Conference Program and Agenda

Saskatchewan Conference of Orthopedics, Rehabilitation, and Emergency Care

SCORE

UNIVERSITY OF SASKATCHEWAN
College of Medicine
DIVISION OF CONTINUING MEDICAL EDUCATION
CMELEARNING.USASK.CA

SCORE was co-developed with the Saskatchewan Orthopedic Association and was planned to achieve scientific integrity, objectivity and balance.

Morning

7:30 am - 8:20 am	**Registration & Breakfast (50 minutes)**
8:20 am - 8:30 am	**Welcome and Introductions (10 minutes)**
Welcome to SCORE	Dr. Jordan Buchko MD, FRCSC
8:30 am - 9:30 am	**Morning Plenary Session (60 minutes)**
Achilles Tendon - from start to finish	Dr. Lee Kolla MD, FRCSC
9:30 am - 9:45 am	**Coffee & Exhibits (15 minutes)**
9:45 am - 10:45 am	**Morning Concurrent Sessions (60 minutes)**
Rehabilitation Session: Complex Regional Pain Syndrome (CRPS)	Fanny Yu, MScOT, CHT Dr. Timothy Bolton MD, FRCPC
Surgical Session: Surviving the pediatric elbow injury	Dr. Mathew Clarke MD, FRCSC
Frontline/Emergency Care Session: Shoulder Trauma - Understand Controversy	Dr. Joan Wheat-Hozack MD, FRCSC
10:45 am - 11:00 am	**Networking Break (15 minutes)**
11:00 am - 12:00 pm	**Morning Plenary Session (60 minutes)**
SCORE Keynote Session: Take a load off - Knee Osteotomies	**Canadian Orthopedic Association President:** Dr. Robert Litchfield MD, FRCSC

Afternoon

12:00 pm - 1:00 pm	Lunch & Exhibits (60 minutes)	
1:00 pm - 2:00 pm	**Afternoon Concurrent Sessions (60 minutes)**	
	Rehabilitation Session: Rotator cuff - operative and non-operative rehab	Mitch Dahl, BScPT, Dip Sport PT
	Surgical Session: Infected arthroplasty - 1 or 2 stage revision	Dr. Johannes van der Merwe MBChB, FRCSC
	Frontline/Emergency Care Session: Tendon injuries in the ER from top to bottom	Dr. Omer Alkhateeb, M.B.- B.S.
2:00 pm - 2:15 pm	**Coffee & Exhibits (15 minutes)**	
2:15 pm - 3:15 pm	**Afternoon Concurrent Sessions (60 minutes)**	
	Rehabilitation Session: The ACL and meniscus - can it be rehabbed?	Michelle Keene Albers. B.Sc (Kin), MPT, Dip.Sport (PT), CSEP-CEP, RISPT, Dry Needling
	Surgical Session: Reverse it up - does it fix everything? (shoulder)	Dr. Jayd Lukenchuk MD, FRCSC
	Frontline/Emergency Care Session: Is it serious? Assessment of acute low back pain	Dr. Alan Beggs MD, FRCSC
3:15 pm - 3:30 pm	**Afternoon Stretch (15 minutes)**	
3:30 pm - 4:30 pm	**Afternoon Plenary Session (60 minutes)**	
	Interprofessional Panel: Principles of Return to Play	**Moderator:** Dr. Marty Heroux, MD, CCFP(EM), SEM, FCFP **Panelists:** • Dr. Robert Litchfield MD, FRCSC • Bruce Craven B.Sc. (PT), M.Sc., Dip Sport (PT), BSPE, CSCS • Dr. Jordan Anderson MD, CCFP (SEM), Dip. Sport Med.
4:30 pm – 4:35 pm	**Closing Remarks (5 minutes)**	
	SCORE 2027 Closing Remarks	Dr. Jordan Buchko MD, FRCSC

Morning Sessions

1. Welcome to SCORE

- **Time:** 8:20 am – 8:30 am
- **Type:** Opening Remarks
- **Stream:** General
- **Speaker:** Dr. Jordan Buchko, MD, FRCSC

Session Description:
Opening remarks to welcome participants to SCORE 2027, introduce the conference's educational focus and highlight the importance of interdisciplinary collaboration in orthopedic, rehabilitation and emergency care.

Learning Objectives:

1. Identify the overarching educational themes and goals of SCORE 2027.
2. Recognize the importance of interdisciplinary collaboration in musculoskeletal and orthopedic care.
3. Describe opportunities for knowledge sharing and professional collaboration throughout the conference.

2. Achilles Tendon – From Start to Finish

- **Time:** 8:30 am – 9:30 am
- **Type:** Morning Plenary
- **Stream:** General / Interprofessional
- **Speaker:** Dr. Lee Kolla, MD, FRCSC

Session Description:
This plenary session will explore the assessment, diagnosis, management and rehabilitation of Achilles tendon injuries. Participants will examine treatment considerations across the continuum of care, from initial presentation and clinical decision-making through surgical and non-surgical management and rehabilitation.

