

California Orthopaedic Association

Annual Meeting & QME Course

C-Bones Annual Meeting
Resident Forum

Omni La Costa Resort
(North San Diego County)

May 18-21
2017

Prove
YOUR
value

Why YOU Should Attend?

COA knows how precious your time is, which is why we have designed a tightly packed annual meeting to give you **strategies and lessons that you can apply to your practice immediately to be more efficient and prove your value in today's healthcare.**

Orthopaedic Surgeons

- Take home practical and actionable information to improve your practice
- Learn the latest on Medicare MACRA/QPP reporting from leading experts
- Learn negotiating tactics
- Hear from great presidential speakers - one on Tactical Medicine and how you can get involved in your local community and the other on the Hospital of the Future
- Learn from national and state experts the latest in clinical advances in Arthroplasty, Oncology, Spine, Hand & Wrist, Trauma, Foot & Ankle, Pediatrics, Shoulder & Sports
- Learn how to stay out of trouble and keep your QME Certification
- Understand how Workers' Comp Medical Provider Networks select and evaluate physicians
- Network with colleagues and learn about important issues affecting your practice
- Breakfast and luncheon educational sessions will enhance the information presented during the meeting

Residents / Fellows

- Learn from other young orthopaedists who have just entered practice
- Network with orthopaedic surgeons who are leaders in their field
- Learn what you need to know as you consider your practice options
- Learn about contracting, finding a job, and being financially stable
- Understand the basics about Workers' Compensation in California
- Hear from orthopaedic leaders on the latest in clinical orthopaedic procedures, research and techniques

Practice Managers

- Connect with practice managers from similar practices and share best practices
- Improve collections under the Workers' Compensation system
- Karen Zupko will teach you about mastering an effective practice transition and also present on staff selection and training tools



Jan Henstorf, M.D.
COA President



Alexandra Schwartz, M.D.
Program Co-Chair



Alexander Sah, M.D.
Program Co-Chair

Featured Presidential Speakers



Lawrence Heiskell, M.D.,

FACEP, FAAFP

Dr. Heiskell began his 26 year career in law enforcement as a reserve deputy and SWAT team physician with the Kern County Sheriff's Department in Bakersfield and is currently a reserve police officer and tactical physician with the Palm Springs Police Department. Dr. Heiskell served on

an 18-agency member tactical medicine coalition under the auspices of the California Commission on Police Officer Standards and Training and California Emergency Medical Services Authority (EMSA) to create the California Tactical Medicine Operational Program and Standardized Training Recommendations. He is a graduate of P.O.S.T/ D.O.J., NTOA, Heckler & Koch and FBI SWAT schools. Dr. Henstorf is involved with the tactical police team in his local community where he became acquainted with Dr. Heiskell.



Karl Koenig, M.D., MS

Dr. Karl Koenig leads the Integrated Practice Unit for Osteoarthritis and works in developing IPUs for other musculoskeletal conditions. He also serves as Residency Program Director and leads the initiatives to improve access to musculoskeletal care for underserved population. Clinically, he specializes in treatment of hip

& knee arthritis including both primary and revision surgery. Dr. Koenig has a special interest in the treatment of periprosthetic fractures and prosthetic joint infections. He attended medical school at the Baylor College of Medicine in Houston. He completed his residency at Dartmouth-Hitchcock Medical Center, and his fellowship in Adult Reconstruction at Stanford University. He is also a graduate of Dartmouth Institute for Health Policy and Clinical Practice, where he began his work on patient outcomes and cost-effectiveness research.

CME Accreditation

CME Accreditation

Accreditation Statement:

The California Orthopaedic Association is accredited by the Institute for Medical Quality/California Medical Association (IMQ/CMA) to provide continuing medical education for physicians.

The California Orthopaedic Association designates this live activity for a maximum of **17 AMA PRA Category 1 Credit(s)™**. Physicians should only claim credit commensurate with the extent of their participation in the activity.

The California Orthopaedic Association takes responsibility for the content, quality, and scientific integrity of this CME activity.

10 of these credits also qualify for CME in radiology.

4 of the 10 credits qualify for fluoroscopy technology as required by California state law and the Radiologic Health Branch.

Category I CME and ABOS MOC Credits:

10 credits of the Category 1 CME credits will qualify for ABOS MOC scored and recorded Self Assessment Examination credits. You must take a pre and post test to receive the credits.

QME CME Credits:

The QME Course is accredited for **6 hours of Qualified Medical Evaluator (QME) CME credit hours**. COA is provider #100.

Target Audience

This program has been designed for the general orthopaedic surgeon to instruct them in the latest research and technologies in: Arthroplasty, Oncology, Spine, Hand & Wrist, Trauma, Foot & Ankle, Pediatrics, Sports & Shoulder. The QME course will update physicians on the latest Workers' Compensation disability evaluation issues for both QMEs/AMEs and treating physicians.

**Orthopaedic Practice Managers/Physician Assistants/
Nurse Practitioners are also encouraged to attend.**

Educational Objectives

- Be able to implement the new advancements in Arthroplasty, Oncology, Spine, Hand & Wrist, Trauma, Foot & Ankle, Pediatrics, Sports & Shoulder.
- Understand the best practice models through interactive networking sessions.
- Evaluate new orthopaedic Medicare reporting requirements and alternate payment proposals.
- Understand new legislations/regulations that affect orthopaedic practice and patient care.
- Understand Workers' Compensation Disability Evaluation Issues and how they affect injured workers.

This activity is in compliance with California AB 1195 which requires continuing medical education activities with patient care components to include curriculum in the subjects of cultural and linguistic competency. Cultural competency is defined as a set of integrated attitudes, knowledge, and skills that enables health care professionals or organizations to care effectively for patients from diverse cultures, groups, and communities. Linguistic competency is the ability of a physician or surgeon to provide patients who do not speak English or who have limited ability to speak English, direct communication in the patient's primary language.

Schedule at a Glance

Thursday May 18, 2017

- Registration/Networking with Exhibitors
- QME Course/Workers' Compensation MPNs
- Resident Forum
- C-Bones Annual Meeting & Reception

Friday May 19, 2017

- Registration/Networking with Exhibitors
 - Practice Management Day
 - Business Meeting
 - Presidential Reception
- Explore Craft Beers in San Diego*

Saturday May 20, 2017

- Registration/Networking with Exhibitors
- Clinical Presentations /ABOS SAE
- Golf Tournament
- Gala Dinner "Under the Sea" - Seafood Buffet

Sunday May 21, 2017

- Registration
- Clinical Presentations/ ABOS SAE

7:00 am – 5:30 pm	Registration /Networking with Exhibitors	
8:00 am	Welcome/Daily Announcements Jan Henstorf, M.D., President	Lesley Anderson, M.D. - Program Moderator
8:05 am - 8:50 am	How Workers' Compensation MPN Physicians are Rated/Selected The Harbor Health Approach The Coventry Approach Expert Panel Discussion / Q&A	Kent Spafford, Harbor Health Lisa Forsythe, Coventry Health
8:50 am - 9:20 am	Priorities of DWC in 2017 Improving the Utilization Review System Drug Formulary Stepped-up Audit Efforts Q&A	Ray Meister, M.D. MPH Medical Director DWC George Parisotto Acting Administrative Director DWC *
9:20 am - 9:40 am	Using IT in Your Office to Improve Efficiency New Systems to be Efficient in Workers' Comp Evaluations Dangers to Patients/Doctors of Using Cloned/Boiler Plate Report Language Q&A	Leslie Kim, M.D.
9:40 am - 10:10 am	Coffee Break / Networking with Exhibitors/ E-Posters	Exhibit Hall
10:10 am - 11:30 am	How to Stay Out of Trouble and Keep Your QME Certification!	Moderator: Lesley Anderson, M.D.
10:10 am	Tips for Writing Medical-Legal Reports that Constitute Substantial Evidence	Judge Colleen Casey
10:30 am	How to Determine the Appropriate Level of Medical-Legal Evaluation – Meeting the Complexity Factors of ML103 and ML104	Traci W. Hinden, Esq.
10:50 am	<u>Non IBR</u> Medical-Legal Disputes	Judge Myrle Petty (WCALJ)
11:10 am	Expert Panel Discussion / Q&A	
11:30 pm - 12:30 pm	Lunch - Exhibitor-sponsored educational session Evidence Based Digital Rehabilitation and Recovery Solutions for Your Patients	Michael Oberlander, M.D. Trainer Rx
12:30 pm - 1:10 pm	Improving Outcomes - Earlier Return to Work or How & Why Return to Work Affects My Practice	Mark Melhorn, M.D.
12:55 pm	Q&A	
1:10 pm - 1:40 pm	Apportioning to Comorbidities – Spine, Upper & Lower Extremities Q&A	Mark Melhorn, M.D.
1:40 pm - 3:00 pm	Apportionment/Causation Evaluating Tough Cases - Learn from the Judge and Expert AMEs/QMEs	Moderator: Peter Mandell, M.D. Judge Colleen Casey Steven Isono, M.D. Richard Braun, M.D. Robert Bruckman, M.D.
2:50 pm	Expert Panel Discussion / Q&A	
3:00 pm - 3:30 pm	Coffee Break / Networking with Exhibitors	Exhibitor Hall
3:30 pm - 5:10 pm	Current Changes in Workers' Compensation Affecting Your Practice	Lesley Anderson, M.D.
3:30 pm	Utilization Review - How to Survive- or Not! Good UR vs Bad UR	
3:50 pm	Getting To YES with UR/IMR	Steven Feinberg, M.D., MPH
4:10 pm	ABCs of the DWC Drug Formulary - How It Works in an Orthopaedic Practice	Lesley Anderson, M.D.
4:30 pm	OMFS - Physician/Non-physician - 2017 Changes	Suzanne Honor-Vangerov, CPC
4:50 pm	Discussion / Q&A	
5:10 pm	Meeting Adjournment	
5:30 pm - 6:30 pm	Exhibitor Educational Session The Keys to Locking Out Lawsuits and Reducing Taxes	Art McOmber, Legally Mine

