



AT THE FOREFRONT

UChicago
Medicine

THE UNIVERSITY OF CHICAGO

Department of Orthopaedic Surgery and Rehabilitation Medicine

24TH ANNUAL PRIMARY CARE ORTHOPAEDICS

A REVIEW OF BASIC AND CURRENT CONCEPTS

COURSE DIRECTOR

Sherwin S.W. Ho, MD

Professor of Orthopaedic Surgery

ASSOCIATE COURSE DIRECTOR

Michael J. Lee, MD

Associate Professor of Orthopaedic Surgery

JUNE
6-8
2018

**MILLENNIUM
KNICKERBOCKER HOTEL**
163 Walton Place
Chicago, Illinois 60611

“A world-class conference
in a world-class city.”

—Diane Mullins, MD, PhD

Continuing Education Credit:

Physicians • Nurses • Physical Therapists • Occupational Therapists
Athletic Trainers • Physician Assistants

CONFERENCE DESCRIPTION

Primary care, urgent care, and emergency room physicians, as well as other healthcare providers, are often on the front line in the initial care and management of orthopaedic problems. This course is intended to enhance the attendees' knowledge base regarding common orthopaedic conditions and increase their confidence in managing these issues. This 24th Annual course will provide a complete review of the basic principles of orthopaedic care. Particular attention will be paid to the diagnosis and initial management of the orthopaedic problems most commonly seen by the primary care giver. Formal question and answer periods will follow each session, paneled by the faculty. We will feature daily "Spotlight Lectures" on current topics related to orthopaedic issues and updates.

This conference will provide physical therapists, occupational therapists, nurses, and athletic trainers with evidence-based rationale for assessment and treatment techniques for various musculoskeletal conditions. Through didactic presentation, video, case study discussion, and hands-on demonstration, attendees will expand their skills, and will be able to return to the clinic and incorporate new treatment skills into existing expertise.

OPTIONAL AFTERNOON WORKSHOPS

Optional afternoon workshops will cover those parts of the orthopaedic physical examination relevant to the morning lectures. As in previous years, there will be hands-on workshops covering joint and bursa injections. We will also conduct a workshop devoted to reading X-rays and MRIs. All workshops are optional with limited seating available. Additional fees apply.

LEARNING OBJECTIVES

Upon completion of this activity, participants will be better able to:

GENERAL SESSIONS

- Describe how to diagnose common problems in the following orthopaedic areas: trauma, spine, foot and ankle, pediatrics, sports medicine, upper extremity, and adult hip and knee;
- Distinguish patients who should generally be referred to an orthopaedist from those best treated by a primary caregiver;
- Outline how to initiate non-operative management of common orthopaedic conditions;
- Name key elements of the orthopaedic physical examination and how to employ them;
- Select the optimal imaging modalities for common orthopaedic problems;
- Analyze how a team approach to interdisciplinary care of orthopaedic problems can improve patient care;
- Describe the national opioid crisis and how to practice appropriate pain management for musculoskeletal care.

ELECTIVE WORKSHOPS

- Employ the physical exams of the hand, wrist, shoulder, spine, hip, knee, ankle and foot to help determine the next steps in a patient's course of treatment;
- Identify techniques to properly administer musculoskeletal injections;
- Interpret orthopaedic x-rays and MRIs to diagnose patient issues;
- Demonstrate how to splint and immobilize the upper and lower extremities;
- Understand acute care issues surrounding post surgical care of orthopaedic patients.

TARGET AUDIENCE

The target audience includes Family Medicine, Internal Medicine, Sports Medicine, Pediatrics, Physical Medicine and Rehabilitation, Emergency Medicine, Nurse Practitioners, Physical Therapists, Occupational Therapists, Athletic Trainers, and other Health Professionals interested in the diagnosis and management of common orthopaedic injuries and illnesses.

Please join us for what promises to be an informative and comprehensive conference!

ACCREDITATION AND CREDIT DESIGNATION

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

PHYSICIAN CREDIT

The University of Chicago Pritzker School of Medicine designates this live activity for a maximum of 23.75 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

NURSING CREDIT

The University of Chicago Medicine is an approved provider of continuing nursing education by the Ohio Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. (OBN-001-91) (OH-355, 7/1/2019)

This live activity is designated for a maximum of 24 continuing nursing education units.