Learning Objectives:

1. Identify common presentations and clinical features of Achilles tendon injuries.
2. Compare surgical and non-surgical management approaches and the factors influencing treatment decisions.
3. Describe rehabilitation principles and considerations for optimizing functional recovery following Achilles tendon injury.

3. Complex Regional Pain Syndrome (CRPS)

- **Time:** 9:45 am – 10:45 am
- **Type:** Morning Concurrent
- **Stream:** Rehabilitation
- **Speakers:**
    - Fanny Yu, MScOT, CHT
    - Dr. Timothy Bolton, MD, FRCPC

Session Description:
This session will explore the recognition, assessment and management of Complex Regional Pain Syndrome (CRPS), with an emphasis on its clinical presentation, rehabilitation considerations and multidisciplinary approaches to care. Participants will examine strategies for supporting patients experiencing persistent pain and functional limitations.

Learning Objectives:

1. Recognize the common signs, symptoms and clinical features associated with CRPS.
2. Describe assessment and management approaches for patients presenting with suspected CRPS.
3. Identify rehabilitation strategies and interdisciplinary interventions that support functional recovery and improved patient outcomes.

4. Surviving the Pediatric Elbow Injury

- **Time:** 9:45 am – 10:45 am
- **Type:** Morning Concurrent
- **Stream:** Surgical
- **Speaker:** Dr. Mathew Clarke, MD, FRCSC

Session Description:
This session will examine the assessment and management of pediatric elbow injuries, focusing on common injury patterns, diagnostic considerations and treatment decision-making. Participants will explore strategies for identifying injuries requiring urgent intervention and considerations for avoiding complications.

Learning Objectives:

1. Identify common pediatric elbow injuries and their associated clinical presentations.
2. Describe appropriate assessment and imaging considerations when evaluating pediatric elbow trauma.
3. Recognize indications for surgical referral or intervention and potential complications associated with pediatric elbow injuries.

5. Shoulder Trauma – Understanding the Controversy

- **Time:** 9:45 am – 10:45 am
- **Type:** Morning Concurrent
- **Stream:** Frontline / Emergency Care
- **Speaker:** Dr. Joan Wheat-Hozack, MD, FRCSC

Session Description:
This session will explore the evaluation and management of acute shoulder injuries, highlighting areas of clinical controversy and variation in treatment approaches. Participants will examine diagnostic considerations, treatment options and decision-making strategies relevant to providers managing shoulder trauma in frontline and emergency settings.

Learning Objectives:

1. Identify common presentations and injury patterns associated with acute shoulder trauma.
2. Compare management approaches for selected shoulder injuries and recognize areas of ongoing clinical debate.
3. Apply appropriate assessment and referral considerations when managing patients presenting with acute shoulder injuries.

6. "Take a load off - Knee Osteotomies"

- **Time:** 11:00 am – 12:00 pm
- **Type:** Morning Plenary / Keynote
- **Stream:** General / Interprofessional
- **Speaker:** Dr. Robert Litchfield, MD, FRCSC, President, Canadian Orthopedic Association

Session Description: An overview of knee osteotomies as joint-preserving surgical options for patients with knee malalignment and compartment-specific osteoarthritis. Explore patient selection, surgical indications and alternatives to knee replacement, with consideration of referral pathways and post-operative rehabilitation.

Learning Objectives:

1. Describe the purpose and principles of high tibial and distal femoral osteotomies.
2. Identify appropriate patients who may benefit from knee osteotomy rather than knee replacement.
3. Recognize key referral considerations and post-operative rehabilitation requirements.

Afternoon Sessions

7. Rotator Cuff – Operative and Non-Operative Rehabilitation

- **Time:** 1:00 pm – 2:00 pm
- **Type:** Afternoon Concurrent
- **Stream:** Rehabilitation
- **Speakers:**
    - Mitch Dahl, BScPT, Dip Sport PT
    - Orthopedic Surgeon – To be confirmed

Session Description:
This session will examine rehabilitation approaches for rotator cuff injuries, comparing outcomes and considerations associated with operative and non-operative management. Participants will explore rehabilitation strategies, recovery timelines and the role of interdisciplinary collaboration in optimizing shoulder function and patient outcomes.

Learning Objectives:

1. Differentiate between operative and non-operative management pathways for rotator cuff injuries.
2. Identify key rehabilitation considerations following rotator cuff injury and surgical repair.
3. Apply evidence-informed rehabilitation principles to support functional recovery and return to activity.

8. Infected Arthroplasty – One- or Two-Stage Revision

- **Time:** 1:00 pm – 2:00 pm
- **Type:** Afternoon Concurrent
- **Stream:** Surgical
- **Speaker:** Dr. Johannes van der Merwe, MBChB, FRCSC

Session Description:
This session will explore the assessment and surgical management of periprosthetic joint infections, with particular attention to the decision-making involved in one-stage versus two-stage revision procedures. Participants will examine patient selection, treatment considerations and factors influencing surgical outcomes.

