

## OPPORTUNITY

Attendees have a unique opportunity to interact with leaders in Orthopedics, Sports Medicine and Rehabilitation.

It is an ideal forum to update knowledge and improve competencies in the care of upper extremity conditions and injuries.

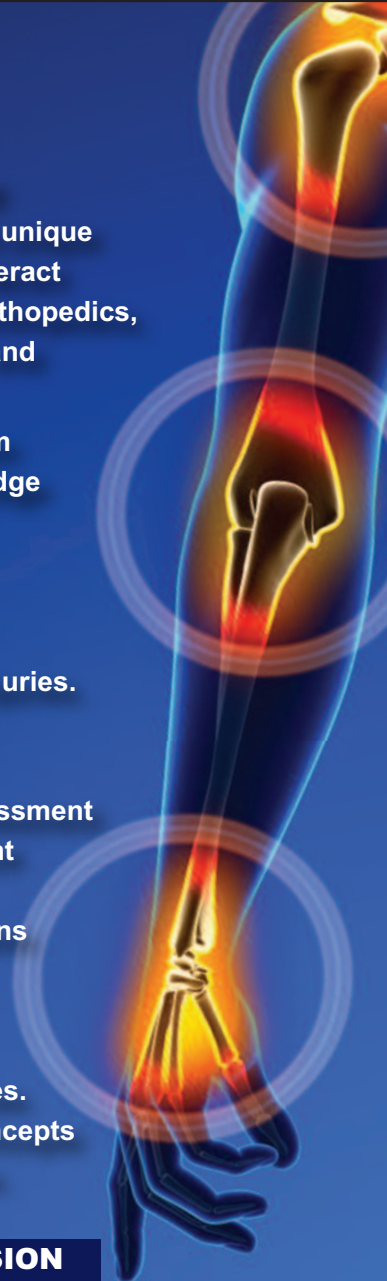
## HIGHLIGHTS

- Up-to-date assessment and management information.
- Treatment options for chronic and acute, overuse and traumatic injuries.
- Overview of concepts of rehabilitation.

## SPECIAL SESSION

Hands-on experience with ultrasound-guided evaluation of pathology of the shoulder, elbow and wrist. Space is limited.

Session only open to: MD's, DO's, PA's, NP's



### Accreditation

NewYork-Presbyterian Queens is accredited by the Medical Society of the State of New York to provide continuing medical education for physicians.

NewYork-Presbyterian Queens designates this live activity for a maximum of **6.0 AMA PRA Category 1 Credit(s)**<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Other:

- **Physical Therapists:** 7.3 CEHs
- **Occupational Therapists** and **Occupational Therapy Assistants:** 6.0 NYS Continuing Competency Hours
- **Athletic Trainers:** Credits pending

### Disclosure Statement

NewYork-Presbyterian Queens relies upon planners and faculty participants in its CME activities to provide educational information that is objective and free of bias. In this spirit, and in accordance with the guidelines of MSSNY and ACCME, all speakers and planners for CME activities must disclose any relevant financial relationships with commercial interests whose products, devices or services may be discussed in the content of a CME activity that might be perceived as a real or apparent conflict of interest. Any discussion of investigational or unlabeled uses of a product will be identified.

### Registration Fees

\$75	Physicians
\$50	General Registrants
Add \$25	<b>SPECIAL SESSION: Clinical Presentation of Ultrasound-Guided Imagery (space limited)</b> <b>Only open to: MD's, DO's, PA's, NP's</b>
No Fee	Physicians-in-training, NYP Queens Physicians & Staff (copy of NYP Queens ID required with registration)

Fee includes continental breakfast, lunch and course materials.

### Cancellation

Refunds will only be made upon receipt of written notification a minimum of five work days prior to the session.