PHYSICAL THERAPIST & OCCUPATIONAL THERAPIST CREDIT

The University of Chicago Medical Center is a licensed continuing education provider with the Illinois Department of Financial and Professional Regulation for Physical Therapy, license # 216-000030. All participants will be provided with a certificate of attendance. This course is approved for 24 continuing education hours for licensed therapists (PT, PTA, OT, or COTA) in Illinois. The University of Chicago Medical Center has not applied to any other state for therapist CE credit. Participants will need to do this individually through their jurisdiction outside of Illinois.



ATHLETIC TRAINER CREDIT

The University of Chicago is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program has been approved for a maximum of 23.75 hours of Category A continuing education.

OTHER HEALTHCARE PROFESSIONS CREDIT

Other healthcare professionals will receive a Certificate of Participation. For information on the applicability and acceptance of Certificates of Participation for educational activities certified for *AMA PRA Category 1 Credit*[™] from organizations accredited by the ACCME, please consult your professional licensing board.

LOCATION AND ACCOMMODATIONS

The conference will be held at The Millennium Knickerbocker, located just off Michigan Avenue at 163 East Walton Place, in Chicago’s exciting Gold Coast area. The Knickerbocker is easily reached by public transportation and there are numerous public parking facilities in the area. The hotel is across Michigan Avenue from Bloomingdale’s and one block away from the John Hancock Center and Water Tower Place.

We have reserved a block of rooms at a special discounted rate for course attendees.

Our special rates start at

\$239*

single or double occupancy



Reservations for the University of Chicago Primary Care Orthopaedics group must be received by the hotel no later than May 16, 2018 to guarantee the reduced rate.

- **To book online:** Go to www.knickerbockerchicago.com, select the requested dates, the number of adults, click “Have a promo code?”, and enter the code **1806TUCPCO** in the “Group Code” field. Follow the remaining prompts to complete the reservation.
- **By telephone:** Guests may call toll free at 800-621-8140 and ask for the special group rate.

TO HELP PLAN YOUR STAY IN CHICAGO, VISIT: WWW.CHOOOSECHICAGO.COM
Chicago is truly a city with something for everyone and June is a wonderful time to take advantage of all that Chicago has to offer. Enjoy concerts at the spectacular Millennium Park, jogging or cycling along the Lakefront, relaxing at Oak Street Beach, or strolling down Michigan Avenue, “the Magnificent Mile.” As hotel rooms are scarce in June, we suggest you make your reservations early.

EDUCATIONAL GRANTS/COMMERCIAL SUPPORT

A complete listing of commercial support received will be provided in the conference materials.

The University of Chicago reserves the right to cancel or postpone this conference due to unforeseen circumstances. In the unlikely event this activity must be cancelled or postponed, the registration fee will be refunded; however, The University of Chicago is not responsible for any related costs, charges, or expenses to participants, including fees assessed by airline/travel/lodging agencies.

* All rates are subject to state and city taxes. All reservations must be secured via a valid major credit card. Check-in time is 3 pm and check-out time is 12 pm.

CONFERENCE FACULTY

THE UNIVERSITY OF CHICAGO
DEPARTMENT OF ORTHOPAEDIC SURGERY AND REHABILITATION MEDICINE

COURSE DIRECTOR

Sherwin S.W. Ho, MD
Professor of Orthopaedic Surgery
Focus: Sports Medicine, Arthroscopic Surgery

ASSOCIATE COURSE DIRECTOR

Michael J. Lee, MD
Associate Professor of Orthopaedic Surgery
Focus: Spine

Jovito Angeles, MD
Assistant Professor of Orthopaedic Surgery
Focus: Hand and Upper Extremity, Pediatric Orthopaedics

Aravind Athiviraham, MD
Assistant Professor of Orthopaedic Surgery
Focus: Sports Medicine, Adult Knee Reconstruction

Tessa Balach, MD
Associate Professor of Orthopaedic Surgery
Focus: Musculoskeletal Oncology, Adult Joint Reconstruction

Holly Benjamin, MD, FAAP, FACS
Professor of Orthopaedic Surgery and Pediatrics
Director, Primary Care Sports Medicine

