

Course Title: Mastering the Knee Complex

Instructors: Dr. John Buoniconti, D.C.

Total Hours: 16 hours

Summary:

In this course you will learn rehabilitation practices which are in line with current evidence based medical guidelines for the knee complex. This course will cover everything from the examination process to in-depth discussion on various topics regarding the knee such as ACL pathology, meniscus injuries, patellofemoral pain, cartilage pathology, and the arthritic knee. This course will also investigate proper post-surgical interventions for different procedures.

Learning Outcomes:

By the end of the seminar, participants will be better able to:

- Accurately and appropriately evaluate knee injuries and conditions
- Establish understanding of the biomechanics of knee anatomy and how they apply from a functional standpoint
- Justify a course of physical rehabilitation utilizing evidence based medical guidelines
- Create individualized treatment plans contingent on mechanism of injury

Teaching Methods:

Lecture, slides, Q & A, Sample Cases/Case Studies

Course Outline:

<i>Hour</i>	<i>Content</i>	<i>Format</i>	
<i>Saturday 9:00am- 9:50am Hour #1</i>	<ul style="list-style-type: none">● E/M Coding Selection Changes Effective Jan 1, 2021<ul style="list-style-type: none">○ History of why these changes are being made<ul style="list-style-type: none">▪ Review 2019 proposals to change by CMS and negotiations/feedback from AMA○ Summary of Changes<ul style="list-style-type: none">▪ E/M Scoring changed to Time or MDM▪ Deletion of 99201▪ Retention of individual code levels<ul style="list-style-type: none">● Review new compensation schedule▪ Addition of new prolonged services code● Review of NEW CPT code Descriptions<ul style="list-style-type: none">○ Current code descriptions for 99202-99215, & 99417● E/M Scoring changes – New ways to select your code level<ul style="list-style-type: none">○ Compare and contrast new vs old methods<ul style="list-style-type: none">▪ MDM vs 3 key components▪ Total time vs old Time method● E/M Coding according to Time<ul style="list-style-type: none">○ Elements addressed in new time code selection	<i>Lecture, Slides</i>	<i>Documentat ion/Record Keeping</i>

- o Differences between new E/M timed code selection and all other CPT code time selection processes
- o Specific criteria for time code selection
- o Face-to-Face and Non-face-to-face
- o Date of Service only
- o Pre/Post/Intra-service definitions changed
- o Portions of clinical encounter that can be counted toward time
- o No double dipping & exclusion of separate CPT services
- o Review correct coding for every probable time frame for E/M codes
- o The new Prolonged services code and how to implement
- o Compare new prolonged code to existing prolonged codes and differentiate appropriate usage of said codes

Saturday
9:50am-
10:40am
Hour #2

- E/M coding in 2021 according to Medical Decision Making
 - o Compare/Contrast MDM vs 3 Key Components
 - o Highlight documentation requirement of only the history and examination they deem necessary for the encounter and maintenance of standards of Problem Oriented Medical Record as per NCQA Guidelines for Record Keeping
 - o 3 categories of MDM
 - Number and complexity of problems addressed
 - Amount and/or complexity of data to be reviewed and analyzed
 - Risk of complications and/or morbidity or mortality of patient management
- Determining level of service
 - o Selection of code level with respect to Number and complexity of Problems addressed
 - o Selection of code level with respect to Amount and/or complexity of data to be reviewed and analyzed
 - o Selection of code level with respect to Risk of complications and/or morbidity or mortality of patient management
 - o Coding based on level of medical decision making
 - Clinical scenarios outlined by the AMA and CMS that qualify for 99203
 - Scenarios that qualify for 99204
- Review of probable code selection pathways for chiropractors given the new coding rules
 - o Code Selection tips for:
 - 99202/99212
 - 99203/99213
 - 99204/99214
 - 99205/99215

