Management of

MUSCULOSKELETAL CONDITIONS

in Children and Adolescents

Friday, Nov. 22, 2013
8:00 a.m. to 5:00 p.m.

The Westin Edina Galleria
3201 Galleria
Edina, MN 55435

Intended for pediatricians, family practice physicians, physician assistants, nurse practitioners, nurses, physical therapists, occupational therapists, prosthetists, orthotists and athletic trainers.

Gillette Children’s
Specialty Healthcare
Course Description
This course will examine a variety of musculoskeletal conditions that primary care physicians, physician assistants, nurse practitioners, nurses, physical or occupational therapists, orthotists or prosthetists, and athletic trainers might encounter in pediatric and adolescent patients. Lectures and hands-on sessions will focus on physical examination, differential diagnosis, and initial and long-term care for pediatric and adolescent patients who have congenital and acquired musculoskeletal conditions. Interaction among primary, specialty and ancillary care providers will be outlined. Hands-on and small group sessions include injury splinting, pediatric exam techniques, and pediatric fracture sessions for physician providers, nurse practitioners and physician assistants, along with sessions that discuss and demonstrate therapy evaluation and treatment protocols.

Injury Splinting, Tips and Tactics for the Physical Exam, and Fracture Breakout Sessions
These sessions are designed to allow physicians, physician assistants, and nurse practitioners to participate in small groups and receive individual instruction from pediatric orthopedic surgeons practicing at Gillette Children’s Specialty Healthcare. Participants will be instructed in various techniques for stabilizing upper and lower extremity injuries and will have the opportunity to practice these techniques in a lab format. The tips and tactics for the clinical exam will focus on common in-office exam techniques for primary care providers. The pediatric fracture sessions have been designed to help identify fractures and other injuries/anomalies in the pediatric population. These sessions will utilize electronic images in a case-review format.

Course Objectives
At the completion of the course, participants should be able to:
• Identify the common causes of a variety of musculoskeletal issues in children and adolescents
• Review the differential diagnosis of selected pediatric musculoskeletal issues, including the key indicators of severity and need
• Describe surgical and nonsurgical management of pediatric musculoskeletal issues
• Identify causes for concern and pitfalls in managing anomalies of and injuries to a developing musculoskeletal system
• Practice hands-on techniques for evaluating and treating selected musculoskeletal issues in children and adolescents
• State the rationale for selecting and implementing selected therapeutic interventions

Management of Musculoskeletal Conditions in Children and Adolescents
Accreditation
Gillette Children’s Specialty Healthcare is accredited by the Minnesota Medical Association to provide continuing medical education (CME) for physicians. Gillette takes responsibility for the content, quality and scientific integrity of this activity.

Gillette designates this live educational activity for a maximum of 7.5 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

This CME-accredited activity meets the requirements for a maximum of 7.5 continuing education credits for physical therapists. If you have questions, please contact your state board.

This activity is designed to meet the Minnesota Board of Nursing continuing education requirements for 9 contact hours. It is the responsibility of the participant to determine if this program meets Minnesota Board of Nursing rules relating to mandatory continuing education provisions of the Minnesota Nurse Practice Act.

On behalf of orthotists, the sponsors of this workshop have filed a request with the American Board of Certification in Orthotics and Pedorthotics for 7.5 hours of continuing education credit.

Gillette Children’s Specialty Healthcare is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers.
## AGENDA

**7:15 a.m. – 7:55 a.m.**  
Registration and Continental Breakfast

**7:55 a.m. – 8:00 a.m.**  
Welcome and Announcements

**8:00 a.m. – 8:20 a.m.**  
The ABCs of DDH  
Alison Schiffern, M.D.

**8:20 a.m. – 8:40 a.m.**  
Evaluating Child and Adolescent Hip Problems  
Mike Healy, M.D.

**8:40 a.m. – 9:00 a.m.**  
Diagnosis and Management of Back Pain in the Pediatric and Adolescent Patient  
Walter Truong, M.D.

