



C O N T I N U I N G
M E D I C A L
E D U C A T I O N
U N I V E R S I T Y O F
W A S H I N G T O N

26th UNIVERSITY OF WASHINGTON
REVIEW COURSE IN

PHYSICAL MEDICINE AND REHABILITATION

APRIL 18-24, 2009
HOTEL DECA (*UNIVERSITY DISTRICT*)
4507 BROOKLYN AVE. NE
SEATTLE, WASHINGTON

APRIL 25-26, 2009
KANE HALL, RM. 130
UNIVERSITY OF WASHINGTON CAMPUS
SEATTLE, WASHINGTON

Sponsored by:

The University of Washington School of Medicine

- *Department of Rehabilitation Medicine*
- *Office of Continuing Medical Education*

UW Medicine
SCHOOL OF MEDICINE

WHO SHOULD ATTEND

Senior residents and recent graduates in PM&R preparing for Board certification or other physicians preparing for re-certification within the specialty of Physical Medicine and Rehabilitation, or any health care professional seeking to update their knowledge of PM&R

COURSE DESCRIPTION

This course is designed as a comprehensive review for physicians preparing for ABPM&R Part 1 or 2 Board Certification or re-certification examinations. The curriculum is divided into modules chaired by expert faculty. Teaching methodology is primarily via lectures, with interactive waveform analysis for EMG review and the opportunity to participate in Mock Oral Examinations. This review course includes complimentary attendance to a popular two-day Musculoskeletal Mini-course on the The Cervical Spine: From Differential Diagnosis to Rehabilitation, Neurodynamics, and Interventional Treatments.

ACCREDITATION

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

The University of Washington School of Medicine designates this educational activity for a maximum of 59.5 *AMA PRA Category 1 Credits*[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

FEES & REGISTRATION INFORMATION

Course Fees:	By 3/18/09	After 3/18/09	One Day Option (Choose up to 4 days)
MD/DO/PhD/DC	\$945.00	\$1045.00	\$210.00
Resident/Fellow/Allied Health	\$795.00	\$895.00	\$210.00
UW Residents	\$150.00	\$250.00	---
UW Grad Student (<i>one day</i>)	\$ 90.00	\$190.00	---

The fee for this course includes catering, all instruction materials and transcript of category 1 credit. To ensure enrollment, please complete the enclosed registration form and forward it with the appropriate tuition. Allow up to fifteen working days to receive your written confirmation of enrollment. If you have not received written confirmation prior to your departure for the course, please contact the Continuing Medical Education office at 206-543-9496. Continuing Medical Education will not be responsible for expenses incurred by an individual who is not confirmed and for whom space is not available at the course.

COURSE OBJECTIVES

Upon completion of this program, attendees should be able to:

- *Demonstrate proficiency in the anatomic, diagnostic, and management concepts across the entire spectrum of Physical Medicine and Rehabilitation*
- *Describe new developments in the field of physical medicine and rehabilitation*
- *Take Part 1 and Part 2 of the American Board of Physical Medicine and Rehabilitation Certification Examination OR be prepared to take Board re-certification*

CANCELLATION POLICY

The Office of Continuing Medical Education must receive written notification of your cancellation. A \$50.00 processing fee will be deducted from refund requests received before the day of the course. No refunds will be issued following the date of the course. The Office of Continuing Medical Education reserves the right to cancel this course twenty (20) days prior to the course date when a minimum enrollment is not met or for other reasons that prevent the University from holding the course. Each registrant will be notified by telephone followed by written notification and a full refund. The University of Washington is not responsible for any other costs incurred such as non-refundable airline tickets or hotel penalties.

ACCOMMODATIONS

The University of Washington has contracted for a special conference rate at the following hotel. *You must mention the University of Washington, Office of Continuing Medical Education to receive this rate.* The rate quoted below does not include appropriate taxes. Please make your reservation early. After **March 18, 2009**, this rate and accommodations may no longer be available. The University of Washington accepts no further responsibility for lodging.

