

Banner Sports Medicine Grand Rounds

2025

Shoulder-RTC imaging and Ankle MRI

April 7, 2025 – 7:00 AM

Other

Overall Activity Objectives:

- 1 Perform a comprehensive pre-participation physical examination, which includes the full spectrum of ages, sexes, and levels of competition.
- 2 Identify common diagnoses encountered in sports medicine, which may require hospitalization and the necessary pre-hospitalization work-up for these conditions.
- 3 Evaluate manage sports medicine emergencies appropriately.
- 4 Order magnetic resonance imaging, computed tomographic scanning, and bone scanning appropriately.
- 5 Interpret common musculoskeletal radiographs.
- 6 Interpret MRI and MRI arthrograms of the cervical spine, shoulder, elbow, lumbar spine, hip, knee, and ankle.
- 7 Distinguish between the indications for - and recall the techniques of - MRI arthrogram, myelogram and arthroscopy.
- 8 Diagnose and manage simple, stable, closed and non-displaced fractures.
- 9 Diagnose and manage various musculoskeletal sprains and strains.
- 10 Refer pediatric patients with medicine problems to a pediatric sports medicine specialist as appropriate.
- 11 Employ and prescribe supportive and corrective devices: Braces, Casts, Splints, and Orthotics.
- 12 Apply and prescribe various rehabilitation therapies as appropriate.
- 13 Classify the pharmacology, physiology, and psychological effects of performance-enhancing drugs and drugs of abuse.
- 14 Counsel patients on the effect of exercise on various pre-existing medical conditions.
- 15 Integrate basic nutritional principles into caring for athletes with medical problems that require nutritional support and counseling.

Session Objectives:

- 1 shoulder imaging based clinical findings facilitates treatment planning and may improve outcomes (don't image in a vacuum)
- 2 Consider MRA, MARS, special views for select cases (everything isn't on the menu)
- 3 Use MSK Rad expertise for imaging recommendations of complex problems (communication essential)
- 4 Use concordant follow-up imaging to evaluate progression of abnormalities (apples to apples)
- 5 Pre or post-operative imaging may require multiple modalities or hybrid imaging for accurate diagnosis
- 6 Multiple imaging protocols are available for assessing patients with ankle injuries and discomfort
- 7 thorough understanding of ankle anatomy and injury mechanisms are essential for ordering appropriate ankle imaging techniques
- 8 Appropriate imaging leads to accurate treatment plans, ensuring better patient outcomes
- 9 Keeping up with advancements in imaging technology and special protocols can significantly enhance patient care

Accreditation Statement:

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of The University of Arizona College of Medicine - Tucson and Banner Health The University of Arizona College of Medicine - Tucson is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

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Name of individual	Individual's role in activity	Nature of Relationship(s) / Name of Ineligible Company(s)
Steven M Erickson, MD, FACP	Activity Director	Nothing to disclose - 11/12/2024
Evan Lederman, MD	Co-Director	Paid consultant-Arthrex Royalties or Patent Beneficiary-Arthrex Grant or research support-Arthrex - 11/01/2024
Pamela Lund, MD, Radiologist	Faculty	Consulting Fee-Atreon Orthopedics, LLC - 03/21/2025



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