



# THE WESTERN

Foot and Ankle Conference



## VIRTUAL CONFERENCE GUIDE

JUNE 26-27, 2020

### THE 2020 WESTERN FOOT AND ANKLE CONFERENCE: A VIRTUAL EVENT

LOCATION:  
YOUR LIVING ROOM

DPMs can earn 26+ Continuing Education Contact Hours, 14+ radiology CECH, and 4 fluoroscopy CECH from the overall meeting, which will include live presentations with Q&A as well as recorded on-demand presentations to watch at your convenience. There is even a virtual exhibit hall for you to browse show specials and support the companies who support you.



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(800) 794-8988



2430 K Street, Suite 200, Sacramento, CA 95816

# LIVE SESSIONS



USE THE LINK EMAILED TO YOU TO LOGIN FRIDAY AND SATURDAY, JUNE 26 AND 27 FOR REAL TIME PRESENTATIONS.

MODERATOR: CRISTIAN NEAGU, DPM

## FRIDAY, JUNE 26

8 - 10 AM

2 CECH (0 Radiology CECH)

### KEYNOTE:

#### THE ROLE OF WEARABLE TECHNOLOGY IN PODIATRIC MEDICINE AND SURGERY

*Bijan Najafi, PhD, MSc*

Preventing foot disease requires the patient to have a central active role in self-managing their health. This is a shift from current practice, in which the patient is frequently a passive recipient of care. Thanks to advances in wearable and sensing technologies, ubiquity of access to the internet, and significant strides in machine learning and artificial intelligence, new emerging solutions have been developed to improve health care delivery, patient satisfaction, and population health across different disciplines while reducing the cost of care - in particular, recent "remote patient monitoring" technology. Although still new, this is becoming a frequent subject in the national health care conversation. For a patient, the benefits of remote monitoring are tremendous. The ability to track the key health information of an at-risk patient, either recovering from surgery or in need of chronic care, defines a shift in personalized health care. Providers will be able to essentially "be there" with the patient and support his/her caregivers when they cannot be in the home. There are currently several revenue opportunities for remote patient monitoring and services, which could also accelerate incorporation of these technologies for foot disease management in a near future. This talk will discuss some of recent technology developments relevant to foot disease management and their potential to be integrated into podiatry clinics to improve patient care and patient satisfaction.

### WOUND CARE

CPMA has designated unrestricted educational grants from AMERX Health Care Corp. and Modulim to support this program.

- Assessing Tissue Oxygenation and Perfusion Using Spatial Frequency Domain Imaging  
- *Jeffrey D. Lehrman, DPM*
- Navigating Which Dressing and When  
- *Jeffrey D. Lehrman, DPM*
- Practice Changers in Wound Care  
- *Laura Shin, DPM, PhD*

### 10 - 10:30 AM

#### BREAK

- Visit Virtual Exhibit Hall
- Verify Attendance
- Don't Forget to Stretch!

### 10:30 - 11:30 AM

1 CECH (0 Radiology CECH)

#### APMA REGIONAL LECTURE SERIES

APMA has designated an unrestricted educational grant from Pfizer to support this program.

- Unmet Needs in The Treatment of PSA: Educational Interventions in Podiatric Dermatology  
- *Christopher Parker, DO*

### 11:30 AM - 12:30 PM

#### LUNCH BREAK

- Visit Virtual Exhibit Hall
- Verify Attendance
- Chat with Exhibitors to Play The Western Round-Up Game and Enter to Win a Laptop
- Chat with Colleagues in the Lobby

### 12:30 - 2:30 PM

2 CECH (1.17 Radiology CECH)

#### TOM CHANG'S CORNER

Panel Discussion: Chang Presents Challenging Cases to Panel

- *Thomas J. Chang, DPM*

- *Paul D. Dayton, DPM*

- *Shannon M. Rush, DPM*

- *Amber M. Shane, DPM*

- *Nicholas W. Todd, DPM*

The Western welcomes back California's own Thomas J. Chang, DPM for "Tom Chang's Corner". This track will be a special event wherein Dr. Chang will share his years of experience, giving advice and pearls that DPMs can use in surgery and in their daily practice in the office. Dr. Chang will be presenting some lessons learned (see the on-demand sessions) and sharing some challenging cases in his own particular style. To gain an even a greater perspective, during this track attendees will hear from other prominent podiatric surgeons as they present some of their cases and get Dr. Chang's advice on them.

### 2:30 - 3:30 PM

1 CECH (0.33 Radiology CECH)

#### MEDICAL TUNE UP OF THE SURGICAL PATIENT

- The New Kids on The Block: Vaping And THC\*  
- *David Goya, DO*

#### PAIN MANAGEMENT:

#### FINDING ALTERNATIVES TO OPIOIDS

- The Role of Behavioral Health in Pain Management  
- *Dave Baron, DO, MEd*

#### SECRETS TO 1ST RAY PATHOLOGY

- Lapiplasty: A Solution for 1st Ray Hypermobility\*  
- *Paul D. Dayton, DPM*

# LIVE SESSIONS (CONTINUED)



USE THE LINK EMAILED TO YOU TO LOGIN FRIDAY AND SATURDAY, JUNE 26 AND 27 FOR REAL TIME PRESENTATIONS.

## SATURDAY, JUNE 27

### 8 - 10 AM

2 CECH (0 Radiology CECH)

Moderator: Cristian Neagu, DPM

#### **"MY LIFE IS OVER!" – THE ANATOMY OF A MALPRACTICE CASE**

CPMA has designated an unrestricted educational grant from PICA to support this program.

