

KEEPING OUR COMMUNITY ACTIVE

Healthy Driven
Edward-Elmhurst
HEALTH
SYSTEM CME PROGRAM

AVOIDING JOINT PAIN AND ORTHOPEDIC ISSUES

TUESDAY, JUNE 16, 2021 | 6:00-6:45 PM

REGISTRATION REQUIRED | LIVE VIDEO CONFERENCE ONLY



Zahab Ahsan, MD
Speaker

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Joint pain can be caused by a variety of issues, in some advanced cases, joint replacement surgery may be necessary. However, there are ways to manage injuries and degenerative problems in orthopedic patients without surgery. Regular movement can help to nourish and strengthen joints and reduce stiffness. Exercise, eating well and maintaining a healthy weight also decreases the demand placed on joints. According to 2018 data from the Centers for Disease Control (CDC), only about 23% of all U.S. adults get the recommended amount of exercise to maintain weight and an active lifestyle. This live activity is designed for providers to acquire the skills to motivate patients at risk of orthopedic disorders to live an active lifestyle, understand the risk factors associated with joint disorders, how to screen for those orthopedic issues, non-surgical management, and when to refer patients to an orthopedic surgeon when nonsurgical management is no longer an option.

At the conclusion of this live activity, participants will be able to:

- Identify risk factors for joint problems and when to screen patients for orthopedic degenerative issues.
- Recommend ways providers can guide patients toward healthy and active lifestyles.
- Manage injuries and degenerative problems in orthopedic patients and refer patients to orthopedic surgery when necessary.



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Edward-Elmhurst Health designates this live activity for a maximum of 0.75 AMA PRA Category 1 Credit™. Physicians should claim only the credit commensurate with the extent of their participation in the activity. Edward-Elmhurst Health is accredited by the Illinois State Medical Society to provide continuing medical education for physicians.