

## Registration & Accreditation

Tuition includes all educational sessions, course syllabus, and refreshments the day of the course. You will receive written confirmation of your registration.

Group Health Cooperative is accredited by the Washington State Medical Association CME Accreditation Committee to sponsor continuing medical education activities for physicians.

Group Health Cooperative designates this educational activity for a maximum of **7.25 hours in Category 1** to satisfy the re-licensure requirements of the Washington State Medical Quality Assurance Commission.

Group Health Cooperative designates this educational activity for a maximum of **7.25 AMA PRA Category 1 Credit(s)**<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Group Health Cooperative requires that faculty participating in a GHC CME activity disclose to the audience any relationship with a commercial interest that might pose a potential, apparent, or real conflict of interest with regard to that faculty member's contribution to the program.

## Orthopedics for Primary Care Friday, Nov. 12, 2010

### Tuition

- Medical Staff: \$175                       Resident: \$125  
 Locum Tenens, ARNPs, Nursing, Others: \$150

Name \_\_\_\_\_ Title \_\_\_\_\_

Daytime Phone \_\_\_\_\_ Mailstop \_\_\_\_\_

E-mail \_\_\_\_\_

### Credit Card Billing Address Required:

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City/State/Zip \_\_\_\_\_

### Payment Method

- Check enclosed     VISA     Mastercard

Name as it appears on card \_\_\_\_\_

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To protect your payment information, please do not fax or e-mail credit card information. Please send your registration via U.S. mail, Group Health interoffice mail, or call the CME office at 206-326-2337.

### Please make check payable to

GHC CME and mail to:  
Office of CME  
201 16th Ave. E, CWB-3  
Seattle, WA 98112

### For more information contact:

Lisa Segerstrom  
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## Orthopedics for Primary Care

Friday, Nov. 12, 2010  
Hilton Conference Center  
SeaTac, Wash.

### About the Course

This course is designed to provide primary care practitioners with information and skills to help evaluate and treat patients presenting with orthopedics conditions. Workshops will provide participants with the opportunity to practice examination and evaluation skills of the foot and ankle, knee, hip, and shoulder.

### Course Objectives

At the end of the conference, attendees will be able to:

- Describe the components of bone health and outline the latest information on stress fractures in active people.
- Assess patients who are at potential risk of overuse injury and provide recommendations for prevention and management.
- Review the anatomy of common shoulder problems and establish a differential diagnosis emphasizing appropriate conservative management.
- Evaluate patients with common and uncommon foot and ankle pathology likely to be encountered in a primary care office setting.
- Identify common hip problems through physical exams, and understand how to differentiate them from lumbar spine pathologies.
- Apply knee anatomy and physical exam techniques.
- Discuss common disorders of the knee, including meniscal tears and arthritis, and their treatments.
- Evaluate and refer patients with common disorders of the knee, hip, and shoulder.



GroupHealth<sup>®</sup> Continuing Medical Education

## Faculty

### Sean Adelman, MD

Orthopedic Surgery  
Capitol Hill Specialty Services  
Group Health

### Rosemary Agostini, MD

Sports Medicine  
Everett and Bellevue Medical Centers  
Group Health

### Richard T. Bouché, DPM

Podiatric Physician and Surgeon  
The Sports Medicine Clinic (Seattle)

### Frederic S. Chi, MD

Orthopedic Surgery  
Bellevue Medical Center  
Group Health

### Charlie Jung, MD

Orthopedic Surgery  
Capitol Hill Specialty Services  
Group Health

### Cara Beth Lee, MD

Orthopedic Surgery  
Capitol Hill Specialty Services  
Group Health



## LOCATION

Hilton Conference Center  
17620 International Blvd • SeaTac, WA 98188  
Phone: 206-244-4800  
Driving Directions and Map:  
[Hilton Seattle Airport & Conference Center - Directions](#)

## Agenda

### a.m.

7:30 – 8:00  
Refreshments & Registration

8:00 – 8:15  
Introduction – *Charlie Jung, MD*

8:15 – 9:00  
Lecture: Overuse Injury – *Rosemary Agostini, MD*

9:00 – 10:30  
Concurrent Workshops:  
a) Shoulder Pain Evaluation and Management – *Sean Adelman, MD*  
b) Interesting Case Studies: Foot and Ankle Disorders  
*Richard T. Bouché, DPM*

10:30 – 10:45  
Break

10:45 – 12:15  
Concurrent Workshops:  
a) Shoulder Pain Evaluation and Management – *Sean Adelman, MD*  
b) Interesting Case Studies: Foot and Ankle Disorders  
*Richard T. Bouché, DPM*

### p.m.

12:15 – 1:15  
Lunch

1:15 – 2:30  
Concurrent Workshops:  
a) Physical Exam of the Hip – *Cara Beth Lee, MD*  
b) Common Knee Disorders and Treatments – *Frederic S. Chi, MD*

2:30 – 2:45  
Break

2:45 – 4:00  
Concurrent Workshops:  
a) Physical Exam of the Hip – *Cara Beth Lee, MD*  
b) Common Knee Disorders and Treatments – *Frederic S. Chi, MD*

4:00 – 5:00  
Lecture: Case Studies of Knee/Hip/Shoulder – *Sean Adelman, MD;*  
*Cara Beth Lee, MD; and Frederic S. Chi, MD*

5:00 p.m.  
Evaluation and Adjournment