PICA policyholders can earn a 15% premium discount by attending the PICA risk management lecture at *The Western*. Doctors of Podiatric Medicine must be registered for *The Western* to attend this lecture.

It can be a sobering event when you are notified that you are being sued for over \$7,000,000 million dollars, which is 6.5 million in excess of your professional liability policy limits. This lecture will provide insight into a real case and the toll it takes on the physician, both physically and mentally. In addition, we will explore how it impacts the practice and the staff. We will discuss the strengths and weaknesses of the case, how the team navigated through the challenges focusing on the medical and legal aspects. What thoughts would go through your mind if you received a such a demand? Come listen to this impactful presentation and learn strategies that will assist you if you are ever involved in a lawsuit!  
- Dominic A. DeLaurentis, Jr., Esq.  
- Steven Shannon, DPM

### 10 - 10:30 AM

#### BREAK

- Visit Virtual Exhibit Hall
- Verify Attendance
- Don't Forget to Stretch!

### 10:30 - 11:30 AM

1 CECH (0 Radiology CECH)

Moderator: Cristian Neagu, DPM

#### **IT'S NOT ALWAYS TINEA: LOWER EXTREMITY SKIN CONDITIONS**

CPMA has designated an unrestricted educational grant from Bako Diagnostics to support this program.

- Lower Extremity Skin Conditions  
- Tracey C. Vlahovic, DPM

### 11:30 AM - 12:30 PM

#### LUNCH BREAK

- Visit Virtual Exhibit Hall
- Verify Attendance
- Chat with Exhibitors to Play The Western Round-Up Game and Enter to Win a Laptop
- Chat with Colleagues in the Lobby

### 12:30 - 3:30 PM

3 CECH (0 Radiology CECH)

#### SPORTS MEDICINE PANELS

Moderator: Byron Patterson, MD

##### THE SCIENCE OF HEALING

- Orthobiologics: Fact, Fiction or Fantasy  
- Bert Mandelbaum, MD
- Biologic Joint Preservation with Modern Cartilage Restoration and Transplantation Techniques  
- Kris Jones, MD
- Performance-Enhancing Drugs and Supplements: Where Are We Now?  
- Gary Green, MD
- Q&A

##### YOUTH SPORTS

- The Female Athlete Triad  
- Aurelia Nattiv, MD
- Sports Related Injury in the Child and Adolescent Athlete  
- Joshua Scott, MD
- Update on Sports Related Concussions in the Athlete  
- Tracy L. Zaslav, MD
- Q&A

##### THE MULTIDISCIPLINARY MEDICAL TEAM

- The Multidisciplinary Sports Medicine Team in Intercollegiate and Professional Sports  
- Daniel Vigil, MD
- Risk Factors Associated with Hamstring Injury in the Athlete: How Can the Medical Team Successfully Intervene?  
- Holly Silvers-Granelli, MPT, PhD
- Wellness and Burnout in Musculoskeletal Clinicians  
- Jennifer Weiss, MD
- Q&A

# ON-DEMAND SESSIONS



AVAILABLE ONLINE AS PART OF THE WESTERN, BEGINNING JUNE 25 THROUGH AUGUST 31, 2020.  
SEE PAGE 13 FOR INSTRUCTIONS ON HOW TO ACCESS THE ON-DEMAND SESSIONS.

## ACHILLES TENDON NEW AND OLD 2 CECH (2 RADIOLOGY CECH)

- Historical Review of Treatment\*
- Treatment of Equinus Deformity\*
- Orthobiologics In Management of Achilles Pain\*
- Rehabilitation Options for the Chronic Achilles\*
- PRP and Amniotic Tissue Augmentation - Better Results?\*
- Need More Strength? FHL Transfer\*

## BIOMECHANICS OF THE ARCH AND FOREFOOT 1.33 CECH (0.33 RADIOLOGY CECH)

- Longitudinal Arch Biomechanics
- Biomechanics and Conservative Treatment of Planter Plate Tears\*
- Orthotic Modifications for Hindfoot Pathology
- Forefoot Pathology - Orthotic Secrets

## COMPLICATED AND UNUSUAL CASES 1.67 CECH (1.33 RADIOLOGY CECH)

- Malaligned Calcaneus: Distraction Arthrodesis\*
- The Changing Lateral Column\*
- Why Did My Bunion Fail?\*
- Ankle Fracture: Diabetic vs. Geriatric\*
- Achilles Tendon: Large Defects

## DEALING WITH DME CHALLENGES 0.5 CECH (0 RADIOLOGY CECH)

- Solving the Diabetic DME Problem

## MANAGEMENT OF RUNNING INJURIES AND RUNNING SHOES 1 CECH (0.75 RADIOLOGY CECH)

- Medial Tibial Stress Syndrome\*
- All about Peroneal Injuries\*
- The Supershoe - Nike Vaporfly: The Story
- The Unstable Ankle: Treatment Pearls\*

## MEDIAL COLUMN HEADACHES 1.17 CECH (1.17 RADIOLOGY CECH)

- Is Isolated Soft Tissue Release Effective in Correction of Deformity?\*
- A Novel Approach to Midfoot Correction: Naviculocuneiform Fusions\*
- Short Medial Column\*
- Managing the Dreaded Non-Union\*

## MEDICAL TUNE UP OF THE SURGICAL PATIENT 0.25 CECH (0.25 RADIOLOGY CECH)

- The Importance of Vitamin D\*

## PAIN MANAGEMENT: FINDING ALTERNATIVES TO OPIOIDS 0.58 CECH (0 RADIOLOGY CECH)

- Are There Viable Alternatives to Opioid Based Pain Management?
- Anti-Inflammatory Medications: Strong Enough but Worth the Risk?

