



## Sample Orthopalooza Agenda: Upper Extremity

Workshops are held at Creekside Commons in Lafayette, California. Fifteen-minute breaks will be included in the morning and afternoon sessions of each workshop day.

### Day 1

9:00 - 9:30	Intro/Pretest
9:30 - 10:30	Shoulder 1 – Assessment
10:30 - 11:30	<b>Shoulder PE Demo/Practice</b>
11:30 - 12:30	UE Imaging
12:30 - 1:30	<b>Lunch Break</b>
1:30 - 3:00	Elbow/Wrist/Hand Assessment
3:00 - 4:30	<b>E/W/H PE Demo/Practice</b>
4:30 - 5:00	Wrap Up

### Day 2

9:00 - 10:30	Shoulder II - Treatment
10:30 - 11:30	<b>UE PE Review/Practice</b>
11:30 - 12:30	Elbow/Wrist/Hand Treatment
12:30 - 1:30	<b>Lunch Break</b>
1:30 - 2:30	UE Injections/Demos
2:30 - 3:30	UE Injection Practice
3:30 - 4:30	Case Studies/Jeopardy
4:30 - 5:00	Wrap up/Post Test/Evals

Jackson Orthopedic Foundation (JOF) is approved by the California Board of Registered Nursing, Provider Number 17398, to provide continuing education. Additionally, Education Department, Jackson Orthopedic Foundation is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. Learn more: [www.jacksonortho.org](http://www.jacksonortho.org).