

## Orthopedics & Sports Medicine

### *Orthopedic Pearls & Pitfalls*

*Faculty: Alexander E. Ebinger, MD*

Many ED visits present with orthopedic injuries. The speaker will describe the mechanisms of injury & the recognition of pertinent physical findings in the diagnosis of subtle orthopedic injuries that, if missed, may result in long-term problems. Common errors in the early management of several injuries will be identified & the appropriate treatment outlined as well as the pearls that will help you save time, decrease frustration, and avoid poor patient outcomes.

- Discuss the efficient & appropriate orthopedic examination.
- Identify common management errors & potential complications.
- Discuss potential complications, both short-term & long-term.

### *Use or Abuse?: Pediatric Fractures & Their Causes*

*Faculty: Emily A. Rose, MD, FACEP*

Using illustrative interactive cases, the speaker will review findings of accidental & nonaccidental injuries in children. Sharpen your ability to distinguish between the two.

- Describe findings in history, physical exam, & radiologic to distinguish accidental from non accidental injuries.
- Clarify injury patterns with specific mechanisms & causes of childhood specific fractures focusing on the difference in accidental fracture patterns in childhood vs. adult.
- Integrate physical examination findings with radiological finding to make orthopedic diagnoses in the ED.

### *A Fistful of Fractures*

*Faculty: James A. Webley, MD, FACEP*

Hand fractures are often benign, but some require surgery to optimize patient outcome. Which injuries are important and how do we discover and deal with them? The presenter will discuss various hand fractures that emergency physicians should be comfortable diagnosing and initiating treatment. These include: Hamulus fracture, Triquetrum fracture, Jersey finger, Metacarpal fractures, Fight bite, and dislocations.

- Recognize several important hand injuries.
- Discuss the physical exam and imaging methods used to make the diagnoses.
- Describe the treatment modalities most likely to optimize patient outcomes with these injuries.

### *Difficult Dislocations*

*Faculty: Danielle D. Campagne, MD, FACEP*

Managing dislocations in the ED is gratifying for the patient & physician. However being prepared for those that may prove more difficult to reduce is essential in maintaining the flow of your emergency department. This course will provide the attendee insight into identifying challenging dislocations, & techniques for efficient reduction.

- Identify the typical difficulty dislocations.
- Discuss reduction techniques.
- Describe the nuances of the exam to determine if the reduction is successful.

### *Focused Orthopedics: A Royal Pain in the Back*

*Faculty: Bronson E. Delasobera, MD, FACEP*

This course will focus on orthopedics dedicated to the back & spine. Physical examination techniques, imaging, & making the diagnosis. Initiating treatment of soft tissue injuries & fractures of the back will be discussed. New approaches for identification & management of the acute presentation of back pathology will also be addressed. Participants will leave this session feeling comfortable with the diagnosis & management of any acute back presentation in the ED.

- Review the most definitive physical examination techniques in identifying pathology of the back.
- Identify & manage important soft tissue injuries & common fractures of the back.
- Identify the appropriate imaging to order for various presentations of back pain.

### *Going to Pieces: Rapid, High Yield ED Ortho Exam*

*Faculty: Danielle D. Campagne, MD, FACEP*

Patients with orthopedic injuries frequently present to the ED. The speaker will describe the “rapid, high-yield” orthopedic examination & “tricks of the trade” used by master clinicians. What are common errors on the physical examination to be avoided? What should I document in my note? What does the orthopedic surgeon want to hear on the phone? What are the most important aspects in timing the follow-up? The speaker will focus on the shoulder, elbow, wrist, knee, ankle, & foot.

- Discuss the relevant anatomy & pathology.
- Describe proper documentation of the rational orthopedic examination.
- Elaborate on effectively communicating with orthopedic surgeons.