## SECRETS TO 1ST RAY PATHOLOGY 0.5 CECH (0.5 RADIOLOGY CECH)

- First Ray Rotation: Fact or Fiction?\*
- Hallux Limitus: Are Decompressing Osteotomies Worth the Trouble?\*
- Small Bones, Big Problems: Sesamoid Pathology\*

## SPORTS MEDICINE: SOFT TISSUE FOOT AND ANKLE PATHOLOGY 1.5 CECH (0.5 RADIOLOGY CECH)

- Tendinopathy: Acute vs Chronic - Understanding the Differences in Symptoms and Anatomy when Determining Treatment
- Golf: Lower Extremity Considerations of the Golf Swing\*Off-Loading the Achilles Tendon
- Off-Loading the Achilles Tendon

## TOM CHANG'S CORNER 0.67 CECH (0.67 RADIOLOGY CECH)

- Lessons Learned\*

## WOUND CARE 2.08 CECH (1.08 RADIOLOGY CECH)

- Basics of Diabetic Wound Care
- The Role of Imaging in Diabetic Foot Ulcers and Infections\*
- Wound Coverage Techniques
- Prophylactic Surgery in the Diabetic Foot\*
- Healed: Determining the Level of Amputation
- Long Term Outcomes of Partial Calcaneotomies\*

## PATIENT SAFETY CONSIDERATIONS WHEN USING FLUOROSCOPY\*\* 4 CECH (4 FLUOROSCOPY CECH, INCLUDING 4 RADIOLOGY CECH)

\* Denotes presentation which provides radiology continuing education contact hours (CECH).

+ Denotes presentation which provides fluoroscopy continuing education contact hours (CECH).



# INVITED INSTRUCTORS



## **Dave Baron, DO, MSEd\***

*Alta Dena, CA*  
Provost & SVP  
Professor, Western University of Health Sciences, Pomona, CA  
Emeritus Professor, Keck School of Medicine of USC

## **Thomas J. Chang, DPM**

*Santa Rosa, CA*  
ABFAS, ACFAS  
Redwood Orthopedic Surgery Associates  
Clinical Professor and Past Chairman, Department of Podiatric Surgery, CCPM  
*Dr. Chang has indicated that he is a consultant for Ossio, Paragon 28, and Stryker.*

## **Paul Dayton DPM, MS, FACFAS**

*Ankeny, IA*  
ACFAS  
ACFAS Skills Committee  
ABFAS Reviewer  
JFAS Section Editor  
*Dr. Dayton has indicated that he is a consultant for Treace Medical Concepts, on the Speaker's Bureau for ACFAS, and receives grant/research support from Aligned 3D Clinical Trial.*

## **Dominic A. DeLaurentis, Jr., Esq.\***

*Runnemede, NJ*

## **Michael D. Dujela, DPM, FACFAS\***

*Centralia, WA*  
ACFAS

## **David Goya, DO, MBA, FCCP, FACP\***

*Santa Clara, CA*

## **Gary Green, MD\***

*Malibu, CA*  
Clinical Professor, UCLA Division of Sports Medicine  
Medical Director, Major League Baseball  
Head Team Physician, Pepperdine University  
Pacific Palisades Medical Group

## **Lawrence Huppini, DPM**

*Seattle, WA*  
AAPSM, ABPM  
Private Practice, Seattle, WA  
*Dr. Huppini has indicated that he is a consultant for Prolab Orthotics.*

## **Kristofer Jones, MD\***

*Manhattan Beach, CA*

## **Kevin A. Kirby, DPM**

*Fair Oaks, CA*  
Fellow, American College of Podiatric Medicine  
Member, Editorial Advisory Board, Journal of American Podiatric Medical Association  
Adjunct Professor of Biomechanics, California School of Podiatric Medicine  
Private Practice, Sacramento, CA  
*Dr. Kirby has indicated that he is a consultant for Precision Intricast Orthotic Laboratory.*

## **Jonathan Labovitz, DPM\***

*Rancho Palos Verdes, CA*  
ACFAS  
Fellow, American Board of Quality Assurance and Utilization Review Physicians  
Council of Podiatric Medical Education  
Faculty, Western University of Health Sciences College of Podiatric Medicine, Pomona, CA

## **Jeffrey D. Lehrman, DPM, FASPS, MAPWCA, CPC**

*Fort Collins, CO*  
ABFAS, ASPS  
Principal, Lehrman Consulting, LLC  
A Step Ahead Foot & Ankle Center, Fort Collins, CO  
*Dr. Lehrman has indicated that he is a consultant for Modulim and American Podiatric Medical Association and is a shareholder of Talar Medical.*

## **Bert Mandelbaum, MD\***

*Santa Monica, CA*  
Co-Chair, Medical Affairs, Cedars-Sinai Kerlan-Jobe Institute  
Co-Director, Sports Medicine, Cedars-Sinai Department of Orthopaedic Surgery  
Co-Director, Regenerative Orthobiologic Center, Cedars-Sinai  
Co-Chairman, Biologic Association  
Associate Chief Medical Officer, Major League Soccer  
La Galaxy Chief Medical Officer

## **Michael C. Muelly, MD\***

*Santa Clara, CA*  
Diplomate, American Board of Radiology  
Vision Radiology  
Stanford University  
RaDS inc.  
invaria inc.

