

# Mayo Clinic Primary Care Update: Low Back Pain Diagnosis and Management

## *Course Highlights:*

- Special Keynote Speaker: Dr. Richard Deyo, leading authority in back pain research, presenting on “Cost Containment for the Next Millennium”
- Hands-on Physical Examination and Physical Therapy Demonstrations

*Mayo School of Continuing Medical Education*



*Photo by Monte Anderson*

**Friday – Saturday**  
**January 21-22, 2005**  
**Camelback Inn**  
**Scottsdale, Arizona**

## **COURSE HIGHLIGHTS**

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*Low Back Pain Diagnosis and Management* course is a comprehensive two-day continuing medical education course designed for primary care providers and specialists who care for back pain patients. The format will include lectures, question and answer periods, and case presentations, which allow for one-on-one interaction between faculty and registrants. Dr. Richard Deyo, a leading authority in back pain research, will give the keynote address on Cost Containment for the Next Millennium.

## **COURSE LEARNING OBJECTIVES**

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Upon completion of this course, participants should be able to:

- Explain how to perform an efficient and comprehensive initial evaluation of patients with low back pain
- Interpret plain film x-ray for low back pain patients
- Identify patients at risk for chronicity
- Counsel the patient with low back pain
- Explain the value of various treatment options for low back pain patients
- Compare various exercises for low back pain patients
- Identify some of the factors that need to be addressed in assessing cost-containment in low back pain
- Distinguish which patients with radiculopathy are surgical candidates and those who will do well with conservative treatment
- Analyze the various options for pain control for neuropathic and non-neuropathic pain
- Compare the various complementary and alternative medicine options in patients with back pain
- Diagnose osteoporosis and formulate a medical and rehabilitative program for patients
- Compare programmatic options for various subgroups of back pain patients including those with fibromyalgia, chronic pain syndrome, spinal stenosis and the injured worker
- Explain the various strategies for returning the golfer with back pain to the course, including swing analysis

## **DISCLAIMER**

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Attendance at this Mayo course does not indicate nor guarantee competence or proficiency in the performance of any procedures, which may be discussed or taught in this course.

## **CREDIT**

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Mayo Foundation is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Mayo Foundation designates this educational activity for a maximum of 13 category 1 credits toward the AMA Physician's Recognition Award. Each physician should claim only those credits that he/she actually spent in the educational activity.

The American Medical Association has determined that physicians not licensed in the U.S. who participate in this CME activity are eligible for AMA PRA category 1 credit.

This activity has been reviewed and is acceptable for up to 12.5 Prescribed and .5 Elective credits by the American Academy of Family Physicians.

This program has been approved by the American Osteopathic Association for 13 hours of 2A accreditation.

## **EDUCATIONAL GRANTS**

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At the time of this printing, a complete listing of commercial supporters was not available. Appropriate acknowledgement will be given to all supporters at the time of the meeting.

## MEETING LOCATION AND RECREATION

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Camelback Inn, located at 5402 East Lincoln Drive, Scottsdale, Arizona, is nestled in the beautiful Sonoran Desert between Camelback and Mummy Mountains.

Camelback Inn, a Mobil 4-Star and AAA 5-Diamond resort features classic hacienda-style accommodations, reflecting a Southwestern design. Each room offers a private patio, refrigerator, mini bar, and in-room safe, as well as a telephone with fax, computer dataport, and voicemail capability to complement your leisure or business needs.

"The Spa", a 27,000 square-foot European health spa features state-of-the-art fitness and exercise facilities and a full service Spa Salon including indulgent body treatments, facial care, relaxing massage therapies, nutrition counseling, and wellness programs. And for you and your family's recreational pleasure, the Jackrabbit pool complex features underwater music, a weight room, and Hoppin' Jack's eatery. A special selection of invigorating spa treatments has been designed for our group. Please make your reservations prior to your arrival. The resort recently completed a \$4 million renovation of their championship Golf Club.

Located just 20 minutes from Phoenix Sky Harbor Airport, Marriott's Camelback Inn offers an authentic desert Southwest experience, while providing extraordinary service and facilities. For more information, visit their website:

[www.camelbackinn.com/main\\_index.html](http://www.camelbackinn.com/main_index.html)

## RECREATION & LEISURE ACTIVITIES

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The Phoenix area offers both the means and the mindset to venture forth into the great outdoors – to pursue a favorite pastime or take up a new activity. Year-round sunny skies make hiking or biking through the dramatic Sonoran Desert landscape as natural as can be, while a journey into the majestic McDowell Mountains on horseback allows you to experience the city's Western heritage. You can also make a splash in one of our tempting lakes or pools, or take to the skies in a hot air balloon. In order to assist you in planning your leisure activities, please contact the resort's **Personal Planning Department at 1-800-244-9995**.