Learning Objectives:

1. Identify key clinical considerations in the assessment and diagnosis of periprosthetic joint infections.
2. Compare indications and considerations for one-stage and two-stage revision procedures.
3. Evaluate patient and infection-related factors that influence surgical decision-making and treatment outcomes.

9. Tendon Injuries in the ER – From Top to Bottom

- **Time:** 1:00 pm – 2:00 pm
- **Type:** Afternoon Concurrent
- **Stream:** Frontline / Emergency Care
- **Speaker:** Dr. Omer Alkhateeb, MBBS

Session Description:
This session will focus on the recognition and initial management of tendon injuries presenting in emergency and frontline care settings. Participants will examine common tendon injury presentations, appropriate clinical assessment, initial treatment strategies and indications for specialist referral.

Learning Objectives:

1. Recognize common tendon injuries presenting in emergency and frontline care settings.
2. Identify appropriate assessment and initial management strategies for suspected tendon injuries.
3. Determine indications for urgent orthopedic consultation or specialist referral based on injury presentation.

10. The ACL and Meniscus – Can It Be Rehabbed?

- **Time:** 2:15 pm – 3:15 pm
- **Type:** Afternoon Concurrent
- **Stream:** Rehabilitation
- **Speakers:**
    - Michelle Keene Albers, BSc (Kin), MPT, Dip Sport (PT), CSEP-CEP, RISPT, Dry Needling

Session Description:
This session will explore the role of rehabilitation in managing anterior cruciate ligament (ACL) and meniscal injuries, including circumstances where non-operative treatment may be appropriate. Participants will examine clinical decision-making, rehabilitation strategies, return-to-sport considerations and the importance of collaboration between rehabilitation professionals and orthopedic surgeons.

Learning Objectives:

1. Identify clinical factors that influence the suitability of non-operative management for ACL and meniscal injuries.
2. Compare rehabilitation and surgical management considerations for patients with ACL and meniscal injuries.
3. Apply functional rehabilitation and return-to-sport considerations when supporting patients recovering from knee injuries.

11. Reverse It Up – Does It Fix Everything? (Shoulder)

- **Time:** 2:15 pm – 3:15 pm
- **Type:** Afternoon Concurrent
- **Stream:** Surgical
- **Speaker:** Dr. Jayd Lukenchuk, MD, FRCSC

Session Description:
This session will examine the indications, benefits and limitations of reverse shoulder arthroplasty. Participants will explore patient selection, clinical decision-making, expected outcomes and potential complications, with consideration of situations where reverse shoulder replacement may or may not be the most appropriate treatment option.

Learning Objectives:

1. Identify common indications for reverse shoulder arthroplasty.
2. Evaluate patient-specific factors that influence the selection of reverse versus anatomic shoulder arthroplasty.
3. Recognize potential complications, limitations and functional expectations following reverse shoulder replacement.

12. "Is it serious? Assessment of acute low back pain"

- **Time:** 2:15 pm – 3:15 pm
- **Type:** Afternoon Concurrent
- **Stream:** Frontline / Emergency Care
- **Speaker:** Dr. Alan Beggs, MD, FRCSC

Session Description:
This session will address the assessment and management of patients presenting with back pain in emergency and primary care settings. Participants will explore clinical assessment strategies, identification of red flags, appropriate investigations and indications for referral or further intervention.

Learning Objectives:

1. Differentiate between common presentations of acute back pain and potentially serious underlying conditions.
2. Identify clinical red flags that warrant urgent investigation or specialist assessment.
3. Apply appropriate initial management, investigation and referral strategies for patients presenting with back pain.

13. Interprofessional Panel – Principles of Return to Play

- **Time:** 3:30 pm – 4:30 pm
- **Type:** Afternoon Plenary / Interprofessional Panel
- **Stream:** General / Interprofessional
- **Moderator:** Dr. Marty Heroux, MD, CCFP(EM), SEM, FCFP

Panelists:

- Dr. Robert Litchfield, MD, FRCSC
- Bruce Craven, BSc (PT), MSc, Dip Sport (PT), BSPE, CSCS
- Dr. Jordan Anderson, MD, CCFP (SEM), Dip Sport Med

Session Description:
This interprofessional panel will explore the clinical considerations and collaborative decision-making involved in determining when an injured athlete or patient is ready to return to play. Bringing together perspectives from orthopedic surgery, physiotherapy and sport medicine, panelists will discuss functional recovery, injury risk, patient readiness and the balance between safe participation and return to activity.

Learning Objectives:

1. Identify key clinical and functional criteria used to assess readiness for return to play following injury.
2. Compare the perspectives and responsibilities of orthopedic surgeons, physiotherapists and sport medicine physicians in return-to-play decision-making.
3. Apply a collaborative, patient-centred approach to return-to-play decisions that considers functional recovery, reinjury risk and individual patient goals.