## **David Mullens, DPM, JD\***

*Palo Alto, CA*  
ABPS, ACFAS

## **Bijan Najafi, PhD, M.Sc.**

*Houston, TX*  
*Dr. Najafi has indicated that he is a consultant for Biosenics, Results Groups, and receives grant/research support from Biosenics, LifeNet, AVAZZIA, OHI, EO2 Concept, Eden, Results Groups.*

## **Aurelia Nattiv, MD\***

*Santa Monica, CA*

## **Cristian Neagu, DPM, FACFAS\***

*Los Altos, CA*  
ACFAS  
Residency Director, Kaiser Permanente Santa Clara

## **Aksone Nouvong, DPM\***

*Hermosa Beach, CA*  
*Dr. Nouvong has indicated that she is a consultant for Hypermed.*

## **Lawrence M. Oloff, DPM, FACFAS**

*Los Altos, CA*  
ABFAS, ACFAS  
Team Podiatrist, San Francisco Giants  
Private Practice, Palo Alto Medical Foundation  
Podiatric Residency Director, St. Mary's Medical Center  
*Dr. Oloff has indicated that he is a consultant for Ossio and on the speaker's bureau for Bioventus.*

## **Christopher Parker, DO**

*Austin, TX*  
*Dr. Parker has indicated that he is on the speaker's bureau for Amgen and AbbVie.*

## **Christopher L. Reeves, DPM, FACFAS**

*Orlando, FL*  
ACFAS  
Immediate Past President, ACFAS  
Research Director, Advent Health Residency Training Program  
Faculty Advent Health East Residency Training Program  
ABFAS Board Certification Case Review  
*Dr. Reeves has indicated that he receives grant/research support from Organogenesis PF Study, is a consultant for Stryker, Treace, Trilliant Surgical, and Wright Medical, and is a Partner with BESP Global.*

# INVITED INSTRUCTORS

(CONTINUED)



**Marlene Reid, DPM\***

*Chicago, IL*

ACFAS

AAWP, Life Member and Past President

IDFPR, Podiatric Licensing Board

Board Member and Past President, IPMA

APMA Delegate to the HOD

**Alex Reyzelman, DPM\***

*San Francisco, CA*

Professor, Department of Medicine,

California School of Podiatric Medicine at

Samuel Merritt University

Co-Director, UCSF Center for Limb

Preservation

**Doug Richie, DPM**

*Seal Beach, CA*

AAPSM, ACFAS

Associate Clinical Professor, California

School of Podiatric Medicine at Samuel

Merritt University

Fellow and Past President, American

Academy of Podiatric Sports Medicine

*Dr. Richie has indicated that he is a Major*

*Share Stockholder of Richie*

*Technologies, Inc.*

**Shannon M. Rush, DPM, FACFAS**

*San Jose, CA*

ABFAS, ACFAS

Tri-Valley Orthopedic Specialists

Stanford Valley Care

Adjunct Professor, California School of

Podiatric Medicine at Samuel Merritt

University

*Dr. Rush has indicated that he is a consultant*

*for Stryker, Zimmer Biomet, SDI, and NSI and*

*is a founder of SDI.*

**Joshua Scott, MD\***

*Los Angeles, CA*



# INVITED INSTRUCTORS

(CONTINUED)



## Amber M. Shane, DPM, FACFAS

Orlando, FL

ACFAS

Faculty, Advent Health East Orlando

Podiatric Residency

Chair, Department of Podiatric Surgery

Advent Health

*Dr. Shane has indicated that she is a consultant for BESPA, Stryker, Treace Medical Concepts, and Trilliant Surgical.*

## Steven Shannon, DPM\*

Philadelphia, PA

ACFAS

Private Practice, Philadelphia, PA

## Eric Shi, DPM\*

Fremont, CA

Sutter East Bay Medical Group,

Castro Valley, CA

## Laura Shin, DPM\*

Arcadia, CA

ABPM, ACFAS

Assistant Professor, Keck School of Medicine at University of Southern California

## Holly Silvers-Granelli, PT, MPT, PhD\*

Santa Monica, CA

Chair, Major League Soccer Medical

Assessment Research Committee

Spokesperson, American Physical Therapy

Association ACL Injury Prevention

## Nicholas W. Todd, DPM

Mountain View, CA

ACFAS

Co-Director, Surgical Curriculum,

California School of Podiatric Medicine

Geographic Medical Director, Surgical

Services, Palo Alto Medical

Foundation, Camino Division

Director-at-Large, California Podiatric

Medical Association

*Dr. Todd has indicated that he is a*

*consultant for Arthrex.*

## Jacqueline B. Truong, DPM, MPH\*

Claremont, CA

ABFAS, ABPM, ACFAS

Member, APHA

Medical Staff, Pomona Valley Hospital

Medical Center

Medical Staff, Chino Valley Medical Center

Medical Staff, Casa Colina Hospital and

Centers for Healthcare

## Daniel V. Vigil, MD\*

Santa Monica, CA

Health Sciences Associate Clinical Professor,

David Geffen School of Medicine at UCLA

Associate Head Team Physician, UCLA's

Department of Intercollegiate Athletics

Associate Head Team Physician and Director

of Primary Care, Los Angeles Lakers

## Tracey C. Vlahovic, DPM

Philadelphia, PA

ABPM

Clinical Professor, Temple University

School of Podiatric Medicine

*Dr. Vlahovic has indicated that she is a consultant for Bako Diagnostics.*

## Jennifer M. Weiss, MD\*

Woodland Hills, CA

## Tracy Zaslow, MD\*

Los Angeles, CA

***\*Instructor has indicated he/she has no financial relationships to disclose relevant to the content of this CME activity.***

