



MEDICAL SCHOOL
UNIVERSITY OF MICHIGAN

Department of Family Medicine

**2018 Sports Medicine for the Primary Care Physician &
Fall Update in Family Medicine**
October 3-5, 2018 ♦ Holiday Inn, Plymouth Road, Ann Arbor, MI

October 3, 2018

Sports Medicine for the Primary Care Physician

7:30-8:00 AM	Registration and Breakfast
8:00-8:40 AM	Plenary Session: Care Exercise: A Prescription with Unlimited Refills Keri Denay, MD , Director, Primary Care Sports Medicine Fellowship, Assistant Professor, Department of Family Medicine, Michigan Medicine
8:40-9:20 AM	Plenary Session: Recognition, Evaluation and Treatment of Concussion in Athletes Andrea Aagesen, DO , Assistant Professor, Department of Physical Medicine and Rehabilitation, Michigan Medicine
9:20-10:00 AM	Plenary Session: Cardiovascular Evaluation and Screening of Athletes Eugene Chung, MD , Associate Professor, Department of Internal Medicine, Michigan Medicine
10:00-10:30 AM	Plenary Session: Approach to Common Musculoskeletal Problems in Primary Care Robert Kinningham, MD, MA , Associate Professor, Department of Family Medicine, Michigan Medicine
10:30-10:45 AM	Break
10:45-11:25 AM	Workshop Session A #A-1: Evaluation of the Painful Shoulder J. Lindsay Quade MD , Clinical Instructor, Department of Internal Medicine, Michigan Medicine

- 10:45-11:25 AM **Workshop Session A, continued**
#A-2: Pediatric Sports Medicine
Ingrid Ichesco, MD, Clinical Instructor, Department of Pediatrics Michigan Medicine
- #A-3: Sports Dermatology**
Robert Kinningham, MD, MA, Associate Professor, Department of Family Medicine, Michigan Medicine
- 11:30 AM-12:10 PM **Workshop Session B**
#B-1: Evaluation of the Pain Shoulder
J. Lindsay Quade MD, Clinical Instructor, Department of Internal Medicine, Michigan Medicine
- #B-2: Common Diagnostic Imaging Findings in Sports Medicine**
Mark Mirabelli, MD, FAAFP, Associate Professor, Departments of Family Medicine and Orthopaedics & Rehabilitation, University of Rochester (New York)
- #B-3: Office Fracture Care**
Ramsey Shehab, MD, Deputy Chief, Department of Sports Medicine, Henry Ford Health System
- 12:10-1:00 PM **Lunch**
- 1:00-1:40 PM **Plenary Session: Are Sports Safe for Children?**
Rebecca Northway, MD, Clinical Instructor, Department of Internal Medicine, Michigan Medicine
- 1:40-1:45 PM **Break**
- 1:45-2:25 PM **Workshop Session C**
#C-1: Evaluation of Knee Injuries
Alan Zakaria, DO, MS, Assistant Professor, Oakland University William Beaumont School of Medicine
- #C-2: Adhesive Capsulitis of the Shoulder**
Jeffrey Housner, MD, MBA, Assistant Professor, Orthopaedic Sports Medicine, Department of Family Medicine, Michigan Medicine
- #C-3: Stress Fractures and Bone Health**
Christina Murphy, MD, Clinical Lecturer, Department of Family Medicine, Michigan Medicine
- 2:25-2:30 PM **Break**

2:30-3:10 PM

Workshop Session D

#D-1: Evaluation of Knee Injuries

Alan Zakaria, DO, MS, Assistant Professor, Oakland University William Beaumont School of Medicine

#D-2: Approach to Hip Pain

Zoe Foster, MD, Adjunct Associate Professor, Department of Family Medicine, Michigan Medicine

#D-3: Cases in Return to Play Decision

Michael Anaker, MD, Sports Medicine Fellow, Department of Family Medicine, Michigan Medicine

Robert Kinningham, MD, MA, Associate Professor, Department of Family Medicine, Michigan Medicine

3:10-3:25 PM

Break

3:25-4:05 PM

Workshop Session E

#E-1: Evaluation of Foot and Ankle Injuries

Kylee Phillips, MD, MBA, Clinical Instructor, Department of Emergency Medicine, Michigan Medicine; Team Physician, University of Michigan Athletic Department

