

# Orthopedic and Sports Medicine Review for the Pediatric Provider

**November 14-15, 2008**

Kalahari Resort &  
Convention Center  
Wisconsin Dells, Wisconsin

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University of Wisconsin School of  
Medicine and Public Health

Department of Orthopedics and Rehabilitation

Department of Pediatrics and

Office of Continuing Professional Development  
in Medicine and Public Health



# Orthopedic and Sports Medicine Review for the Pediatric Provider

**Date:** November 14-15, 2008

**Location:** Kalahari Resort & Convention Center  
1305 Kalahari Drive  
Wisconsin Dells, WI 53965

**Phone:** (608) 254-5466  
Toll free (877) 525-2427

## INTENDED AUDIENCE

General practitioners, pediatricians and physicians who regularly manage children with musculoskeletal (MSK) conditions.

## OBJECTIVES

Using information presented in lecture, case studies and question and answer, at the end of this conference, you will be able to:

- Differentiate benign MSK conditions in children from more serious disorders
- Recognize which MSK problems to manage and which to refer
- Identify hip instability in newborns and make an appropriate and timely diagnosis to avoid complications and prolonged treatment
- Understand the preferred treatment for specific newborn and childhood foot conditions to develop the appropriate therapies

- Recognize and evaluate the basis and extent of hip disorders in pediatric patients to maximize the treatment plan
- Recognize the most common pediatric spinal disorders to make appropriate referrals
- Recognize common sports injuries in pediatric patients. Select appropriate treatment to avoid complications in healing
- Appropriately manage injuries caused by trauma, to expedite successful healing

## ELEMENTS OF COMPETENCE

This CME activity has been designed to change learner competency with the content of the activity focusing on the competencies of patient care and medical knowledge.

## ACCREDITATION STATEMENT

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

## CREDIT DESIGNATION STATEMENT

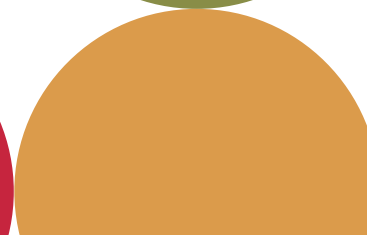
The University of Wisconsin School of Medicine and Public Health designates this educational activity for a maximum of *10.75 AMA PRA Category 1 Credit(s)<sup>TM</sup>*. Physicians should only claim credit commensurate with the extent of their participation in the activity.

## CONTINUING EDUCATION UNITS

The University of Wisconsin-Madison, as a member of the University Continuing Education Association (UCEA), authorizes this program for 1.075 continuing education units (CEUs) or 10.75 hours.

## POLICY ON DISCLOSURE

It is the policy of the University of Wisconsin School of Medicine and Public Health that the faculty, authors, planners, and other persons who may influence content of this CME activity disclose all relevant financial relationships with commercial interests in order to allow CME staff to identify and resolve any potential conflicts of interest. Faculty must also disclose any planned discussion of unlabeled/unapproved uses of drugs or devices during their presentation(s). Detailed disclosures will be made in the activity handout materials.





### CONFERENCE CHAIRS

**Kenneth Noonan, MD**, Associate Professor, Department of Orthopedics and Rehabilitation, University of Wisconsin School of Medicine and Public Health, Madison, Wisconsin

**David Bernhardt, MD**, Professor, Department of Pediatrics and Department of Orthopedics and Rehabilitation, University of Wisconsin School of Medicine and Public Health, Madison, Wisconsin

### GUEST FACULTY

**Rebecca Carl, MD**, Department of Primary Care Sports Medicine, Children's Memorial Hospital, Chicago, Illinois

**Theodore Ganley MD**, Assistant Professor of Orthopedic Surgery; Orthopedic Director of Sports Medicine, University of Pennsylvania School of Medicine, Philadelphia, Pennsylvania

**Jeffrey Mjaanes, MD**, Assistant Professor, Department of Pediatrics, Department of Orthopedics, Pediatric and Adult Sports Medicine, Rush University Medical Center, Chicago, IL

### UW SCHOOL OF MEDICINE AND PUBLIC HEALTH FACULTY

**Geoffrey Baer, MD**, Assistant Professor, Department of Orthopedics and Rehabilitation, Division of Sports Medicine

**Kathleen Carr, MD**, Assistant Professor, Department of Family Medicine and Department of Orthopedics and Rehabilitation, Division of Sports Medicine

**Gregory DeMuri, MD**, Associate Professor, Pediatric Infectious Disease Clinic, Department of Pediatrics

**Ben Graf, MD**, Associate Professor, Department of Orthopedics and Rehabilitation, Division of Sports Medicine

**Barbara Knox, MD**, Assistant Professor, Medical Director Pediatric Child Protection Program, Department of Pediatrics

**Greg Landry, MD**, Professor, Department of Pediatrics and Department of Orthopedics and Rehabilitation, Division of Sports Medicine

**James Leonard, DO, PT**, Associate Professor, Department of Orthopedics and Rehabilitation, Chair of the Rehabilitation Medicine Division and Co-director UW Health Spine Clinic