**AAPSM:** Fellow, American Academy of Podiatric Sports Medicine

**ABFAS:** Diplomate, American Board of Foot and Ankle Surgery

**ACFAS:** Fellow, American College of Foot and Ankle Surgeons

**ASPS:** Fellow, American Society of Podiatric Surgeons

## KEYNOTE SPEAKER

Bijan Najafi, PhD, MSc

*Professor in Surgery; Director of Clinical Research, Division of Vascular Surgery and Endovascular Therapy; Director of Interdisciplinary Consortium on Advanced Motion Performance (ICAMP); Michael E. DeBakey Department of Surgery; Baylor College of Medicine; Houston, TX*



Bijan Najafi, PhD, MSc

## FEATURED SPEAKER

Thomas J. Chang, DPM

*An expert in the foot and ankle, Dr. Chang received his B.S. in Electrical Engineering at Washington University in St. Louis and earned his podiatric medical degree from Temple University School of Podiatric Medicine. He completed a 3-year Surgical Residency program in Reconstructive Surgery of the Foot and Ankle at Emory/Northlake Regional Medical Center in Atlanta, GA.*

*Dr. Chang spent 8 years in academic medicine and is a Clinical Professor and Past Chairman in the Department of Podiatric Surgery at the California College of Podiatric Medicine.*

*His textbook, "Master Techniques in Podiatric Surgery: The Foot and Ankle" has sold over 6,000 copies worldwide, and 25% of the sales goes toward medical mission funds.*

*He has served on the editorial board of both the Journal of Foot and Ankle Surgery and the Journal of the American Podiatric Medical Association.*



Thomas J. Chang, DPM

# 2020 WESTERN SPONSORS



## PLATINUM



intelligence not just information

<https://bakodx.com>

## DIAMOND



a Berkshire Hathaway company

<https://www.medpropodiatry.com/>

## GOLD



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SYSTEM FOR EXTERNALLY ALIGNING LIMBS



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[www.paragon28.com](http://www.paragon28.com)



[www.mimedx.com](http://www.mimedx.com)



<https://modulim.com/>



APMA has designated an unrestricted educational grant from Pfizer to support this program.

<https://www.pfizer.com/>



[www.stryker.com](http://www.stryker.com)

## SILVER



[www.treace.com](http://www.treace.com)

## PROGRAM



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[www.picagroup.com](http://www.picagroup.com)



[www.aapsm.org](http://www.aapsm.org)



<https://www.abmsp.org>



# EXHIBITORS




**20/20 Imaging, a division of Konica Minolta**   
[www.2020imaging.net](http://www.2020imaging.net)

**American Board of Foot and Ankle Surgery**  
[www.abfas.org](http://www.abfas.org)

**AMERX Health Care**  
<https://amerxhc.com/>

**Bach Diagnostics**    
[www.bachdiagnostics.com](http://www.bachdiagnostics.com)

**Bako Diagnostics**   
<https://bakodx.com>

**CrossRoads Extremity Systems**    
[www.minibunion.com](http://www.minibunion.com)

**CuraMedix**  
<http://www.curamedix.com>

**DG Instruments**  
<http://www.dginstruments.com>

**DNE, LLC, SEAL**

**Extremity Medical, LLC**   
[www.ExtremityMedical.com](http://www.ExtremityMedical.com)


**Far West Nutraceuticals, LLC**   
[www.NeuraVite.com](http://www.NeuraVite.com)

**Flower Orthopedics**  
[www.flowerortho.com](http://www.flowerortho.com)

**Footwear etc.**  
[www.footwearetc.com](http://www.footwearetc.com)

**Geistlich Medical**   
<https://woundcare.geistlich-na.com/en-us/>

**LA MedSurg**  
[www.paragon28.com](http://www.paragon28.com)

**Medela**   
<https://www.medelahealthcare.us/solutions/negative-pressure-wound-therapy>

**MedPro Group**  
<https://www.medpropodiatry.com/>

**MiMedx**  
[www.mimedx.com](http://www.mimedx.com)

**Modulim**  
<https://modulim.com/>


**NerveReverse - Nutrition for Nerves**  
[nerverreverse.com](http://nerverreverse.com)

**Northwest Podiatric Laboratory**  
[nwpodiatric.com](http://nwpodiatric.com)

**Organogenesis**  
[www.organogenesis.com](http://www.organogenesis.com)

**Ortho Dermatologics, a division of Bausch Health US, LLC** 

**OSSIO**  
[www.ortho-dermatologics.com](http://www.ortho-dermatologics.com)

**OsteoMed, LLC**    
[www.osteomed.com](http://www.osteomed.com)

**Pangea Laboratory, LLC**   
<https://www.pangealab.com/>

**PICA**   
[www.picagroup.com](http://www.picagroup.com)

**PodiatryChoice (FKA Coverys Podiatry Preferred)**  
<https://www.rpsins.com/products/podiatry>

**ProLab Orthotics**  
<https://www.prolaborthotics.com/>

**Redi-Thotics**  
[www.redi-thotics.com](http://www.redi-thotics.com)

**Saorsa Inc.**  
<https://www.esaorsa.com/>

**Stryker**   
[www.stryker.com](http://www.stryker.com)

**SureFit**  
[www.surefitlab.com](http://www.surefitlab.com)


**Talar Medical - A TCP Company**   
[www.talarmedical.com](http://www.talarmedical.com)

**Treace Medical Concepts, Inc.**  
[www.treace.com](http://www.treace.com)

**Vionic/Vasyli Medical**  
<https://vionicgroup.com/>

**Wright Medical Group NV**  
[www.wrightmed.com](http://www.wrightmed.com)

**Zimmer Biomet**  
[zimmerbiomet.com](http://zimmerbiomet.com)

 Blue Ribbon Exhibitor

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# EDUCATIONAL PROGRAM OBJECTIVES



