



# Spine Care for the Primary Care Physician

Saturday,  
November 7, 2009

Cleveland Clinic  
Lerner Research Institute  
Cleveland, OH



# Overview

Primary care physicians are commonly the first providers of spine care to patients experiencing back pain, neck pain or radiating extremity pain. It is important for the primary care physician to identify such common conditions and initiate appropriate treatment. In addition, it is imperative for the physician to recognize potentially more serious spinal pathologies so that the patient can be referred for appropriate diagnosis and treatment. This one day comprehensive course includes multidisciplinary didactic presentations by medical spine specialists, spinal surgeons, psychologists, pain management physicians and physical therapists. It also includes demonstrations of focused neck and back examinations.

## Objectives

- Recognize and diagnose common spine conditions
- Discuss various treatment options for spine conditions
- Perform a concise and thorough spine exam
- Recognize “red flags” – conditions that merit urgent consideration
- Identify when a patient needs to be referred to a spine specialist for further diagnosis or treatment

## Target Audience

The course is directed to primary care providers of patients with back or neck pain and other spinal disorders. This includes family practitioners, internists, rheumatologists and chiropractors.

## Faculty

### Course Directors

**Gordon Bell, MD**

Director, Center for Spine Health  
Cleveland Clinic

**Daniel Mazanec, MD**

Associate Director, Center for Spine Health  
Cleveland Clinic

### Cleveland Clinic Faculty

**Russell DeMicco, DO**

Center for Spine Health

**Doug Orr, MD**

Center for Spine Health

**Teresa Dews, MD**

Pain Management

**Judith Scheman, PhD**

Chronic Pain Rehabilitation

**Ajit Krishnaney, MD**

Center for Spine Health

**Santhosh A. Thomas, DO, MBA**

Center for Spine Health

**Andre Machado, MD, PhD**

Center for Neurological Restoration

**Thomas Torzok, DC**

Orthopaedic Surgery

**E. Kano Mayer, MD**

Center for Spine Health

**Deborah Venesy, MD**

Physical Medicine & Rehabilitation

**Robert McLain, MD**

Center for Spine Health

**Fredrick Wilson, DO**

Center for Spine Health

# Agenda

- 7:00 am Registration and Continental Breakfast  
5th Floor Atrium – Lerner Research Institute
- 8:00 am Epidemiology & Economic Considerations – *Daniel Mazanec, MD*

## **Lumbar Diagnosis and Treatment**

- 8:15 am Lumbar Spine “Red Flags” – *Daniel Mazanec, MD*
- 8:30 am Low Back Pain – *E. Kano Mayer, MD*
- 8:45 am Disc Herniation – *Doug Orr, MD*
- 9:05 am Spinal Stenosis – *Robert McLain, MD*
- 9:25 am Question and Answer Session
- 9:45 am Refreshment Break
- 10:10 am Spondylolysis and Spondylolisthesis – *Gordon Bell, MD*

## **Cervical Diagnosis and Treatment**

- 10:25 am Neck Pain – *Russell DeMicco, DO*
- 10:40 am Cervical Radiculopathy – *Gordon Bell, MD*
- 10:55 am Cervical Myelopathy – *Ajit Krishnaney, MD*

## **Physical Therapy**

- 11:10 am How to Write a Physical Therapy Prescription – *Deborah Venesy, MD*
- 11:25 am Question and Answer Session
- 12:00 pm Lunch

## **Psychological Aspects**

- 12:45 pm Psychological Aspects of Back and Neck Pain – *Judith Scheman, PhD*
- 1:10 pm Question and Answer Session

## **Physical Exam**

- 1:25 pm Hands-on Demonstration of Cervical and Lumbar Physical Exam  
*E. Kano Mayer, MD and Russell DeMicco, DO*

## **Pain Management**

- 2:05 pm Role of Opioids for Chronic Low Back Pain – *Teresa Dews, MD*
- 2:15 pm Lumbar Injection Therapy – *E. Kano Mayer, MD*
- 2:25 pm Cervical Injection Therapy – *Santhosh A. Thomas, DO, MBA*
- 2:35 pm Pain Pumps and Spinal Cord Stimulators – *Andre Machado, MD, PhD*

