

4th Annual Sports Medicine for the Primary Care Clinician 2020
 March 6-8, 2020
 Universal's Loews Royal Pacific Resort, Orlando, Florida

Friday, March 6, 2020	
7:00 a.m.	Registration Continental Breakfast / Exhibit Hall Meeting Room: Oceana Grand 10-12 Facilitator: <i>Daniel P. Montero, M.D., C.A.Q.S.M., F.A.A.F.P.</i> Electronic Poster Presentations: Meeting Room: Oceana Grand 7
7:45	Introduction / Pre-Test Meeting Room: Oceana Grand 7
Moderator: <i>Jennifer Roth Maynard, M.D., C.A.Q.S.M.</i> Considerations in the Care of Weekend Warriors	
8:00	Feeding the Fire: Nutrition Considerations for the Recreational Athlete <i>Stephan M. Esser, M.D.</i>
8:30	Choosing Wisely: Specific Exercise Options and Considerations for the Weekend Warrior <i>Scott Haak P.T., D.P.T., M.T.C., C.S.C.S.</i>
9:00	Shifting Gears: When Patients May Need to Change Their Sport <i>Sara E. Filmalter, M.D., C.A.Q.S.M.</i>
9:30	Injury, Suffering, and Healing: Musings of a Retired Family Medicine/Sports Medicine Physician <i>Robert P. Shannon, M.D.</i>
10:00	Q&A Panel
10:15	Break / Exhibit Hall Meeting Room: Oceana Grand 10-12 Electronic Poster Presentations: Meeting Room: Oceana Grand 7
10:30	It Hurts So Good! Pain Treatment Options in Osteoarthritis <i>Michael Stiller, M.D.</i>
11:00	Getting Restarted: Guiding Patients Back to Exercise After a Heart Attack <i>Brian P. Shapiro, M.D. and Robyn E. Bryde, M.D.</i>
11:30	What's Hip and What's "Kneeded:" Activities After Hip and Knee Surgeries <i>Cedric J. Ortiguera, M.D.</i>
Noon	"Shouldering" On: Guiding the Post-Shoulder Surgery Patient Back to Exercise <i>Matthew M. Crowe, M.D.</i>
12:30 p.m.	Post-Test / Q&A Panel
12:50	Adjourn
Workshops – Additional Fee	
1:30-3:30	Differentiating Common Lower Extremity Injuries Through Physical Exam Meeting Room: Oceana Grand 7 <i>Sara E. Filmalter, M.D., C.A.Q.S.M. and Scott Haak P.T., D.P.T., M.T.C., C.S.C.S.</i>
1:30-2:30	Physical Exam of the Concussed Athlete: A Hands-On Workshop Meeting Room: Gardenia <i>Jennifer R. Maynard, M.D., C.A.Q.S.M.</i>
2:30–3:30	Golf Medicine: Tips, Tricks, and Injury Review Meeting Room: Oceana Grand 8-9 <i>Stephan M. Esser, M.D.</i>
2:30–3:30	Physical Examination of the Cervical and Lumbar Spine in Sports Meeting Room: Hibiscus <i>Mark Friedrich B. Hurdle, M.D.</i>
4:40 p.m.	Adjourn

