

Friday, April 5th, 2019

DoubleTree Bloomington

7:45 am to 8:00 am **Educational Program Overview**

8:00 am to 9:40 am **Working the Urgent Care: Orthopedic Pearls** | Moderator: Abigail Hamilton, MD

8:00 How to Speak X-ray | Paul Lafferty, MD

8:20 The “When” & “What” for Advanced Imaging | Ryan Hess, MD

8:40 Don’t Let the Lower Extremity Trip You Up: Clinical PEARLS | Christie Heikes, MD

9:00 Hand Picked: Common Upper Extremity Conditions in the Urgent Care | Steven Meisterling, MD

9:20 **Don’t Miss This!** | Panel Discussion, Case Review and Q & A

9:40 to 10:00 am **Break & Exhibits**

10:00 am to 11:30 am **What a Pain in the Back!** | Moderator: Michael Smith, MD

10:00 The Common Causes of Low Back Pain | Rick Davis, MD

10:20 Non-Surgical Approaches to Lumbar Disc Pain | Eric Kirksson, MD

10:40 Don't Slip Up: Understanding Degenerative Spondylolisthesis | Kurt Duncan, MD

11:00 Preventing Chronic Back Pain with Early Physical Therapy | Steve Schneider, MSPT, CMPT

11:20 **Don’t Miss This!** | Panel Discussion, Case Review and Q & A

11:30 pm to 12:30 pm **Lunch & Exhibits**

12:30 pm to 2:20 pm **Sports Medicine: Being Part of the Team** | Moderator: Brian Bjerke, MD

12:30 Concussions: Keeping the Complex, Simple | Ryan Cole, MD

12:50 Knee Ligament Injuries: Examination and Management PEARLS | Chris Larson, MD

1:10 Foot and Ankle Injuries: What Not to Miss! | Bryan DenHartog, MD

1:30 Shouldering the Responsibility: Diagnosis and Management of Shoulder Instability | Corey Wulf, MD

1:50 Sports Medicine Team & Sideline Management Panel Discussion | Q & A

2:20 pm to 2:40 pm **Break & Exhibits**

2:40 pm to 4:00 pm **Expanding Your Patient Care Tool Box** | Moderator: Ryan Horazdovsky, MD

2:40 Expectations of Pre and Post-op Pain Management | Gary Wyard, MD

3:00 Bundled Care Made Simple | Justina Lehman, CNP, DNP

3:20 The Role of Total Joint Post-op Antibiotics and Anticoagulants: What is the Evidence? | Owen O’Neill, MD

3:40 Rehabilitation: The Utility Belt for Patient Care | Megin Sabo John, PT, DPT, OCS and Michael Shirilla, DPT, SCS

4:00 Early Youth Sports Specialization: How Should We Respond? | Jason Holm, MD

4:20 Q & A

4:30 pm to 6:00 pm **Wine and Cheese Reception** with Attendees, Faculty & Exhibitors