Practice Management - Proving Value

Costa Del Sol Ballroom- Conference Center

Friday May 19

7:00 am – 5:30 pm	Registration /Networking with Exhibitors	
7:30 am - 8:00 am	Educational Session	Hanger Clinic
8:00 am	Welcome/Daily Announcements -- Jan Henstorf, M.D., President	Alexandra Page, M.D., Program Moderator
	MACRA Going Away - Not Likely -- Still Important to Understand Reporting Requirements!	
8:05 am - 9:00 am	Medicare's Quality Payment Program (QPP)	Moderator: Alexandra Page, M.D.
8:05 am	Overview of QPP - Reporting under MIPS	Karen Clark, MBA, OrthoTennessee
8:25 am	Improvement Activities -- What does it mean?	Alexandra Page, M.D.
8:35 am	Advancing Care Information (ACI)	Leslie Kim, M.D.
8:50 am	Expert Panel Discussion / Q&A	
9:00 am - 10:00 am	Advanced Alternative Payment Models (APMs): Can Your Group Qualify?	Moderator: Alexandra Page, M.D.
9:00 am	Critical Components Required for APM Reporting	Karen Clark, MBA, OrthoTennessee
9:15 am	Power of Partial Credit: MIPS-APMs for Small/Solo Practices	Alexandra Page, M.D.
9:30 am	Benefits/Obstacles for Orthopaedic Surgeons Participating in an ACO	Matt Cantonis, Assistant VP Scripps Clinical Care Lines
9:45 am	Expert Panel Discussion / Q&A / E-Posters	
10:00 am - 10:30 pm	Coffee Break / Networking with Exhibitors	Exhibit Hall
10:30 am - 12:00 pm	Data Collection and Reporting: How to Earn 70 QPP Points or More and be Rewarded	Moderator: William Timothy Brox , M.D. AAOS Performance Measures Committee
10:30 am	Data Collection: Point of Service vs. Reporting vs. Reimbursement	Thom Walsh, Ph.D.
10:50 am	How Patient-Reported Outcome Data Fits into the QPP Reporting The Importance of Risk Adjusted Data	Nicholas Abidi, M.D.
11:10 am	Orthopaedic Preferred Specialty (OPS) Measurement Set - Which Ones are High Value for your Practice?	William Timothy Brox , M.D.
11:20	Qualified Clinical Data Registries (QCDR) / Additional Benefits of Registry Reporting	Jeffrey Knezovich, CAE; AJRR
11:40	Expert Panel Discussion / Q&A	
12:00 pm - 1:00 pm	Working Lunch/ E-Posters	
Track 1	How best to use EHR to Facilitate Reporting?	athenahealth Nextgen*
Track 2	Workshop - Structuring Bundled Payments	
1:00 pm - 2:30 pm	Opportunities in the New Healthcare Arena	Moderator: Nicholas Colyvas, M.D.
1:00 pm	Clinically Integrated Networks (CINs)	John Wood, Ph.D., G-Corp
	Changes in Physician/Hospital Alignment	Sutter Health System
1:15 pm	The Sutter Health Perspective	
1:30 pm	The Providence St. Joseph Health Perspective	Tom Lorish, M.D., Chief Executive Outreach Providence/St. Joseph's Health
1:45 pm	Co-management Opportunities	Nicholas Colyvas, M.D.
2:00 pm	Expert Panel Discussion / Q&A	
2:30 pm - 3:30 pm	Keynote Speakers	
2:30 pm	Tactical Medicine - Opportunities for You to Get Involved in Your Local Communities Lawrence E. Heiskell, M.D., Director - International School of Tactical Medicine	
3:00 pm	Healthcare delivery 2025: Where are we heading? Karl Koenig, M.D. , Medical Director - Musculoskeletal Care at Dell Medical School, Austin TX Q&A	
3:30 pm - 4:30 pm	Legislative Update: Federal & State Issues	
3:30 pm	Federal Update	Thomas Barber, M.D.
3:50 pm	State Update	Bryce Docherty, COA Lobbyist
4:10 pm	Expert Panel Discussion / Q&A	
4:30 pm - 5:00 pm	Business Meeting	Jan Henstorf, M.D., President
5:00 pm - 5:30 pm	Open Mike with COA Leaders AAOS BOC Video	
6:00 pm - 7:00 pm	Presidential Reception - Explore Craft Beers of San Diego	Valley Promenade & Legends Lawn

