

**Sacramento Orthopedic Center & Results Physical Therapy Presents**

# **ULTRASOUND GUIDED INJECTIONS, REHABILITATION, & HOW TO OPTIMIZE REIMBURSEMENT**

**Wednesday, December 2<sup>nd</sup>, 2020 @ 6 – 7 PM • An Evening Webinar**

## **FACULTY**

Alan M Hirahara, MD, FRCSC

Michael P Leathers, MD

Alberto J Panero, DO

Kyle Yamashiro, DPT



## **TOPICS**

- You May Be Really Good at Injections, But Ultrasound Can Make You Great! Alan Hirahara
- Optimizing Treatment After Injections with Physical Therapy Kyle Yamashiro
- Increasing Reimbursement with Ultrasound Guidance Alberto Panero

## **OBJECTIVES**

1. Demonstrate how ultrasound can improve injection accuracy and patient outcomes
2. Discuss when to use cortisone vs. orthobiologics (i.e. PRP, Stem Cells)
3. Show how a team approach to medical treatment and physical therapy can help patient care
4. Introduce high quality, newly released, inexpensive point-of-care ultrasound units
5. Explain how to bill for ultrasound use to improve reimbursement



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# FACULTY BIOGRAPHIES



Alan M Hirahara, MD, FRCSC is an orthopaedic surgeon, specializing in sports medicine in Sacramento, California. He does research and publishes on arthroscopic shoulder and knee surgery, orthobiologics, and the use of ultrasound. He is the medical director and head team physician for California State University, Sacramento, Department of Athletics; and head team physician for the Sacramento River Cats (AAA Affiliate, San Francisco Giants). He has been the course director for multiple MSK ultrasound meetings, including the NBA Team Physicians 2011 and 2012 Annual Meeting, on MSK Ultrasound in Sports Medicine; Cleveland Clinic MSK Ultrasound Course 2011; Hong Kong MSK Ultrasound 2015 & 2016; Innovative Techniques Annual Course, Las Vegas 2015 – 2017. He has been invited to speak and teach nationally and internationally, including United Kingdom, France, Spain, Germany, Singapore, China, Hong Kong, Japan, Australia, Brazil, Argentina, Chile, and Canada.



Michael P Leathers, MD is an orthopaedic surgeon, who subspecializes in sports medicine and shoulder surgery. He completed his fellowship at UCSF, where he learned specialized techniques in ligament and joint reconstruction of the shoulder, hip, and knee. He has authored publications on shoulder replacement, ACL reconstruction, patellar dislocations, and cartilage defects of the knee. He is a member of the American Orthopedic Society for Sports Medicine and serves on the Council of Delegates for California. His leadership interests include serving as Executive Medical director of Orthopedic Center of Excellence for Mercy General Hospital and Vice Chair of Orthopedic Surgery Section for Sutter Medical Center. He enjoys volunteering as team physician for Christian Brothers High School football team.



Alberto J Panero, DO is board certified in physical medicine & rehabilitation with a subspecialty certification in sports medicine. He is the founder of SAC Regenerative Orthopedics where he practices out of Sacramento, CA. He serves as core faculty for the University of California, Davis PM&R Sports Medicine Fellowship. He is regarded as one of the experts in orthobiologics (PRP & "Stem Cells") and musculoskeletal ultrasound, having published on several respective topics. He has also presented his research and interventional orthopaedic techniques at the top orthopaedic and sports medicine conferences. He is highly involved in the sports community in Sacramento, serving as team physician for Sacramento State University, Sacramento River Cats - Triple A Affiliate of the San Francisco Giants, as well as the recently awarded MLS expansion team, the Sacramento Republic F.C.



Kyle Yamshiro, DPT is a nationally recognized Physical Therapist specializing in sports medicine. He is the Owner and President of RESULTS PHYSICAL THERAPY AND TRAINING Center in Sacramento, CA. A facility with a methodology of combining the science of sports medicine with strength and conditioning principles. He gained his sports medicine experience and team approach while working in Birmingham, AL under Dr. James Andrews. He is regarded as an expert in the sports medicine rehabilitation presenting nationally on the shoulder, knee, and orthobiologic topics. He was the Program Coordinator and Presenter for the SF Giants Sports Medicine Conference. He is an author of several published research articles and book chapters. He is affiliated with many of Sacramento's organizations including: Sacramento Republic FC, Sacramento River Cats, Sacramento State Athletics, San Francisco Giants, Oakland A's, Sacramento City Fire Department, Metro Fire Department, Sacramento Running Association and several high schools.

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