

Learning Objectives

- Describe New Technologies and Techniques in Orthopaedics
- Identify treatment options for patients with various orthopaedic pathologies
- Discuss research associated with orthopaedic techniques in treating orthopaedic conditions
- Utilize best practice treatment strategies to improve patient outcomes
- Apply Current trends in Physical and Occupational Therapy including imaging, rehabilitation advancement, and return to play

Target Audience

The purpose of the 2025 Orthopaedic and Therapy Update is to review current topics, trends and techniques in Orthopaedics. This course is designed for physicians, advanced practice providers, athletic trainers, physical therapists, physical therapy assistants, occupational therapists, occupational therapy assistants, nurses, surgical technologists and others working with Orthopaedic patients.

Credit

This activity has been planned and implemented in accordance with the Accreditation Requirements and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the University of North Dakota School of Medicine and Health Sciences and The Bone & Joint Center. The University of North Dakota School of Medicine and Health Sciences is accredited by the ACCME to provide continuing medical education for physicians.

The University of North Dakota School of Medicine and Health Sciences designates this Live activity for a maximum of *8.25 AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Lodging Accommodations

A block of rooms has been reserved through January 20th at a discounted rate of \$100/night at the Bismarck Hotel and Conference Center (701-258-7700). When making your reservation please state that you are part of "The Bone & Joint Ortho Update 2025" to receive the group discount.

Registration

The registration fee for the Ortho Update is \$200/person and includes digital course material, Friday evening social and dinner, Saturday breakfast, lunch and snacks.

To register, please tear off and mail in the enclosed registration form or register online at www.bone-joint.com.

Cancellation/Refund Policy

A handling fee of \$25 is deducted for cancellation. Written refund requests must be received one week prior to the Orthopaedic and Therapy Update. No refund will be made thereafter.

For further information regarding the Orthopaedic and Therapy Update please contact Nicole Dockter at 701-946-7444 or email at ndockter@bone-joint.com

**Conference begins at
2:00 pm on
Friday, February 7
and includes
social and dinner.**

**Concludes at 3:00 pm on
Saturday, February 8.**



310 North 9th Street, Bismarck, ND 58501

2025

ORTHOPAEDIC AND THERAPY UPDATE

**February 7-8
Bismarck Hotel and
Conference Center**

Intended for:

- Family Medicine Physicians
- APP's
- Athletic Trainers
- Physical and Occupational Therapists
- Surgical Technologists
- Nurses

**30 presentations
23 speakers**

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begins at
2:00 pm on
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Saturday,
February 8.**

Presented by:



**The Bone &
Joint Center**

310 North 9th Street, Bismarck, ND 58501

Agenda for Friday, February 7, 2025

- 12:30-2:00 PM Registration
- 2:00 PM **Announcements and Pre-Test**
- 2:15 PM **Knee**
- Disorders of the Patella-Femoral Joint
Joseph Carlson MD
 - Conservative Treatment for Patella-Femoral Pain
Stephen Guy PT
 - ACL tears; Repair or Reconstruction?
Timothy Juelson MD
 - Post-op ACL Rehab PT
Ryan Malm PT
 - Cartilage Restoration at the Knee
Timothy Juelson MD
 - Total Joint Replacements Options in the Younger Patient
Brian Dahl MD
 - Post-op Total Knee Rehab; Immediate Therapy vs Quiet Knee
Erin House PT
 - Post-op Restrictions for Total Joints? What are they and how long?
Mark Johnson PT
 - What I learned in 30 years; Changes, Tips, Tricks and Pearls.
Timothy Bopp MD
 - Case Studies and Round Table
- 5:15 PM **Post-Test Day One and Evaluation**
- 5:30 PM **Supper, Social to follow Bismarck Hotel and Conference Center**

Agenda for Saturday, February 8, 2025

- 7:30 AM Breakfast available
- 8:00 AM **Announcements and Pre-Test**
- 8:15 AM **Spine**
- Conservative Management of LBP
Matt Schumacher PT, UMary
 - Options for Pain Relief LBP/Radicular
Patrick Grace MD, CHI Pain Clinic
 - Imaging of the Spine for PT's
Matt Schumacher PT, UMary
 - Surgical Options Spinal Stenosis
Steven Kraljic MD
 - Functional Core
Miranda Huffman PT
- Shoulder**
- Injuries to the Superior Labral - Biceps Complex
Brock Norrie MD
 - Post-op Management of SLAP Repairs and Biceps Tenodesis/Tenotomy
Terri Sullivan OT
 - Rotator Cuff Tears; Treatment and Prognosis
Troy Pierce MD
 - Post-op Management of Rotator Cuff Repairs
Kevin Axtman PT
- 10:30 AM **BREAK**
- 10:45 AM
- Robotic Shoulder Replacement
Derrick Cote MD
 - Post-op Care TSA/R-TSA
ReeAnn Sadowsky PT
 - Shoulder Instability; Humeral bone loss, Glenoid bone loss
Duncan Ackerman MD
 - Post-op Management Remplissage/Latarjet
Kevin Axtman PT
 - Managing Scapular Dyskinesis
Josh Gerrity OT
 - Case Studies and Round Table
Morgan Pierce, MS3, Moderator

- 12:30 PM **LUNCH**
- 1:30 PM **Foot and Ankle**
- Achilles Tendon Ruptures; Repair or Conservative treatment?
Chad Carlson MD
 - Post-op Achilles Tendon Repair
Lesley Westin PT
- Return to Play**
- Isokinetics; What can we Learn from the Test
Ryan Malm PT
 - Plyometrics 101
Wayde Schulz BS, Performance Enhancement
 - Update on Return to Play
Miranda Huffman PT
- 2:45 PM **Post-Test and Evaluation**
- 3:00 PM **Adjournment**

Your 2025 Presenters:

- | | |
|-----------------------|-------------------------|
| Duncan Ackerman, MD | Tim Juelson, MD |
| Kevin Axtman, PT | Steven Kraljic, MD |
| Timothy Bopp, MD | Ryan Malm, PT |
| Chad Carlson, MD | Brock Norrie, MD |
| Joseph Carlson, MD | Morgan Pierce, MS3 |
| Derrick Cote, MD | Troy Pierce, MD |
| Brian Dahl, MD | ReeAnn Sadowsky, PT |
| Josh Gerrity, OT, CHT | Wayde Schulz, BS, |
| Patrick Grace, MD | Performance |
| Stephen Guy, PT | Enhancement Coach |
| Erin House, PT | Matt Schumacher, PT |
| Miranda Huffman, PT | Terri Sullivan, OT, CHT |
| Mark Johnson, PT | Lesley Westin, PT |

2025 ORTHOPAEDIC AND THERAPY UPDATE Registration Form

February 7-8
Bismarck Hotel
Dakota Ballroom

General Registration \$200

METHOD OF PAYMENT (Check one)

Registration via check
(make checks payable to The Bone & Joint Center)

Registration via Credit Card

Visa Master Card Discover

Name as shown on Credit Card: _____

Credit Card Number: _____

Expiration Date: _____

3-digit security code: _____

Signature: _____

Credit Card Zip Code: _____

Attendee's Name: _____

Home Address: _____

Email: _____

Cell Phone: _____

Work Facility Name & Address: _____

Work Phone: _____

Job Title (required): _____

All lines must be completed for continuing education credits

**Register and pay online at
www.bone-joint.com/ortho-update-2025
or mail registration form and payment to
Ortho Update, The Bone & Joint Center
300 N 9th Street, Bismarck, ND 58501**

**Registration and payment must be
received by January 20, 2025.**



The Bone & Joint Center is approved by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers.