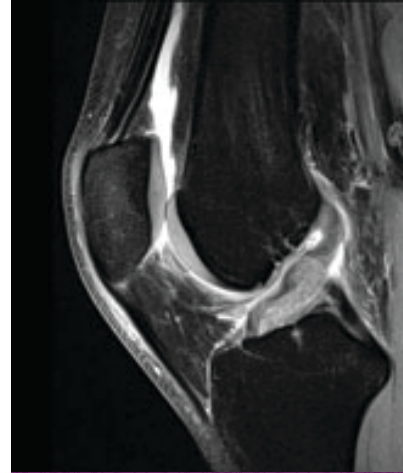


UPMC LIFE
CHANGING
MEDICINE

1400 Locust Street
11 Ermire Bldg, Suite 11516
Pittsburgh, PA 15219

SPORTS ULTRASOUND CONFERENCE

SEPTEMBER 21 AND 22, 2018



Meeting Locations

SEPT 21: Herbermann Conference Center
5115 Centre Avenue
Pittsburgh, PA 15232
(Shadyside Neighborhood)

SEPT 22: Biomedical Science Tower lobby
203 Lothrop Street
Pittsburgh, PA 15213
(Oakland Neighborhood)

Sponsored by the

*University of Pittsburgh School of Medicine
Center for Continuing Education in the Health Sciences*

and the

Cleveland Clinic Department of Rehabilitation and Sports Therapy

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Program Overview

This conference is comprised of two parts: lecture part and hands-on skill lab workshop that includes cadaver workshop. The lecture topics covered include both advanced and fundamental topics. This includes discussions on interesting cases, hydro-dissection procedure, ultrasound-guided surgery, and dynamic ultrasound evaluation of various sports injuries.

During the hands-on live portion of the course, participants will be able to perform both diagnostic and interventional ultrasound of all 6 major joints (shoulder, elbow, wrist/hand, hip, knee, foot/ankle). Small groups are grouped based on experience level, with no more than 1-to-3 faculty-to-participant ratio.

Pre-conference material will be available for all participants, covering basic knowledges to get most out of the 2-day conferences for those who are new to sports ultrasound. Learning materials are optional but highly recommended for novice level ultrasound users prior to attending the conference..

Learning Objectives

The goals of the conference are to promote knowledge and hands-on experiences of sports ultrasound to participants. Participants will be able to properly identify indications of diagnostic sports ultrasound and demonstrate increased proficiency in performing interventional sports ultrasound.

Who Should Attend

Physicians, Residents, and Fellows

Continuing Education Credit

The University of Pittsburgh School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Pittsburgh School of Medicine designates this live activity for a maximum of **20.5 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Other health care professionals are awarded **2.0** continuing education units (CEU's) which are equal to **20.5** contact hours.

Special Needs

Participation by all individuals is encouraged. Advance notification of any special needs will help us provide better service. Please notify us of your needs at least two weeks in advance of the program by calling **412-232-4072**.

Friday, September 21, 2018

6:30 am **Registration and Breakfast**

7:15 am **Introduction/Welcome**
Kentaro Onishi, DO

SHOULDER PAIN

7:25 am **Ultrasound Protocol for Shoulder Pain (Live Demonstration)**
Jonathan Finnoff, DO

7:45 am **Rotator Cuff and Biceps Pathology**
Jon A. Jacobson, MD

8:15 am **Clinical Focus: Zebras in the Shoulder (Diagnostic or Interventional)**
Jon A. Jacobson, MD

8:35 am **Ultrasound-Guided Interventions for Shoulder Pain (Cadaveric Demonstration)**
Daniel Lueders, MD

8:55 am **Questions and Discussion**
Jonathan Finnoff, DO, Jon A. Jacobson, MD,
Daniel Lueders, MD, Albert Lin, MD

9:10 am **Refreshment Break**

LATERAL ELBOW PAIN

9:25 am **Ultrasound Protocol for Lateral Elbow Pain (Live Demonstration)**
Jonathan Finnoff, DO

9:40 am **Lateral Elbow Pathology**
Jon A. Jacobson, MD

10:00 am **Ultrasound-Guided Interventions for Lateral Elbow Pain (including hydrodissection, tenotomy, debridement, and platelet rich plasma injection) (Cadaveric Demonstration)**
Daniel Lueders, MD

10:25 am **Questions and Discussion**
Jonathan Finnoff, DO, Jon A. Jacobson, MD, Daniel Lueders, MD, Albert Lin, MD

10:45 am **BREAK**

SPECIAL TOPICS: Hydro-dissection/release & Ultrasound-Guided CTS Release

11:00 am **Pearls and Pitfalls for Ultrasound-Guided Hydro-dissection**
Stanley Lam, MD