Robert Bielski, MD
Associate Professor of Orthopaedic Surgery
Focus: Pediatric Orthopaedics

Roderick Birnie, MD
Assistant Professor of Orthopaedic Surgery
Focus: Non-Operative General Orthopaedics

Megan Conti Mica, MD
Assistant Professor of Orthopaedic Surgery
Focus: Hand and Upper Extremity

Douglas R. Dirschl, MD
Lowell T. Coggeshall
Professor of Orthopaedic Surgery
Chairman, Department of Orthopaedic Surgery
Focus: Trauma

Michelle S. Gittler, MD
Clinical Associate Professor of Physical Medicine
Focus: Physiatry

Rex Haydon, MD, PhD
Simon and Kalt Families Professor of Orthopaedic Surgery
Focus: Musculoskeletal Oncology

Richard Howell, MD
Fellow, Sports Medicine

Kelly Hynes, MD
Assistant Professor of Orthopaedic Surgery
Focus: Foot and Ankle

Praveen Kanneganti, MD
Fellow, Sports Medicine

Hue Luu, MD
Associate Professor of Orthopaedic Surgery
Focus: Adult Joint Reconstruction, Musculoskeletal Oncology

Kimberly Martin, DNP, APN-C
Orthopaedic Advanced Practice Nurse
Focus: General Orthopaedic Care

Daniel Mass, MD
Professor of Orthopaedic Surgery
Focus: Hand and Upper Extremity

Leonardo Oliveira, MD
Assistant Professor of Orthopaedic Surgery
Focus: Sports Medicine

Lewis Shi, MD
Associate Professor of Orthopaedic Surgery
Focus: Shoulder and Elbow

Jason A. Strelzow, MD, FRCS
Assistant Professor of Orthopaedic Surgery
Focus: Trauma

Christopher M. Sullivan, MD, MPH
Associate Professor of Orthopaedic Surgery
Focus: Pediatric Orthopaedics

Brian C. Toolan, MD
Professor of Orthopaedic Surgery
Focus: Foot and Ankle

Jennifer Moriatis Wolf, MD
Professor of Orthopaedic Surgery
Focus: Hand Surgery

GUEST SPEAKERS

David Dickerson, MD
Assistant Professor of Anesthesia & Critical Care
Focus: Pain Management
The University of Chicago

Jennifer Gilbertson, DPT, MHS, OCS
Assistant Director, Outpatient Therapy Services
The University of Chicago

Daniel Gillen
Diversion Program Manager
Drug Enforcement Administration

G. Scott Stacy, MD
Associate Professor of Radiology
Section Chief, Musculoskeletal Radiology
The University of Chicago

David Vavrinchik, MS, L.Ac., C-SMA
Licensed Acupuncturist, Integrative Medicine
NorthShore University Health System Faculty
Member, Pacific College of Oriental Medicine

PROGRAM ADVISORS THE UNIVERSITY OF CHICAGO

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Director of Primary Care Sports
Medicine, NorthShore University
Health System

David S. Howes, MD
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and Pediatrics
Emergency Medicine Residency
Program Director Emeritus
Department of Medicine

Rita Rossi-Foulkes, MD
Associate Professor of Medicine
and Pediatrics
Program Director, Internal
Medicine Pediatrics Residency
Department of Medicine and
Pediatrics

DISCLOSURE DECLARATIONS

As a provider accredited by the ACCME, The University of Chicago Pritzker School of Medicine asks everyone who is in a position to control the content of an education activity to disclose all relevant financial relationships with any commercial interest. This includes any entity producing, marketing, re-selling, or distributing health care goods or services consumed by, or used on, patients. The ACCME defines "relevant financial relationships" as financial relationships in any amount, occurring within the past 12 months, including financial relationships of a spouse or life partner that could create a conflict of interest. Mechanisms are in place to identify and resolve any potential conflict of interest prior to the start of the activity. Additionally, The University of Chicago Pritzker School of Medicine requires Authors to identify investigational products or off-label uses of products regulated by the US Food and Drug Administration, at first mention and where appropriate in the content.

