



# 10<sup>th</sup> Annual MacHANd Day of Evaluation and Management of the Upper Extremity

**WEDNESDAY, OCTOBER 25, 2017**

**Royal Botanical Gardens - 680 Plains Road West, Burlington, ON, Canada**

The **McMaster University Hand, Arm, Nerve (MacHANd) Group** is an interdisciplinary team promoting excellence in education, clinical service, and research for hand and upper limb injuries, diseases, and disorders.

### The Learning Objectives of MacHANd Day are:

**By attending this activity, through a variety of interactive and informative sessions, participants will be able to:**

- Recognize the criteria for who is a surgical candidate for rotator cuff surgery and when to refer a patient to a specialist
- Understand MRI findings and other methods of evaluating the rotator cuff
- Identify evidence-based, multidisciplinary approaches for managing common shoulder disorders and what patients can do at home
- Describe recent treatments for chronic oedema in the upper extremity

### Target Audience:

Chiropractors, Family Physicians, Occupational Therapists, Physiatrists, Physician Assistants, Physiotherapists, Radiologists, Sports Medicine Physicians, Residents, Students, and all other Health Professions interested in upper extremity disorders.

### CALL FOR POSTER PRESENTATIONS ON UPPER EXTREMITY RESEARCH

Please submit your poster abstract (word limit: 350) to Margaret Lomotan via e-mail: [lomotam@mcmaster.ca](mailto:lomotam@mcmaster.ca) by **October 2, 2017**.



**DOWNLOAD OUR MOBILE APP** to receive important updates!

### FOR MORE INFORMATION

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McMaster University, Continuing Health Sciences Education

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**E:** [castewa@mcmaster.ca](mailto:castewa@mcmaster.ca)

### FOR REGISTRATION INFORMATION

**E:** [cmereg@mcmaster.ca](mailto:cmereg@mcmaster.ca)

**P:** 905 525-9140 ext. 22671

**REGISTER ONLINE**

[www.fhs.mcmaster.ca/conted/register.html](http://www.fhs.mcmaster.ca/conted/register.html)



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# AGENDA

\*Activity subject to change

07:30-08:00 **REGISTRATION AND BREAKFAST**

08:00-08:10 **INTRODUCTIONS & WELCOME**

## Morning Plenary Session: Management of the Rotator Cuff

08:10-08:30 **To Refer or Not to Refer:  
Who is a Surgical Candidate?**  
**Matthew Denkers, MD, FRCSC**  
Assistant Professor, Orthopaedic Surgery  
McMaster University & Hamilton Health Sciences

08:30-08:35 Question & Answer

08:35-08:50 **MRI of the Shoulder -  
Rotator Cuff Interpretation and Findings**  
**Euan Stubbs, MB ChB, MRCS, FRCR**  
Assistant Professor, Radiology  
McMaster University & St. Joseph's Healthcare Hamilton

08:50-09:00 Question & Answer

09:00-09:45 **The Rehab Approach**  
**Agnes Chmiel, MD, FRCP(C)**  
Associate Clinical Professor & Associate Residency Program  
Director  
Physical Medicine and Rehabilitation  
McMaster University

**Greg Spadoni, PT, MSc, BHSc, BA, Dip.Manip.Ther.,  
FCAMPT, CAFCI**  
Assistant Clinical Professor, Physiotherapy  
McMaster University & Peak Performance Physiotherapy

09:45-10:00 Question & Answer

10:00-10:25 **MORNING BREAK, VIEW POSTERS  
& VISIT EXHIBITORS**

10:25-10:50 **Special Interests Talk: Update on the Management of  
Chronic Oedema in the Upper Extremity**  
**Vivian Dim, OT Reg (Ont), CHT, LLCC**  
Occupational Therapist  
Arm More Therapy

10:50-11:00 Question & Answer

11:05-12:00

## Morning Break-out Session A

*(please select one)*

- 1) Physical Exam of the Shoulder
- 2) Treatment Approaches for the Shoulder: Manual Therapy, Biomechanics and Motor Control
- 3) Self-Management of Common Shoulder Issues: What can patients do at home?

12:00-13:00

## LUNCH, VIEW POSTERS & VISIT EXHIBITORS

13:00-13:50

## Afternoon Plenary Session:

### Shouldering the Pain: Other Etiologies

**Todd Bentley MD, FRCPC, Dip Sport Med, ABEM**  
Associate Clinical Professor, Physical Medicine & Rehabilitation  
McMaster University

### Anita Gross, BScPT, MSc, Grad.Dip.Manip. Ther., FCAMPT

Associate Clinical Professor, Physiotherapy  
McMaster University

13:50-14:10

Question & Answer

14:15-15:10

## Afternoon Break-out Session B

*(please select one)*

- 1) Physical Exam of the Shoulder
- 2) Treatment Approaches for the Shoulder: Manual Therapy, Biomechanics and Motor Control
- 3) Self-Management of Common Shoulder Issues: What can patients do at home?

