



# CASEM CME 2019

## ***Understanding the Clinical Management of Osteoarthritis for the Primary Care Provider***

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***Saturday, 30 March 2019***

Toronto, ON

North York Hospital

***Preliminary Program***

## **DEVELOPMENT FACULTY**

***Robert Brock, MD, FRCS(C), Dip. Sport Med.***

***Kimberly Coros, MD, FRCP, Dip. Sport Med.***

***E. Laura Cruz, MD, CFPC, Dip. Sport Med.***

***Denise MacKinnon, PT***

***Andrew Marshall, MD, FRCS(C), Dip. Sport Med.***



## **COURSE OBJECTIVE**

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This one day course will strengthen the clinical skills of primary care practitioners and enhancing the knowledge of health care providers in a sport medicine approach to osteoarthritis. At the end of the course, the participants will be able to identify non-operative and surgical treatment options for the management of osteoarthritis. The participants will be instructed in correct technique for joint injections, pharmacological management and undertake physical exam of specific joints.

## **DECLARATION OF POTENTIAL CONFLICTS OF INTEREST**

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All speakers will be requested to disclose to the audience any real or apparent conflict (s) of interest that may have a direct bearing on the subject matter of this program.

## **ACCREDITATION**

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Please contact Helen Haworth ([hthaworth@casem-acmse.org](mailto:hthaworth@casem-acmse.org)) at head office for accreditation status

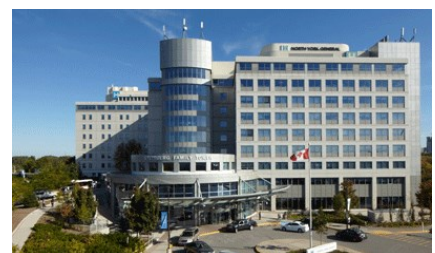
## **COURSE LOCATION**

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### ***North York General Hospital***

4001 Leslie St.,

Toronto, ON M2K 1E1





**Understanding the Clinical Management of Osteoarthritis for  
the Primary Care Provider  
SATURDAY, March 30th, 2019  
Toronto, ON—North York Hospital**

08:30 **Registration and Breakfast**

09:00 **Defining the Clinical Picture**

1. What is OA? What is its impact?
2. OA focused Hx and Px

09:30 **Practical Workshop:**

Physical Exam of the Knee and Hip

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**10:30 BREAK**

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10:50 **Living with OA: Non-Pharmacologic Management**

1. Lifestyle and Self Management
2. Therapy and Aids to Living

11:10 **Practical Workshops:**

1. GLA:D - exercise designed for OA
2. Imaging in Arthritis

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**12:00 LUNCH**

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12:45 **Living with OA: Pharmacologic Management—Pills, Potions and Pokes**

13:30 **Practical Workshop:**

Injections of the Knee, Shoulder and Other Joints

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**14:40 BREAK**

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14:45 **Living with OA: Surgical Options—Indications, Complications, Results**

15:45 **OA Jeopardy—Challenge Yourself !**

16:15 **Wrap Up and Feedback**