

Orthopedic Specialty Clinic

We are your local orthopedic specialists and leaders in our specialty. Our doctors are board certified/eligible. Drs. Larson, Chung, Kirchmier, Krushinski and Ebersberger have not only completed the required orthopedic training, but also one year fellowships in their designated areas of expertise. Dr. Larson completed fellowships at UCLA in joint replacement and sports medicine. He performs all types of knee, hip, and shoulder surgery. Dr. Chung completed his fellowship at the University of Alabama. He is an expert in hand, upper extremity, and microsurgery. Dr. Kirchmier did his fellowship at the Minnesota Spine Center. He is an expert in the management of all spinal disorders. Dr. Krushinski completed his fellowship training at Union Memorial Hospital and specializes in sports medicine and arthroscopy. Dr. Ebersberger did his trauma fellowship at Ortho Indy. The Physician Assistants and Physical Therapists also hold certifications and have extensive training in the field of Sports Medicine. Please visit our website to learn more about us.

www.orthospecialty.com

2800 Wellford Street, Suite 100
Fredericksburg, VA 22401
540-361-1830



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*Making Good Athletes...
Great Athletes!!!*

OSC
ORTHOPEDIC SPECIALTY CLINIC

Mid-Atlantic Spine and Rehabilitation Associates



Fredericksburg Regional Sports Medicine Symposium

December 5, 2009

Stafford Hospital Center

A one day continuing education course for athletic trainers and physical therapists focusing on current topics in sports medicine including rehab, prevention, and performance along the continuum of care of athletic injuries.

Overview

A one day continuing education course designed to bring together sports medicine professionals involved in the injury rehabilitation and performance enhancement of athletes.

Visit this one day course and received valuable ATC CEU's for your time. The VPTA honors CE credits issued by BOC. Eight 1-hour segments will be provided to discuss the topics that are important to you in your practice.

Saturday Dec 5, 2009 from 8:00 am to 5:00 pm (breakfast and lunch provided) at Stafford Hospital Center.



**Human Motion
Institute**

MARY WASHINGTON HOSPITAL



Topics

- Ankle Reconstruction
- Dry Needle Techniques
- Art of Applied Kinesiology
- Total Joint Update
- The Diabetic Athlete
- EMS/ATC Interface
- Backboarding/First Aid Skills
- Core Stabilization
- Steroid Abuse
- Physical Exam Breakouts
- A Day in the Rodeo
- Athlete's Shoulder
- Common Sports Fractures
- Beginning and Advanced Shoe Fitting

Objectives

This course will allow the participant to: Describe the use of anabolic steroids, Discuss the side effects of steroid use; Introduce the concept of Trigger Point Dry Needling and how it works; Understand how Applied Kinesiology fits in a rehab protocol; Implement hands on techniques for correcting soft tissue injuries; Describe evaluation and treatment of common rodeo injuries; Learn shoe anatomy and personalized fitting techniques; Describe common fractures and patterns seen in sports; Discuss management and therapy of common fractures; Update new techniques in procedures and rehabilitation of knee and hip arthroplasty.



Faculty

Staff is augmented by Podiatrists, Athletic Trainers and Paramedics

Erik Krushinski, MD
Kurt R. Larson, MD
Raymond K. Chung, MD
Raymond S. Kirchmier, MD
M. Lee Ebersberger, MD
Mark S. Ford, PA-C

cut off, fill in, and mail to

Name:

Address:

Phone #:

Email:

Workplace:

Orthopedic Specialty Clinic
Att: Mark Ford
2800 Wellford Street, Suite 100
Fredericksburg, VA 22401

Contact us: oscworkshop@comcast.net
Visit us: <http://www.orthospecialty.com>

Include check for \$30.00, Students: \$15 to "OSC" with this form! Refund/cancellation policy: Full refund 15 day written notice or course cancellation due to weather. Please register by November 26th. Location: Stafford Hospital Center. Check website for directions.

Note: There will be evaluations of course and content. All outlines will be available to participants for review and home study.