

UW Medicine

UW SCHOOL
OF MEDICINE

36th Annual Review Course in
**PHYSICAL MEDICINE
AND REHABILITATION**

**Sunday - Saturday
March 17 - 23, 2019**

University of Washington
Husky Union Building (HUB), Lyceum



Sponsored by University of Washington School of Medicine
Department of Rehabilitation Medicine
Office of Continuing Medical Education

TARGET AUDIENCE

Senior residents and recent graduates preparing for Board certification or other physicians preparing for re-certification within the specialty of Physical Medicine and Rehabilitation (PM&R). Additionally, any healthcare 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.

COURSE OBJECTIVES

Upon completion of this activity, 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.
- Be prepared to take the ABPM&R Maintenance of Certification Examination.

FEES AND REGISTRATION

	Full Course		Per Day
	Thru 2/17	After 2/17	4 days or less
MD/DO/PhD	\$1,050	\$1,150	\$250 per day
Allied Health	\$850	\$950	
*Non-UW Resident/Fellow	\$850	\$950	
*UW Resident/Fellow	\$250		N/A
<i>*All Resident/Fellow rates require written confirmation of current status All walk-in registrations incur a \$25 administrative fee</i>			

The UW CME office is a self-sustaining unit and does not depend on or receive public monies in support of its educational efforts. The course fees are estimated to include transcript of AMA PRA Category 1 Credits™, access to online instruction materials, catering, taxes, faculty planning and salaries.

To enroll, please complete and send the enclosed registration form with payment, or register online at uwcmc.org. Allow up to fifteen working days to receive your email confirmation of enrollment. If you have not received confirmation prior to your departure for the course, please contact the CME Office at 206.543.1050. Continuing Medical Education will not be responsible for expenses incurred by an individual who is not confirmed if space is not available at the course.

ACCREDITATION

Accreditation with Commendation

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

Credit Designation

The University of Washington School of Medicine designates this live activity for a maximum of 45.75 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



ONLINE CONFERENCE MATERIALS

Syllabus material will be available online at uwcmc.org (for conference registrants only) starting on **March 11, 2019**. Registrants may print and/or download the materials. A handout with the agenda and pages for note-taking will be provided at the conference (printed handouts of presentations will not be provided).

Please note the agenda is subject to change. For the most current course schedule, visit uwcmc.org.

ATTENDANCE POLICY

Course activities are exclusively reserved for course attendees. Badges provided at registration are required for entrance into all functions and will be strictly enforced. In consideration of other participants and speakers, please do not bring infants/children into conference sessions.

CANCELLATION POLICY

The Office of Continuing Medical Education must receive written notification of your cancellation by **March 4, 2019**. A \$75.00 processing fee will be deducted from refund requests received by this date. No refunds will be issued following **March 4, 2019**. The Office of Continuing Medical Education reserves the right to cancel this course twenty 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. Contact the CME Office with questions: call **206.543.1050**, or email cme@uw.edu.

SPECIAL SERVICES

Please inform the CME Office by **March 1, 2019**, if you will need to utilize lactation services.

UW CME takes into consideration diverse nutritional preferences and restrictions when planning our complimentary menu. However, those individuals who might find that our menu is not completely aligned to their specific nutritional needs are welcome to bring their own food items.

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 please contact the Disability Services Office at least ten days in advance.

Disability Services Office

206.543.6450/Voice • 206.543.6452/TTY • 206.685.7264/Fax • e-mail: dso@uw.edu

HOTEL ACCOMMODATIONS

The University of Washington has contracted for special rates at a hotel near the venue. You must mention "UW Rehab Medicine Course" to receive this rate. The rate quoted does not include applicable taxes. After **February 14, 2019**, this rate and accommodation may no longer be available. The University of Washington accepts no further responsibility for lodging.

Silver Cloud Inn — University District
5036 25th Ave NE, Seattle, WA 98105
800.205.6940 or 206.526.5200
www.silvercloud.com/university

Starting at
\$165.00
for King occupancy
(taxes excluded)

Course Faculty

COURSE CHAIRS

Cherry Junn, MD
Acting Assistant Professor
Department of Rehabilitation Medicine

Ny-Ying Lam, MD
Assistant Professor
Department of Rehabilitation Medicine

GUEST FACULTY

Michele Arnold, MD
Neuromuscular Physiatrist
Swedish Spine, Sports and
Musculoskeletal Medicine
Seattle, WA

Adrielle Fry, MD
EvergreenHealth
Sport & Spine Care
Kirkland, WA

Rebecca Speckman, MD, PhD
Assistant Professor
University of Utah
School of Medicine
Salt Lake City, UT

Kathleen Decina, PT, DPT
Physical Therapist
VA Puget Sound
Seattle, WA

David Hanscom, MD
Orthopedic Spine Surgeon
Swedish Neuroscience Institute
Seattle, WA

UW FACULTY

Kevin Alschuler, PhD
Associate Professor
Department of Rehabilitation Medicine

Peter Esselman, MD
Professor and Chair
Department of Rehabilitation Medicine

Juan Asanza, MD
Assistant Professor
Department of Rehabilitation Medicine

Jesse Fann, MD, MPH
Professor
Department of Psychiatry & Behavioral Sciences

Omar Bhatti, MD
Clinical Assistant Professor
Department of Rehabilitation Medicine

Megan Flanigan, MD
Pediatrix Fellow
Department of Rehabilitation Medicine

Aaron Bunnell, MD
Assistant Professor
Department of Rehabilitation Medicine

Brittany Frankl, MD
Fellow
Division of Rheumatology

Daniel Burdick, MD
Clinical Associate Professor
Department of Neurology

Torey Gilbertson, PT, PhD
Physical Therapist and Lecturer
Department of Rehabilitation Medicine

Carolyn Campbell, MD
Spinal Cord Injury Medicine Fellow
Department of Rehabilitation Medicine

Barry Goldstein, MD, PhD
Professor
Department of Rehabilitation Medicine

Deborah Crane, MD, MPH
Associate Professor
Department of Rehabilitation Medicine

Jeffrey Heckman, DO
Assistant Professor
Department of Rehabilitation Medicine

Kate Delaney, MD
Assistant Professor
Department of Rehabilitation Medicine

Gloria Hou, MD
Clinical Assistant Professor
Department of Rehabilitation Medicine

Alex Donaghy, MD
Amputee Fellow
Department of Rehabilitation Medicine

Ileana Howard, MD
Clinical Assistant Professor
Department of Rehabilitation Medicine

Course Faculty

UW FACULTY

Andrew Huffer, MD

Assistant Professor
Department of Neurology

Stephen Johnson, MD

Clinical Assistant Professor
Department of Rehabilitation Medicine

Hardeep Kainth, MD

Spinal Cord Injury Medicine Fellow
Department of Rehabilitation Medicine

Rizwan Kalani, MD

Assistant Professor
Department of Neurology

Marylynn King, PT, DPT

Physical Therapist
Department of Rehabilitation Medicine

George Kraft, MD, MS

Professor Emeritus
Department of Rehabilitation Medicine
Department of Neurology

Heather Kroll, MD

Clinical Assistant Professor
Department of Rehabilitation Medicine

Brian Liem, MD

Clinical Assistant Professor
Department of Rehabilitation Medicine

Melinda Loveless, MD

Clinical Assistant Professor
Department of Rehabilitation Medicine

Maxwell Ma, MD

Acting Assistant Professor
Department of Neurology

Lisa McPeak, MD

Clinical Associate Professor
Department of Rehabilitation Medicine

David Morgenroth, MD

Associate Professor
Department of Rehabilitation Medicine

Victor Moses, MSR, CCC-SLP

Manager, Outpatient Rehabilitation Services
Harborview Medical Center

Jaclyn Omura, MD

Pediatric Fellow
Department of Rehabilitation Medicine

Clausyl Plummer, MD

Brain Injury Fellow
Department of Rehabilitation Medicine

James Robinson, MD, PhD

Clinical Professor
Department of Rehabilitation Medicine

Neelwant Sandhu, MD

Clinical Assistant Professor
Department of Rehabilitation Medicine

Virtaj Singh, MD

Clinical Assistant Professor
Department of Rehabilitation Medicine

Shawn Song, MD

Acting Assistant Professor
Department of Rehabilitation Medicine

David Tauben, MD

Clinical Professor and Chief
Departments of Medicine and Anesthesiology
& Pain Medicine

Elaine Tsao, MD

Acting Assistant Professor
Department of Rehabilitation Medicine

Leilei Wang, MD

Clinical Assistant Professor
Department of Rehabilitation Medicine

Leo Wang, MD

Associate Professor
Department of Neurology

Laura Wessbecher, DPT

Physical Therapy Resident
Department of Rehabilitation Medicine

Karen Wooten, MD

Clinical Assistant Professor
Department of Rehabilitation Medicine

Claire Yang, MD

Professor
Department of Urology

Sunday, March 17

7:30 Registration and Continental Breakfast (breakfast provided Sunday only)