Visit [www.phoenixcvb.com](http://www.phoenixcvb.com) or [www.scottsdalecvb.com](http://www.scottsdalecvb.com) for additional recreation and leisure activities.

## REGISTRATION

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To register, please complete the attached registration form and return with payment. If you are using a credit card, you may fax your registration form to **1-480-301-8323**. The registration fee is \$325 through January 7, 2005, and \$375 thereafter for physicians active in practice. This fee includes continental breakfasts, breaks, and a course syllabus. Special rates are available for residents, retired physicians, active duty military, and Indian Health Service physicians – please call to obtain registration fees.

A letter of confirmation will be sent upon receipt of payment and completed registration form. If you do not receive a confirmation letter, please send an e-mail to [mcs.cme@mayo.edu](mailto:mcs.cme@mayo.edu) or call **1-480-301-4580**. Please have this letter accessible when checking in at the meeting registration desk.

*No refund will be granted unless a written notice of cancellation is received. If registration must be canceled, tuition less a \$50 administrative fee will be refunded when notification of cancellation is received prior to January 7, 2005. No refunds will be made after January 7, 2005.*

For additional information, contact Mayo Clinic College of Medicine, Mayo School of CME, Mayo Clinic, via e-mail [mcs.cme@mayo.edu](mailto:mcs.cme@mayo.edu) or call **1-480-301-4580**.

*Although it is not Mayo Clinic's policy to limit the number of registrants for a course, resort conference room facilities may necessitate closure of enrollment. Early registration is strongly recommended. Walk-in registrations cannot be guaranteed.*

In case of an emergency, you may be reached at the conference by calling **1-480-948-1700**.

## FACULTY DISCLOSURE

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As a provider accredited by ACCME, Mayo Foundation must ensure balance, independence, objectivity and scientific rigor in its educational activities. All faculty participating in a Mayo Foundation activity are required to disclose commitments to and/or relationships with pharmaceutical companies, biomedical device manufacturers or distributors, or others whose products or services may be considered

to be related to the subject matter of the educational activity. Faculty will also disclose any off-label and/or investigational use of pharmaceuticals or instruments discussed in their presentation. Disclosure of these commitments and/or relationships will be published in course materials so those participants in the activity may formulate their own judgments regarding the presentation.

## **LODGING ACCOMMODATIONS**

**Hotel rooms in The Valley are limited. You are urged to make reservations early.** A limited block of luxurious rooms at a special rate of \$209 (plus tax) single or double occupancy per night has been reserved at Marriott's Camelback Inn Resort. Group rates will be honored three (3) days prior and three (3) days following the course dates, based upon space availability. To make your reservation call **1-480-948-1700** or **1-800-242-2635**. Be sure to state that you are attending *The Mayo Clinic Primary Care Update: Low Back Pain Diagnosis and Management*.

In order to secure the special rate, reservations must be made before the room block is filled or the expiration date of December 20, 2004. Reservations will be taken following this date based upon resort room availability at the contracted meeting rate.

## **TRAVEL ARRANGEMENTS**

Please be sure to confirm your course registration prior to making your travel arrangements. When making reservations, please state that you are attending *The Mayo Clinic Primary Care Update: Low Back Pain Diagnosis and Management*.

**Air:** America West Airlines is the official airline for this course. Reduced airline rates are available by calling America West Airlines at **1-800-548-7575**. CAMS File Code: **2011**  
Valid date(s) of travel are: **January 16-27, 2005**.

**Ground Transportation:** Hertz is offering a reduced daily rate for participants attending the course. Call **1-800-654-2240** and refer to CV Number **022Q1925** when making reservations. **Supershuttle** vans offer airport transportation to and from the hotel. To make reservations call **1-602-244-9000**.