Clinical Symposia

Costa Del Sol Ballroom- Conference Center

Saturday May 20

6:00 am	5k Run/Walk	Moderator: Blair Filler , M.D. – Meet in the lobby
7:00 am – 3:00 pm	Registration /Networking with Exhibitors	
7:30 am - 8:00 am	Educational Session	Pacira Pharmaceuticals
8:00 am	Welcome/Daily Announcements66 Jan Henstorf, M.D., President	Alexandra Schwartz, M.D. and Alexander Sah, M.D.- Program Co-Chairs
8:05 am — 9:25 am	What's New in Arthroplasty? - Clinical Decisions - The Road Less Traveled Clinical Decisions-The Road Less Travelled ACL/PCL Retaining TKA THA- Posterior Approach THA - Anterior Approach	Moderator: Aaron Rosenberg, M.D. Aaron Rosenberg, M.D. Michael Ries M.D. Larry Dorr, M.D. Joel Matta, M.D.
9:10 am	Rapid Fire - Controversies in TJA Expert Panel Discussion / Q&A	
9:25 am—9:54 am	Resident Awards	
9:25 am	Lloyd W. Taylor, M.D. Resident Award Early Clinical Experience with the SIGN Hip Construct	Justin Roth, DO – Riverside University Health System
9:31 am	Orthopaedic Institute for Children Resident Award Regional Ulnar Nerve Strain Following Decompression and Anterior Subcutaneous Transposition in Patients With Cubital Tunnel Syndrome	Ian Michael Foran, M.D. – UC San Diego
9:37 am	J. Harold LaBriola, M.D. Resident Award Higher Patient Expectations Predict Greater Patient Satisfaction and Patient Reported Outcomes in Total Hip Arthroplasty Patients: A Prospective Multi-Center Study	Deeptee Jain, M.D. – UC San Francisco
9:43 am	OREF Presentation	Richard Santore, M.D.
9:48 am	OREF Resident Award Is Topical Application of Epsilon-Aminocaproic Acid Effective in Reducing Blood-Loss in Total Knee Arthroplasty?	Rob Harper, M.D. – UC Davis
9:54 am — 10:24 am	Coffee Break / Networking with Exhibitors / E-Posters	Exhibitor Hall
10:24 am — 11:25 am	What's New in Orthopaedic Oncology Appropriate Common Work-up When to Refer Tumors	Moderator: William Bowman, Jr., M.D. William Bowman, Jr., M.D. Anna Kulidjian, M.D. Nathan Hammel, M.D. Amy Williams, M.D.
11:10 am	Rapid Fire - Expert Panel Discussion / Q&A	
11:25 am - 12:25 pm	Working Lunch	
Track 1	Fluoroscopy Safety – Practical Application in an Orthopaedic Practice	Isabel Newton, M.D., PhD, UCSD
Track 2	Educational Session	ConvaTec
Track 3	Lunch with the Faculty - Arthroplasty/Oncology/Spine/Hand/Wrist Ask your questions . . .	Parlor Room
12:25 pm — 1:40 pm	What's New in Spine? SI Joint Dysfunction Minimally Invasive Techniques Evolution of Care for The Thoracolumbar Burst Fracture Fractures	Moderator: Steve Garfin, M.D. Steve Garfin, M.D. Serena Hu, M.D. Kirkham Wood, M.D. Vinko Zlomislis, M.D.
1:25 pm	Rapid Fire - Expert Panel Discussion / Q&A	
1:40 pm — 2:55 pm	What's New in Hand & Wrist? Outcomes of Elbow Arthroscopic Osteocapsular Arthroplasty Current Treatment for Injuries of the Triangular Fibrocartilage Complex One Hand Surgeon's Approach Distal Radius Fractures Scaphoid Fracture	Moderator: Neil Harness, M.D. Neil Harness, M.D. Jeffrey Yao, M.D. Greg Rafijah, M.D. * Eric Hentzen, M.D., PhD
2:40 pm	Rapid Fire - Expert Panel Discussion / Q&A	
2:55 pm	Adjournment	
12:30 pm	Golf Tournament - La Costa Legends Course	Meet at the Golf Course
7:00 pm — 10:00 pm	UNDER THE SEA Gala Dinner - Seafood Buffet	La Costa - Edge Pool