General Rehabilitation Topics

Module Chair: *Ny-Ying Lam, MD*

8:00 Welcome and Board Review Warm-Up
Ny-Ying Lam, MD

8:15 Cardiac and Pulmonary Rehabilitation
Ny-Ying Lam, MD

9:00 Wheelchairs and Seating
Kathleen Decina, PT, DPT

10:00 Break

10:15 Cancer Rehabilitation
Ny-Ying Lam, MD

11:00 Modalities and Physical Agents
Torey Gilbertson, PT, PhD

12:00 Lunch (box lunch provided Sunday only)

General Rehabilitation Topics (continued)

Module Chair: *Cherry Junn, MD*

12:45 Burn Rehabilitation
Peter Esselman, MD

1:30 Dysphagia and Compensatory Strategies
Victor Moses, MSR, CCC-SLP

2:15 Break

2:30 Multiple Sclerosis
Gloria Hou, MD

3:30 Parkinson Disease and Related Movement Disorders
Daniel Burdick, MD

4:30 Spasticity
Cherry Junn, MD

5:00 Adjourn

Monday, March 18

7:30 Sign-In and Coffee

Gait, Prosthetics and Amputee Rehabilitation

Module Chair: *Jeffrey Heckman, DO*

8:00 Overview
Jeffrey Heckman, DO

8:15 Rehabilitation of the Upper Limb Amputee and Prosthetics
Jeffrey Heckman, DO

9:15 Rehabilitation of the Lower Limb Amputee and Prosthetics
Alex Donaghy, MD & Jeffrey Heckman, DO

Monday, March 18 (...continued)

10:15 Break

10:30 Component Selection in Lower Limb Prosthetics
Rebecca Speckman, MD, PhD

11:30 Lunch (on your own)

12:30 Normal and Abnormal Gait
Adrielle Fry, MD

1:30 Transtibial Amputee Gait and Prosthetic Alignment
David Morgenroth, MD

2:30 Break

Test Prep/Mock Orals

Module Chair: Karen Wooten, MD

Optional Mock Oral Examination

Optional mock oral exams conducted by course faculty will be available on Monday, March 18, from 3:15 to 6:00 pm in 20-minute individual sessions. When you register, be sure to select the Optional Mock Oral Examination. Session times will be assigned. **Stop by the registration desk after lunch Sunday or Monday** to confirm your scheduled session time.

2:45 Oral Exam Preparation
Karen Wooten, MD

3:15 Practice Oral Boards (optional)
Course Faculty

6:00 Adjourn

Tuesday, March 19

7:30 Sign-In and Coffee

EMG and Neuromuscular Disease

Module Chair: Ileana Howard, MD

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

8:45 Painless Weakness
Maxwell Ma, MD

9:30 Break

9:45 Pediatric EMG
Leo Wang, MD, PhD

10:30 Case Review: What's that Waveform?
Faculty Panel

11:15 Radiculopathies
Ileana Howard, MD

12:00 Lunch (on your own)

Tuesday, March 19 (...continued)

- 1:00 Plexopathies
Aaron Bunnell, MD
- 1:45 Entrapment Neuropathies
Leilei Wang, MD
- 2:30 Break**
- 2:45 Solving the Puzzle of Peripheral Neuropathy Using Pattern Recognition
Michele Arnold, MD
- 3:30 Case Review: What's that Waveform?
Michele Arnold, MD
-

4:15 Adjourn

Wednesday, March 20

7:30 Sign-In and Coffee

Musculoskeletal

Module Chair: Brian Liem, MD

- 8:00 Cervical and Thoracic Spine
Stephen Johnson, MD
- 8:45 Lumbar Spine
Neelwant Sandhu, MD
- 10:00 Break**
- 10:15 Review of Upper Extremity: Part I
Barry Goldstein, MD, PhD
- 11:00 Review of Upper Extremity: Part II
Brian Liem, MD
- 12:00 Lunch (on your own)**
- 1:00 Review of the Lower Extremity - Hip and Knee
Omar Bhatti, MD
- 2:00 Review of Lower Extremity - Foot and Ankle
Melinda Loveless, MD
- 2:45 Break**
- 3:00 Rheumatology
Alison Bays, MD
-

4:00 Adjourn

Thursday, March 21

7:30 **Sign-In and Coffee**

Spinal Cord Injury

Module Chair: *Juan Asanza, MD*

- 8:00 AIS Exam and Functional Prognosis
Hardeep Kainth, MD & Juan Asanza, MD
- 8:30 Acute Management of SCI
Carolyn Campbell, MD & Shawn Song, MD
- 9:30 Neurogenic Bowel
Deborah Crane, MD, MPH

10:00 **Break**

- 10:15 Complications of Chronic SCI
Kate Delaney, MD
- 11:15 Neurogenic Bladder
Claire Yang, MD