### Directions

NewYork-Presbyterian Queens is located on the corner of Booth Memorial Avenue and Main Street in Flushing. *From the Long Island Expressway:* take the Main Street Exit (#23), travel north on Main Street to Booth Memorial Avenue. *From the Whitestone Bridge:* take the Van Wyck Expressway to the College Point Blvd. Exit; turn left on College Point Blvd. and right on Booth Memorial Avenue. Follow Booth Memorial Avenue to Main Street. *From the IRT Flushing Line #7:* train to Main Street (last stop), then Q44 bus southbound on Main Street; stops opposite the Hospital. NewYork-Presbyterian Queens is located in a residential area with metered parking. Free lock-and-park spaces are available under the Van Wyck Expressway at College Point Blvd. and 58th Road. Shuttle buses to the Hospital run approximately every 10-15 minutes. Limited paid parking is available in our Visitor Parking Lot located on Booth Memorial Avenue opposite the Emergency Room.

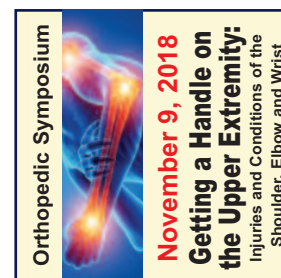
### Special Needs

NYP Queens is accessible for individuals with disabilities or special needs. Participants with special needs are requested to contact the Office of CME at 718-670-1419.

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Continuing Medical Education  
56-45 Main Street  
Flushing, NY 11355



8th Annual Department of  
Orthopedics & Rehabilitation  
Orthopedic Symposium



# Getting a Handle on the Upper Extremity: Injuries and Conditions of the Shoulder, Elbow and Wrist

SPECIAL SESSION > Ultrasound-Guided Imagery

**November 9, 2018**

Friday, 7:00 a.m. - 3:00 p.m.

NewYork-Presbyterian Queens

Theresa and Eugene M. Lang Center  
for Research and Education  
56-45 Main Street, Flushing, NY

### Co-Chairs

**Alexander Golant, MD**

Assistant Professor of  
Clinical Orthopedic Surgery  
Weill Cornell Medicine  
Associate Director, Sports Medicine  
Department of Orthopedics  
& Rehabilitation  
NewYork-Presbyterian Queens

**Libi Galmer, DO**

Assistant Professor of  
Clinical Rehabilitation Medicine  
Weill Cornell Medicine  
Attending Physician, Integrative  
and Regenerative Orthopedics  
NewYork-Presbyterian Queens

### Credit

Maximum of **6.0 AMA PRA  
Category 1 Credit(s)**<sup>™</sup>

- **Physical Therapists:** 7.3 CEHs
- **Occupational Therapists** and **OT Assistants:** 6.0 NYS Continuing Competency Hours
- **Athletic Trainers:** Credits pending

**To Register**

**718-670-1419**

**www.nypqcme.org**

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NewYork-Presbyterian  
Queens

8th Annual Orthopedic Symposium  
**Getting a Handle on  
 the Upper Extremity:**  
 Injuries and Conditions of the  
 Shoulder, Elbow and Wrist

Presented by the Department of Orthopedics & Rehabilitation

Friday, November 9, 2018 • 7:00 a.m. - 3:00 p.m.

NewYork-Presbyterian Queens

Theresa and Eugene M. Lang Center for Research and Education  
 56-45 Main Street, Flushing, NY

**Statement of Need**

Upper extremity injuries are common to high level athletes and working professionals. Acute and overuse tendon injuries are common, and require orthopedic and primary care consultations. These can arise from multiple factors and can present in varying degrees of severity. The 8th Annual Orthopedic Symposium at NewYork-Presbyterian Queens is an educational event that will focus on the assessment and management of injuries to the upper extremity. This symposium will be beneficial for health care providers wishing to improve their knowledge and competence in the care of various conditions and injuries of the shoulder, elbow and wrist. It will provide up-to-date information on operative and non-operative treatment options for both chronic and acute, overuse and traumatic injuries. It will also provide an overview of concepts of rehabilitation and the role of rehabilitation specialists in managing and rehabilitating common upper extremity injuries. This symposium will provide time for an interactive question and answer period for each section. It will also include a hands-on session for ultrasound-guided evaluation of commonly seen orthopedic pathology of the shoulder, elbow and wrist.

