

30TH ANNUAL THOMAS B. DAMERON JR. ORTHOPAEDIC CONFERENCE

COMPREHENSIVE SPINE CARE

**Collaborating Across Disciplines
for Optimal Patient Outcomes**



SATURDAY, DECEMBER 7, 2024 • 8:00 am – 12:00 pm

The McKimmon Conference and Training Center
1101 Gorman Street, Raleigh, NC 27606

REGISTRATION: 7:30 am • **PROGRAM:** 8:00 am – 12:00 pm

The purpose of the 30th Annual Dameron Lectureship in Orthopaedics is to assist primary care providers in managing common afflictions of the musculoskeletal system. Join us as we focus on core competence-based sessions on back and neck concerns that will be immediately useful to primary care providers and facilitate more efficient assessments of patients for better outcomes. Attendees will have an opportunity to learn from interactive demonstrations on musculoskeletal examination techniques.

Target Audience

Physicians and Advanced Practice Providers in Family and Internal Medicine, Registered Nurses and Physical Therapists

Learning Objectives

At the conclusion of this competency-based activity, the participant should be able to:

- Discuss the decision-making process when determining operative and non-operative treatment in spine care.
- Discuss conservative treatment modalities for common neck and back disorders and when to consider surgical referral.
- Review physical therapy options for back pain.
- Perform a variety of physical exam techniques for musculoskeletal conditions.
- Discuss the difference between lower back and hip/leg symptoms.
- Discuss the symptoms of pain and its origin (hip, back, neck, or shoulder) and when to image or refer to an orthopedic specialist.
- Recognize the important components of a physical therapy evaluation.



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JOINT PROVIDERSHIP
CELEBRATING 50 YEARS
WAKE AHEC
PART OF NC AHEC
and
Thomas B. Dameron, Jr.
Foundation for
Orthopaedic Education

Speakers



Course Director
Scott Eskildsen, MD
Raleigh Orthopaedic Clinic



Ryan McLynn, MD
Raleigh Orthopaedic Clinic



Nicole Quinlan, MD
Raleigh Orthopaedic Clinic



Yuri Pompeu, MD
Raleigh Orthopaedic Clinic



David Milroy, MSPT
Raleigh Orthopaedic Clinic



Julia Garrett, MSPT
Raleigh Orthopaedic Clinic



Brea Willeford, DO
Carolina Spine Center



John Schmidt, MD
Carolina Spine Center

Agenda

7:30 am	Registration and Continental Breakfast	9:45	Break
8:00	Welcome & Opening Comments Scott Eskildsen, MD	10:00	Cervical Myelopathy: Recognizing the Signs to Prevent Misdiagnosis Yuri Pompeu, MD
8:10	Distinguishing Neck and Shoulder Pain: Clinical Insights for Diagnosis and Management Ryan McLynn, MD	10:25	Why Manual Therapy? Why Exercise Alone is not Typically Effective in Relieving Complaints Julia Garrett, PT
8:35	Back or Hip: Pinpointing the Source of Pain for Accurate Diagnosis Nicole Quinlan, MD	10:50	Exploring Common Interventional Solutions for Spine Pain: Effective Options for Relief and Recovery Brea Willeford, DO
8:55	Promoting an Active Lifestyle for Patients with Low Back Pain David Milroy, PT	11:15	Physical Exam Breakout Entire Faculty
9:15	Diagnosis and Management of Vertebral Compression Fractures: Strategies for Effective Care John Schmidt, MD	11:45	Q & A Entire Faculty
9:35	Q & A Entire Faculty	12:00 pm	Adjourn

Credit

CME Credit: The Wake Area Health Education Center (Wake AHEC) designates this live activity for a maximum of 3.5 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Southern States CME Collaborative (SSCC) through the joint providership of Wake Area Health Education Center and Thomas B. Dameron, Jr. Foundation for Orthopaedic Education. The Wake Area Health Education Center is accredited by the SSCC to provide continuing medical education for physicians.

Nurse Practitioners: ANCC and the North Carolina Board of Nursing accepts *AMA PRA Category 1 Credits™* from the organizations accredited by the Accreditation Council for Continuing Medical Education (ACCME).

NCBPTE: Wake AHEC is a pre-approved provider for NCBPTE Continuing Competence Activities. This activity is 3.5 hours.

Contact Hours: Wake AHEC will provide up to 3.5 contact hours to participants upon completion of this program activity.

A participant must attend 100% of the program to receive credit. Partial credit will not be awarded.

Registration Fee

- **Early Fee** – \$65; after November 21, 2024 \$80. Vouchers will be accepted.
- Fee will include online handouts/online certificate of completion.
- Continental Breakfast will be provided.
- To assure quality programming and safety for all participants, babies and children may not attend this program.
- Call 919-350-8547 for our Inclement Weather Updates.
- Attendance at this activity grants permission for Wake AHEC to use any photographs, audio, video, or other images from this activity for promotional or educational purposes. Please notify an AHEC staff member if you have concerns.

Cancellations and Refunds Registrants cancelling between November 21, 2024 and December 4, 2024 will incur a \$35 cancellation fee. No refunds or credits will be given for cancellations received after December 4, 2024.

Planning Committee

Raleigh Orthopaedic Clinic

Scott Eskildsen, MD
Bradley Saitta, MD
Greg Saxton, PT, CSCS
Tina Doody, MAT

UNC REX Hospital

Lori Kleeberg, RN

Internal Medicine of Wakefield, PA

Lavinia Reyes, MD

Wake Area Health Education Center

Sandie Manning, MAEd

ADA Statement

Visit www.wakeahec.org for our ADA Statement.

Questions? Contact Lue McKnight at 919-350-0469 or lmcknight@wakeahec.org.



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