### **MAYO CLINIC FACULTY** **Scottsdale, Arizona**

I.A. Aksoy, MD, PhD  
Matthew A. Butters, MD  
Stephen F. Noll, MD\*

Kirsten S. Paynter, MD  
Michael D. Whitaker, MD, FRCPC

### **Rochester, MN**

John L.D. Atkinson, MD, FACS  
Keith A. Bengtson, MD  
J.D. Bartleson, MD  
Andrea J. Boon, MBChB  
Jeff S. Brault, DO  
Charles F. Davis, PT  
Joseph J. Eischen, PT, ATC, CSCS  
Ralph E. Gay, DC, ATC  
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Brian E. Grogg, MD  
W. Michael Hooten, MD  
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James E. Hughes, PT  
Mark F.B. Hurdle, MD

Samantha L. Kobriger, PT, ATC  
Tim Maus, MD  
Margaret A. Moutvic, MD  
Karen L. Newcomer, MD  
Marilynn W. Olney, MD  
Jeffrey D. Rome, MD  
R. Alan Shelerud, MD\*  
Mehrsheed Sinaki, MD, MS  
Jay Smith, MD, FACSM  
Kent R. Thielen, MD  
Kristin S. Vickers Douglas, PhD  
David C. Weber, MD  
Robert K. Yang, MD

### **DISTINGUISHED VISITING FACULTY**

Richard A. Deyo, MD, MPH  
Professor of Internal Medicine  
University of Washington  
Seattle, WA

\*Course Co-Directors

**Friday**

**January 21, 2005**

- 7:00 a.m.      **Registration, Continental Breakfast, and Industry Exhibits**
- 8:00            **Introduction**  
R. Alan Shelerud, MD
- 8:05            **CASE #1 – “I lifted a rug, I hurt my back, and now I can’t move.”**
- 8:10            **Initial Evaluation, History, and Examination**  
Kirsten S. Paynter, MD
- 8:25            **Plain Film Imaging**  
Tim Maus, MD
- 8:40            **Etiology of Low Back Pain**  
Ralph E. Gay, DC, MD
- 8:55            **Risk Factors for Chronicity**  
Matthew A. Butters, MD
- 9:10            **Outcomes and Discussion**
- 9:25            **Break**
- 9:40            **CASE #2 – “What can you do to help me with my acute low back pain?”**
- 9:45            **Counseling Patients with Low Back Pain**  
R. Alan Shelerud, MD
- 10:00          **Spinal Manipulation**  
Ralph E. Gay, DC, MD
- 10:15          **Traction, Massage, and Modalities**  
David C. Weber, MD
- 10:30          **Nonsteroidal Anti-inflammatory Medications for Low Back Pain: Pharmacology and Recommendations**  
Jeff S. Brault, DO
- 10:45          **Outcomes and Discussion**
- 11:00          **CASE #3 – “What exercises are good for my low back pain?”**
- 11:05          **Exercise, Benefits, and Patient Motivation**  
Karen L. Newcomer, MD
- 11:20          **Low Back Pain Exercises, Principles and Practice**  
Charles F. Davis, PT
- 11:35          **Outcomes and Discussion**
- 11:50          **Lunch** (*on your own*)
- 1:00 p.m.      **Keynote Address: Cost Containment Imaging for the Next Millennium**  
Richard A. Deyo, MD, MPH
- 1:40            **CASE #4: I’ve got a pinched nerve in my back and I can’t sleep at night.”**
- 1:45            **Radiculopathy: Pathophysiology and Diagnosis**  
I.A. Aksoy, MD, PhD
- 2:00            **EMG: Why Do I Need It, What Good Is It, and How to Interpret the Results**  
Andrea J. Boon, MBChB
- 2:15            **Non-Surgical Management for Acute/Subacute Radiculopathy**  
R. Alan Shelerud, MD
- 2:30            **Surgery for Radiculopathy**  
John L.D. Atkinson, MD, FACS
- 2:45            **Outcomes and Discussion**
- 3:00            **Hands on Physical Examination and Physical Therapy Demonstrations**
- 4:00            **Adjourn**

