

SUMMER SYMPOSIUM 2023

 **Ortho
Nebraska**

AGENDA July 28, 2023

Wi-Fi

Network: Scott Conference Center
PW: bestofomaha

Presentations

<https://orthone.co/slides2023>

7:30 a.m. Registration and Breakfast

8:20 a.m. Opening Remarks

8:30 a.m. **Clavicle Fractures: Bump versus a Scar?**



Matthew Dilisio, MD
Orthopedic Surgeon

9:00 a.m. **The Only Constant is Change**



Todd Gaddie, MD
Orthopedic Surgeon

9:30 a.m. **Running with Arthritis**



David Brown, MD
Orthopedic Surgeon

10:00 a.m. Break

10:10 a.m. **Insights into Integrative Spine Rehabilitation**



Kellen Goertzen, PT
Physical Therapist

10:40 a.m. **Lumbar Disc Degeneration: Disc Replacement, Fusion or Non-Surgical**



Noah Porter, MD
Orthopedic Spine Surgeon

11:10 a.m.

Mind Over Matter: Incorporating Mental Toughness during the Rehabilitation Journey



Tim Bennett, MCGP
Mental Performance Coach

12:10 p.m.

Lunch

1:10 p.m.

The Role of Platelet-Rich-Plasma Therapy (PRP) in Musculoskeletal Medicine



AJ Abcejo, DO
Non-surgical Orthopedics & Sports Medicine

1:40 p.m.

Strength Training for Skeletally Immature Athletes



Julia Black, DO, MBA
Non-surgical Orthopedics & Sports Medicine

2:10 p.m.

Options in the Treatment of Achilles Tendon Ruptures



Mitch Muhs, PA-C
Advanced Practice Provider

2:40 p.m.

Break

2:50 p.m.

New ACL “Kid” on the Block - Quadriceps Tendon Autograft



Eric Samuelson, MD
Orthopedic Surgeon

3:20 p.m.

Rehabilitation Protocols: Root Versus Peripheral Meniscal Repairs



Karri Iten, PT
Physical Therapist

3:50 p.m.

Closing Remarks

The OrthoNebraska Symposium strives to provide the most relevant and up-to-date education on current research, patient cases, surgical & rehabilitation techniques in the orthopaedic and sports medicine fields. Supported by a faculty of fellowship-trained orthopaedic and sports medicine providers, we aim to provide regional athletic trainers, physical therapists, nurses, advanced practice providers and medical physicians with ample quality educational opportunities.

Target Audience

Physicians, advance practice providers, nurses, athletic trainers and physical therapists

Learning Objectives

- Discuss advancements of surgical and non-surgical treatments for orthopedic injuries
- Outline rehabilitation programs for conservative treatment options
- Discuss techniques to overcome mental health barriers during return to activity

Faculty and Planner Disclosures

None

Disclosure Policy

Policies and standards of Metro Omaha Medical Society require that speakers and planners for continuing medical education activities disclose any relevant financial relationships they may have with commercial interests whose products, devices or services may be discussed in the content of a CME activity. The speaker(s) and planning committee have no relevant financial relationships to disclose.

Continuing Education Credit

CME: The Metro Omaha Medical Society designates the 2023 OrthoNebraska Symposium for a maximum of 6.0 AMA PRA Category 1 Credit(s)[™]. 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 Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of Metro Omaha Medical Society and OrthoNebraska. The Metro Omaha Medical Society is accredited by the Nebraska Medical Association to provide continuing medical education for physicians.

BOC: OrthoNebraska (BOC AP#: P8593) is approved by the Board of Certification, Inc. to provide continuing education for Certified Athletic Trainers. This program is approved for 6.0 Category A hours/CEUs.

PT: OrthoNebraska is approved to provide 6.0 units of continuing education for physical therapists by the Nebraska Chapter of the American Physical Therapy Association. APTA NE approved course CEUL118501

Nursing: 6.10 Continuing Education Contact Hours awarded by Iowa Western Community College, Iowa Board of Nursing Provider #6.



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