AT THE CONCLUSION OF THIS PROGRAM, LEARNERS WILL BE ABLE TO:

## ACHILLES TENDON NEW AND OLD

- Familiarize themselves with historical treatment of Achilles tendon pathology surgical and conservative
- Be able to learn the role of Orthobiologics and Achilles tendon management
- Understand surgical treatment options as well as rehabilitation options that allow faster healing

## BIOMECHANICS OF THE ARCH AND FOREFOOT

- Familiarize themselves and understand the nature of the forces as well as biomechanics principles acting on the longitudinal arch of the foot
- Understand the concept of orthotic management and modification for pathologies involving the hindfoot
- Familiarize themselves and understand biomechanical principles, local anatomy and pathology involving the second metatarsal phalangeal joint
- Understand the concepts orthotic management and modification for pathologies involving the forefoot region

## COMPLICATED AND UNUSUAL CASES

- Familiarize himself with concepts of revision surgery in the forefoot and hindfoot
- Be able to review the concepts of ankle fracture management in high risk patients
- Understand treatment options applied to management of Achilles tendon large defect

## DEALING WITH DME CHALLENGES

- Understand the differences between photographs and progress notes as clinical tools in the description of lower extremity diabetic problems
- Understand why Medicare approved diabetic therapeutic shoe services and what effect that should have on the treatment of the diabetic patient population
- Explain the unifying argument that should be used to support all diabetic therapeutic shoe services
- Know how to perform the analysis of a patient's lower extremity problem to best explain the need for diabetic therapeutic shoe services in words
- Know how to best use clinical photos to explain needed diabetic therapeutic shoe services to other doctors as well as to other agencies

## IT'S NOT ALWAYS TINEA: LOWER EXTREMITY SKIN CONDITIONS

- Review inflammatory conditions common to the feet
- Review differential diagnosis of inflammatory conditions common to the feet
- Apply knowledge of inflammatory conditions of the feet to diagnostic tests and management

## MANAGEMENT OF RUNNING INJURIES AND RUNNING SHOES

- Review and understand concepts and management of chronic runners/athletes
- Be able to diagnose and treat injuries of the ankle and peroneal tendons
- Understand how specialty shoes can change the nature of a sport

## MEDIAL COLUMN HEADACHES

- Understand the value and application of isolated soft tissue releases in deformity correction
- Familiarize themselves with new surgical techniques employed in management of deformity correction
- Understand concepts of postoperative rehabilitation/physical therapy and application following surgery

## MEDICAL TUNE UP OF THE SURGICAL PATIENT

- Familiarize themselves with perioperative management of endocrine medical conditions
- Learn and familiarize themselves with the effect of vaping and THC smoking on the pulmonary system
- Be able to identify numerous changes in medical management of diabetes mellitus

## "MY LIFE IS OVER!" - THE ANATOMY OF A MALPRACTICE CASE

- Describe the case a fellow podiatrist experienced including taking the case to trial to defend his care
- Compare why some cases can be taken to trial vs. settling them before or during mediation
- Provide understanding of the different components of a professional liability case and how they may be handled
- Discuss the impact a lawsuit can have on the physician, the practice, partners, family and staff

# EDUCATIONAL PROGRAM OBJECTIVES

(CONTINUED)



AT THE CONCLUSION OF THIS PROGRAM, LEARNERS WILL BE ABLE TO:

## **PAIN MANAGEMENT:**

### **FINDING ALTERNATIVES TO OPIOIDS**

- Be able to understand and familiarize themselves with new rules and regulation and opioid prescription management
- Be familiar with the basic science and physiology behind the concept of pain and its management
- Familiarize themselves with alternative management to opioid-based pain management protocols

### **PATIENT SAFETY CONSIDERATIONS WHEN USING FLUOROSCOPY**

- Define fluoroscopy and how it is created.
- Review image intensifier components and operation.
- Discuss international radiation dose units vs. United States dose units.
- Improve radiation protection while using C-arm.
- Recognize how fluoroscopic use affects patients and staff.
- List various ways of decreasing radiation exposure during surgery.
- Talk about adverse effects of radiation exposure and dose response.
- Discuss radiation protection equipment.
- Review California laws on fluoroscopic supervisor and operator responsibilities.
- Discuss podiatry views in radiology and how to obtain optimal images while decreasing exposure.