Lecture,
Slides

Documentat
ion

<p><i>Saturday 10:40am -11:30am m Hour #3</i></p>	<p>Final Review of code changes and expectations for Payer policy updates</p>	<p><i>Lecture, Slides</i></p>	<p><i>Ethics</i></p>
	<ul style="list-style-type: none"> ● Discussion of ethical pitfalls and board complaints <ul style="list-style-type: none"> ○ Review of previous board actions for past year ● Introduction to medical ethics <ul style="list-style-type: none"> ○ Defining medical ethics <ul style="list-style-type: none"> ▪ Medical ethics vs common ethics ▪ The 6 primary tenets of medical ethics ○ Looking at common medical ethical issues <ul style="list-style-type: none"> ▪ Privacy and confidentiality ▪ End-of-life issues ▪ Access to care ● Ethical considerations of the provider-patient relationship <ul style="list-style-type: none"> ○ Fiduciary duty ○ Protecting patient privacy ○ Clear and ethical communication ○ Understanding full disclosure ○ Understanding appropriate referrals <ul style="list-style-type: none"> ▪ Considering second opinions ▪ Specialist referrals <ul style="list-style-type: none"> ● Stark Regulations and anti-kickback regulations ● Running an ethical practice <ul style="list-style-type: none"> ○ Propriety in medical records ○ Modern managed care & today's office practice ● Ethical challenges in delivering basic healthcare <ul style="list-style-type: none"> ○ Ethics of healthcare distribution ○ Exploring concepts in health care rationing ○ Looking at healthcare delivery strategies in the US <ul style="list-style-type: none"> ▪ HIPAA and the adolescent patient 		
<p><i>Saturday 11:30am -12:20pm m Hour #4</i></p>	<ul style="list-style-type: none"> ● Stroke <ul style="list-style-type: none"> ○ Review of evidence between chiropractic and stroke ○ Utilizing Informed Consent ○ Public Perception of chiropractic and stroke risk <ul style="list-style-type: none"> ▪ Topics and research to discuss with patients ● Risk Management Tips <ul style="list-style-type: none"> ○ Screening patients for health risk and readiness for rehab <ul style="list-style-type: none"> ▪ PAR-Q ▪ Red Flags from history ○ Handling the upset patient ○ Insurance records requests ○ Community outreach ○ Patient reactions ○ Balancing philosophy ○ Updating patient records ● Risk Management and Social Media <ul style="list-style-type: none"> ○ Is it appropriate to text my patients? 	<p><i>Lecture, Slides, Case Study</i></p>	<p><i>Risk Management</i></p>

- o The risks of expanding your practice's social media presence
 - Avoiding potential pitfalls of social media
- o Concerns with responding to a bad online review
 - Handling a negative social media comment
- Informed consent
 - o Components
 - o Examples-Case Study

*Saturday
12:50pm
-1:40pm
Hour #5*

- Code selection in physical medicine and rehabilitation per the AMA CPT protocol and ChiroCode
 - o Common CPT codes used in clinical rehabilitation
 - Documentation requirements for each code cited
 - Samples of therapies that would qualify for each code
 - o Creating condition specific care protocols in the chiropractic practice
- Knee Examination
 - o Ortho
 - o ROM
 - o Palpation

Lecture, Slides Clinical Sciences

*Saturday
1:40pm-
2:30pm
Hour #6*

- Principles of rehabilitation
 - o Pain
 - What is it?
 - How are pain and function related?
 - What came first, pain or dysfunction?
 - Assess globally while also focusing locally
 - o Connecting (dys)function and pain
 - o Stress and the effects of pathology

Lecture, Slides Clinical Sciences

*Saturday
2:30pm-
3:20pm
Hour #7*

- Movement Screening
 - o Why screen?
 - Outcome Assessments
 - Combining screens from different pillars of rehabilitation
 - o SFMA/FMS
 - Multi-segmental Flexion
 - Overhead Squat
 - Lunge
 - Straight Leg Raise
 - Hurdle Step
 - Breakouts
 - o TPI
 - Lower Quarter Rotation Test
 - Bridge with leg extension
 - o Step Down

Lecture, Slides, Case study Clinical Sciences

- Screening
- Compensations
- Breaking down the movement
- o Hinge
 - Screening
 - Compensations
 - Breaking down the movements
- o Lunge and Lateral Lunge
 - Screening
 - Compensations
 - Breaking Down the Movement