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

Pediatrics

Module Chair: *Elaine Tsao, MD*

- 12:45 Neuromuscular Diseases of Childhood
Elaine Tsao, MD
- 1:45 Cerebral Palsy
Megan Flanigan, MD & Elaine Tsao, MD
- 2:45 **Break**
- 3:00 Spina Bifida
Elaine Tsao, MD
- 4:00 Pediatric Development and Pearls
Jaclyn Omura, MD & Elaine Tsao, MD
-

5:00 **Adjourn**

Friday, March 22

7:30 **Sign-In and Coffee**

Stroke

Module Chair: *Ny-Ying Lam, MD*

- 8:00 Stroke Management
Rizwan Kalani, MD
- 8:45 Stroke Syndromes
Andrew Huffer, MD
- 9:45 **Break**
- 10:00 Neuro-Rehabilitation Principles
Laura Wessbecher, DPT & Marylynn King, PT, DPT
- 10:45 Stroke Rehabilitation
Ny-Ying Lam, MD

Friday, March 22 (...continued)

11:45 Lunch (on your own)

Traumatic Brain Injury

Module Chair: *Cherry Junn, MD*

12:45 TBI Intro: Severity and Scales
Cherry Junn, MD

1:05 TBI: Epidemiology and Pathology
Clausyl Plummer, MD & Cherry Junn, MD

1:45 Mild TBI and Post-Concussion Syndrome
Lisa McPeak, MD

2:45 Break

3:00 Moderate to Severe TBI: Medical Complications, Treatment and Prognosis
Peter Esselman, MD

3:45 Behavioral and Emotional Sequelae After TBI: Assessment and Treatment
Jesse Fann, MD, MPH

4:45 Adjourn

Saturday, March 23

7:30 Sign-In, Coffee & Light Refreshments

Pain

Module Chair: *James Robinson, MD, PhD*

8:00 Introduction: Models of Chronic Pain
James Robinson, MD, PhD

8:30 Surgical Decision-Making in Low Back Pain
David Hanscom, MD

8:55 Opioids
James Robinson, MD, PhD

9:10 Antidepressants, Anticonvulsants, NSAIDS
David Tauben, MD

9:40 Question & Answer Session
Faculty

9:50 Break

10:05 Introduction to Injection Therapies
James Robinson, MD, PhD

10:20 Spinal Injections
Virtaj Singh, MD

10:50 Exercise Therapy in Chronic Pain
Heather Kroll, MD

11:15 Psychological Treatments
Kevin Alschuler, PhD

11:40 Question & Answer Session
Faculty

11:55 Adjourn

36th Annual Review Course in
Physical Medicine and Rehabilitation
 March 17 - 23, 2019

MJ1907

REGISTRATION

First	MI	Last
Professional Title <input type="checkbox"/> MD <input type="checkbox"/> DO <input type="checkbox"/> PhD <input type="checkbox"/> ARNP <input type="checkbox"/> RN <input type="checkbox"/> PA <input type="checkbox"/> Other:		
Street		
City	State	Zip
Phone () -		
Email		

PAYMENT *Residency Program, if applicable _____

<input type="checkbox"/> Check (payable to University of Washington) for \$

<input type="checkbox"/> Credit Card charge \$	<input type="checkbox"/> Visa	<input type="checkbox"/> MC	<input type="checkbox"/> Discover	<input type="checkbox"/> AMEX
Card #	Exp Date		Billing Zip	
CVV #	Signature			

<input type="checkbox"/> UW Budget	Budget Name		Budget #
Box #	Proj	Opt	Task

Register online at uwcme.org

Full Course		Per Day
Thru 2/17	After 2/17	4 days or less
MD/DO/PhD	\$1,150	\$250 per day
Allied Health	\$950	
*Non-UW Resident/Fellow	\$950	
*UW Resident/Fellow		\$250
*All Resident/Fellow rates require written confirmation of current status All walk-in registrations incur a \$25 administrative fee		

Per Day Option Only	
Please indicate dates attending	
<input type="checkbox"/> 3/17	<input type="checkbox"/> 3/18 <input type="checkbox"/> 3/19 <input type="checkbox"/> 3/20
<input type="checkbox"/> 3/21	<input type="checkbox"/> 3/22 <input type="checkbox"/> 3/23
Optional Items	
<input type="checkbox"/> Mock oral examination (\$0.00) - held Monday afternoon, March 18	
Total Amount: \$ _____	

RETURN COMPLETED
 REGISTRATIONS

MAIL:
 UW CME
 Box 359558
 Seattle, WA 98195-9558

FAX:
 206.221.4525
 CALL:
 206.543.1050