**James McCarthy, MD**, Associate Professor, Department of Orthopedics and Rehabilitation

**Blaise Nemeth, MD, MS**, Assistant Professor, Department of Pediatrics and Department of Orthopedics and Rehabilitation

**Christine Seroogy, MD**, Assistant Professor, Pediatric Allergy and Immunology, Department of Pediatrics

**Marc Sherry, APT**, Department of Orthopedics and Rehabilitation, Division of Sports Medicine



## SCHEDULE

Friday, November 14, 2008

- 7:15-8:00 a.m.** Continental Breakfast and Registration
- 8:00-8:15 a.m.** Welcome and Introduction  
*Ken Noonan, MD*
- 8:15-9:15 a.m.** Session I
- General Pediatric Orthopedics**  
*Moderator: James McCarthy, MD*
- Diagnosis and Management of Newborn Hip Instability**  
*James McCarthy, MD*
- Management of Newborn Foot Deformities**  
*Blaise Nemeth, MD, MS*
- Childhood Foot Conditions**  
*Ken Noonan, MD*
- Limb Bowing and Twisting in Walking Children: When to Worry**  
*Blaise Nemeth, MD, MS*
- 9:15-10 a.m.** Pediatric Hip Disorders  
*Ken Noonan, MD*

**9:15-10 a.m.**  
(continued)

**10-10:25 a.m.**  
**10:25-noon**  
Session II

**Noon-1 p.m.**

- Evaluation and Management of Hip Impingement**  
*James McCarthy, MD*
- Pediatric Limb Pain: When to Worry, Diagnostic Approach**  
*Rebecca Carl, MD*
- Break**
- Pediatric Spine Conditions**  
*Moderator: Ken Noonan, MD*
- Frequently Encountered Spine Deformity**  
*Ken Noonan, MD*
- Torticollis**  
*Blaise Nemeth, MD, MS*
- Evaluation of Back Pain**  
*Rebecca Carl, MD*
- Spondylolysis/Spondylolisthesis**  
*Ken Noonan, MD*
- Rehabilitative Approach to Back Pain**  
*James Leonard, DO, PT*
- Case Session**  
Panel
- Lunch**

**1-1:05 p.m.**

**1:05-2:05 p.m.**  
Session III

**2:05-3:15 p.m.**

- Announcements and Introductions**  
*David Bernhardt, MD*
- Pediatric Sports Medicine**  
*Moderator: David Bernhardt, MD*
- What's Different About the Pediatric Athlete**  
*Greg Landry, MD*
- Common Sprains and Strains**  
*Jeff Mjaanes, MD*
- Differential Diagnosis for Ankle Pain in the Immature Patient**  
*Ted Ganley, MD*
- Adolescent Anterior Knee Pain, Evaluation and Treatment**  
*Kathleen Carr, MD*
- Osteochondritis Dissecans of the Knee**  
*Ted Ganley, MD*
- Female Athletic Knee: Prone for Problems?**  
*Rebecca Carl, MD*
- Anterior Cruciate Ligament Injuries**  
*Ben Graf, MD*

**2:05-3:15 p.m.**  
(continued)

**3:15-3:35 p.m.**  
**3:35-4:45 p.m.**  
Session IV

**4:45 p.m.**

**5:15-7:15 p.m.**

- Throwing Injuries in the Growing Skeleton**  
*Geoffrey Baer, MD*
- Strategies for Pediatric Rehabilitation**  
*Marc Sherry, APT*
- Break**
- Pediatric Trauma**  
*Moderator: Ken Noonan, MD*
- Management of Arm Injuries Seen in Your Office**  
*Ken Noonan, MD*
- Orthopedic Manifestations of Child Abuse**  
*Barbara Knox, MD*
- Modern Management of Lower Limb Fractures**  
*Ted Ganley, MD*
- Ten Fractures that Look Benign but Need Referral**  
*James McCarthy, MD*
- Adjourn**
- Cocktails and Hors d'oeuvres**

## SCHEDULE

Saturday, November 15, 2008

- 7:15-8:00 a.m. Continental Breakfast**
- 8:00-8:05 a.m. Announcements and Introductions**  
*David Bernhardt, MD*
- 8:05-9:25 a.m. Session V**
- Sports Medicine**  
*Moderator: David Bernhardt, MD*
- Pre-participation Physical Examination**  
*David Bernhardt, MD*
- Stress Fractures**  
*Rebecca Carl, MD*
- Musculoskeletal Manifestations of Pediatric Obesity**  
*Blaise Nemeth, MD, MS*
- Athletic Amenorrhea**  
*Kathleen Carr, MD*
- Update on Concussion Management**  
*Jeff Mjaanes, MD*

- 9:30-10:30 a.m. Session VI**
- Infections/Common Tumors**  
*Moderator: Blaise Nemeth, MD, MS*
- Osteomyelitis/Septic Arthritis**  
*Greg DeMuri, MD*
- Common Pediatric Tumors**  
*James McCarthy MD*
- Signs/Symptoms of Inflammatory Disease: When to Refer**  
*Christine Seroogy, MD*
- 10:30-10:55 a.m. Break**
- 10:55-11:40 a.m. Workshop Session 1** - Choose to attend one workshop in this session
- Workshop A  
Examination of the Athlete's Knee and Ankle**  
*Ted Ganley, MD, David Bernhardt, MD  
Jeff Mjaanes, MD, Rebecca Carl, MD*
- OR

