



# 4<sup>th</sup> Annual MacHAND Day of Evaluation and Management of the Upper Extremity

New Venue!!  
Free Parking

Friday, October 21<sup>st</sup>, 2011  
The Waterfront Banquet & Conference Centre  
555 Bay St North, Hamilton, ON

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 Objectives of MacHAND Day are:

- To understand the evaluation and diagnosis of selected upper extremity disorders.
- To understand the therapeutic, surgical, and current evidence in the management of selected upper extremity disorders.

### Target Audience:

Family Physicians, Occupational Therapists, Orthopaedic Surgeons, Physiatrists, Physiotherapists, Plastic Surgeons, Radiologists, Sports Medicine Physicians, Residents, Students, and all other Health Professions interested in upper extremity disorders.

Visit their website: [www.machand.ca](http://www.machand.ca)

download the  
brochure



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information  
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contact

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# AGENDA

07:20-07:50	Registration & Continental Breakfast	13:00-14:00	<b>“Prevention of Post-Traumatic Arthritis after Distal Radius Fracture”</b>
07:50-08:00	Welcome & Introductions		
08:00-09:25	<b>“Acute Vs. Chronic Rotator Cuff Injuries”</b>  <b>Dan McQueen, BSc (HK), BHSc (PT), MCPA, RCAMT</b> School of Rehabilitation Science McMaster University & Beamsville Physiotherapy  <b>Naveen Parasu, MBBS, MRCP(UK), FRCR(UK), FRCPC</b> Radiology McMaster University & Hamilton Health Sciences  <b>Ivan Wong, MD, FRCSC</b> Orthopaedic Surgery McMaster University & Hamilton Health Sciences		<b>Joy MacDermid, BScPT, PhD</b> School of Rehabilitation Science McMaster University  <b>Krishan Rajaratnam, MD, FRCSC</b> Orthopaedic Surgery McMaster University & Hamilton Health Sciences
09:25-09:35	Q & A	14:00-14:30	Panel Discussion
09:35-10:00	Nutritional Break	14:30-14:45	Nutritional Break
10:00-10:45	<b>“Management of Myofascial Pain”</b>  <b>David Harvey, MD, FRCPC</b> Physical Medicine & Rehabilitation McMaster University  <b>Laurie McLaughlin, PT, DSc, FCAMPT, CMAG</b> School of Rehabilitation Science McMaster University & Proactive Health	14:45-15:45	Break-out Session *Please choose which breakout session you wish to attend. Space is limited in some sessions, sessions are determined on a first come, first serve basis.  B1 <b>“Physical Examination of the Wrist”</b> B2 <b>“General Physical Examination of the Shoulder”</b> B3 <b>“Ultrasound-Guided Injection Techniques”</b> (Limited to 60 participants)
10:45-10:50	Q & A	15:45-16:25	<b>“CMC Arthritis”</b>  <b>Euan Stubbs, MBChB, MRCS (UK), FRCR (UK)</b> Radiology McMaster University & Hamilton Health Sciences
10:50-12:00	Break-out Session *Please choose which breakout session you wish to attend. Space is limited in some sessions, sessions are determined on a first come, first serve basis.  A1 <b>“General Physical Examination of the Shoulder”</b> A2 <b>“Ultrasound-Guided Injection Techniques”</b> (Limited to 60 participants) A3 <b>“Physical Examinations to Differentiate Cervical Radiculopathy vs. Peripheral Nerve Entrapment”</b>		<b>Achilleas Thoma, MD, MSc, FRCSC, FACS</b> Plastic Surgery McMaster University & St. Joseph’s Healthcare Hamilton  <b>Michael Vallely, BA, BScPT</b> School of Rehabilitation Science McMaster University & Upper Ottawa Physiotherapy
12:00-13:00	LUNCH	16:25-16:30	Q & A
		16:30	Evaluations & Closing Remarks

\*program subject to change

## LIABILITY

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

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

## DISCLOSURE OF POTENTIAL CONFLICTS OF INTEREST

In keeping with accreditation guidelines, McMaster University; Continuing Health Sciences Education 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 may be done verbally or using a slide prior to the speaker’s presentation.

## STUDY CREDITS

As an organization accredited to sponsor Continuing Medical Education for Physicians, by both the Committee on Accreditation of Canadian Medical Schools and the Accreditation Council for Continuing Medical Education of the United States, Continuing Health Sciences Education, McMaster University designates this educational program as meeting the criteria for:

### The College of Family Physicians of Canada Mainpro-M1

This educational program meets the accreditation criteria of The College of Family Physicians of Canada, and has been accredited for 7 Mainpro-M1 credits.

### The Royal College of Physicians and Surgeons of Canada

This educational event is approved as an Accredited Group Learning Activity under Section 1 of the Framework of CPD options for the Maintenance of Certification Program of The Royal College of Physicians and Surgeons of Canada for a maximum of 7 credits per participant.

### American Medical Association PRA Category 1

This educational activity is approved for a maximum of 7 hours in Category 1 credit towards the AMA Physician's Recognition Award. Each physician should claim only those hours of credit that he/she actually spent in the educational activity.

## CONFIRMATION OF REGISTRATION

A written acknowledgement 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.

## CANCELLATION POLICY

The University reserves the right to cancel a course due to insufficient registration or any circumstances that are beyond our control. Cancellations received before **October 6th, 2011** will be refunded less a 25% administrative fee. No refunds will be issued for cancellations received after this date.

## PLANNING COMMITTEE

Michael Vallely, BA, BScPT  
Conference Co-Chair

Ivan Wong, MD, FRCS(C)  
Conference Co-Chair

Monica Alderson, BSc. OT(Reg) ON

Pam Ball, BSc. OT(Reg) ON

Todd Bentley, MD, MSc, FRCP(C), Dip.ABPM&R, Dip. Sport Med.

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## FREEDOM OF INFORMATION AND PROTECTION OF PRIVACY ACT

The information on this form is collected under the authority of the McMaster University Act, 1976. The information will be used for administrative purposes, including: your registration in the course; preparation of course materials for your use and to notify you of other courses or pertinent information. Financial information will be used to process applicable fees and will be retained for future reference. This information is protected and is being collected pursuant to section 39(2) and section 42 of the Freedom of Information and Protection of Privacy Act of Ontario (RSO 1990). Questions regarding the collection or use of this personal information should be directed to the University Secretary, Gilmour Hall, Room 210 McMaster University.



## DIRECTIONS

The Waterfront Banquet & Conference Centre is located at 555 Bay St. North, Hamilton, ON

\*The Waterfront Banquet & Conference Centre is located in the Royal Hamilton Yacht Club on the 2nd floor.

### From Toronto

- QEW west to 403 west
- take the York Blvd exit (just past the Hwy #6 exit)
- turn north (left) on Bay Street (pass Copp's Coliseum)
- follow Bay Street all the way to the end (at MacNab Street North)
- turn north (left) into the RHYC parking lot

### From Niagara

- QEW to Toronto
- exit at Burlington Street going west (through the industrial core)
- turn north (right) on James Street
- turn west (left) on Guise Street
- turn north (right) into the RHYC parking lot

### From The West

- 403 east to Hamilton
- exit at Main Street East
- turn north (left) on Bay Street (pass Copp's Coliseum)
- follow Bay Street all the way to the end (at MacNab Street North)
- turn north (left) into the RHYC parking lot