8:00 am	Registration	
7:30 am - 8:00 pm	Same-Day Surgery: Transitioning to Outpatient Total Joints	Medtronic
8:00 am	Welcome/Daily Announcements Jan Henstorf, M.D., President	Alexandra Schwartz, M.D. and Alexander Sah, M.D.- Program Co-Chairs
8:05 am — 9:15 am	What's New in Trauma High Energy Plateau Distal Femur Fractures Distal Femur Trauma Update: What I am Doing Differently	Moderator: Mark Vrahas, M.D. Mark Lee, M.D. Timothy Craft, M.D. Dan Zinar, M.D. Jeffrey Smith, M.D.
9:00 am	Rapid Fire - Expert Panel Discussion / Q&A	
9:15 am—10:30 am	What's New in Foot & Ankle Lisranc Injury The Cavus Foot Ankle Laxity Ankle Laxity / Tendinopathy	Moderator: Glenn Pfeffer, M.D. Sonya Ahmed, M.D. Glenn Pfeffer, M.D. Roger Mann, M.D. David Sitler, M.D.
10:15 am	Rapid Fire - Expert Panel Discussion / Q&A	
10:30 am — 11:00 am	Coffee Break	
11:00 am — 12:15 pm	What's New in Pediatrics Hip Preservation - 3D Printing Hip Dysplasia and Congenital Hip Problems Pedi Fractures	Moderator: Coleen Sabatini, M.D., MPH Coleen Sabatini, M.D., MPH Stephanie Pun, M.D. Brian Haus, M.D. V. Salil Upasani, M.D.
12:00 pm	Rapid Fire - Expert Panel Discussion / Q&A	
12:15 pm—1:30 pm	Lunch - Exhibitor sponsored education session/ E-Posters	
Track 1	Using Technology to Improve Patient Preoperative Care with the On-Q Track System	Halyard
Track 2	Lunch with Faculty - Foot/Ankle/Pediatrics/ Sports/Shoulder Ask your questions . . .	
1:30 pm — 2:45 pm	What's New in Sports & Shoulder Biologics Hip Arthroscopy Reverse Total Shoulder Rotator Cuff Tears and Current Treatments	Moderator: Tal David, M.D. Tal David, M.D. Catherine Robertson, M.D. Matthew Meunier, M.D. Bryan Leek, M.D.
2:30 am	Rapid Fire - Expert Panel Discussion / Q&A	
2:45 pm	Adjournment Jan Henstorf, M.D., President Alexander Sah, M.D. & Alexandra Schwartz, M.D.- Program CO-Chairs	

7:00 am – 5:00 pm	Registration /Networking with Exhibitors	Foyer, Costa Del Sol Conference Center
9:55 am	Welcome Moderators: Dori Cage, M.D. & Minal Tapadia, M.D., MBA, JD	
10:00 am—10:30 am	ABOS Board Preparation High Yield Topics Study Tips Resources - COA OKU-11 Flashcards/Review Courses	Lindsey Hagstrom, M.D.
10:30 am - 11:00 am	How to Find Out The REAL Information About a Job Offer Job Interview Expectations What to Know About The Practice	Chris Kahl, Pacific Companies*
10:50 am	Q&A	
11:00 am - 11:45 am	What is the Right Practice Setting for You? <i>Panel of Young Orthopaedist sharing their experience</i> "Pros and Cons of Different Practice Settings" Expert Panel Discussion / Q&A	Orrin Franko, M.D. - Private Practice Tim Craft, M.D. - Kaiser Francis Gonzales, M.D. - Academic Jared Niska, M.D. * Multi-Specialty
11:45 am - 12:15 pm	Contracting Basics 5 Key Provisions to Look for in a Contract 5 Key Provisions to Stay Away From in a Contract	
12:10 pm	Expert Panel Discussion / Q&A	
12:15 pm—1:00 pm	Lunch / Networking	
1:00 pm - 1:45 pm	Personal Finances for the Physician Learn About Medical Malpractice, Disability, Life, and Umbrella Insurances Financial Planning Managing Loans Planning for the Future	Anthony Williams ChFC, RFC, CLU, Mosaic Financial Associates
1:30 pm	Q&A	
1:45 pm - 2:30 pm	Orthopaedic Coding and Billing Rules 101 Documenting Your E&M Services - Sample Templates Staying out of Trouble - RAC Audits - Importance of Documentation in the Patient Medical Record and Hospital Records Documentation Template for Total Joint Replacements Common Orthopaedic Modifiers	Joshua Klinge Newport Medical Solutions
2:15 pm	Q&A	
2:30 pm - 3:00 pm	Workers' Compensation 101 Understanding the California System	Dori Cage, M.D.
2:50 pm	Q&A	
3:00 pm - 3:30 pm	Coffee Break / Networking with Exhibitors	
3:30 pm - 5:00 pm	Join COA's General Session	Costa Del Sol Ballroom

7:00 am – 5:00 pm	Registration /Networking with Exhibitors	
7:45 am - 8:00 am	Welcome	Jim Keil, MBA, C-Bones President
8:00 am - 10:15 am	Keynote Speaker	
8:00 am	Part I - Practice Transition Planning - When is the Right Time	Karen Zupko, Zupko & Associates
9:15 am	Part II - Transition Tales From the Front with C-Bones Panel Discussion	
10:20	Q&A	
10:15 am - 10:30 am	Coffee Break / Networking with Exhibitors	Exhibit Hall
10:30 am - 11:00 am	2017 & 2018 Work Comp Updates	Sarah Moray Catherine Montgomery DaisyBill
	Q&A	
11:30 am - 11:45 pm	C-Bones Business Meeting	Jim Keil, MBA, C-Bones President
11:45 am - 1:00 pm	Lunch - Exhibitor sponsored Infomercials & Round-table Discussions	
1:15 pm - 2:45 pm	CARE2 - Leadership Session (Care squared) - Leadership Session	Deb Wiggs, V2V Consulting Group Past MGMA Chair
	Q&A	
2:45 pm - 3:00 pm	Coffee Break / Networking with Exhibitors	Exhibit Hall
3:00 pm - 4:00 pm	ADEPT (Application Distinction, Effectiveness, Profitability, & Talent)	Deb Wiggs, V2V Consulting Group Past MGMA Chair
	Q&A	
4:00 pm - 5:15 pm	Staff Selection and Training Tools in the New Tech Era	Karen Zupko, Zupko & Associates
	Q&A	
5:30 pm - 6:30 pm	C-Bones Reception - Vodka Tasting & Raffle	