CONFERENCE AGENDA

WEDNESDAY, JUNE 6, 2018

6:15 am	REGISTRATION AND CONTINENTAL BREAKFAST
7:00	Welcome and Introduction Sherwin S.W. Ho, MD
SESSION 1: RADIOLOGY IN ORTHOPAEDICS	
7:15	Orthopaedic Radiology G. Scott Stacy, MD
SESSION 2: ORTHOPAEDIC TRAUMA	
7:45	Adult Lower Extremity Fractures Rex Haydon, MD, PhD
8:15	Adult Upper Extremity Fractures Jovito Angeles, MD
8:45	Value-based Musculoskeletal Care Douglas R. Dirschl, MD
9:15	SPOTLIGHT LECTURE: The Real <i>Chicago Med</i>: Hot and Cold Trauma Jason A. Strelzow, MD, FRCS
9:45	Q & A G. Scott Stacy, MD, Rex Haydon, MD, PhD, Jovito Angeles, MD, Douglas R. Dirschl, MD, and Jason A. Strelzow, MD, FRCS
10:00	REFRESHMENT BREAK
SESSION 3: ADULT SPINE	
10:30	Adult Cervical and Thoracic Spine Michael J. Lee, MD
11:00	Adult Lumbar Spine James M. Mok, MD
SESSION 4: FOOT AND ANKLE	
11:30	Adult Foot Brian C. Toolan, MD
12:00	Adult Ankle Kelly Hynes, MD
12:30 pm	Q & A Michael J. Lee, MD, James M. Mok, MD, Brian C. Toolan, MD, and Kelly Hynes, MD
12:45	LUNCH PROVIDED FOR AFTERNOON WORKSHOP ATTENDEES
CONCURRENT WORKSHOPS:	
1:30-2:30	A. Foot and Ankle Exam Kelly Hynes, MD and Brian C. Toolan, MD B. Reading Orthopaedic X-Rays & MRIs G. Scott Stacy, MD C. Spine Exam Michelle S. Gittler, MD and Michael J. Lee, MD
2:30-3:30	D. Foot and Ankle Exam Kelly Hynes, MD and Brian C. Toolan, MD E. Reading Orthopaedic X-Rays & MRIs G. Scott Stacy, MD F. Spine Exam Michelle S. Gittler, MD and Michael J. Lee, MD
3:30-4:30	G. Large Joint Injection Sherwin S.W. Ho, MD H. Splinting Workshop (Lower Extremity) Kelly Hynes, MD and Jason A. Strelzow, MD, FRCS I. Acute Post-Operative & Post-Injury Care: Bracing, CPMs, Cold Therapy, Compression Kimberly Martin, DNP, APN-C
4:30	ADJOURN

THURSDAY, JUNE 7, 2018

6:45 am	CONTINENTAL BREAKFAST
SESSION 5: ADULT UPPER EXTREMITY	
7:15	Acute Hand and Wrist Injuries Daniel Mass, MD
7:45	Subacute & Chronic Hand/Wrist Problems Megan Conti Mica, MD
8:15	Lateral Elbow Pain: Tennis Elbow and Beyond Jennifer Moriatis Wolf, MD
8:45	Q & A Daniel Mass, MD, Megan Conti Mica, MD, and Jennifer Moriatis Wolf, MD
SESSION 6: NEW DIRECTIONS IN PAIN MANAGEMENT: ADDRESSING THE NATIONAL OPIOID EPIDEMIC	
9:00	EXPERT PANEL Dave Dickerson, MD, Megan Conti Mica, MD, and Daniel Gillen (DEA)
10:00	Q & A Dave Dickerson, MD, Megan Conti Mica, MD, and Daniel Gillen (DEA)
10:15	REFRESHMENT BREAK
SESSION 7: SPORTS MEDICINE	
10:45	Adult Elbow and Shoulder (Non-Sports Related) Lewis Shi, MD
11:15	Common Adult Sports Shoulder Injuries Sherwin S.W. Ho, MD
11:45	Common Adult Sports Knee Injuries Aravind Athiviraham, MD
12:15 pm	Other Common Tendon Injuries Leonardo Oliveira, MD
12:45	Q & A Lewis Shi, MD, Sherwin S.W. Ho, MD, Aravind Athiviraham, MD and Leonardo Oliveira, MD
1:00	LUNCH PROVIDED FOR AFTERNOON WORKSHOP ATTENDEES
CONCURRENT WORKSHOPS:	
1:45 - 2:45	J. Shoulder Exam Aravind Athiviraham, MD, and Lewis Shi, MD K. Hand/Wrist Exam Megan Conti Mica, MD L. Small Joint Injection Daniel Mass, MD
2:45 - 3:45	M. Shoulder Exam Aravind Athiviraham, MD, and Lewis Shi, MD N. Large Joint Injection Sherwin S.W. Ho, MD, and Leonardo Oliveira, MD O. Hand/Wrist Exam Megan Conti Mica, MD
3:45 - 4:45	P. Large Joint Injection Aravind Athiviraham, MD and Leonardo Oliveira, MD Q. Small Joint Injection Megan Conti Mica, MD R. Upper Extremity Splinting Daniel Mass, MD
4:45	ADJOURN

CONFERENCE AGENDA

FRIDAY, JUNE 8, 2018

6:45 am	CONTINENTAL BREAKFAST		
SESSION 8: ADULT HIP AND KNEE			
7:15	Non-Arthritic Hip Problems	Sherwin S.W. Ho, MD	
7:45	Degenerative Knee Problems	Tessa Balach, MD	
8:15	Degenerative Hip Problems	Hue Luu, MD	
8:45	Non-Operative Management of Hip Injuries	Jennifer Gilbertson, DPT, MHS, OCS	
9:15	Q & A	Sherwin S.W. Ho, MD, Tessa Balach, MD, Hue Luu, MD and Jennifer Gilbertson, DPT, MHS, OCS	
9:30	SPOTLIGHT LECTURE: Orthopaedic Acupuncture	David Vavrinchik, MS, L.Ac., C-SMA	
10:00	REFRESHMENT BREAK		
SESSION 9: PEDIATRIC ORTHOPAEDICS			
10:30	Pediatric Sports Injuries	Holly J. Benjamin, MD, FAAP, FACS	
11:00	Developmental Disorders of the Hip	Robert Bielski, MD	
11:30	Pediatric Bone and Joint Infections	Robert Bielski, MD	
12:00 pm	Developmental Lower Extremity Problems	Christopher M. Sullivan, MD, MPH	
12:30	Pediatric Spinal Deformity and Infections	Christopher M. Sullivan, MD, MPH	
1:00	Q & A	Holly J. Benjamin, MD, FAAP, FACS, Robert Bielski, MD and Christopher M. Sullivan, MD, MPH	
1:15	LUNCH PROVIDED FOR AFTERNOON WORKSHOP ATTENDEES		
CONCURRENT WORKSHOPS:			
2:00 – 3:00	S. Knee Exam	Aravind Athiviraham, MD and Holly Benjamin, MD, FAAP, FACS	
	T. Hip Exam	Sherwin S.W. Ho, MD and Leonardo Oliveira, MD	
3:00 – 4:00	U. Knee Exam	Aravind Athiviraham, MD and Holly Benjamin, MD, FAAP, FACS	
	V. Hip Exam	Sherwin S.W. Ho, MD and Leonardo Oliveira, MD	
4:00	CONFERENCE ADJOURNED		

Agenda and speaker selection subject to change.