## **Complementary Therapies**

- 2:50 pm Manipulation and Chiropractic – *Fredrick Wilson, DO & Thomas Torzok, DC*
- 3:10 pm Acupuncture – *Daniel Mazanec, MD*
- 3:20 pm Spinal Traction & Prolotherapy – *Russell DeMicco, DO*
- 3:25 pm Question and Answer Session
- 3:45 pm Adjourn

# General Information

## Location

Cleveland Clinic  
Lerner Research Institute  
Room NA5-08 (Amphitheater, 5th Floor)  
Cleveland, OH 44195

## Parking

Complimentary Parking is available in the Visitor's Parking Garage #2 located at 100th Street & Carnegie. From the garage, take the 3rd floor skyway to the Lerner Research Institute. Room NA5-08 (Amphitheater) is located on the 5th floor. Please bring your parking ticket to the course registration desk for validation. Visit [www.clevelandclinic.org](http://www.clevelandclinic.org) for maps and directions.

## Accreditation

The Cleveland Clinic Foundation Center for Continuing Education is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The Cleveland Clinic Foundation Center for Continuing Education designates this educational activity for a maximum of 6.5 *AMA PRA Category 1 Credits™*. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Participants claiming CME credit from this activity may submit the credit hours to the American Osteopathic Association Council on Continuing Medical Education for Category 2 credit.

This activity has been reviewed and is acceptable for up to 6.50 Elective credits by the American Academy of Family Physicians.

## Faculty Disclosure Statement

The Cleveland Clinic Foundation Center for Continuing Education has implemented a policy to comply with the current Accreditation Council for Continuing Medical Education Standards for Commercial Support requiring resolution of all faculty conflicts of interest. Faculty declaring a relevant commercial interest will be identified in the activity syllabus.

## Information

For further information about this activity, contact Monet Smith at  
Local: 216-444-9380  
Toll Free: 800-223-2273 x49380  
Email: [smithm8@ccf.org](mailto:smithm8@ccf.org)  
[www.ccfme.org/SpineCare09](http://www.ccfme.org/SpineCare09)

## Americans with Disabilities Act

The Cleveland Clinic Foundation Center for Continuing Education fully intends to comply with the legal requirements of the Americans with Disabilities Act. If you need assistance, please notify Monet Smith at 216-444-9380 at least two weeks prior to the activity.

## Registration and Cancellation

Register at [www.ccfme.org/SpineCare09](http://www.ccfme.org/SpineCare09). Registration deadline is **5:00 pm (EST), Wednesday, November 4, 2009**. A request for a refund must be received in writing by October 23, 2009. No refunds will be given after October 23, but registration is transferable for this course through November 7, 2009. A \$25 cancellation fee will be deducted from the refund for all cancellations.

# Registration Form

Course 020584 • Office Use Only

Fee \_\_\_\_\_ Date \_\_\_\_\_

M.O.P. \_\_\_\_\_ CXL/Fee \_\_\_\_\_

## Spine Care for the Primary Care Physician

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Space is Limited

**The Registration Fee is \$50 and includes syllabus, continental breakfast, breaks and lunch.**

Please check appropriate box

- MD/DO
- Chiropractor
- Physician Assistant
- Nurse Practitioner/Nurse
- Resident/Fellow
- Allied Health/Other

To Register Online Go To:

**[www.ccfcmc.org/SpineCare09](http://www.ccfcmc.org/SpineCare09)**

CCF main campus, family health centers, and CCHS community hospital employees (physicians and non-physicians) should register online at **[www.ccfcmc.org/SpineCare09](http://www.ccfcmc.org/SpineCare09)**

Once you register online, please do not mail or fax in a registration form.

PLEASE PRINT

\_\_\_\_\_  
First Name MI Last Name Degree

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Address

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Specialty E-Mail

I require a vegetarian lunch

### Payment Options

- Check Enclosed (Made payable to: The Cleveland Clinic Educational Foundation)
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**If paying by credit card, registration should be FAXED to 216-448-0783.**

**If paying by check, registration should be payable and MAILED to:**

The Cleveland Clinic Educational Foundation  
P.O. Box 931653  
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