Featured Speaker:

Karen Zupko

Founder of Karen Zupko & Associates



An internationally recognized thought leader and speaker, Karen Zupko advises physicians and healthcare managers about the challenges and trends impacting the practice of medicine. Her pragmatic, action-oriented style inspires people to apply common sense and business rigor to improve profitability, efficiency, and patient satisfaction.

Attending one of Karen's presentations is as entertaining as it is informative. Her motto is, "you can't bore people into learning," and her high-energy style makes her an in-demand speaker. Audiences around the world give Karen rave reviews for blending humor, captivating stories, business trends, and popular culture with innovative ideas and straightforward solutions to the most pressing challenges physicians face.

COA Social Activities

Friday, May 19

Spouse Wellness Morning — Complimentary

Aqua Zumba™ 10:00 am—10:50 pm— Garden Pool

Bring Your Bathing Suit!

Perfect For

Those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine.

How It Works

Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss!

Benefits

There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.



What's Your Dosha?

Gardena Room — 11:30 am - 1:30 pm

\$30 Dosha Presentation (lunch will be hosted by COA) - *MUST register to attend*

In Ayurveda, the 5 elements that are found in all living things—either, air, fire, water, and earth—are the building blocks of life. While this foundation unites all humans, the manifestation of those elements through the doshas is what gives rise to our differences. How the 3 doshas (Vata, Pitta, and Kapha) appear, and in what proportion, is what makes each of us unique.

Chopra experts will guide you in how to learn what is your dosha, explain the meaning of each of the doshas, and teach you what foods will enhance your living per your dosha to balance your well-being.

The dosha instruction will be followed by a lunch in which you will practice what you learned about your dosha. You will be able to select foods and spices that complement you as an individual.

Come for a once in a lifetime experience and learn how to achieve and maintain a vibrant and joyful state of health by knowing your dosha.



Presidential Reception

6:00 pm - 7:00 pm

Complimentary—(2 Tickets included in your registration)

Additional tickets may be purchased.

"Craft Beer Tasting"

Valley Promenade & Legends Lawn

Enjoy a reception with faculty members, fellow colleagues, and spouses. Sample award-winning brews by local breweries. San Diego has become the NATIONS #1 craft beer destination with over 100 breweries, plus brew pubs and tasting rooms serving up gold medal brews.



Be Part of the Fun . . .

Saturday, May 20



COA 5K Run/Walk

6:00 am—7:00 am—Complimentary

Join us for a fun 5K Run/Walk for the whole family along the beautiful resort surrounded by amazing golf courses. Remember to get your annual T-shirt and enjoy the early morning sunrise. Everyone and all ages are welcome to participate. Registration is free and participants receive complimentary t-shirts and refreshments. Meet at the hotel lobby.



Golf Tournament— Omni La Costa Legends Golf Course

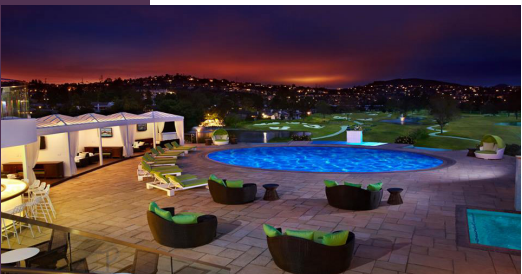
Play at one of the best courses in San Diego Area!

Cost: \$195 per player (Green fees /cart/lunch included)

Meet at the Golf course at 12:30 pm —Shot gun start at 1:00 pm

Sign up early to secure your spot! All skill levels welcomed to participate

The Legends Course has an iconic history and a long list of who's who having played there. The course is a true classic and a gem of traditional design.



"Under the Sea" Gala Dinner

Gala Dinner — 7:00 pm—10:00 pm

Get ready to enjoy the beautiful views of the golf course as you enjoy delicious seafood pool side.

Cost: \$110 - Adults

\$50 - Children (5-12 yrs) - Special menu

Free - Children under 4 yrs

Hotel Activities



Fitness Classes:

Complimentary

\$15 pp

- Aqua Tone
- Aqua Zumba™
- Fitkids
- Gentle Yoga
- Groove
- Morning Walk & Stretch

- 1000 KCAL Burn
- Barre Pilates
- Extreme Body Circuit
- Extreme Body Sculpting
- Hard Core Circuit
- High/Low Cardio
- Pilates/Yoga Fusion
- Plyometric Power
- Spin / Spin & Core
- TRX
- Urban Barre
- Vinyasa Flow Yoga
- Zumba™ Cardio
- Zumba™ Cardio & Core



Provided by the Fitness Center. Schedule available at the hotel.

