

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 tendon-related conditions and injuries.

Highlights

- Assessment and management of tendinopathy
- Advances in operative and non-operative care
- Overview of concepts of rehabilitation, supplement and nutritional adjuncts, and injection therapy

Breakout Session

Hands-on experience with ultrasound-guided evaluation of pathology near the knee, shoulder, hip, elbow and ankle.



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 **5.5 AMA PRA Category 1 Credit(s)**[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Other:

Physical Therapists: Credits pending

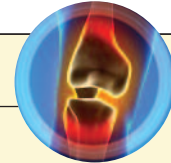
Occupational Therapists: Credits pending

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

\$50	Physicians
\$25	General Registrants
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 south-bound 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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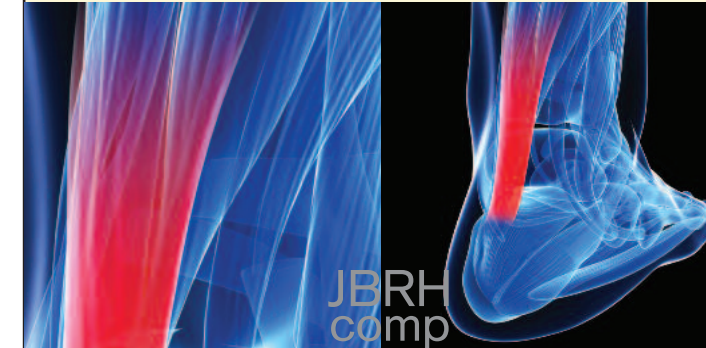
Continuing Medical Education
56-45 Main Street
Flushing, NY 11355

Orthopedic
Symposium on
TENDINOPATHY
October 20, 2017

7th Annual Orthopedic Symposium

Tendinopathy in the New Millennium:

Current operative and non-operative treatment options for chronic, acute, overuse and traumatic tendon pathology



Friday, October 20, 2017

7:00 am - 2:30 pm

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

Credit

**Maximum of
5.5 AMA PRA
Category 1 Credit(s)**[™]

Physical Therapists:
Credits pending

Occupational Therapists:
Credits pending

To Register

718-670-1419

www.nypqcme.org

**Presented by
the Department
of Orthopedics
& Rehabilitation**

Course Co-Chair

Libi Galmer, DO

Attending Physician
Department of Orthopedics
& Rehabilitation
NewYork-Presbyterian Queens

Course Co-Chair

Alexander Golant, MD

Associate Director
of Sports Medicine
Department of Orthopedics
& Rehabilitation
NewYork-Presbyterian Queens
Assistant Professor of Clinical
Orthopaedic Surgery
Weill Cornell Medical College

NewYork-Presbyterian
Queens

Tendinopathy in the New Millennium: Current operative and non-operative treatment options for chronic, acute, overuse and traumatic tendon pathology

Friday, October 20, 2017
7:00 am-2:30 pm

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

Department of
Orthopedics
& Rehabilitation
7th Annual
Orthopedic
Symposium

Statement of Need

Acute and overuse tendon injuries are a common reason for orthopedic and primary care consultations. These can arise from multiple factors and can present in varying degrees of severity. The 7th Annual Orthopedic Symposium at NewYork-Presbyterian Queens is an educational event that will focus on the assessment and management of tendinopathy. This symposium will be beneficial for health care providers wishing to improve their knowledge and competence in the care of tendon-related conditions and injuries. It will provide up-to-date information on operative and non-operative treatment options for both chronic and acute, overuse and traumatic tendon pathology. It will also provide overview of concepts of rehabilitation, supplement and nutritional adjuncts, and injection therapy, with regard to their roles in managing and rehabilitating tendon injuries. This symposium will provide time for an interactive question and answer period for each section. It will also include a hands-on seminar for ultrasound-guided evaluation of commonly seen orthopedic pathology near such joints as the knee, shoulder, hip, elbow and ankle.

Target Audience

Primary care physicians, orthopedic surgeons, physiatrists, physician assistants, physical therapists, occupational therapists, residents, fellows, athletic trainers, nurses, rehabilitation specialists, sports medicine specialists and other health care professionals involved in the care of patients with 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 tendon injuries.
- Recognize the clinical presentation of tendinopathy and utilize the medical terminology associated with tendon injuries.
- Discuss the benefits of radiographic imaging as it relates to the diagnosis and management of tendinopathy.
- Describe a rehabilitation course for the treatment of tendon injuries.
- Specify the indications, contraindications, and potential benefits and risks associated with injection-based treatments and supplements available for use in the treatment of tendon injuries.
- Discuss the potential benefits and considerations surrounding the surgical management of tendon injuries.
- Identify the relationship of various sports to commonly seen tendon injuries.
- Recognize musculoskeletal structures using ultrasound-guided imagery.
- Describe techniques for ultrasound-guided treatment procedures.

