



TRIA ORTHOPAEDIC CENTER  
TUESDAY MORNING COMMUNITY CONFERENCE 2009 – 2010  
7:00 – 8:00 AM

**September: Sports Injuries/Topics**

- 8 Sports Nutrition – Rasa Troup, MS RD CSSD LD
- 15 Sports Psychology – Dr Nancy Cullen
- 22 Current Management of Tibia Fractures – Marc Swiontkowski, MD
- 29 Pilates for Rehabilitation – Valerie Tonkin, PT DPT

**October: Ankle and Foot**

- 6 High Sprains – diagnosis and surgical vs. non-surgical approach – Fernando Pena, MD
- 13 Lisfranc Injuries – James Mazzuca, MD
- 20 Shin Pain: What could it be? – Anne Moore, MD
- 27 Rehabilitation for Ankle and Foot Injuries – Carrie Grise, DPT, NovaCare Rehabilitation

**November: Meniscus**

- 3 Differential Diagnosis of Meniscus Pathology – Alan Markman, MD
- 10 Physiology and Biomechanics – Greg Brown, MD
- 17 Surgical Intervention and Meniscus Transplant – Bradley Nelson, MD
- 24 Power of thrust manipulation in T/C spine – Evidence based approach, Chris Kramer, PT and Bill Koch, PT – Park Nicollet

**December: Sport Topics**

- 1 Classification Based Approach to LBP – Peter Garber, PT
- 8 Sport Pharmacology – Michelle Gorman-McNerney, MD
- 15 Professional Athletes: Special Concerns – Joel Boyd, MD
- 22 Troublesome Tendinopathy: Injection Therapies – Rob Johnson, MD

**January: (2010) Knee**

- 5 Evidence Based Approach to ACL Injuries – Devanshu Kansara, MD
- 12 Multiple Ligament Injuries to the Knee – Jon Cooper, MD
- 19 First Time Patella Dislocations: Evidence Based Treatment Approach – Liz Arendt, MD
- 26 Evidence Based Knee Rehabilitation - Monte Wong, PT, DPT, ATC, CSCS

**February: Hip**

- 2 FAI Evidence Based Approach to Diagnosis and Treatment – Robby Sikka, MD
- 9 New Concepts in Hip Surgery – Kirk Aadalen, MD
- 16 Hip Pain in Runners – Margi Heie, MPT, OCS (OrthoRehab Specialists)
- 23 Evidence Based Update on Articular Cartilage – Matt Sardelli, MD

**March: Shoulder**

- 2 MDI - Jon Braman, MD
- 9 SLAP – Gary Fetzer, MD
- 16 Clavicle Fractures – Gregory Lervick, MD
- 23 Rotator Cuff Repair – Michael Walsh, MD
- 30 Rehabilitation of Throwing Athletes - Greg Govrik, PT; Maurie Steinley, PT, DSc, SCS

**April: Elbow and Hand**

- 6 UCL Injuries to the Elbow – John Steubs, MD
- 13 Lateral Epicondylitis – Hand Therapy
- 20 Scaphoid Fractures – Deb Bohn, MD
- 27 Hand Injuries in Sport – Jeffrey Husband, MD

**May: Sport Topics**

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- 11 Golf Rehabilitation - Maurie Steinley, PT, DSc, SCS
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