

Acupuncture CME Class for South Baylor University Chinese Alumni Association

(June 30, 2024)

Class Presenter: Chun Jackson Ng, D.C., PA-C

Class Objectives: Present basic introduction to commonly seen musculoskeletal conditions in everyday clinical setting, including various axial skeletal and extremity conditions. Provide basic knowledge of relevant anatomy, pathophysiology, physical examination and diagnostic imaging findings and current treatment options.

Class outline

The Sacroiliac Joint... The Facts, Clinical Workup & Diagnostic Algorithm

Overview

Anatomy & Biomechanics of the Sacroiliac (SI) Joint

Prevalence & Burden of SI Joint Pain

Diagnosis & Workup

Treatment Options

Summary and Q&A

Common Hand and Wrist Injuries and Disorders

Mallet Finger, Swan Neck Deformity, DIP & PIP joint dislocation, Volar Plate Injury, MCP dislocation, Jersey Finger, Central Slip Avulsion, Boutonniere Deformity, Trigger Finger, Phalanx Fracture, Metacarpal Fractures, Wrist Fractures, Cyclist Palsy, Thumb Arthritis, Scapholunate Dissociation, TFCC Tear, De Quervain's Tenosynovitis, Intersection Syndrome

Brief anatomy review of each injured body part including bone, joint, tendon and ligaments of the wrist and hand, discussed specific mode of injury, diagnostic findings and treatment

Understanding Common Meniscal Tears & Rotator Cuff Tears

Brief anatomy review of knee and shoulder, specifically focused on Meniscus and Rotator Cuff, identify potential surgical and nonsurgical meniscal tears and rotator cuff tears Understand when to initiate early non operative treatment Understand when to refer to surgical provider

Evaluation of hip pain in young adults

Review anatomy of the hip joint

Review common etiologies of hip pain

Review clinical presentation of hip pain

Discuss the diagnostic workup of hip pain

Case Study

Acute Low Back Pain from Herniated Disc

Basic Anatomy of Lumbar Spine

The Structures of the Lumbar Spine that are the Most Common Sources of LBP

Key Historical & Physical Exam Findings to support each Diagnosis

Treatments, When and Which Specialists to Refer to

Common Cervical Spine Injuries and Disorders

Basic Anatomy of Cervical Spine

The Structures of the Cervical Spine that are the Most Common Sources of Neck Pain

Key Historical & Physical Exam Findings to support each Diagnosis

Treatments, When and Which Specialists to Refer to

Rehabilitation exercise and stretching for spine and extremities

Basic principles for rehabilitation exercises and its differences compared to regular exercises and recovery exercises

Cervical spine, lumbar spine and pelvis rehabilitation and core strengthening exercises

Key components for upper extremity rehabilitation exercises

Key components for lower extremity rehabilitation exercises

Estimate class time and discussion for each topic is about 50 minutes. There are total of 7 topics / modules are planned for the day.