\$139.00

Hotel Deca
4507 Brooklyn Avenue NE
Seattle, WA 98105
800-899-0251
206-634-2000
www.hoteldeca.com
email: reservations@hoteldeca.com

SPECIAL SERVICES

Continuing Medical Education at the University of Washington is a totally self-sustaining unit and does not depend on or receive public monies in support of its educational efforts. Fees for this course are estimated to cover the costs of conducting this course. These costs include salaries, registration and credit, syllabi, handouts, record keeping, faculty planning and evaluation and may include food, alcohol, taxes and gratuities to vendors. The University of Washington reaffirms its policy of equal opportunity regardless of race, color, creed, religion, national origin, sex, sexual orientation, age, marital status, disability, or status as a disabled veteran or Vietnam era veteran in accordance with University policy and applicable federal and state statutes and regulations. The University of Washington is committed to providing access and reasonable accommodation in its services, programs, activities, education and employment for individuals with disabilities. To request disability accommodation in the application process contact the department at: 206-543-1050 or the Disability Services Office at least ten days in advance.

206-543-6450/Voice 206-543-6452/TTY 206-685-7264 (FAX)

e-mail: dso@u.washington.edu

COURSE CO-CHAIRS

Kevin Hakimi, MD
Assistant Professor
Rehabilitation Medicine

Mark A. Harrast, MD
Clinical Associate Professor
Rehabilitation Medicine
Orthopaedics & Sports Medicine

Thomas McNalley, MD
Acting Assistant Professor
Rehabilitation Medicine

GUEST FACULTY

Doug Burns, MD
Washington Interventional
Spine Associates
Bellevue, WA

Linda Darmon, MD
Chief of Medicine
Physical Medicine and Rehabilitation
Attachée des Hôpitaux de Paris
Fontenay-sous-Bois, France

Julie Fritz, PhD, PT, ATC
Associate Professor
Department of Physical Therapy
University of Utah
Salt Lake City, UT

David Hanscom, MD
Swedish Neuroscience Specialists
Seattle, WA

Michel Coppieters, PhD, PT
Division of Physiotherapy
School of Health and Rehabilitation Sciences
The University of Queensland
St. Lucia, Australia

Heikki Uustal, MD
Clinical Assistant Professor
Physical Medicine and Rehabilitation
Director of Prosthetics & Orthotics
JFK Johnson Rehabilitation Institute
Edison, NJ

UNIVERSITY OF WASHINGTON FACULTY

Daniel Abrahamson, CPO, LPO
Lecturer
Rehabilitation Medicine

Majeed Al-Mateen, MD
Clinical Associate Professor
Department of Neurology
Attending Neurologist
Seattle Children's Hospital

Aysel Atli, MD, MPH
Assistant Professor
Anesthesiology

Karen Barr, MD
Associate Professor
Rehabilitation Medicine

Kathleen Bell, MD
Professor
Rehabilitation Medicine

Stephen Burns, MD
Associate Professor
Rehabilitation Medicine

Wendy Cohen, MD
Professor
Radiology

Claire Creutzfeldt, MD
Fellow
Neurology

James Crew, MD
Fellow
Rehabilitation Medicine

Paul Dreyfuss, MD
Clinical Professor
Rehabilitation Medicine

Peter Esselman, MD
Professor & Chair
Rehabilitation Medicine

Jesse Fann, MD
Associate Professor
Psychiatry & Behavioral
Sciences

Nelson Hager, MD
Clinical Associate Professor
Rehabilitation Medicine

Virany Hillard, MD
Assistant Professor
Neurosurgery

Grant Hughes MD
Assistant Professor
Rheumatology

Mark Jensen, PhD
Professor
Rehabilitation Medicine

Shana Johnson, MD
Senior Fellow & Acting
Instructor
Rehabilitation Medicine

Marla Kaufman, MD
Clinical Assistant Professor
Rehabilitation Medicine

Brian Krabak, MD
Clinical Associate Professor
Rehabilitation Medicine

George Kraft, MD, MS
Professor
Rehabilitation Medicine

Heather Kroll, MD
Clinical Assistant Professor
Rehabilitation Medicine

Scott Laker, MD
Clinical Assistant Professor
Rehabilitation Medicine

Michael Lee, MD
Assistant Professor
Orthopaedics and
Sports Medicine

Chawn Lim, MD
Acting Assistant Professor
Rehabilitation Medicine

James Little, MD, PhD
Professor
Rehabilitation Medicine

John McLaughlin, MD
Professor
Pediatrics

Robert Miller, PhD
Lecturer
Speech and Hearing Sciences

David Morgenroth, MD
Acting Instructor
Rehabilitation Medicine

Ib Odderson, MD, PhD
Associate Professor
Rehabilitation Medicine

Ramona Okumura, CP
Senior Lecturer
Rehabilitation Medicine

Mary Pepping, PhD
Professor
Rehabilitation Medicine

Maria Rina Reyes, MD
Assistant Professor
Rehabilitation Medicine

Jim Robinson, MD, PhD
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Rehabilitation Medicine

Lawrence Robinson, MD
Vice Dean
Clinical Affairs
Professor
Rehabilitation Medicine

Bonnie Steele, ARNP, PhD
Clinical Assistant Professor
Biobehavioral Nursing

Steve Stiens, MD, MS
Associate Professor
Rehabilitation Medicine

Alison Stout, DO
Acting Assistant Professor
Rehabilitation Medicine
VA Puget Sound Health
Care System

Jelena Svircev, MD
Clinical Assistant Professor
Rehabilitation Medicine

Stephen Thielke, MD
Acting Assistant Professor
Psychiatry &
Behavioral Sciences

Trevin Thurman, MD
Sports & Spine Fellow
Rehabilitation Medicine

Jonathan Weinstein, MD, MPH
Assistant Professor
Neurology

Michael Weiss, MD
Associate Professor
Neurology

Karen Wooten, MD
Clinical Assistant Professor
Rehabilitation Medicine

Claire Yang, MD
Associate Professor
Urology

Kathryn Yorkston, PhD
Professor
Rehabilitation Medicine

CONFERENCE SCHEDULE

Saturday, April 18 (at Hotel Deca)

12:30 **Coffee and Check-in**

Module # 1 - Cardiopulmonary/Burns/Cancer

Module Chair: *Kevin Hakimi, MD*

1:00 Welcome and Logistical Information
Kevin Hakimi, MD and Thomas McNalley, MD

1:05 Burn Rehabilitation
Peter C. Esselman, MD

2:00 Cardiac Rehabilitation
Kevin Hakimi, MD

2:55 **Break**

3:10 Cancer Rehabilitation
Karen Barr, MD

4:05 Pulmonary Rehabilitation
Bonnie Steele, ARNP, PhD

5:00 **Adjourn**

Sunday, April 19 (at Hotel Deca)

7:30 **Coffee and Check-in**

Module # 2 - Traumatic Brain Injury and Multiple Sclerosis

Module Chair: *Peter Esselman, MD*

8:00 Epidemiology and Acute Management of Traumatic Brain Injury
Peter Esselman, MD

8:45 Radiographic Evaluation of the Brain
Wendy Cohen, MD

10:00 **Break**

10:15 Medical Complications of Traumatic Brain Injury
Peter Esselman, MD

11:00 Mild Traumatic Brain Injury
Kathleen Bell, MD

11:45 **Lunch (on your own)**

1:00 Neuropharmacology of Traumatic Brain Injury
Jesse Fann, MD

1:45 Neuropsychological Examination and Cognitive Rehabilitation
Mary Pepping, PhD

2:45 **Break**

3:00 Multiple Sclerosis - Update on Disease Modification
Shana Johnson, MD

4:00 Rehabilitation Principles in Multiple Sclerosis
George Kraft, MD, MS

5:00 **Adjourn**

CONFERENCE SCHEDULE

Monday, April 20 (at Hotel Deca)

7:30 **Coffee and Check-in**

Module # 3 - Gait and Orthotics

Module Chair: *Chuwn Lim, MD*

8:00 Normal and Pathologic Gait
Heikki Uustal, MD

9:00 Lower Extremity Orthotics
Heikki Uustal, MD

10:15 **Break**

10:30 Upper Extremity Orthotics
Heikki Uustal, MD

11:15 Spinal Orthotics
Stephen Burns, MD

12:00 **Lunch Break (on your own)**

Module # 4 - Limb Deficiency

Module Chair: *David Morgenroth, MD*

1:00 Rehab Approach to the Upper Extremity Amputee
Heikki Uustal, MD

1:45 Rehab Approach to the Lower Extremity Amputee
Linda Darmon, MD

2:30 Transtibial Prosthetic Components
Daniel Abrahamson, CPO, LPO

3:15 **Break**

3:30 Transfemoral Prosthetic Components
Daniel Abrahamson, CPO, LPO

4:30 Alignment Issues and Transtibial Amputee Gait
David Morgenroth, MD

5:15 **Adjourn**

Tuesday, April 21 (at Hotel Deca)

