

“Clearing the Muddy Waters: Managing Injuries in the Workplace”

2026

Presenters and Learning Objectives

TJ France, MD: The Painful Shoulder: Differentiating Rotator Cuff Tears from Mimickers

- Learning Objectives:
 - Gain basic understanding of shoulder anatomy
 - Learn clinical history and exam findings that alert you to consider subspecialty referral
 - Appreciate the role of nonoperative modalities and surgical intervention to treat shoulder injuries
 - Understand postoperative rehabilitation and return to work strategies after surgery of the shoulder

Boyd Lumsden, MD: Elbow Tendinopathies: Epicondylitis and the Distal Biceps

- Learning Objectives:
 - Understanding anatomy of a hinge joint, roles of tendons and ligaments
 - Learn history and exam finding that lead to subspecialty referral
 - Non-operative treatments and surgical intervention
 - Rehabilitation process post bicep tendon and epicondylectomy

Shelly Somers, PT, DPT, ATC, CHT, CMTPT: Rehabilitation of RTC and Elbow Surgeries

- Learning Objectives:
 - Describe the progression of rehabilitation following rotator cuff and lateral epicondylitis
 - Identify key impairments to address with tennis elbow which include musculotendinous and joint involvement
 - Discuss exercise progression to continue with after employee returns to work

Ann Porretto-Loehrke, PT, DPT, CHT, COMT, CMTPT: Understanding Acute Versus Persistent Pain

- Learning Objectives:
 - Explain the mechanism of persistent pain and how it impacts the sympathetic nervous system
 - Verbalize educational strategies for patients with persistent pain to optimize outcomes

Tierney Grosskopf, MD: From Fracture to Function: Navigating Distal Radius Injuries in the Working Population

- Learning Objectives:
 - Understand anatomy of the distal radius and ulna, DRUJ, and TFCC
 - Describe the common mechanisms of injury and occupational risk factors associated with distal radius fractures.
 - Differentiate between stable and unstable distal radius fractures and understand the indications for surgical versus nonsurgical management.
 - Identify key components of postoperative care and typical timelines for healing, therapy, and return to work.
 - Recognize red flags and complications (e.g., CRPS, tendon rupture, malunion) that may delay recovery or impact case management.
 - Apply knowledge of typical work restrictions and functional milestones to develop safe, timely return-to-work plans.

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Nicholas Munaretto, MD: Thumbs up! Getting Back to Work After Injuries of the Thumb

- Learning Objectives:
 - Discuss the most common work injuries to the thumb and know when to refer
 - Be able to discuss the non-operative and operative interventions for these injuries
 - Understand the typical time to return to work after injuries to the thumb

Ryan Lubbe, MD: Return to Work After Injuries to the Finger

- Learning Objectives:
 - Recognize different injuries to the finger
 - Understand surgeon’s role with injuries to the finger
 - Understand treatment and timeframes for return to work

Anthony Condie, OTR, CHT, COMT: Rehabilitation Post Distal Radius, Thumb Surgeries and Finger Fractures

- Learning Objectives:
 - Describe the progression of rehabilitation following distal radius fractures
 - Describe progression of rehab post CMC arthroplasty
 - Describe progression of rehab post ORIF or pinning of finger fractures
 - Identify key impairments employee will need to focus on for RTW
 - Discuss exercise progression to continue with after employee returns to work