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Saturday, March 7, 2020	
7:20 a.m.	Continental Breakfast / Exhibit Hall Meeting Room: Oceana Grand 10-12 Facilitator: <i>Laura A. Lakey, A.P.R.N., M.S.N.</i> Electronic Poster Presentations Meeting Room: Oceana Grand 7
7:55	Introduction / Pre-Test Meeting Room: Oceana Grand 7 Moderator: <i>Daniel Montero, M.D., C.A.Q.S.M., F.A.A.F.P</i> Quick Reads: Very Basics of, and Crucial Tips, in Musculoskeletal Imaging
8:00	Just What You “Kneed:” a High-Yield Review of Basic Knee Radiology <i>Nicholas G. Rhodes, M.D.</i>
8:30	Primary Care Radiology Tips for Hips <i>Nicholas G. Rhodes, M.D.</i>
9:00	Simplifying the Complexities of Shoulder X-rays <i>Jeremiah R. Long, M.D.</i>
9:30	Spot my Back: Lumbar Spine X-ray Primary Care Review <i>Jeremiah R. Long, M.D.</i>
10:00	Q&A Panel
10:15	Break / Exhibit Hall Meeting Room: Oceana Grand 10-12 Electronic Poster Presentations: Meeting Room: Oceana Grand 7
10:30	Hand and Wrist X-rays Review for Primary Care <i>Rupert O. Stanborough, M.D.</i>
11:00	No More Twisting Around: Ankle and Foot X-rays – What Not to Miss <i>Rupert O. Stanborough, M.D.</i>
11:30	Upper Extremity Sonography: Possible Uses in Primary Care <i>Raul Rosario, M.D.</i>
Noon	The Basics of Lower Extremity Musculoskeletal Sonography and Procedures <i>Shane A. Shapiro, M.D., C.A.Q.S.M.</i>
12:30 p.m.	Post-Test / Q&A Panel
12:50	Adjourn
Workshops – Additional Fee	
1:30–3:30	Musculoskeletal Injections: Hands-On is the Best Way to Learn Meeting Room: Oceana Grand 7 <i>Daniel P. Montero, M.D., C.A.Q.S.M., F.A.A.F.P.</i>
2:30–3:30	Differentiating Common Upper Extremity Injuries Through Physical Exam Meeting Room: Hibiscus <i>George G.A. Pujalte, M.D., C.A.Q.S.M., F.A.C.S.M. and Andre A. Abadin, D.O.</i>
2:30-3:30	Dry-Needling and Trigger Point Injections Meeting Room: Oceana Grand 8-9 <i>Mark Friedrich B. Hurdle, M.D.</i>
3:30–4:30	The Very Basics of Musculoskeletal Ultrasound for Primary Care Meeting Room: Oceana Grand 8-9 <i>Raul Rosario, M.D. and Michael Stiller, M.D.</i>
3:30–4:30	Special Squiggles: Practice Session on Reading the Unique ECGs of Athletes Meeting Room: Oceana Grand 7 <i>Brian P. Shapiro, M.D. and Robyn E. Bryde, M.D.</i>
3:30-4:30	You Said “Yes” to Covering a Game; Now What? Basics of Sideline Coverage Meeting Room: Hibiscus

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	<i>Kristina F. DeMatas, D.O., C.A.Q.S.M.</i>
4:40 p.m.	Adjourn

Sunday, March 8, 2020	
7:20 a.m.	Continental Breakfast / Exhibit Hall Meeting Room: Oceana Grand 10-12 Facilitator: <i>Kristina DeMatas, D.O.</i> Electronic Poster Presentations Meeting Room: Oceana Grand 7
7:55	Introduction / Pre-Test Meeting Room: Oceana Grand 7 Moderator: <i>Scott Haak P.T., D.P.T., M.T.C., C.S.C.S.</i> Explaining the Things We Do: Breaking Down Special Procedures and Surgeries for Primary Care Patients
8:00	Back for More: Spine Injections and Other Interventions <i>Mark Friedrich B. Hurdle, M.D.</i>
8:50	We're Not Growing New Cells: Explaining PRP and Stem Cell Injections <i>Shane A. Shapiro, M.D., C.A.Q.S.M.</i>
9:40	Q&A Panel
9:50	Break / Exhibit Hall Meeting Room: Oceana Grand 10-12
10:00	"Kneed"-to-Know Basis: Common Knee Procedures and How to Explain Them <i>Cedric J. Ortiguera, M.D.</i>
10:50	Explaining Common Shoulder Procedures for Athletes and Active Individuals <i>Matthew M. Crowe, M.D.</i>
11:40	Q&A Panel
11:50	Post-Test
Noon	Adjourn

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