Registration | 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 am *Registration & Breakfast*

7:40 am **Welcome Remarks**

Jaclyn A. Mucaria, MPA
President
NewYork-Presbyterian Queens

Jeffrey E. Rosen, MD
Chairman, Department of Orthopedics & Rehabilitation
NewYork-Presbyterian Queens
Associate Professor of Clinical Orthopaedic Surgery
Weill Cornell Medical College

7:45 am **Introduction**

Course Co-Chair
Libi Galmer, DO
Attending Physician
Department of Orthopedics & Rehabilitation
NewYork-Presbyterian Queens

Course Co-Chair
Alexander Golant, MD
Associate Director of Sports Medicine
Department of Orthopedics & Rehabilitation
NewYork-Presbyterian Queens
Assistant Professor of Clinical Orthopaedic Surgery
Weill Cornell Medical College

▶▶▶ **Epidemiology and Assessment**

8:00 am **Epidemiology of Tendinopathy**

Jerrold Gorski, MD
Director of Population Health Management
Department of Orthopedics and Rehabilitation
NewYork-Presbyterian Queens

8:25 am **Basic Science of Tendinopathy**

Andre Panagos, MD, MSc, FAAPMR
Founder of Spine & Sports Medicine of New York
Clinical Assistant Professor
Department of Rehabilitation Medicine
New York University Langone Medical Center

8:50 am **Clinical Presentation of Tendinopathy**

Justin A. Classie, MD
Medical Director of Sports Medicine
Department of Orthopedics & Rehabilitation
NewYork-Presbyterian Queens
Assistant Professor of Clinical Orthopaedic Surgery
Weill Cornell Medical College

9:15 am **Imaging of Tendinopathy**

Satinder Rekhi, MD
Diagnostic Radiologist
NewYork-Presbyterian Queens

9:40 am **Question & Answer Period**

9:50 am *Coffee Break*

▶▶▶ **Management of Tendinopathy**

10:00 am **Non-invasive Modalities for Tendinopathy: Physical Therapy**

Anthony L. Vucenik, PT, MS
Sports Medicine Coordinator
NewYork-Presbyterian Queens

10:20 am **Corticosteroid Injections for Tendinopathy (point-counterpoint): Steroids Should Never be Used for Tendinopathy Versus There is a Role for Steroids Sometimes**

Libi Galmer, DO

10:40 am **Prolotherapy and PRP for Tendinopathy**

Libi Galmer, DO

11:00 am **"On the Horizon" Treatments for Tendinopathy**

Andre Panagos, MD

11:20 am **Surgical Management of Tendinopathy**

Alexander Golant, MD

11:40 am **Question & Answer Period**

11:50 am *Lunch*

▶▶▶ **Clinical Presentation of Ultrasound-Guided Imagery**

12:50 pm **Introduction to US Imaging of the Musculoskeletal System**

Ethan B. Rand, MD
Assistant Professor of Clinical Rehabilitation Medicine
Department of Rehabilitation Medicine
Weill Cornell Medical College

1:20 pm ▶ **HANDS-ON BREAKOUT SESSION**

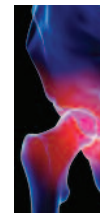
Ethan B. Rand, MD
Libi Galmer, DO
Kevin I. Pak, MD

Attending Interventional Physiatrist
Department of Orthopedics & Rehabilitation
NewYork-Presbyterian Queens
Assistant Professor of Orthopaedic Surgery
Weill Cornell Medical College

Anna-Christina Bevelaqua, MD, FAAPMR
Assistant Professor in Rehabilitation Medicine
Columbia University Medical Center
Department of Rehabilitation and Regenerative Medicine

2:20 pm **Question & Answer Period**

2:30 pm **Concluding Remarks**



REGISTRATION

Department of Orthopedics & Rehabilitation
7th Annual Orthopedic Symposium
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options for chronic, acute, overuse and traumatic
tendon pathology

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THREE EASY WAYS TO REGISTER:

- 1 **Online:** Go to website: **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

REGISTRATION FEE-Please check one.
Fee includes continental breakfast, lunch and course materials.

- \$50/Physician Questions? **718-670-1419**
- \$25/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 _____

Mailing Address _____

City/State/Zip _____

Phone _____ Fax _____

E-mail _____

Affiliation _____

Yes. I wish to pay by credit card. Card holder name ▼

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