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The NW Orthopaedic Primary Care Medical Conference

March 16, 2024

Spokane Valley, WA

Upcoming Spring CME Conferences

Tri-Cities Pain Conference

April 26 & 27, 2024

Pasco, WA

Questions:

Please contact Melissa Neighbors at russocme@gmail.com or 509-431-0718



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8:00 am

Brett Mulawka, MD

Board Certification: Orthopaedic Surgery

Northwest Orthopaedic Specialists

Spokane, WA

Osteoarthritis of the Knee

- Recognize the signs and symptoms of knee osteoarthritis
- Implement evidence-based non-surgical management strategies
- Recognize appropriate indications for referral to an orthopedic specialist for surgical treatment

Brief Bio:

Brett Mulawka is a board certified orthopaedic surgeon specializing in partial and total joint replacement for hip and knees. He focuses on using minimally invasive surgical techniques such as robotic assisted surgery and rapid recovery protocols. He completed a fellowship in total joint reconstruction in Boston at Massachusetts General Hospital, and has undergone extensive training with complex total joint replacement and revision total hip and knee replacements. He is proficient with multiple surgical approaches to the hip, including direct anterior, direct superior, direct lateral, and posterior.

9:00 am

Patrick Soto, DO

Board Certification: Physical Medicine and Rehabilitation
Northwest Orthopaedic Specialists
Spokane, WA

Interventional Pain Management

- Comprehensive Understanding of Interventional Pain Management Technique
- Integration of Interventional Pain Management in the care of your patients
- Appropriate Patient Assessment

Brief Bio:

Patrick Soto is board-certified in Physical Medicine and Rehabilitation through the American Board of PM&R. He specializes in the diagnosis and treatment of spine conditions using advanced pain management techniques. Dr. Soto completed his Doctor of Osteopathic Medicine degree at the Philadelphia College of Osteopathic Medicine. He then completed a Traditional Osteopathic Rotating Internship at the Maine-Dartmouth Family Medicine Residency and a Physical Medicine and Rehabilitation Residency at Loyola University Medical Center

10:20 am

Madalyn (Maddy) Williams, DPT

Northwest Orthopaedic Specialists
Spokane, WA

Physical Therapy Role in Treating Concussion

- Understand the neurometabolic cascade of concussion and its varied clusters of symptoms
- Recognize the significance of timely referral to a certified concussion specialist
- Learn physical therapy strategies for comprehensive concussion and post-concussion syndrome treatment

Brief Bio:

Maddy is a doctor of physical therapy who works in Spokane, Washington. She primarily treats orthopedic injuries with emphasis on post-surgical and return to sport rehabilitation. She has acquired two different certifications for evaluation and rehabilitation of concussions, one through ImPACT and one through Complete Concussion Management Inc. Prior to becoming a physical therapist, Maddy served as a research assistant for the University of Washington under the NCAA-DoD Grand Alliance CARE Consortium, where she worked with NCAA athletes to obtain baseline and post-concussion testing as part of a large, nation-wide concussion study.

4:30 pm

Michael McDonald, MD

Board Certification: Orthopaedic Surgery

Northwest Orthopaedic Specialists

Spokane Valley, WA

Diagnosis and Management of Shoulder Arthritis

- How to recognize shoulder arthritis in patients
- How to implement effective management strategies
- Collaboration with an orthopedic specialist for optimal patient care

Brief Bio:

Michael McDonald is an orthopedic surgeon who specializes in the treatment of shoulder, hip, and knee problems. He has a special interest in reconstructive shoulder surgery including total shoulder and reverse total shoulder replacement, revision total shoulder replacement as well as arthroscopic reconstructions for shoulder dislocations and rotator cuff tears. He also has extensive experience in hip and knee replacement as well as knee arthroscopy. Following medical school, Dr. McDonald completed a general surgery internship and orthopedic surgery residency at the University of Minnesota in Minneapolis, Minnesota.

11:20 am

Khalid Shirzad, MD

Board Certification: Orthopaedic Surgery
Northwest Orthopaedic Specialists
Spokane, WA

Common Foot and Ankle Conditions for the Primary Care Provider

- Identify common foot and ankle conditions.
- Understand the initial treatment for common foot and ankle conditions.
- Determine when a referral is necessary.

Brief Bio:

Khalid Shirzad is a board-certified orthopaedic surgeon specializing in foot and ankle surgery. His interests include the treatment of foot and ankle arthritis, sports medicine, foot and ankle arthroscopic surgery, lower extremity reconstruction, deformity correction, total ankle replacement, trauma and fractures, bunions, flatfoot reconstruction, cartilage replacement, and Achilles tendon disorders. Dr. Shirzad completed his orthopaedic surgery internship and orthopaedic surgery residency at Oregon Health & Science University in Portland, Oregon. Following his residency program, Dr. Shirzad completed his foot and ankle fellowship at Duke University School of Medicine in Durham, North Carolina. Dr. Shirzad serves as a team doctor for Gonzaga University and Eastern Washington University.

3:30 pm

John Shuster, MD

Board Certification: Orthopaedic Surgery

Northwest Orthopaedic Specialists

Spokane, WA

The Mysteries of the Intervertebral Foramen

- Understand basic anatomy of the spinal canal as depicted on the MRI.
- Understand surgical treatment, concepts, laminectomy, need for fusion.
- Understand post, laminectomy syndrome, and possible causes

Brief Bio:

John Shuster is a fellowship-trained orthopaedic spine surgeon specializing in cervical spine surgery, spinal stenosis surgery, spinal instability, artificial disc replacement, spine trauma surgery, and minimally invasive techniques. He also treats general orthopedics and orthopaedic trauma patients. Dr. Shuster completed his general surgery internship and orthopaedic surgery residency at Loyola University Stritch School of Medicine in Maywood, Illinois, followed by a spine surgery fellowship at Emory University Spine Center in Atlanta, Georgia. He served as the Director of the Spine Program at the University of South of South Carolina before joining NWOS. Dr. Shuster is actively involved in training other surgeons in minimally invasive techniques and has conducted medical missions and educational trips to various countries including Germany, Japan, Haiti, St. Lucia, China, Myanmar (Burma), Thailand, and Singapore.

Robert Stewart, MD

Board Certification: Orthopaedic Surgery

Northwest Orthopaedic Specialists

Spokane, WA

**Sports Medicine - Ligament Injuries Around the Knee,
From the Weekend Warrior to the Skilled Athlete**

- Effectively diagnose and differentiate common sports-related knee injuries
- Non-operative treatments for sports-related knee injuries
- Recognize indications for surgical referral

Brief Bio:

Robert Stewart is a fellowship-trained orthopaedic surgeon, specializing in sports medicine and orthopaedic trauma, including complex fracture care, ligament and tendon injuries, and arthroscopy.

Regarding his fracture care, Dr. Stewart manages all levels of injury including fractures of the pelvis and acetabulum. He also has specialized training in pediatric fracture care, non-healing fractures, fracture complications, and post-traumatic arthritis. In his sports medicine practice, Dr. Stewart utilizes the most advanced and reliable techniques to treat complex knee and shoulder injuries, prioritizing optimal patient outcomes and swift recovery. He completed his internship and residency in orthopaedic surgery at the University of Chicago Medical Center, followed by dual fellowships in orthopaedic sports medicine at Kaiser Permanente in San Diego, California, and orthopaedic trauma at Swedish Medical Center in Englewood, Colorado.

2:15 pm

Elizabeth Wahl, MD

Board Certification: Board Eligible

Northwest Orthopaedic Specialists

Spokane, WA

Carpal Tunnel Syndrome

- What is Carpal Tunnel Syndrome?
- Diagnosis
- Treatment: nonsurgical and surgical

Brief Bio:

Elizabeth Wahl is an orthopaedic surgeon, fellowship trained in Orthopaedic Hand and Microsurgery. She specializes in hand and upper extremity orthopedics. Her interests include the treatment of hand, wrist, and elbow disorders and injuries, arthritis, tendon injuries, and nerve disorders. Dr. Wahl completed her residency training in orthopedic surgery at Duke University Medical Center in Durham, North Carolina. Following her residency, Dr. Wahl completed an Orthopaedic Hand and Microsurgery Fellowship at Washington University in St. Louis, Missouri.