PAYMENT WORKSHEET

		On or Before May 8th	After May 8th			
Physicians		\$595	\$675	\$ _____		
Nurses and other Allied Health Professionals		\$450	\$525	\$ _____		
Residents & Fellows (fax letter of verification to 773-702-1736)		\$350	\$375	\$ _____		
Ask about our active duty military discount: 773-702-1056						
OPTIONAL AFTERNOON Concurrent Workshops* (lunch will be provided for workshop participants)						
Wednesday PM						
1:30-2:30	<input type="checkbox"/> A. Foot and Ankle Exam	OR	<input type="checkbox"/> B. X-Ray & MRIs	OR <input type="checkbox"/> C. Spine Exam	\$60	\$ _____
2:30-3:30	<input type="checkbox"/> D. Foot and Ankle Exam	OR	<input type="checkbox"/> E. X-Ray & MRIs	OR <input type="checkbox"/> F. Spine Exam	\$60	\$ _____
3:30-4:30	<input type="checkbox"/> G. Large Joint Injection**				\$85	\$ _____
	<input type="checkbox"/> H. Lower Extremity Splinting				\$60	\$ _____
	OR <input type="checkbox"/> I. Bracing, CPMS, Cold Therapy, Compression				\$60	\$ _____
Thursday PM						
1:45-2:45	<input type="checkbox"/> J. Shoulder Exam	OR	<input type="checkbox"/> K. Hand/Wrist Exam		\$60	\$ _____
	OR <input type="checkbox"/> L. Small Joint Injection**				\$85	\$ _____
2:45-3:45	<input type="checkbox"/> M. Shoulder Exam	OR	<input type="checkbox"/> O. Spine Exam		\$60	\$ _____
	OR <input type="checkbox"/> N. Large Joint Injection**				\$85	\$ _____
3:45-4:45	<input type="checkbox"/> P. Large Joint Injection**	OR	<input type="checkbox"/> Q. Small Joint Injection**		\$85	\$ _____
	OR <input type="checkbox"/> R. Upper Extremity Splinting				\$60	\$ _____
Friday PM						
2:00-3:00	<input type="checkbox"/> S. Knee Exam	OR	<input type="checkbox"/> T. Hip Exam		\$60	\$ _____
3:00-4:00	<input type="checkbox"/> U. Knee Exam	OR	<input type="checkbox"/> V. Hip Exam		\$60	\$ _____
					Total Due	\$ _____
*Please note: CME reserves the right to combine or cancel optional workshops at any time due to enrollment. In the unlikely event that a workshop is canceled, a refund will be issued for the additional fee only.						
**Please note: CME credit for Physical Therapists will not be offered for the Joint Injection Workshops.						

CLIP HERE TO MAIL IN REGISTRATION FORM


REGISTRATION INFORMATION

Your registration includes an electronic syllabus, conference materials, continental breakfast, and refreshment breaks. Additional fees do apply for the optional afternoon workshops (lunch will be provided), see payment worksheet. While registration is open until the start of the meeting, we encourage early registration to enable us to provide the best possible service to participants.

HOW TO REGISTER

 **ONLINE** <https://cme.uchicago.edu/PCOC2018> **(credit card payment only)**

To pay by check, you must mail your registration with payment to:

 **MAIL** **The University of Chicago**
Department of Orthopaedic Surgery and Rehabilitation Medicine
c/o PCOC
5841 S. Maryland Avenue, MC 3079
Chicago, IL 60637

	On or Before May 8th	After May 8th
Physician	\$595	\$675
Nurses and other Health Professionals	\$450	\$525
Residents / Fellows (fax letter of verification to 773-702-1736)	\$350	\$375

Payment Total \$_____

CONTACT INFORMATION

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PLEASE CHECK ALL THAT APPLY

☐ You must check this box if you do not want your mailing address shared with conference participants and/or exhibitors (where applicable).

Please tell us how you found out about this activity, check all that apply:

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<input type="checkbox"/> Journal Ad	<input type="checkbox"/> Previous Attendance	<input type="checkbox"/> Other_____		

PAYMENT

☐ Check enclosed (U.S. funds only), payable to **University of Chicago (Tax ID# 36-2177139)**

CANCELLATION POLICY

If you cancel your participation in this conference, your registration fee, less a \$100.00 administrative fee, will be refunded when written notification is received by May 14, 2018. **No refunds will be issued after May 14, 2018.**

ACCESSIBILITY

The University of Chicago is committed to providing equal access appropriate to need and circumstance and complies fully with the legal requirements of the Americans with Disabilities Act. If you are in need of special accommodation, please contact our office at 773-702-1056 or via email at cme@bsd.uchicago.edu. **For additional information about this activity, please contact the Center for Continuing Medical Education at 773-702-1056.**



AT THE FOREFRONT
**UChicago
Medicine**

“I learned how to perform a more thorough orthopedic examination, guiding my plan of care, and potential for referrals.”

—Robert Smith, MD

24TH ANNUAL PRIMARY CARE ORTHOPAEDICS

A REVIEW OF BASIC AND CURRENT CONCEPTS

June 6-8, 2018

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Department of Orthopaedic Surgery and
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5841 S. Maryland Avenue, MC 3079,
Chicago, IL 60637

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