#E-2: Effective Use of Physical Therapy and Occupational Therapy

Reina Nakamura, DO, Michigan Medicine

#E-3: Special Concerns of the Female Athlete

Rebecca Northway, MD, Clinical Instructor, Department of Internal Medicine, Michigan Medicine

4:05-4:10 PM

Break

4:10-4:50 PM

Workshop Session F

#F-1: Evaluation of Foot and Ankle Injuries

Kylee Phillips, MD, MBA, Clinical Instructor, Department of Emergency Medicine, Michigan Medicine; Team Physician, University of Michigan Athletic Department

#F-2: Examination of Elbow, Wrist and Hand Injuries

Adam Lewno, DO, Assistant Professor, Department of Physical Medicine and Rehabilitation, Michigan Medicine

#F-3: Indications for Musculoskeletal Injections

Erica Martin, MD, Sports Medicine Fellow, Department of Family Medicine, Michigan Medicine

4:50 PM

Adjourn

October 4, 2018

Fall Update in Family Medicine

- 7:30-8:00 AM **Registration and Breakfast**
- 8:00-8:30 AM **Plenary Session: Hypertension Management: How to Interpret the New Guidelines**
Masahito Jimbo, MD, PhD, MPH, Professor of Family Medicine and Urology,
Department of Family Medicine, Michigan Medicine
- 8:35 - 9:05 AM **Plenary Session: Understand the Epidemiology and Transmission of Hepatitis A**
Sandro Cinti, MD, Professor, Department of internal Medicine, Michigan Medicine and
Ann Arbor VA Medical Center
- 9:10 - 9:40 AM **Plenary Session: Alcohol Use Disorder**
Joshua Smith, MD, Clinical Assistant Professor, Department of Psychiatry & Behavioral
Neurosciences, Wayne State University School of Medicine, Henry Ford Maplegrove
- 9:40 - 10:00 AM **Break**
- 10:00 - 10:50 AM **Workshop Session G**
#G-1: Alcohol Use Disorder
Joshua Smith, MD, Clinical Assistant Professor, Department of Psychiatry & Behavioral
Neurosciences, Wayne State University School of Medicine, Henry Ford Maplegrove
- #G-2: Hypertension Management**
Masahito Jimbo, MD, PhD, MPH, Professor of Family Medicine and Urology,
Department of Family Medicine, Michigan Medicine
- #G-3: Understanding the Vaccination Issues Surrounding Hepatitis A**
Sandro Cinti, MD, Professor, Department of internal Medicine, Michigan Medicine and
Ann Arbor VA Medical Center
- 10:55 - 11:45 AM **Workshop Session H**
#H-1: Alcohol Use Disorder
Joshua Smith, MD, Clinical Assistant Professor, Department of Psychiatry & Behavioral
Neurosciences, Wayne State University School of Medicine, Henry Ford Maplegrove
- #H-2: Hypertension Management**
Masahito Jimbo, MD, PhD, MPH, Professor of Family Medicine and Urology,
Department of Family Medicine, Michigan Medicine
- #H-3: Understanding the Vaccination Issues Surrounding Hepatitis A**
Sandro Cinti, MD, Professor, Department of internal Medicine, Michigan Medicine and
Ann Arbor VA Medical Center
- 11:45 AM - 12:30 PM **Lunch**

