques will be one of the Sports Medicine fellows: Bianca Alvarez, MD, Mikhail Klimstra, MD, Todd Ludwig, MD, Carter L. Starr, MD, or Allen Wong, MD</b>
	<b>Ankle &amp; Foot</b>
	<b>Knee</b>
	<b>Shoulder</b>
	<b>Wrist &amp; Elbow</b>

## FACULTY

**Bianca Alvarez, MD**  
Sports Medicine Fellow  
UNM Department of Family and Community Medicine

**Michael Decker, MD, MSc**  
Assistant Professor, Orthopaedic Surgery  
UNM Department of Orthopaedics and Rehabilitation

**Katherine Gavin, MD**  
Assistant Professor  
UNM Department of Orthopaedics and Rehabilitation

**Mikhail Klimstra, MD**  
Sports Medicine Fellow  
UNM Department of Orthopaedics and Rehabilitation

**Gwen (Nicky) Lacerda, MD**  
Assistant Professor, Physical Medicine & Rehabilitation;  
Associate Residency Program Director, Physical Medicine & Rehabilitation  
UNM Hospital, Sandoval Regional Medical Center

**Todd Ludwig, MD**  
Sports Medicine Fellow, Orthopaedic Surgery  
UNM Department of Orthopaedics and Rehabilitation

**Andrew Paterson, MD**  
Associate Professor, General Orthopaedics  
UNM Department of Orthopaedics and Rehabilitation

**Christopher Shultz, MD**  
Assistant Professor, Orthopaedic Surgery  
UNM Department of Orthopaedics and Rehabilitation

**Carter L. Starr, MD**  
Sports Medicine Fellow, ABEM  
UNM Hospital

**Gehron Treme, MD**  
Professor  
UNM Department of Orthopaedics and Rehabilitation

**Allen Wong, MD**  
Primary Care Sports Medicine Fellow  
UNM Department of Family and Community Medicine

## PLANNING COMMITTEE

**Christopher McGrew, MD, CAQPCSM, FACSM, FAMSSM**  
Professor, Primary Care Sports Medicine Fellowship Director  
and Assistant Team Physician UNM Athletics  
UNM Department of Family and Community Medicine and  
UNM Department of Orthopaedics and Rehabilitation

**Rachel Chamberlain, MD, CAQSM**  
Assistant Professor, Associate Program Director, Sports  
Medicine Fellowship  
UNM Department of Orthopaedics and Rehabilitation

## CME Reviewers

From UNM Office for Continuous Professional Learning  
**Kathy Breckenridge**  
**Robert P. Giebitz, PhD**  
**Jennifer Harbaugh**  
**Gary A. Smith, PhD**

**Morning sessions are in-person OR virtual  
 Afternoon workshops are in-person ONLY  
 Virtual and in-person attendance CANNOT be combined.**

## Conference Registration Rates

	Early Bird Before 9/13/21	Regular 9/13/21-9/26/21	Onsite 9/27/21-10/1/21
MD, DO <i>Paying with UNM tuition remission</i>	\$275 <i>\$265</i>	\$315 <i>\$305</i>	\$340 <i>\$330</i>
PA, RN, NP, OT, PT, Other <i>Paying with UNM tuition remission</i>	\$175 <i>\$165</i>	\$215 <i>\$205</i>	\$240 <i>\$230</i>
Full Time, Residents/Students	\$35	\$75	\$100
Virtual Attendees <i>Paying with UNM tuition remission</i>	\$55 <i>\$55</i>	\$95 <i>\$95</i>	\$120 <i>\$120</i>

## Registration

Advance registration is encouraged. Your registration will be confirmed via email. If you do not receive a confirmation letter, please contact UNM CPL at (505) 272-3942 to verify your attendance. Registration includes access to the virtual conference platform, conference materials, breakfast and a boxed lunch for the in-person attendees. Registration includes access to the virtual conference platform and conference materials for the virtual attendees. Registrations paid in cash must be in the exact amount of tuition. UNM CPL does not maintain a petty cash fund. It is UNM policy to charge offerer \$35.00 plus normal merchant bank fees for each returned check. UNM CPL does not accept POs or paper registrations with credit card information.

## Cancellation

If you pre-register and cannot attend, UNM CPL will refund tuition, less a \$40.00 administrative fee, provided it is received in writing on or before **September 17, 2021**. No refunds will be issued after this date or for non-attendance. Conferences are subject to cancellation. In the event this conference is cancelled, registrants will be notified via email and will receive a full refund. UNM CPL is not responsible for any computer/device equipment rental, airfare, hotel, car rental or other costs incurred by participants.

## How to Register

Credit cards, checks, cash or UNM PR: <https://bit.ly/PCOrtho2021>

UNM CPL does not maintain a petty cash fund. Cash payments must be made in the exact amount. Checks should be made payable to the UNM CPL and mail it along with this form to: The University of New Mexico, Office for Continuous Professional Learning, MSC09 5370, 1 University of New Mexico, Albuquerque, New Mexico 87131-0001. UNM CPL does not accept POs or paper registrations with credit card information.

### UNM Tuition Remission:

All eligible UNM faculty and staff may enroll using a UNM Tuition Remission (waiver) to cover tuition costs listed on the registration form. Proper completion includes all required signatures. No refund or credit will be issued for non-attendance.

1. Complete [UNM Tuition Remission](#) form with proper signatures.
2. Save your completed UNM Tuition Remission form as a PDF.
3. Complete the [conference registration form](#) and upload the completed UNM Tuition Remission form to the online registration form.
4. Click PAY WITH UNM TUITION REMISSION and click SUBMIT.
5. If you click the box, you will receive an email copy of the information you provide. THIS IS NOT YOUR CONFERENCE CONFIRMATION. Your conference confirmation will come later from the email address HSC-CPL@salud.unm.edu.

## Accreditation

The University of New Mexico School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of New Mexico School of Medicine designates this live activity for a maximum of **7.50 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

The New Mexico Physical Therapy Board is reviewing the program for possible continuing education credits for physical therapists.

**Questions?** UNM Office for Continuous Professional Learning  
 MSC09 5370 - 1 University of New Mexico, Albuquerque, NM 87131-0001  
 Phone: (505) 272-3942 • [HSC-CPL@salud.unm.edu](mailto:HSC-CPL@salud.unm.edu) • <http://goto.unm.edu/cpl>



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