7:30 **Coffee and Check-in**

Module # 5 - EMG and Neuromuscular Disease

Module Chair: *Lawrence R. Robinson, MD*

8:00 Principles of EMG
George Kraft, MD, MS

8:50 Review of Radiculopathy
Kevin Hakimi, MD

9:40 **Break**

10:00 Entrapment Neuropathy / Traumatic Neuropathy
Lawrence Robinson, MD

10:50 Neuromuscular Junction Testing
Kevin Hakimi, MD

CONFERENCE SCHEDULE

- 11:40 **Lunch Break (on your own)**
1:00 Motor Neuron Disease
Michael Weiss, MD
1:50 Peripheral Polyneuropathy
Lawrence Robinson, MD
2:40 **Break**
3:00 Myopathies
Lawrence Robinson, MD
3:50 Wave Form Review
George Kraft, MD
4:40 **Break**
4:50 Study Strategies
Karen Wooten, MD
5:20 Mock Orals - Sign up at registration desk
Karen Wooten, MD
6:20 **Adjourn**

Wednesday, April 22 (at Hotel Deca)

- 7:30 **Coffee and Check-in**
Module # 6 - Musculoskeletal Part I
Module Co-chairs: *Marla Kaufman, MD & Brian Krabak, MD*
8:00 Review of the Cervical and Thoracic Spine
Alison Stout, DO
9:00 Review of the Lumbar Spine
Scott Laker, MD
10:00 **Break**
10:15 Review of the Lower Extremity - Foot and Ankle
Mark Harrast, MD
10:45 Review of the Upper Extremity
Karen Barr, MD
12:00 **Lunch Break (on your own)**
Module # 7 - Pain
Module Chair: *Jim Robinson, MD, PhD*
1:15 Introduction
Jim Robinson, MD, PhD
1:25 Psychotropic Medications for Chronic Pain
Stephen Thielke, MD
1:50 Opioids for Chronic Pain
Jim Robinson, MD, PhD
2:10 Soft Tissue Injections
Jim Robinson, MD, PhD and Ib Odderson, MD, PhD

CONFERENCE SCHEDULE

- 2:40 Spinal Injections
Aysel Atli, MD, MPH
- 3:05 **Break**
- 3:15 Spinal Injections - Part II
Aysel Atli, MD, MPH
- 3:35 Psychological Treatments
Mark Jensen, PhD
- 4:05 Multidisciplinary Pain Rehabilitation
Heather Kroll, MD
- 4:25 Assessment - When is a Chronic Pain Perspective Appropriate?
David Hanscom, MD
- 4:50 Panel Discussion
- 5:00 **Adjourn**

Thursday, April 23 (at Hotel Deca)

- 7:30 **Coffee and Check-in**
- Module # 8 - Musculoskeletal Part II
Module Co-chairs: *Marla Kaufman, MD & Brian Krabak, MD*
- 8:00 Rheumatologic Disorders
Grant Hughes, MD
- 9:15 Review of Lower Extremity - Hip and Knee
Nelson Hager, MD
- 10:00 **Break**
- Module # 9 - Spinal Cord Injury
Module Chair: *Jelena Svircev, MD*
- 10:15 SCI Epidemiology
James Crew, MD
- 10:30 Medical Complication of Acute SCI
Jelena Svircev, MD
- 11:15 Medical Complication of Chronic SCI
Rina Reyes, MD
- 12:15 **Lunch Break (on your own)**
- 1:15 Acute Treatment of SCI
James Little, MD, PhD
- 2:00 Outcomes and Management of Chronic SCI
James Little, MD, PhD
- 2:45 **Break**
- 3:00 The Gastrointestinal Tract After SCI: An Alimentary Journey
Steve Stiens, MD, MS
- 3:45 Wheelchair Basics
Stephen Burns, MD

CONFERENCE SCHEDULE

4:15 Urologic Management in SCI
Claire Yang, MD

5:00 Adjourn

Friday, April 24 (at Hotel Deca)