Saturday
3:20pm-
4:10pm
Hour #8

- Lumbar Spine
 - o Documenting Lumbar deficits
 - Objective findings
 - Ortho
 - ROM
 - Outcome Assessments
 - Functional Deficits
 - o Phase 1 Lumbar Rehab (weeks 1 & 2)
 - Clinical Goals for phase 1 of Lumbar Rehab
 - Rationale for utilizing Active therapy modalities
 - Sample protocol for Lumbar Phase 1 active therapy
 - o Phase 2 Lumbar Rehab (weeks 3 & 4)
 - Clinical Goals for phase 2 of Lumbar Rehab
 - Rationale for utilizing Active therapy modalities during this timeframe
 - Sample protocol for Lumbar Phase 2 active therapy
 - o Phase 3 Lumbar Rehab (weeks 5 & 6)
 - Clinical Goals for phase 3 of Lumbar Rehab
 - Rationale for utilizing Active therapy modalities during this timeframe
 - Sample protocol for Lumbar Phase 3 active therapy

Lecture,
Slides *Clinical*
Sciences

Sunday
9:00am-
9:50am
Hour #9

- Hip and Ankle Complex
 - o Documenting LE deficits
 - Objective findings
 - Ortho
 - ROM
 - Outcome Assessments
 - Documenting Functional Deficits
 - o Phase 1 Rehab (weeks 1 & 2)
 - Clinical Goals for phase 1 of Lower extremity Rehab
 - Rationale for utilizing Active therapy modalities
 - Sample protocol for lower extremity Phase 1 active therapy
 - o Phase 2 Rehab (weeks 3 & 4)

Lecture,
Slides *Clinical*
Sciences

- Clinical Goals for phase 2 of Lower extremity Rehab
- Rationale for utilizing Active therapy modalities during this timeframe
- Sample protocol for Lower extremity Phase 2 active therapy
- o Phase 3 Rehab (weeks 5 & 6)
 - Clinical Goals for phase 3 of lower extremity Rehab
 - Rationale for utilizing Active therapy modalities during this timeframe
 - Sample protocol for lower extremity Phase 3 active therapy

*Sunday
9:50am-
10:40am
Hour
#10*

- Ligamentous Injury
 - o Overview
 - Anatomy
 - Kinematics
 - Objective findings
 - Orthopedics for RTC/Impingement
 - Surgical Techniques
 - Post-surgical statistics
 - o Overview of a post-surgical ACL repair
 - Phase 1 (weeks 1-4)
 - Clinical Goals for phase 1
 - Rationale for utilizing Active therapy modalities
 - Sample protocol for Phase 1 active therapy
 - Phase 2 (weeks 5-8)
 - Clinical Goals for phase 2
 - Rationale for utilizing Active therapy modalities during this timeframe
 - Sample protocol for Phase 2 active therapy
 - Phase 3 (weeks 8-12)
 - Clinical Goals for phase 3
 - Rationale for utilizing Active therapy modalities during this timeframe
 - Sample protocol for Phase 3

*Lecture,
Slides Clinical
Sciences*

*Sunday
10:40am
-11:30a
m
Hour
#11*

- Anterior Knee Pain
 - o Overview
 - Anatomy
 - Objective findings
 - Orthopedic Examination
 - Surgical Techniques
 - Post-surgical Statistics
 - o Overview of a post-surgical rehab
 - Phase 1 (weeks 1-4)
 - Clinical Goals for phase 1 of rehab

*Lecture,
Slides Clinical
Sciences*

- Rationale for utilizing Active therapy modalities
- Sample protocol for Phase 1 active therapy
- Phase 2 (weeks 5-8)
 - Clinical Goals for phase 2 of rehab
 - Rationale for utilizing Active therapy modalities
 - Sample protocol for Phase 2 active therapy
- Phase 3 (weeks 8-12)
 - Clinical Goals for phase 3 of rehab
 - Rationale for utilizing Active therapy modalities
 - Sample protocol for Phase 3 active therapy