**9:00 a.m. – 9:20 a.m.**  
Scoliosis Curve Progression: When to Monitor... When to Intervene  
Steven Koop, M.D.

**9:20 a.m. – 9:40 a.m.**  
Differential Diagnosis of Knee Pain  
Benjamin Novak, M.D.

**9:40 a.m. – 10:00 a.m.**  
Common Pediatric Foot Conditions  
Kevin Walker, M.D.

**10:00 a.m. – 10:20 a.m.**  
Break

**10:20 a.m. – 11:00 a.m.**  
**Breakout A1:** Rehabilitation of Sports Overuse and Stress Injuries  
Dave Everson, P.T.

**Breakout A2:** Identifying Infections of Bone and Joint  
Stephen Sundberg, M.D.

**11:05 a.m. – 11:45 a.m.**  
**Breakout B1:** Lower Limb Injury Prevention  
Kristine Greer, D.P.T.

**Breakout B2:** Bone Health  
Kevin Sheridan, M.D.

**11:45 a.m. – 12:40 p.m.**  
Lunch

**12:40 p.m. – 1:30 p.m.**  
At 20 Months, My Patient Isn’t Walking Yet—Now What? Case Presentation and Panel Discussion  
Libby Weber, M.D., Marcie Ward, M.D., Randal Richardson, M.D.

**1:35 p.m. – 2:15 p.m.**  
**Breakout C1:** Return to Function After Musculoskeletal Injuries to the Elbow and Wrist  
Lindsay Anderson, O.T.

**Breakout C2:** Tips and Tactics for the Clinical Exam (session repeats at D2, E2 and F2)  
- Torsional and Rotational Examination  
- Developmental Dysplasia of the Hip  
- Scoliosis Examination  
- Evaluation of Limb Length Inequalities
Breakout C3: Gait Assessment in Children: Video Case Studies (session repeats at D3, E3 and F3)
Katie Walt, D.P.T., Sarah Gutknecht, D.N.P., Angela Drummond, M.S., R.N., P.N.P.

Breakout C4: Lower Extremity Injury Splinting Practicum (session repeats at D4)
For physicians, physician assistants and nurse practitioners only.

Breakout C5: Pediatric Fractures That You Do NOT Want to Miss (session repeats at D5, E5, and F5)
For physicians, physician assistants and nurse practitioners only.

2:20 p.m. – 3:00 p.m.

Breakout D1: Return to Activity After Concussion

Breakout D2: Tips and Tactics for the Clinical Exam (repeat session)
• Torsional and Rotational Examination
• Developmental Dysplasia of the Hip
• Scoliosis Examination
• Evaluation of Limb Length Inequalities

Breakout D3: Gait Assessment in Children: Video Case Studies (repeat session)
Katie Walt, D.P.T., Sarah Gutknecht, D.N.P., Angela Drummond, M.S., R.N., P.N.P.

Breakout D4: Lower Extremity Injury Splinting Practicum (repeat session)
For physicians, physician assistants and nurse practitioners only.

Breakout D5: Pediatric Fractures That You Do NOT Want to Miss (repeat session)
For physicians, physician assistants and nurse practitioners only.

3:00 p.m. – 3:10 p.m.

Break

3:10 p.m. – 3:50 p.m.

Breakout E1: Treatment and Rehabilitation of Cervical Spine Injuries
Peter Kim, M.D., Michelle Engberg, D.P.T.

Breakout E2: Tips and Tactics for the Clinical Exam (repeat session)
• Torsional and Rotational Examination
• Developmental Dysplasia of the Hip
• Scoliosis Examination
• Evaluation of Limb Length Inequalities

Breakout E3: Gait Assessment in Children: Video Case Studies (repeat session)
Katie Walt, D.P.T., Sarah Gutknecht, D.N.P., Angela Drummond, M.S., R.N., P.N.P.
破關 E4: Upper Extremity Injury Splinting Practicum (session repeats at F4)
For physicians, physician assistants and nurse practitioners only.

破關 E5: Pediatric Fractures That You Do NOT Want to Miss (repeat session)
For physicians, physician assistants and nurse practitioners only.

3:55 p.m. – 4:35 p.m.