**Target Audience**

Primary care physicians, orthopedic surgeons, physiatrists, physician assistants, physical therapists, occupational therapists, residents, fellows, athletic trainers, nurses, rehabilitation specialists and other sports medicine specialists and healthcare professional involved in the care of tendon injuries.

**Educational Objectives**

It is intended that this NYP Queens CME activity will lead to improved patient care. At the end of this symposium, the participant will be able to:

- Specify the epidemiology of upper extremity injuries and conditions.
- Recognize the clinical presentation of injuries to the shoulder, elbow and wrist and utilize the medical terminology associated with these injuries.
- Recognize the benefits of ultrasound-guided imaging as it relates to the assessment and management of upper extremity injuries and conditions.
- Describe a rehabilitation course for the treatment of upper extremity conditions and injuries.
- Discuss the potential benefits and considerations surrounding the surgical management of shoulder, elbow and wrist injuries.
- Identify the relationship of various sports to commonly seen injuries.
- Recognize musculoskeletal structures using ultrasound-guided imagery.
- Describe techniques for ultrasound-guided treatment procedures.

**To Register | Information**

Ms. Pamela Williams, Director, Continuing Medical Education  
 tel: 718-670-1419 • fax: 718-661-7925  
 email: pgw9001@nyp.org • Register Online: www.nypqcme.org

**AGENDA**

7:00 a.m. *Registration & Continental Breakfast*

7:35 a.m. **Welcome Remarks**

**Jaclyn A. Mucaria, MPA**  
 President, NewYork-Presbyterian Queens

**Jeffrey E. Rosen, MD**  
 Associate Professor of Clinical Orthopedic Surgery  
 Weill Cornell Medicine  
 Chairman, Department of Orthopedics & Rehabilitation  
 NewYork-Presbyterian Queens

7:40 a.m. **Introduction**

**Course Co-Chairs**

**Alexander Golant, MD**  
 Assistant Professor of Clinical Orthopedic Surgery  
 Weill Cornell Medicine  
 Associate Director, Sports Medicine  
 Department of Orthopedics & Rehabilitation  
 NewYork-Presbyterian Queens

**Libi Galmer, DO**  
 Assistant Professor of Clinical Rehabilitation Medicine  
 Weill Cornell Medicine  
 Attending Physician, Integrative and Regenerative Orthopedics  
 NewYork-Presbyterian Queens

**SECTION I: SHOULDER**

7:50 a.m. **Shoulder Imaging: Case Presentation**

**Harry "Tate" G. Greditzer, IV, MD**  
 Assistant Professor of Radiology & Imaging  
 Hospital for Special Surgery  
 Assistant Professor of Radiology, Weill Cornell Medicine

8:10 a.m. **Instability of the Shoulder: Case Presentation and Discussion**

**Arth Patel, MD, MPH**  
 Attending Orthopedic Physician, NewYork-Presbyterian Queens

8:30 a.m. **Rotator Cuff Tears: Case Presentation and Discussion**

**Alexander Golant, MD**

8:50 a.m. **Proximal Biceps and Superior Labral Pathology: Case Presentation and Discussion**

**Tony N. Quach, MD**  
 Assistant Professor of Clinical Orthopedic Surgery  
 Weill Cornell Medicine  
 Associate Director, Sports Medicine  
 Department of Orthopedics & Rehabilitation  
 NewYork-Presbyterian Queens

9:10 a.m. **Rehabilitation of the Shoulder: Case Presentation and Discussion**

**Timothy Mauro, MS, PT**  
 Partner, Vice President of Clinical Operations  
 Queens/Long Island, Professional Physical Therapy