Sunday
11:30am
-12:20p
m Hour

12

- Meniscus
 - o Introduction
 - Anatomical considerations
 - Keys to treatment
 - o Objective findings
 - Specific Testing for meniscus
 - o Overview of meniscus rehab
 - Phase 1 Rehab (weeks 1 & 2)
 - Clinical Goals for phase 1 of rehab
 - Rationale for utilizing Active therapy modalities
 - Sample protocol for Phase 1 active therapy
 - Phase 2 Rehab (weeks 3 & 4)
 - Clinical Goals for phase 2 of rehab
 - Rationale for utilizing Active therapy modalities during this timeframe
 - Sample protocol for Phase 2 active therapy
 - Phase 3 Rehab (weeks 5 & 6)
 - Clinical Goals for phase 3 of rehab
 - Rationale for utilizing Active therapy modalities during this timeframe
 - Sample protocol for Phase 3 active therapy
 - Phase 4 Rehab (weeks 7 & 8)
 - Clinical Goals for phase 4 of rehab
 - Rationale for utilizing Active therapy modalities during this timeframe
 - Sample protocol for Phase 4 active therapy

Lecture,
Slides Clinical
Sciences

Sunday
12:50pm
-1:40pm
Hour
#13

- Cartilage Injury
 - Introduction
 - Anatomical considerations
 - Objective findings
 - Assessing cartilage disorders
 - Documenting Functional Deficits
 - Overview of rehabilitation for cartilage injuries
 - Phase 1 Rehab (weeks 1 & 2)
 - Clinical Goals for phase 1 of rehab
 - Rationale for utilizing Active therapy modalities
 - Sample protocol for Phase 1 active therapy
 - Phase 2 Rehab (weeks 3 & 4)
 - Clinical Goals for phase 2 of rehab
 - Rationale for utilizing Active therapy modalities during this timeframe
 - Sample protocol for Phase 2 active therapy
 - Phase 3 Rehab (weeks 5 & 6)
 - Clinical Goals for phase 3 of rehab
 - Rationale for utilizing Active therapy modalities during this timeframe
 - Sample protocol for Phase 3 active therapy
 - Phase 4 Rehab (weeks 7 & 8)
 - Clinical Goals for phase 4 of rehab
 - Rationale for utilizing Active therapy modalities during this timeframe
 - Sample protocol for Phase 4 active therapy

Lecture,
Slides Clinical
Sciences

Sunday
1:40pm-
2:30pm
Hour
#14

- Arthritic Knee
 - Introduction
 - What does arthritis look like for knee?
 - Ortho
 - Documenting Functional Deficits
 - Types of knee replacements
 - Overview of the arthritic knee rehabilitation
 - Phase 1 Rehab (weeks 1 & 2)
 - Clinical Goals for phase 1
 - Rationale for utilizing Active therapy modalities
 - Sample protocol for Phase 1 active therapy
 - Phase 2 Rehab (weeks 3 & 4)
 - Clinical Goals for phase 2
 - Rationale for utilizing Active therapy modalities during this timeframe
 - Sample protocol for Phase 2 active therapy

Lecture,
Slides Clinical
Sciences

- Phase 3 Rehab (weeks 5 & 6)
 - Clinical Goals for phase 3
 - Rationale for utilizing Active therapy modalities during this timeframe
 - Sample protocol for Phase 3 active therapy
- Phase 4 Rehab (weeks 7 & 8)
 - Clinical Goals for phase 4 of rehab
 - Rationale for utilizing Active therapy modalities during this timeframe
 - Sample protocol for Phase 4 active therapy

Sunday
 2:30pm-
 3:20pm
 Hour
 #15

- Manual Therapy for the Knee
 - Why manual therapy?
 - What is fascia, trigger points/adhesions/scar tissue
 - Types of manual therapy
 - IASTM
 - ART
 - Functional Dry needling

Lecture, Slides *Clinical Sciences*

Sunday
 3:20pm-
 4:10pm
 Hour
 #16

- Exercise Prescription for the Lower Extremity
 - Introduction
 - Mobility
 - Stability/Control
 - Loading/Strengthening

Lecture, Slides *Clinical Sciences*