### *Hand Revealed*

*Faculty: Victoria E. Garrett, MD*

Come join us on this extensive visual tour of the hand from avulsions to whitlow & everything in between. Many important hand injuries don't involve fractures at all. The speaker will use a rapid-fire, case-based format to give you key pearls on a wide variety of hand pathology. This promises to be a high energy, fact filled whirlwind, high-impact lecture.

- Review common & uncommon dermatologic lesions of the hand.
- Discuss management of high pressure injection injuries of the hand.
- Propose management strategies for nail abnormalities & injuries.

### *Important Soft Tissue Injuries: It's Not All About the Bones*

*Faculty: James A. Webley, MD, FACEP*

Many orthopedic injuries that emergency physicians care for are not associated with fractures. When there is no fracture a deeper knowledge of the anatomy and mechanism allows the astute clinician to make the diagnosis. The presenter will discuss orthopedic “nonfractures” that are relevant to emergency physicians like ruptured quadriceps tendon, acromioclavicular separation, Achilles tendon rupture, knee dislocations, and SCFE.

- Recognize the circumstances under which several relevant and interesting orthopedic injuries occur.
- Describe these orthopedic injuries based on physical examination since no fractures are associated with the injury.
- Discuss the treatment modalities most likely to optimize patient outcomes with these injuries.

### *Orthopedic Reductions & Regional Blocks*

*Faculty: Alexander E. Ebinger, MD*

Would you want your loved one to wait in pain for that x-ray? Haven't you always wanted to possess new & better ways to reduce pain in your patients with orthopedic injuries as they wait for an x-ray or during a reduction/relocation? Attend this course to learn methods to reduce pain & have fun while doing it.

- Describe regional blocks that may facilitate decreasing pain in orthopedic reduction/relocations.
- Discuss the potential pitfalls of these blocks & how to augment them if necessary.
- Review the most common orthopedic reductions - shoulder, elbow, knee, & hip.

### *Pediatric Extremity Fractures: The Rule of the Ring*

*Faculty: James A. Webley, MD, FACEP*

Forearms and legs have structural similarities. These structural similarities can be useful for emergency physicians diagnose complex injuries of these areas. The presenter will utilize this similarity of structure to help us understand and recognize important injuries like Maisonneuve fracture, Monteggia's injury, Galeazzi's injury, Essex-Lopresti forearm injury and more.

- Describe how the structure of the forearm and leg are similar.
- Identify several complex and subtle injuries.

### *Run Your Body, Free Your Mind*

*Faculty: Bronson E. Delasobera, MD, FACEP*

The speaker will discuss the benefits of exercise in both disease & injury prevention. This course will review the benefits of exercise both body & your mind, and how you can improve your even small amounts of exercise improves health, mood, creativity, & productivity.

- Explain the benefits of exercise on physical health.
- Describe the benefits of exercise in injury prevention.
- Review current concepts in exercise & its effects in creativity & productivity.

### *Shoulder Injury and Pathology: Shouldering the Burden*

*Faculty: James A. Webley, MD, FACEP*

The shoulder is more complicated than we often consider. The presenter will highlight problems that emergency physicians should know in and about the shoulder joint. While dislocations are dramatic, the presenter will also discuss other important conditions like sternoclavicular dislocation, clavicle fractures, ruptured biceps tendon and more.

- Describe many of the important orthopedic problems of the shoulder.
- Discuss shoulder diagnostic problems and how to deal with them.
- Describe the disposition and initial treatment of common and important orthopedic shoulder problems.



## Courses by Track

### Young & Strong: Sideline Medicine in Children & Adolescents

*Faculty: Victoria E. Garrett, MD*

This rapid-paced course will focus on sports injuries occurring in children & adolescents. Topics will include return to play, on the field exams, removing equipment safely, sudden cardiac events, and MSK injuries.

- Discuss sideline & ED exam & the determination of return to play for MSK injuries.
- Discuss pearls in equipment removal.
- Explain the range of sudden cardiac events in the previously well young athlete.