15:10-15:25

## AFTERNOON BREAK, VIEW POSTERS & VISIT EXHIBITORS

15:25-16:15

## Special Interests Talks:

### The SICK Scapula Syndrome

**Jaydeep Moro, MD, FRCSC**  
Assistant Clinical Professor, Orthopaedic Surgery  
McMaster University & St. Joseph's Healthcare Hamilton

### Dianna Moulden, MScPT, MCIScMT, FCAMPT, CIDN, Sport Cert PT, HBKin

Associate Clinical Professor  
Rehabilitation Science  
McMaster University  
Registered Physiotherapist  
Foot Knee Back Clinic

16:15-16:25

Question & Answer

16:25-16:30

## CONCLUDING REMARKS

## DISCLOSURE OF POTENTIAL CONFLICTS OF INTEREST

In keeping with accreditation guidelines, McMaster University, Continuing Health Sciences Education Program requires all speakers and planning committee members participating in this event to disclose any involvement with industry or other organizations that may potentially influence the presentation of the educational materials or program being offered. Disclosure must be done verbally and using a slide prior to the speaker's presentation.

## ACCREDITATION

McMaster University, Continuing Health Sciences Education Program (CHSE) is fully accredited by the Committee on Accreditation of Continuing Medical Education (CACME) to provide CFPC Mainpro+ and RCPC Maintenance of Certification (MOC) study credits for Continuing Medical Education.

This Group Learning program meets the certification criteria of **The College of Family Physicians of Canada** and has been certified by the McMaster University Continuing Health Sciences Program for up to **6.5** Mainpro+ credits

This activity is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification program of **The Royal College of Physicians and Surgeons of Canada** and approved by McMaster University, Continuing Health Sciences Education Program for up to **6.5** MOC Section 1 hours.

"Through an agreement between The Royal College of Physicians and Surgeons of Canada and The American Medical Association, physicians may convert Royal College MOC credits to AMA PRA Category 1 Credits™. Information on the process to convert Royal College MOC credit to AMA credit can be found at [www.ama-assn.org/go/internationalcme](http://www.ama-assn.org/go/internationalcme)."

\*Each healthcare provider should claim only those hours of credit that he/she actually spent in the educational activity.

## DIRECTIONS

### The Royal Botanical Gardens Centre

is located at 680 Plains Road West, on the border of Burlington and Hamilton in Ontario, Canada.

#### From Toronto and East

- Queen Elizabeth Way to Highway 403 West (Hamilton).
- Exit at Waterdown Road. Travel 800 metres south along Waterdown Road to Plains Road West.
- Turn right onto Plains Road West and travel 2 km.
- Turn left into the RBG parking lot.

#### From Kitchener-Waterloo and West including Detroit (U.S.A.)

- Highway 401 East to Highway 6 South.
- Follow Highway 6 South for about 25 km.
- Exit onto York Road, make a left and then a right on the new Plains Road and drive south crossing over the 403.
- Turn left at the lights to continue on Plains Road West for about 1 km, passing the glass building.
- Turn right into the RBG parking lot.

#### From the Niagara Region and Buffalo (U.S.A.)

- Queen Elizabeth Way to Highway 403 West (Hamilton).
- Exit at Waterdown Road.
- Travel 800 metres south along Waterdown Road to Plains Road West.
- Turn right onto Plains Road West and travel 2 km.
- Turn right into the RBG parking lot.



## PLANNING COMMITTEE

**Pam Ball, BSc. OT(Reg) ON**

McMaster University & Hamilton Health Sciences

**Allison Blain, MD, FRCPC**

McMaster University & Hamilton Health Sciences

**Janice Harvey, BSc, MD, CCFP, FCFP, Dip. Sport Med.**

Conference Co-Chair

McMaster University & College of Family Physicians of Canada

**Carolyn Levis, MD, MSc, FRCSC**

McMaster University & St. Joseph's Healthcare Hamilton

**Margaret Lomotan, BA**

McMaster University

**Joy MacDermid, BScPT, PhD**

McMaster University

**Matthew McRae, MD, MSc, FRCSC**

McMaster University & St. Joseph's Healthcare Hamilton

**Jaydeep Moro, MD, FRCSC**

McMaster University & St. Joseph's Healthcare Hamilton

**Michael Vallely, BA, BScPT**

Conference Co-Chair

McMaster University & Upper Ottawa Physiotherapy

**Ryan Williams, MD, FRCPC(C)**

McMaster University & Hamilton Health Sciences

**Angela Silla**

CHSE Acting Program Manager

Continuing Health Sciences Education

McMaster University

**Carol Stewart, CMP**

CHSE Coordinator

Continuing Health Sciences Education

McMaster University

## ACTIVITY PACKAGE

As the registrant your activity package includes breakfast, nutritional breaks, and lunch. Your activity lanyard must be worn at all times throughout the day. If you have a guest accompanying you to the activity, their meals are at their own cost and will be billed directly.

## LIABILITY

Continuing Health Sciences Education (CHSE) hereby assumes no liability for any claims, personal injury, or damage:

- To any individual attending this activity.
- That may result from the use of technologies, program, products and/or services at this activity.
- That may arise out of, or during this activity.

## PHOTOGRAPHY

Candid photos will be taken at the activity. Your registration implies your permission for these photos to be used for promotional material. Individuals in photographs will not be identified.

## CONFIRMATION OF REGISTRATION

A written acknowledgment of your registration will be sent prior to the event should you provide CHSE with your email address. Receipts will be provided in your registrant package upon arrival at the activity. Your registration is not complete unless a confirmation is received. If you have not received a confirmation within 7 days of registration, please contact the CHSE office.

## CANCELLATION POLICY

McMaster University reserves the right to cancel a course due to insufficient registration or any circumstances that are beyond our control. Cancellations received before **October 11, 2017** will be refunded less a 25% administrative fee to a maximum of \$50.00. No refunds will be issued for cancellations received after this date.