9:30 a.m. **Pathological Sleep Positions of the Upper Extremity**

**Jerrold M. Gorski, MD**  
 Assistant Professor of Clinical Orthopedic Surgery  
 Weill Cornell Medicine  
 Director, Population Health Management  
 Department of Orthopedic Surgery, NewYork-Presbyterian Queens

9:45 a.m. *Coffee Break*

**SECTION 2: ELBOW / WRIST / HAND**

10:00 a.m. **Common Causes of Ulnar Sided Wrist Pain: Case Presentation and Discussion**

**Ayesha Rahman, MD**  
 Attending Orthopedic Surgeon, NewYork-Presbyterian Queens

10:20 a.m. **Common Causes of Radial Sided Wrist Pain: Case Presentation and Discussion**

**Ayesha Rahman, MD**

10:40 a.m. **Elbow Epicondylitis and Management with Percutaneous Tenotomy: Case Presentation and Discussion**

**Justin A. Classie, MD**  
 Associate Professor of Clinical Orthopedic Surgery  
 Weill Cornell Medicine  
 Director, Sports Medicine, NewYork-Presbyterian Queens

11:00 a.m. **Instability of the Elbow: Case Presentation and Discussion**

**Brian M. Capogna, MD**  
 Attending Orthopaedic Surgeon, Sports Medicine  
 Orthopaedic Associates of Manhasset, P.C.

11:20 a.m. **Common Neuropathies in the Distal Upper Extremity: Case Presentation and Discussion**

**Jason Hu, MD**  
 Attending Physiatrist  
 Instructor in Clinical Rehabilitation Medicine, Weill Cornell Medicine  
 Director, Physical Medicine and Rehabilitation  
 Department of Orthopedics & Rehabilitation  
 NewYork-Presbyterian Queens

11:40 a.m. **Rehabilitation of the Elbow, Wrist, and Hand: Case Presentation and Discussion**

**Petrina Schneiderman, OTR/L, CLT, CHT**  
 Outpatient Supervisor, Occupational Therapy  
 NewYork-Presbyterian Queens

12:00 p.m. *Lunch*

**SPECIAL SESSION** (Space is limited)

**Session only open to: MD's, DO's, PA's, NP's (additional \$25 fee)**

1:00 p.m. **Clinical Presentation of Ultrasound-Guided Imagery**

**Libi Galmer, DO**  
**Kevin I. Pak, MD, FAAPMR**  
**Arth Patel, MD, MPH**  
**Marwa A. Ahmed, MD, MS**  
 Clinical Instructor Sports Medicine  
 Department of PM&R, Harvard Medical School  
 Medical Director, Boston Landing- Spaulding Sports Medicine Center  
 Massachusetts General Hospital & Spaulding Rehabilitation Network

3:00 p.m. *Adjourn*

**REGISTRATION**



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 7:00 a.m. - 3:00 p.m.  
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 Flushing, NY

**THREE EASY WAYS TO REGISTER:**

- 1 **Online:** Go to website: [www.nypqcme.org](http://www.nypqcme.org) and pay via credit card
- 2 **Fax:** This form with credit card information to: **718.661.7925**
- 3 **Mail:** This form with a check made payable to:  
**NYP Queens-Continuing Medical Education**  
**Mail to:** Pamela Williams, Dir., Continuing Medical Education  
 NewYork-Presbyterian Queens  
 56-45 Main Street, Flushing, NY 11355  
 Questions? **718-670-1419**

**REGISTRATION FEE - Please check all that apply.**  
**Fee includes continental breakfast, lunch and course materials.**

- \$75/Physician**  **Add \$25 for SPECIAL SESSION**  
 Space is limited. Only open to:  
**MD's, DO's, PA's, NP's**
- \$50/General Registrant**
- No Fee/Physicians-in-training, NYP Queens Physicians & Staff** (copy of ID required, pre-registration requested)

Last Name \_\_\_\_\_

First Name \_\_\_\_\_

MD \_\_\_\_\_ General Registrant \_\_\_\_\_

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