### **SECRETS TO 1<sup>ST</sup> RAY PATHOLOGY**

- Be familiar with the concept of first ray rotation on surgical management of hallux abductovalgus deformity
- Understand the application of decompressing first metatarsal osteotomies for hallux limitus
- Familiarize themselves with clinical and surgical treatment options and management of sesamoid pathology

### **SPORTS MEDICINE PANELS**

- Recognize the truths and myths associated with orthobiologics in sports medicine

- Recognize benefits and risks associated with the use of orthobiologics in sports medicine; when to consider use
- Appreciate current cartilage restoration and transplantation techniques available to patients and athletes; when to consider use
- Be conscious of the risks of performance enhancing drugs in professional sports
- Update on the risks of PEDS in sports and activity (at all levels of sports) and the role of the sports podiatrist
- Be aware of the challenges of child and adolescent athletic injuries
- Understand the latest findings in sports related concussions and long term consequences; importance of return to play guidelines and precautions in place
- Appreciate the podiatrist's role and responsibilities in patients suspected of having the "Female Athlete Triad"
- Recognize the podiatrist's critical role as a member of the sports medicine staff at the collegiate and professional level
- Gain an understanding of how to avoid burn out as a sports medicine specialist

## **SPORTS MEDICINE:**

### **SOFT TISSUE FOOT AND ANKLE PATHOLOGY**

- Understand the anatomy as well as clinical signs and symptoms of acute versus chronic Achilles tendinopathy
- Familiarized himself with nonsurgical/clinical modality for Achilles tendon offloading
- Understand special biomechanics principles are applied to professional golf

### **THE ROLE OF WEARABLE TECHNOLOGY IN PODIATRIC MEDICINE AND SURGERY**

- Understand some of major gaps in effective management of foot disease
- Discuss promise of digital health and wearables to improve the health, wellbeing, and healing of our patients
- Appreciate the value of "remote patient monitoring" to improve patient care and patient satisfaction

# EDUCATIONAL PROGRAM OBJECTIVES

(CONTINUED)



AT THE CONCLUSION OF THIS PROGRAM, LEARNERS WILL BE ABLE TO:

## TOM CHANG'S CORNER

- Be involved in discussion and review of sound surgical concepts applicable to foot and ankle pathology
- Review and be involved in discussion of complicated surgical cases
- Learn surgical concept/pearls that improve patient care

## UNMET NEEDS IN THE TREATMENT OF PSA: EDUCATIONAL INTERVENTIONS IN PODIATRIC DERMATOLOGY

- Recognize signs, symptoms and clinical expression (common sites of manifestation) of PsA
- Discuss relevant lab studies used to diagnose PsA
- Identify factors associated with exacerbations of psoriasis
- Identify common PsA pedal radiographic findings, from early to late stage
- Understand the importance of proper and timely diagnosis of PsA in order to improve patient outcomes

- Understand the implications of an underlying diagnosis of PsA on surgical planning
- Understand the role of the team of medical professionals in the multidisciplinary care of patients with PsA

## WOUND CARE

- Understand and apply anatomic and physiological concepts of wound care
- Familiarize themselves with different types of wound dressings and their applications
- Familiarize themselves with potential applications of PRP and diabetic foot ulcers
- Understand and review different wound coverage techniques as well as indications for prophylactic surgery in the diabetic patient
- Familiarize themselves with clinical modalities that aid in choosing the correct amputation level
- Understand and be cognizant of the social economic and financial outcomes of advanced wound therapy





# FREQUENTLY ASKED QUESTIONS



## **Do I have to watch the live presentations in real time?**

Yes, two days of lectures will be presented in real time, and your credits will be based on the time that you watch. Be sure to register and sign in before the sessions start.

## **How do I access the on-demand lectures?**

Check your email for a link to The Western on-demand portal sent Wednesday, June 24. Verify your password sent via email. Don't see the email? Check your junk folder for an email from cmeonline.com.

## **Can I still get my radiology and fluoroscopy CECH?**

Yes! Many of the lectures will provide some radiology CECH, and the fluoroscopy presentations will provide radiology and fluoroscopy. DPMs can earn up to 14 radiology and 4 fluoroscopy CECH by watching all the live and recorded presentations.

## **Can I still get my PICA discount?**

Yes! Login to the live presentation on Saturday, June 27 and watch the full presentation to get CE credits and your discount.

## **Will there be breaks during the live presentations?**

Yes, there will be short breaks between tracks and one-hour lunch breaks each day.

## **When can I watch the on-demand presentations?**

The recorded sessions will be available beginning June 25, 2020 and will be posted for viewing at your convenience through August 31.

## **Will there be exhibits?**

Yes! There will be a Virtual Exhibit Hall with vendors showcasing their products and services. Get one-on-one virtual face time via LiveChat in their virtual booths – some even offer show specials. Visit each vendor and enter to win daily prizes!

## **When will I get my CECH?**

Transcripts will be emailed after the meeting dates. If you login later to watch the on-demand sessions, separate transcripts will be sent.

## **I paid a different rate for the meeting – Will I be refunded?**

Yes, if you registered for the face-to-face meeting for more than the virtual meeting rate, a refund will be processed to your original method of payment by July 15.

## **Who can attend the virtual meeting?**

Doctors of Podiatric Medicine – members and non-members – are welcome to attend to earn their Continuing Education Contact Hours. Unfortunately, we are not able to provide a program for assistants or students on this platform. Residents may register at the member rate if they wish to attend.

## **What are the registration rates?**

DPMs can register for \$429. CPMA/APMA Members can use code MEMBER20 to get \$200 off (\$229).

## **I'm a CPMA/APMA Member – can I get a discount?**

CPMA/APMA Members can get a discount on the virtual meeting registration. Enter Code MEMBER20 to get \$200 off when you register. Check [thewestern.org](http://thewestern.org) for the open registration announcement.

## **I'm not a current member. Can I join?**

Yes! We can help with that! Email [dkenoly@calpma.org](mailto:dkenoly@calpma.org) or Call (800) 794-8988.

California Podiatric Medical Association is approved by the Council on Podiatric Medical Education as a provider of continuing education in podiatric medicine. California Podiatric Medical Association has approved this activity for a maximum of **26.17 Continuing Education Contact Hours (CECH)**.