## Saturday January 22, 2005

- 7:00 a.m. **Continental Breakfast and Exhibits**  
7:55 **Introduction**  
R. Alan Shelerud, MD
- 8:00 **CASE #4 – “I’ve had back pain for 17 years. Can you fix my back?”**  
8:05 **Motivating Patients to Manage Chronic Diseases**  
Kristin S. Vickers Douglas, PhD  
8:20 **Pharmacology and Medications for Musculoskeletal and Neuropathic Pain Syndrome**  
Keith A. Bengtson, MD  
8:35 **Spinal Injections and Radiofrequency Procedures**  
Mark F.B. Hurdle, MD  
8:50 **TENS Units and PENS**  
Russell Gelfman, MD  
9:05 **Outcomes and Discussion**  
9:20 **Break**
- 9:35 **CASE #5: “I just sneezed and broke my back.”**  
9:40 **Epidemiology and Medical Management for Osteoporosis**  
Michael D. Whitaker, MD, FRCPC  
10:10 **Rehabilitation Approaches for Compression Fractures**  
Mehrsheed Sinaki, MD, MS  
10:25 **Vertebroplasty and Kyphoplasty Techniques: Patient Selection and the Mayo Experience**  
Kent R. Thielen, MD  
10:40 **Outcomes and Discussion**
- 10:55 **CASE #6: “I have had back pains for 17 years, and I would like spine surgery to fix it.”**  
11:00 **Spinal Fusion: Patient Selection and Decision Making**  
Paul M. Huddleston, MD  
11:15 **Disk Replacement Surgery**  
Brian E. Grogg, MD  
11:30 **Acupuncture**  
Robert K. Yang, MD  
11:35 **Outcomes and Discussion**
- 11:50 **CASE #7: “I have pain all over.”**  
11:55 **Fibromyalgia Treatment Program: The Mayo Experience**  
Margaret A. Moutvic, MD  
12:10 p.m. **Pain Management Programs for Chronic Pain Syndrome**  
Jeffrey D. Rome, MD  
12:25 **Outcomes and Discussion**  
12:40 **Lunch (on your own)**
- 1:30 **CASE #8: “I hurt my back at work, and I can’t work anymore.”**  
1:35 **The Injured Worker Back to Work**  
Marilynn W. Olney, MD  
1:50 **Work Rehabilitation, Early Intervention**  
James E. Hughes, PT  
2:05 **Outcomes and Discussion**
- 2:20 **CASE #9: “What is Spinal Stenosis?”**  
2:25 **Differential Diagnosis and Non-surgical Management for Lumbar Spinal Stenosis**  
J.D. Bartleson, MD  
2:40 **Surgical Management for Spinal Stenosis**  
TBA  
2:55 **Back Pain in Golf: Management Strategies for Returning to Play**  
Jay Smith, MD, FACSM  
3:10 **Golf Swing Analysis Demonstration**  
Jay Smith, MD, FACSM, Joseph J. Eischen, PT, ATC, CSCS, and Samantha L. Kobriger, PT, ATC  
3:25 **Outcomes and Discussion**  
3:45 **Closing Remarks and Adjournment**  
R. Alan Shelerud, MD and Stephen F. Noll, MD

# REGISTRATION FORM

AMA, AAFP, AOA  
S2005S115

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January 21-22, 2005

Please print or type all information. Duplicate form for multiple registrations.

To expedite registration, fax this form with your credit card noted: **1-480-301-8323**; or mail to *Mayo Clinic College of Medicine, Mayo School of CME, Mayo Clinic, 13400 East Shea Boulevard, Scottsdale, AZ 85259*. For questions, please email [mcs.cme@mayo.edu](mailto:mcs.cme@mayo.edu) or call **1-480-301-4580**.

Your type of practice:

- <sub>1</sub> Solo    <sub>2</sub> Group    <sub>3</sub> University    <sub>4</sub> Resident/Fellow  
<sub>5</sub> Retired     Other: \_\_\_\_\_

Years in practice:

- <sub>1</sub> 0-4    <sub>2</sub> 5-10    <sub>3</sub> 11-15    <sub>4</sub> 16-25    <sub>5</sub> > 25

- Check box if you have any special needs or dietary requirements.  
If so, please indicate your needs here:



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Medical Specialty

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### Course Registration Fee:

Through 1/7

After 1/7

- |  |              |              |          |
|--|--------------|--------------|----------|
| <input type="checkbox"/> Physicians Active in Practice | <b>\$325</b> | <b>\$375</b> | \$ _____ |
| <input type="checkbox"/> PAs, NPs, and RNs             | <b>\$250</b> | <b>\$300</b> | \$ _____ |

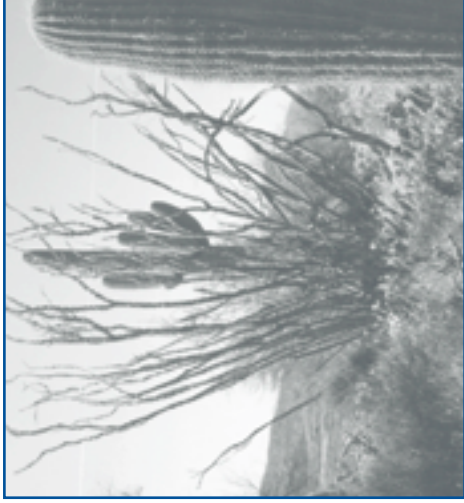
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**Camelback Inn, Scottsdale, AZ  
January 21-22, 2005**

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