11:20 am **Ultrasound-Guided Hydro-release**
Hiroshi Minagawa, MD, PhD

11:40 am **Ultrasound-Guided Carpal Tunnel Release**
Jay Smith, MD

Noon **Questions and Discussion**
Stanley Lam, MD, Hiroshi Minagawa, MD, Jay Smith, MD

12:10 pm **Lunch**

Anterior and Medial Knee Pain

12:55 pm **Ultrasound Protocol for Anterior and Medial Knee Pain (Live Demonstration)**
Kentaro Onishi, DO

1:15 pm **Anterior and Medial Knee Pathology**
Levon Nazarian, MD

1:35 pm **Ultrasound-Guided Interventions for Anterior and Medial Knee Pain (including tenotomy, debridement, tendon scraping, platelet rich plasma and tendon scraping) (Cadaveric Demonstration)**
Daniel Lueders, MD (University of Pittsburgh)

2:00 pm **Questions and Discussion**
Kentaro Onishi, DO, Jon A. Jacobson, MD, Daniel Lueders, MD

2:10 pm **Refreshment Break**

Posteromedial Ankle Pain/Tarsal Tunnel Syndrome

2:25 pm **Protocol for Posteromedial Ankle Pain/Tarsal Tunnel Syndrome (including Live Demonstration)**
Jay Smith, MD

2:40 pm **Posteromedial Ankle/Tarsal Tunnel Pathology**
Andrew Cordle, MD

3:00 pm **Questions and Discussion**
Jay Smith, MD, and Andrew Cordle, MD

3:10 pm **Refreshment Break**

SPECIAL TOPIC: Hip Impingement Syndromes

3:30 pm **Ultrasound Protocol for Regional Hip Impingement Syndromes**
Adam Pourcho, DO

3:50 pm **Role of Ultrasound in the Diagnosis and Treatment of Hip Impingement Syndromes (IP, lat hip, coxa saltans hamstring, and IFI etc)**
Jon A. Jacobson, MD

4:10 pm **Questions and Discussion**
Adam Pourcho, DO, and Jon A. Jacobson, MD

continued on page 6

SPECIAL TOPIC: Mid-/Hind Foot PAIN

- 4:35 pm **Mid-/Hind-Foot Pathology**
Levon Nazarian, MD
- 5:15 pm **Ultrasound-Guided Achilles Tendon and Plantar Fascia Procedures (Cadaveric Demonstration)**
Daniel Lueders, MD
- 5:30 pm **Clinical Focus: Emerging Foot and Ankle Surgical Procedure**
Macalus Hogan, MD
- 5:50 pm **Questions and Discussion**
Kentaro Onishi, DO, Levon Nazarian, MD, Macalus Hogan, MD
- 6:00-8:00 pm **Reception & Optional Ultrasound Basics**
Reception for Attendees and Faculty at Vendor Expo
- 6:30-7:30 pm **Knobology, Image Optimization, and Needle Visualization Skills (OPTIONAL)**
Joshua Rothenberg, DO
Neal Washburn, DO
Prathap Jayaram, MD
- 8:00 pm **Friday Adjournment**

Saturday, September 22, 2018

- 6:30 am **Breakfast**
- 7:10 am **Announcements**
Kentaro Onishi, DO
- SPECIAL TOPIC: Groin/Medial Thigh Pain**
- 7:30 am **Ultrasound Protocol for Groin/Medial Thigh Pain (Live Demonstration)**
Adam Pourcho, DO
- 7:45 am **Pathologies of Medial Hip & Thigh**
Levon Nazarian, MD
- 8:10 am **Questions and Discussion**
Adam Pourcho, DO, and Levon Nazarian, MD

Hands-On Sessions

- 8:30 am **(Group A) Hands-on Scanning on Live Models**
Moderator: Kentaro Onishi, DO
- (Group B) Ultrasound-Guided Procedures on Unembalmed Cadavers**
Moderator: Daniel Lueders, MD
- (Group C) "Ultrasound Cases from Japanese Surgeons" & Break (Case presentations at 8:30-9:30 am):**
Miyatake Kazuma, MD
Jun Sasahara, MD, PhD
- 11:30 am **Lunch**
- 12:30 pm **(Group A) Ultrasound-Guided Procedures on Unembalmed Cadavers**
Moderator: Daniel Lueders, MD
- (Group B) "Ultrasound Cases from Japanese Surgeons" & Break (Case presentations at 2:15-3:15 pm)**
Yasuaki Nakanishi, MD, PhD
- (Group C) Hands-on Scanning on Live Models**
Moderator: Kentaro Onishi, DO
- 3:30 pm **Break**
- 3:45 pm **(Group A) "Ultrasound Cases from Japanese Surgeons" & Break (Case presentations at 3:45-6:45 pm)**
Junsuke Nakase, MD, PhD
- (Group B) Hands-on Scanning on Live Models**
Moderator: Kentaro Onishi, DO
- (Group C) Ultrasound-Guided Procedures on Unembalmed Cadavers**
Moderator: Daniel Lueders, MD
- 7:00 pm **Conference Adjournment**