7:30 Coffee and Check-in

Module # 10 - Stroke

Module Chair: *Ib Odderson, MD, PhD*

8:00 Stroke Assessment, Anatomy and Rehabilitation
Ib Odderson, MD, PhD

9:00 Stroke Rehabilitation and Post-Stroke Complications and Management
Ib Odderson, MD, PhD

9:35 Break

9:50 Cognition and Communication Post-Stroke
Kathryn Yorkston, PhD

10:15 Dysphagia Management Post-Stroke
Robert Miller, PhD

10:40 Stroke Prevention: Risk Factors and Secondary Prevention
Claire Creutzfeldt, MD

11:20 Acute Stroke Intervention
Jonathan Weinstein, MD, MPH

12:00 Lunch Break (on your own)

Module # 11 - Pediatrics

Module Chair: *Thomas McNalley, MD*

1:00 Duchenne Muscular Dystrophy
Majeed Al-Mateen, MD

1:50 Pediatric Limb Deficiency
Ramona Okumura, CP

2:40 Break

3:00 Cerebral Palsy
John McLaughlin, MD

3:50 Spina Bifida
Thomas McNalley, MD

4:40 Adjourn

CONFERENCE SCHEDULE

Saturday, April 25 (at Kane Hall Rm. 130)

- 7:45 **Registration & Continental Breakfast**
- 8:30 Welcome and Introduction
Mark Harrast, MD
- 8:35 Cervical Pain Distribution Patterns: An Anatomic Overview
Trevin Thurman, MD
- 8:55 Whiplash: What's the Pain Generator and What Do We Do About It?
Nelson Hager, MD
- 9:40 **Break**
- 10:00 How to Approach the Degenerative Neck and Cervical Stenosis
Karen Barr, MD
- 10:45 The Role of Electrodiagnostic Studies in Upper Limb Pain and Paresthesias
Lawrence Robinson, MD
- 11:15 Imaging the Cervical Spine
Wendy Cohen, MD
- 11:45 **Lunch (provided)**
- 12:45 An Evidence-Based Approach to the Rehabilitation of the Patient with Neck Pain
Julie Fritz, PhD, PT, ATC
- 1:50 **Break**
- 2:10 A Treatment Based Classification System for the Rehabilitation of the Patient with Neck Pain
Julie Fritz, PhD, PT, ATC
- 3:15 Putting This into Practice: Clinical Cases
Julie Fritz, PhD, PT, ATC
- 3:45 **Adjourn**

Sunday, April 26 (at Kane Hall Rm. 130)

- 8:00 **Sign-In & Continental Breakfast**
- 8:25 Neurodynamics: Neurophysiology and Pathobiology
Michel Coppieters, PhD, PT
- 9:40 **Break**
- 10:00 A Novel Approach to the Treatment of Entrapment Neuropathies
Michel Coppieters, PhD, PT
- 11:00 Thoracic Outlet Syndrome: Does It Exist?
Scott Laker, MD
- 11:45 **Lunch (provided)**
- 12:45 An Update on Stingers and Burners: Radiating Limb Pain in the Athlete
Marla Kaufman, MD
- 1:30 An Interventional Approach to Cervical Zygapophyseal Joint Pain
Paul Dreyfuss, MD
- 2:10 **Break**
- 2:30 The Role and Efficacy of Cervical Epidural Steroid Injections
Doug Burns, MD
- 3:10 Cervical Surgery: Fusion vs. Disc Replacement
Michael Lee, MD and Virany Hillard, MD
- 4:10 **Adjourn**

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 PHYSICAL MEDICINE AND REHABILITATION
 REVIEW COURSE

APRIL 18-24, 2009

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 UNIVERSITY DISTRICT

916019

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Resident/Fellow/Allied Health	\$795.00	\$895.00	\$210.00 per day
UW Residents	\$150.00	\$250.00	---
UW Grad Student (one day)	\$ 90.00	\$190.00	---

Mailing address:
 Continuing Medical Education
 Box 359441
 Seattle, WA 98101-9441

Credit card registrations may
 be faxed to: 206-221-4525
 Questions? 206-543-9496

Register online at: www.uwcme.org

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Per-day Option: please indicate date(s) attending	4/18 _____
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	4/26 _____

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School of Medicine
Continuing Medical Education
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