<https://www.omnihotels.com/-/media/images/hotels/sanrst/activities/pdfs/sanrst-omni-la-costa-athletic-club-summer-schedule-2016.pdf?la=en>

Hotel and Travel Information

Conference Hotel:

Omni La Costa Resort & Spa

2100 Costa del Mar Road, Carlsbad, CA 92009

COA Group Rate – \$239 single/double

To make a reservation at the group rate, contact the hotel by calling **(800) 854-5000** and mention that you are attending the COA Annual Meeting.

You can also go to annualmeeting.coa.org to make your hotel reservation online.

From world-class amenities and dining destinations to pool experiences and activities for all ages to enjoy. Omni La Costa is the perfect destination for you and your family.

Hotel Facilities:

- The **Chopra Center**, co-founded by Deepak Chopra - Offering workshops, retreats, yoga and meditation sessions
- The **Spa at La Costa**- Relax at the top luxury spa in San Diego
- Two 18-hole **championship golf courses**
- **Kidtopia** Kids Club
- **5 restaurants**, from elegant culinary experiences to casual cafés
- The **Shops** at La Costa, featuring Lilly Pulitzer, Tart, Ella Moss and other designer brands
- Eight pools
- Kid-specific pool areas featuring two 100-foot waterslides, a toddler slide and sprayground
- An adults-only pool for rest and relaxation
- 17 **tennis courts** offering hard and clay surfaces -play a match, receive lessons or attend clinics with our tennis pros
- 9,100–square-foot **Athletic Club** - Experience a state-of-the-art fitness center and exercise classes.

Travel Information:

Airport closest to the hotel:

San Diego International Airport 30 miles

Transportation

COA has a discounted rate with Hertz. Provide the following CV code for them to apply the discount. **CV#052N0001** Make a reservation by calling **800-654-2240** or at www.hertz.com

Weather in May

Day time average temperature: 65° F

Evening average temperature: 56° F



Membership

**JOIN
COA**

Member Services:

Take advantage of the many COA member discounts

- **Annual Meeting Discount!**
- **QME Course Discount!**
- **ABOS SAE Hours Complimentary**
- Discounts with Affiliated Programs

Education:

- Category 1 CME Hours
- QME CME Hours
- Radiology CME Credits
- Fluroscopy CME Credits
- ABOS Self Assessment Examination Hours
- Online CME/QME Courses
- Practice Management Webinars

White Papers/ Action Plans:

- Patient Reported Outcomes
- Clinical Data - Value Based Healthcare
- Bundled Payments
- E-Billing for Workers' Compensation

Professional Development/ Leadership Opportunities:

- Participate in a COA task force/committee
- Become part of COA's Board of Directors
- Be elected to the AAOS Board of Councilors
- Become a physician leader in your community

Health Policy:

- Help COA shape Health Policy at the State/Federal Level
- Get involved in COA's Political Action Committee
- Help us change Workers' Compensation Rules

**To become a member/pay your dues
go to - www.coa.org**

Explore San Diego Area

Bring your kids

The Flower Fields at Carlsbad Ranch – 5 miles

Take yourself out of the ordinary and spend a few hours in one of nature's wonders; a place where kids can run and adults can linger. This 50 acres of extraordinary color, better known as The Flower Fields at Carlsbad Ranch®, is in bloom on a hillside overlooking the Pacific Ocean and offers a special nursery, garden, and gift shop by Armstrong Garden Centers.



Hours: 7 days a week from 9:00 a.m. to 6:00 p.m.

Prices: Adults: \$14.00 Seniors 60+: \$13.00 Children 3-10 yrs.: \$7.00 Children 2 yrs. & under: Free

Wagon Rides: Adults: \$5.00 Children 3-10 yrs.: \$3.00

<http://www.theflowerfields.com/>

LEGOLAND – 6 miles

Guests from across the country love to visit LEGOLAND's theme park and 3-D movie set. LEGOLAND offers more than 60 interactive rides, shows and attractions, as well as restaurants and shopping. There are more than 30,000 LEGO models in the park created from more than 62 million LEGO bricks.



SeaWorld Adventure Park – 27.5 miles

Experience some of the most thrilling San Diego attractions at SeaWorld®, take in amazing live shows and enjoy special attractions such as Turtle Reef and the Shark Encounter®. Most importantly, SeaWorld is about marine animals: From Shamu® to sea lions, polar bears to penguins and bottlenose dolphins to beluga whales. Marine life abounds!