Course Director

Kentaro Onishi, DO

Assistant Professor, Department of
Physical Rehabilitation
University of Pittsburgh School of Medicine
Pittsburgh, PA

Course Co-Directors

Freddie H. Fu, MD, DSc (Hon), DPs (Hon)

Distinguished Service Professor
University of Pittsburgh
David Silver Professor and Chairman
Department of Orthopaedic Surgery
University of Pittsburgh School of Medicine
Pittsburgh, PA

Andrew Cordle, MD

Assistant Professor, Department of
Radiology
University of Pittsburgh School of Medicine
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Professor, Department of Anatomy, and
Department of Orthopedic Surgery
Joto Orthopedic Clinic
Akita, Japan

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Thomas Jefferson University
Philadelphia, PA

Adam Pourcho, DO

Associate Professor of Sports Medicine
Swedish Medical Center
Bellevue, WA

Jay Smith, MD

Professor, Department of Physical
Medicine and Rehabilitation
Mayo Clinic
Rochester, MN

Knobology, Image Optimization, and Needle Visualization Skills

Prathap Jayaram, MD

Assistant Professor, Department of
Physical Medicine and Rehabilitation
Baylor College of Medicine
Houston, TX

Joshua Rothenberg, DO

Boca Raton Regional Hospital
Deerfield Beach, FL

Neal Washburn, DO

University of Pittsburgh School of Medicine
Pittsburgh, PA

Case Study Presentation

Kazuma Miyatake, MD

Department of Orthopedic Surgery,
Yokohama City University

Yasuaki Nakanishi, MD, PhD

Professor, Department of Orthopedic
Surgery, Nara Medical University

Junsuke Nakase, MD, PhD

Department of Orthopedic Surgery,
Kanazawa University

Jun Sasahara, MD, PhD

Professor, Department of Orthopedic
Surgery, Teikyo University

Assisting Table Faculty for Hands-on Sessions:

Ashwin Babu, MD

Assistant Program Director, PM&R
Residency Training Program
Instructor, Department of PM&R,
Harvard Medical School
Boston, MA

Armando Herradura, MD

Assistant Professor, UPMC
Department of Radiology
Pittsburgh, PA

Jonathan Kirschner, MD

Assistant Professor of Rehabilitation
Medicine
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Atlantic Sports Health
Morristown, NJ

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Aaron J. Wyse, MD

Assistant Professor, UPMC
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Pittsburgh, PA

All individuals in a position to control the content of this education activity are required to disclose all relevant financial relationships with any entity producing, marketing, re-selling, or distributing health care goods or services, used on, or consumed by, patients.

Registration Information

Pre-Register (All pre-registrations are due by August 1, 2018.)

Registrations after **August 1, 2018**, are accepted only as on-site registrations. Registering online is the quickest and easiest way to reserve your space at conferences.

- Visit our online registration at <https://ccehs.upmc.com>
- Click on *Upcoming Events*
- Scroll to *September 21 — Sports Ultrasound Conference*
- Click the *Registration* button and enter all requested information
- After registering, an electronic confirmation will be sent to the email address you provided us when you registered.

Cancellation

All cancellations must be in writing and sent to us via email. Tuition for cancellations postmarked or date stamped before **September 10, 2018** will be refunded in full. After **September 10, 2018**, a \$25 administrative fee will be assessed, the remaining amount refunded, and no refunds will be made after **September 11, 2018**.

Cancellation requests can be made to:

Amy Pietrolaj

Division Administrator, PMR
1400 Locust Street
11 Ermire Bldg, Suite 11516
Pittsburgh, PA 15219
Phone: 412-232-4072
Email: pietrolaja@upmc.edu

Registration Fees

	Received by August 1	Received after August 1
Physicians	\$1500	\$1750
Fellow or Resident	\$900	\$1100

Registration fee includes:

- Continuing education credit
- Registration and course material
- Continental breakfast, refreshments and lunch

Meeting Locations

Herberman Conference Center on September 21
5150 Centre Avenue, Pittsburgh, PA 15232

Biomedical Science Tower Lobby on September 22
203 Lothrop Street, Pittsburgh, PA 15213

Hotel Accommodations

Courtyard by Marriott Shadyside (Courtyard Pittsburgh Shadyside)

5308 Liberty Avenue, Pittsburgh, PA 15224

Call the hotel's toll-free reservation line at **1-800-321-2211**. Event guests must identify themselves as members of the *UPMC Sports Ultrasound Conference Group* initially when making the reservation.

Visit the UPMC Center for Continuing Education in the Health Sciences Web Site

Our Internet address is <https://ccehs.upmc.com>

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