破關 F1: Core Strengthening and Function
Mary Kaleta, D.P.T.

破關 F2: Tips and Tactics for the Clinical Exam (repeat session)
  • Torsional and Rotational Examination
  • Developmental Dysplasia of the Hip
  • Scoliosis Examination
  • Evaluation of Limb Length Inequalities

破關 F3: Gait Assessment in Children: Video Case Studies (repeat session)
Katie Walt, D.P.T., Sarah Gutknecht, D.N.P.,
Angela Drummond, M.S., R.N., P.N.P.

破關 F4: Upper Extremity Injury Splinting Practicum (repeat session)
For physicians, physician assistants and nurse practitioners only.

破關 F5: Pediatric Fractures That You Do NOT Want to Miss (repeat session)
For physicians, physician assistants and nurse practitioners only.

4:40 p.m. – 5:00 p.m.

Overview of the Day: Pearls for Your Practice
Steven Koop, M.D.
CONFERENCE REGISTRATION

Management of Musculoskeletal Conditions in Children and Adolescents

Friday, Nov. 22, 2013

Online registration is available at www.gillettechildrens.org/MedicalEducation. Registration is limited; please sign up early!

Name ____________________________________________________________

Profession/Credentials ____________________________________________

Specialty _________________________________________________________

Institution/Clinic _________________________________________________

Address _________________________________________________________

City ___________________________ State ____________ ZIP ____________

Daytime Phone (_____ ) __________________________

Email __________________________________________________________

(Required for registration and confirmation)

*Special needs (mobility, hearing, vision, meals) _______________________

*All requests will be kept confidential.

Registration Fees

☐ $170 Physicians

☐ $110 Therapists, nurses, nurse practitioners, orthotists, prosthetists, athletic trainers and other medical professionals

☐ $70 Residents and fellows

Please make check or money order payable to Gillette Children’s Specialty Healthcare.

Mail check and registration form to:
Gillette Children’s Specialty Healthcare
Attn: Amy Schall, Continuing Medical Education
200 University Ave. E.
St. Paul, MN 55101
Phone: 651-265-7387 or 800-719-4040 (toll-free)

For credit card payment, online registration is available at: www.gillettechildrens.org/MedicalEducation.

Register for Breakout sessions on back.
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<th>Breakout Session A – 10:20 to 11:00 a.m. (check one)</th>
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Location
The Westin Edina Galleria
3201 Galleria
Edina, MN 55435
952-567-5000
A detailed map will be sent with your confirmation.

Accommodations
Guest rooms are available at the Westin Edina Galleria.

A discounted room rate of $145 single occupancy and $170 double occupancy is available to conference registrants on Nov. 21 and Nov. 22. These rooms will be held until Oct. 31, 2013. Please book your rooms with the Westin Edina Galleria reservation line at 1-888-627-8245 and mention the Gillette conference.

Registration Information
The conference registration fee is $170 for physicians, $110 for other medical professionals, and $70 for residents and fellows. The fee includes continental breakfast, lunch, refreshments, conference materials and continuing medical education credit. Registration—less a $50 administrative charge—is refundable after the conference if cancellation is received 48 hours prior to the conference.

For course content information, call Paul Fiore at 651-229-1716 or 800-719-4040 (toll-free) or email him at pfiore@gillettechildrens.com.

For registration information, call Amy Schall at 651-265-7387 or 800-719-4040 (toll-free) or email her at aschall@gillettechildrens.com.

Online registration is available at www.gillettechildrens.org/MedicalEducation.
Planning Committee

Stephen Sundberg, M.D.
Pediatric Orthopedic Surgeon
Conference Medical Director
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St. Paul, Minn.

Abigail Anderson, P.A.-C.
Physician Assistant
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Clinical Educator
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Gillette Children’s Specialty Healthcare
St. Paul, Minn.

Angela Drummond, M.S., R.N., P.N.P.
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Senior Supervisor, Assistive Technology
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Wendy Rolek, R.N., C.P.N.
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Continuing Medical Education Committee
Gillette Children’s Specialty Healthcare
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