Also, enjoy some of the most thrilling rides in San Diego inspired by the force and power of the sea. Soar, dive and twist like a ray on Manta®, the all-new roller coaster that only SeaWorld® could create. Take a spin on Shipwreck Rapids®, and take a plunge down Journey to Atlantis®. For young adventurers, be sure to join Elmo and his friends at the Sesame Street® Bay of Play® featuring the best in family-friendly rides.



San Diego Zoo – 30 miles

The 100-acre Zoo is home to more than 3,500 rare and endangered animals representing more than 650 species and subspecies, and a prominent botanical collection with more than 700,000 exotic plants. It is located just north of downtown San Diego in Balboa Park.



Registration Form

Name: _____ Spouse/Family Member(if attending): _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

2nd Attendee

☐ Practice Manager

Name: _____ Email: _____

COA Annual Meeting and QME Course

Thursday May 18 – Sunday May 21, 2017

Early Registration ends March 31

COA Meeting	Member		Non- Member		Resident/Fellow		NP/PA		C-Bones Meeting	Early	Late	select
	Early	Late	Early	Late	Early	Late	Early	Late				
Annual Meeting/QME Course/Resident Forum	\$480	\$580	\$680	\$730	\$200	\$230	\$280	\$330	C-Bones Member	\$200	\$250	
QME Course only	\$280	\$330	\$330	\$380	\$100	\$130	\$130	\$180	C-Bones Non-Member	\$250	\$300	
Annual Meeting only	\$330	\$380	\$480	\$530	\$180	\$210	\$230	\$280	C-Bones Reception	Comp	Comp	
Resident Forum only					\$100	\$130	\$130	\$180	C-Bones Reception Spouse	\$25	\$25	
ABOS SAE	\$0	\$0	\$50	\$50	\$0	\$0			Subtotal: \$			

Educational Sessions

Thursday, May 19 12:10 pm — 1:10 pm	Select Session	Saturday, May 20 11:45 am — 1:45 pm	Select session
Evidence Based Digital Rehabilitation and Recovery Solutions for Your Patients - Trainer RX		Fluoroscopy Safety – Practical Application in an Orthopaedic Practice - Isabel Newton, M.D., PhD, UCSD	
Thursday, May 19 5:30 pm — 7:30 pm		Lunch with the Faculty - Arthroplasty/Oncology/Spine/Hand/Wrist Ask your questions . . .	
The Keys to Locking Out Lawsuits and Reducing Taxes -- Legally Mine		Sunday, May 21 11:45 am — 1:45 pm	
Friday, May 20 11:45 am — 1:45 pm		Lunch with Faculty - Foot/Ankle/Pediatrics/ Sports/Shoulder Ask your questions . . .	
How best to use EHR to Facilitate Reporting? -- athenahealth			
How best to use EHR to Facilitate Reporting? -- NextGen			
Workshop - Structuring Bundled Payments			

Social Activities

	Tickets	Total
Spouse Lunch Tickets - Thursday, Friday, & Sunday (1 ticket per day) \$40 per ticket		\$
Spouse Wellness Morning —Friday, May 19—10:00 am—Complimentary		\$
Spouse Event “What’s Your Dosha?”—Friday, May 19—11:30 am \$30 per person (COA hosting lunch)		
Presidential Reception - Friday, May 19 —6:00 pm (2 tickets included Registration) Additional tickets: \$65 pp		\$
5K Fun Run/Walk - Saturday, May 20 — 6:00 am—7:00 am—Complimentary Shirt Sizes: ____ ____ ____		
Golf Tournament - Saturday, May 20 Shotgun 1:30 pm \$195 ____ Handicap: ____ Handicap: ____		\$
Gala Dinner—Seafood Buffet — Saturday, May 20 — 7:00 pm—10:00 pm		
\$110 ____ # of Adults \$50 ____ # of Children 4-12 yrs ____ # 4 yrs & under, FREE		\$

TOTAL: \$

Payment Information:

Debit or Credit Card # _____ Expiration Date: ____ / ____ Security Code: _____

Signature: _____



916-454-9884



916-454-9882



coa1@pacbell.net

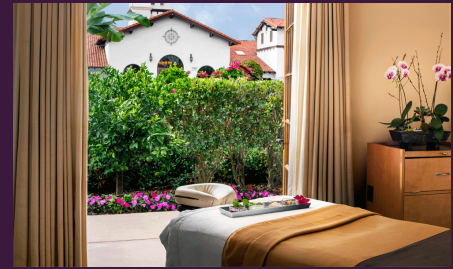


1246 P Street Sacramento, CA 95814

Make your hotel reservations directly with the Omni La Costa Resort & Spa on-line at annualmeeting.coa.org or by calling—the Omni at (800) 854-5000. COA Registration Cancellation Policy: Prior to 3/31/17 subject to a \$50 cancellation fee. No refunds after 3/31/17.

California Orthopaedic Association
1246 P Street
Sacramento, CA 95814

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Save \$130 Register for Entire Conference

Register by: March 31, 2017
Save an additional \$100

You can register online: annualmeeting.coa.org or by
completing the enclosed Registration Form.