- 10:55-11:40 a.m. Workshop B  
Common Cast and Splints Used in Your Office**  
*Ken Noonan, MD  
Blaise Nemeth, MD, MS  
James McCarthy, MD*
- 11:45 -12:30 p.m. Workshop Session 2** - Choose to attend one workshop in this session
- Workshop A  
Examination of the Athlete's Knee and Ankle**  
*Ted Ganley, MD, David Bernhardt, MD  
Jeff Mjaanes, MD, Rebecca Carl, MD*
- OR
- Workshop B  
Common Cast and Splints Used in Your Office**  
*Ken Noonan, MD  
Blaise Nemeth, MD, MS  
James McCarthy, MD*
- 12:30 p.m. Adjourn**



**AMERICAN FAMILY CHILDREN'S HOSPITAL**  
From newborns to young adults, patients at the American Family Children's Hospital in Madison, Wisconsin, receive a level of care that is truly unique in the region. Opened in 2007, the state-of-the-art hospital offers outstanding medical care in a new, family-friendly facility. **For more information, please visit [uwhealth.org/kids](http://uwhealth.org/kids).**

## FOUR EASY WAYS TO REGISTER

**On-Line** [www.ocpd.wisc.edu/course\\_catalog](http://www.ocpd.wisc.edu/course_catalog)

**By Mail** Return your completed registration form and payment to:

Kathy Kneebone  
Pyle Center Registration  
702 Langdon Street  
Madison, WI 53706

**By Phone** (608) 262-1397. Please call and give your billing information or pay by MasterCard, VISA or American Express

**By Fax** (800) 741-7416 (in Madison fax 265-3163)

## CONFERENCE FEE

The conference fee of \$350 includes the cost of tuition, materials, a nonrefundable registration fee of \$50, refreshment breaks, lunch and a Friday evening reception. Should you need to cancel your registration up to 72 hours prior to the start of the conference, a full refund less the nonrefundable \$50 registration fee will be returned. No refunds will be available after that time.

## HOUSING

A block of rooms has been reserved at the Kalahari Resort at the rates of \$99 on Thursday, November 13, \$109 on Friday, November 14; and \$129 on Saturday, November 15, 2008. Rates include admission to the indoor waterpark for each registered guest. Please call the Kalahari Resort directly for your reservation. To receive the symposium room rate, mention **“Orthopedic and Sports Review”** to the hotel staff when making your reservation. A deposit or credit card number is required to guarantee your reservation. Should you need to cancel your reservation, please contact the Kalahari directly.

## CONFIRMATIONS

All registrations are confirmed in writing. If you do not receive a confirmation notice, please call (608) 262-1397.

## CONTACT INFORMATION

For conference information please contact Barbara Rowin, UW School of Medicine and Public Health, Office of Continuing Professional Development, 2701 International Lane, Suite 208, Madison, Wisconsin 53704; telephone (608) 240-6002; E-mail [rowin@wisc.edu](mailto:rowin@wisc.edu).

## REGISTRATION FORM (To register online, [www.ocpd.wisc.edu/course\\_catalog](http://www.ocpd.wisc.edu/course_catalog))

#4057 AME-OSMR

## Orthopedic and Sports Medicine Review for the Pediatric Provider

### NOVEMBER 14-15, 2008

Please complete steps 1 – 4 in BLOCK letters. All steps are required.

#### STEP 1. Participant Information:

Name \_\_\_\_\_  
First MI Last

Academic Degree for Credit and Name Badge (please identify):

MD  DO  PA  OTHER \_\_\_\_\_

Company Name \_\_\_\_\_

Department Name or Mail Code \_\_\_\_\_

Work Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Daytime Phone (\_\_\_\_) \_\_\_\_\_

FAX (\_\_\_\_) \_\_\_\_\_

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

#### STEP 2. Fee/Payment Information:

Conference Fee:

\$350

Payment Method (Check One)

P.O. or Check Enclosed (payable to University of Wisconsin)

Bill My Company

Credit Card  MasterCard  Visa  American Express

Cardholder's Name \_\_\_\_\_

Card Number \_\_\_\_\_

Expiration Date \_\_\_\_\_

#### STEP 3. Confirmation – Send my confirmation to:

Work Address (as provided in STEP 1) or  Home Address

Home Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Daytime Phone (\_\_\_\_) \_\_\_\_\_

Daytime Fax (\_\_\_\_) \_\_\_\_\_

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

#### STEP 4. Please return your payment with this form to:

Kathy Kneebone  
Pyle Center Registration  
702 Langdon Street  
Madison, WI 53706

Phone (608) 262-1397  
FAX (800) 741-7416  
(in Madison, FAX 265-3163).

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Join us!

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**UWHealth**   
American Family  
Children's Hospital



University of Wisconsin  
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