## MISSION STATEMENT

Ensure the commitment of developing educational opportunities to benefit all those in the medical profession who extend their care into the foot, ankle and lower leg structures arena. It is one of the ultimate goals of the CPMA to provide educational opportunities via conferences and workshops to help expand the knowledge base and technical skills of all involved medical students, residents, educators, providers and ancillary staff.

**THEWESTERN.ORG**  
**#WesternFromHome**

# CPMA PAST PRESIDENTS



S. Rutherford Levy	1912-15	Adah Ruth Taylor	1950-51	James R. La Rose	1986-87
H. J. Riegelhaupt	1915-16	Charles R. Brantingham	1951-52	Fred D. Youngswick	1987-88
Oscar L. Gruggle	1916-17	M. C. Nuddleman	1952-53	Earl L. Cherniak	1988-89
John A. Lesoine	1917-18	Russell C. Bliss	1953-54	Howard M. Sokoloff	1989-90
William F. Leck	1918-19	Edward F. O'Brien	1954-55	Lyman H. Wilson	1990-91
J. H. Morris	1919-20	Robert Shor	1955-57	S. Chris Horine	1991-92
C. L. Scharff	1920-21	Robert L. Jacoby	1957-59	Jon A. Hultman	1992-93
A. D. Cranston	1921-22	William F. Eads	1959-61	Allan R. Stark	1993-94
B. Lower	1922-23	George A. Shore	1961-62	Randall J. Torre	1994-96
A. Roscoe Watts	1923-24	Robert S. Nichols	1962-63	Jack L. Bois	1996-97
J. A. Jacques	1924-25	Paul R. Eschbacher	1963-64	Ronald D. Jensen	1997-98
Frank M. Shay	1925-26	Philip Gardner	1964-65	Barry L. Scurren	1998-99
Charles R. Hancock	1926-27	Robert J. Hughes	1965-66	Noreen N. Oswell	1999-2000
John F. Gebhardt	1927-28	Charles H. Johnson	1966-67	William W. Kirchwehm	2000
Donald F. Kimball	1928-29	Duane U. Dyer	1967-68	Scott Tafuri	2000-02
H. J. Riegelhaupt	1929-30	Joseph N. Fields	1968-69	David S. Mazza	2002-03
Vera Williamson	1930-31	Paul L. Young	1969-70	Franklin Kase	2003-04
A. D. Cranston	1931-32	Allen Crutchfield	1970-71	Jeffrey R. DeSantis	2004-05
Glenn Anderson	1932-33	Simon M. Lane	1971-72	Tracy L. Basso	2005-07
L. B. Blanchard	1933-35	David S. Jacobson	1972-73	Ernest J. Hook	2007-08
LeRoy M. King	1935-36	Frank A. Bruno	1973-74	Daniel L. Altchuler	2008-09
Thomas C. Hughes	1936-37	Dean O. Durrant	1974-75	Stephen C. Wan	2009-10
Rudolph G. Johanson	1937-39	Charles W. Bradley	1975-76	Michael J. Cornelison	2010-11
Joseph W. Bartholomew	1939-40	Roderick D. Farley	1976-77	William Tarran	2011-12
Harold M. Hogan	1940-42	Oliver S. Foster	1977-78	Karen L. Wrubel	2012-13
Carl B. Merril	1942-43	Robert V. Bindi	1978-79	Carolyn E. McAloon	2013-14
Frances Sheetz	1943-44	Eric R. Hubbard	1979-80	Thomas J. Elardo	2014-15
George W. Scherer, Jr.	1944-45	John M. Connolly	1980-81	Ami A. Sheth	2015-16
Leon N. Liss	1945-46	Dennis L. White	1981-82	Rebecca A. Moellmer	2016-17
Howard M. Joseph	1946-47	Leo N. Armstrong	1982-83	Devon N. Glazer, DPM	2017-18
Roy E. Roscamp	1947-48	Tilden N. Sokoloff	1983-84	John A. Chisholm, DPM	2018-19
Robert L. Rutherford	1948-49	Randall J. Sarte	1984-85		
John R. Reed	1949-50	Richard B. Viehe	1985-86		

# CPMA COMMITTEES & STAFF



## SCIENTIFIC & EDUCATION COMMITTEE

### Chair

Cristian Neagu, DPM

### Liaison

Nicholas W. Todd, DPM  
*Dr. Todd has indicated that he is a Consultant for Arthrex.*

### Member

Devon N. Glazer, DPM

### Consultant

Jonathan M. Labovitz, DPM

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Jeannette F. Steed

*Unless otherwise indicated, committee and staff members have indicated they have no financial relationships to disclose relevant to the content of this CME activity.*

# SADDLE UP *for* THE WESTERN ROUND-UP

- Visit each exhibitor's virtual booth and chat with them to get their codes - jot them down so you don't have to remember them all!
- Once you have all the codes rounded up, click the 'Enter Contest' button at the top of the main exhibit page.
- Enter all the codes you rounded up along with your name, email address, and phone number and be entered into a random drawing.
- If the information is all correct you will be entered into a drawing to win a laptop computer!



*Lasso  
exhibitor codes  
and enter to win  
a laptop!*

**One prize each day -  
Enter Friday and Saturday for more chances to win!**

## FRIDAY'S PRIZE

Acer Aspire 5 Slim Laptop



## SATURDAY'S PRIZE

HP 14" HD Laptop





**JOIN US  
NEXT  
YEAR**



**THE WESTERN**

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