- 12:30 – 1:00 PM **Plenary Session: A Family Physician’s Guide to Vitality, Resilience and Joy**
Harland Holman, MD, Associate Program Director, Spectrum Health Family Medicine Residency and Lead Clerkship Director, Michigan State University
- 1:05 – 1:35 PM **Plenary Session: Fever, Croup and Bronchiolitis in Kids**
Stuart Bradin, DO, Associate Professor, Departments of Pediatrics and Emergency Medicine, Michigan Medicine
- 1:40 – 2:10 PM **Plenary Session: Numb and Number: An Approach to Peripheral Neuropathy**
Zachary London, MD, Associate Professor, Department of Neurology, Michigan Medicine
- 2:10 – 2:20 PM **Break**
- 2:20 – 3:10 PM **Workshop Session I**
#I-1: Neuropathy: Choose Your Own Adventure
Zachary London, MD, Associate Professor, Department of Neurology, Michigan Medicine
- #I-2: Fever, Croup and Bronchiolitis in Kids**
Stuart Bradin, DO, Associate Professor, Departments of Pediatrics and Emergency Medicine, Michigan Medicine
- #I-3: A Family Physician’s Guide to Vitality, Resilience and Joy**
Harland Holman, MD, Associate Program Director, Spectrum Health Family Medicine Residency and Lead Clerkship Director, Michigan State University
- 3:15 - 4:05 PM **Workshop Session J**
#J-1: Neuropathy: Choose Your Own Adventure
Zachary London, MD, Association Professor, Department of Neurology, Michigan Medicine
- #J-2: Fever, Croup and Bronchiolitis in Kids**
Stuart Bradin, DO, Associate Professor, Departments of Pediatrics and Emergency Medicine, Michigan Medicine
- #J-3: A Family Physician’s Guide to Vitality, Resilience and Joy**
Harland Holman, MD, Associate Program Director, Spectrum Health Family Medicine Residency and Lead Clerkship Director, Michigan State University
- 4:05 PM **Adjourn**

October 5, 2018

Fall Update in Family Medicine

- 7:30-8:00 AM **Registration and Breakfast**
- 8:00-8:30 AM **Plenary Session: Menopause Management: Hormone Therapy**
Leigh Morrison, MD, Academic Medicine Advanced Learner and Clinical Lecturer,
Michigan Medicine
- 8:35 – 9:05 AM **Plenary Session: Integrative Approaches to Depression and Anxiety**
Gregory Shumer, MD, MHSA, Clinical Assistant Professor, Department of Family
Medicine, Michigan Medicine
- 9:10 – 9:40 AM **Plenary Session: Chronic Pain, The Opioid “Epidemic,” CDC Guidelines, New State
Laws—Now What Do I Do?**
Daniel Berland, MD, Clinical Associate Professor of Medicine, Department of Medicine,
Michigan Medicine
- 9:45 – 10:35 AM **Workshop Session K**
#K-1: Cases, Clinical Pearls, Q&A (What to do with chronic pain patients)
Daniel Berland, MD, Clinical Associate Professor of Medicine, Department of Medicine,
Michigan Medicine
- #K-2: Integrative Medicine for Headaches**
Greg Shumer, MD, MHSA, Assistant Professor, Department of Family Medicine,
Michigan Medicine
- #K-3: Menopause Management: Hormone Therapy Case Studies**
Leigh Morrison, MD, Academic Medicine Advanced Learner and Clinical Lecturer,
Michigan Medicine
- 10:40 – 11:30 AM **Workshop Session L**
#L-1: Clinical Pearls, Q&A (What to do with chronic pain patients)
Daniel Berland, MD, Clinical Associate Professor of Medicine, Department of Medicine,
Michigan Medicine
- #L-2: Integrative Medicine for Headaches**
Greg Shumer, MD, MHSA, Assistant Professor, Department of Family Medicine,
Michigan Medicine
- #L-3: Menopause Management: Hormone Therapy Case Studies**
Leigh Morrison, MD, Academic Medicine Advanced Learner and Clinical Lecturer,
Michigan Medicine
- 11:30 AM – 12:15 PM **Lunch**

- 12:15 – 1:15 PM **Interactive Session: The Behavior in the Exam Room: Putting CBT and Other Behavioral Interventions into Practice**
Thomas Bishop, PsyD, Assistant Professor, Department of Family Medicine. Michigan Medicine
- 1:20 – 2:20 PM **Interactive Session: Legal and Ethical Issues in Family Medicine**
Edward Goldman, JD, Associate Professor, Department of Obstetrics Gynecology, Michigan Medicine

Katherine Gold, MD, MSW, MS, Assistant Professor, Departments of Family Medicine and OB/GYN, Michigan Medicine
- 2:25 – 3:25 PM **Interactive Session: Allergic Contact Dermatitis**
Mari Paz Castanedo Tardan, MD, Assistant Professor, Department of Dermatology, Michigan Medicine
- 3:25 PM **Adjourn**