

# Virtual 30<sup>th</sup> Annual Baltimore Limb Deformity Course: Pre-recorded and Live Sessions

PROGRAM  
SUPPORTED BY



**LIVE SESSIONS**

**August 29–30, 2020**

**STREAMING CONTENT AVAILABLE**

**August 15–September 30, 2020**

**COURSE CHAIRMEN**

**John Herzenberg, MD**

**Philip McClure, MD**

**COURSE DIRECTORS**

**Michael Assayag, MD**

**Janet Conway, MD**

**Noman Siddiqui, DPM**

**Shawn Standard, MD**



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# Welcome!

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The year, 2020, will leave an indelible mark on all humankind. COVID-19 has drastically changed the way we live. Little did we know the breadth and scale of its impact when we began the year.

2020 marked the 30<sup>th</sup> anniversary of our Baltimore Limb Deformity Course (BLDC). We were expecting to celebrate this major milestone with you in a big way in Baltimore. Instead the landscape has changed, and we had to adapt.

Our Course has evolved over the years. It began in 1990 out of a need to share information with others in the new orthopedic sub-specialty of limb lengthening and deformity correction. We are very proud to have the endorsement of the Limb Lengthening and Reconstruction Society (LLRS) this year; we have come full circle as both the BLDC and LLRS got their start in Baltimore 30 years ago.

We would like to extend our gratitude to all the dedicated and faithful faculty who have shared their knowledge and experience with us over the past 30 years. Their generosity of time and unwavering commitment to teaching are inspirational. It has been an honor to learn from and get to know each of them.

We would like to acknowledge our partners at the International Center for Limb Lengthening at the Rubin Institute for Advanced Orthopedics:

- Michael Assayag, MD
- Christopher Bibbo, DO
- Janet Conway, MD
- Noman Siddiqui, DPM
- Shawn Standard, MD

Several began their stellar careers as clinical fellows here while others were drawn to us because of our commitment to academics and research. Each one has made an indelible mark on the Course, and we have grown because of them.

It takes a great deal of resources to put on such a high-quality event year after year. We are very thankful to industry for supporting our efforts with educational grants and through exhibiting. We were unsure of the level of corporate support we would receive during this financially challenging and impactful year, and we were overwhelmed by their level of participation. Our 2020 cohort of supporters from industry is comprised of:

- Biocomposites Inc.
- DePuy Synthes Companies
- MHE Coalition
- Orthofix Medical, Inc.
- OrthoPediatrics Corp.
- Pega Medical
- Smith+Nephew
- Stryker
- Zimmer Biomet

We would like to thank them, and all the other companies who have partnered with us over the years.

# Welcome!

When we moved to Sinai Hospital of Baltimore in 2001, we knew we would have the administration's support and commitment to continuing our Course. What we did not realize then - but appreciate now - is the high caliber of professionals with whom we work on a daily basis. We would like to extend a special thanks to our dedicated staff at the Rubin Institute for Advanced Orthopedics; they truly do Care Bravely. We value all that they give to and do for us and our patients day after day and year after year.

We would like to express our gratitude to the group at Echo360. Their efforts in customizing the platform build with good humor and adeptness, in managing the 40+ hours of content, and in ensuring we were held to a very tight schedule are to be commended.

Finally, we would like to acknowledge the valiant efforts of our small, but mighty, team of professionals who share our same passion for and commitment to teaching. They are:

- Madeline Bacon: Manager, Academic and Research Programs
- Amanda Chase: Medical Editor/Scientific Writer
- Nick Canary: Graphic Artist/Multimedia Specialist
- Alvien Lee: Medical Photographer/Videographer
- Joy Marlowe: Medical Illustrator
- Hillary Strilko: Web Content Writer/Social Media Coordinator



The pandemic forced this group to pivot from an in-person to virtual platform in a matter of a few short months. They may work behind-the-scenes, but their contributions are front and center. We applaud their unwavering pursuit of excellence - and their ability to make us shine.

We appreciate you joining us in this tumultuous year, and we hope you enjoy the learning experience.

John Herzenberg, MD  
Philip McClure, MD  
Chairmen, Baltimore Limb Deformity Course

# Save the Date: August 25–29, 2021

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We hope to resume our in-person meeting for the 31<sup>st</sup> Annual Baltimore Limb Deformity Course at the Four Seasons Hotel Baltimore. Please check [www.DeformityCourse.com](http://www.DeformityCourse.com) for the latest updates.

You can also keep in touch with us on Twitter, Instagram, and Facebook:



[@LimbLength](https://www.facebook.com/LimbLength)



[@LimbLengthMD](https://www.instagram.com/LimbLengthMD)



[@LimbLengthApps](https://www.facebook.com/LimbLengthApps)



[@LimbLengthMD](https://twitter.com/LimbLengthMD)



[@RIAOResearch](https://twitter.com/RIAOResearch)

## Syllabus

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[Click here to view the Course syllabus.](#)

## Learning Objectives

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- Describe simple and complex pediatric and adult lower limb deformities
- Interpret advances in the field of limb reconstruction and deformity correction
- Identify optimal location of the osteotomy
- Recognize the methodology of minimally invasive internal and external fixation
- Analyze deformities of the lower limb using electronic media technology
- Formulate treatment decisions that have been proven to yield better clinical outcomes

# Special Thanks to Our 2020 Supporters

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## Educational Support

This Course is made possible through the generous educational support of:

Diamond Level:

**OrthoPediatrics Corp.**

Platinum Level:

**Orthofix Medical, Inc.  
Smith+Nephew**

Gold Level:

**Stryker**

Silver Level:

**Pega Medical  
Zimmer Biomet**

Bronze Level:

**Biocomposites Inc.  
DePuy Synthes Companies  
MHE Coalition**

## In-Kind Support

This Course is made possible through generous in-kind support.

### Durable equipment and disposable supplies from:

- [Orthofix Medical, Inc.](#)
- [OrthoPediatrics Corp.](#)
- [Pega Medical](#)
- [Smith+Nephew](#)
- [Stryker](#)

## Scholarship Grants

We would like to thank the following for their generous support of 15 resident/fellow scholarship grants:

- [MHE Coalition](#)
- [Orthofix Medical, Inc.](#)
- [OrthoPediatrics Corp.](#)
- [Pega Medical](#)

# Visit with Exhibitors: You Could Win \$250!

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We will be sending you e-mail invitations the week of August 24 to join six exhibitor sessions that are scheduled on August 29 and 30. One person in each exhibitor room will win \$50 (a total of 36 winners!). All the winners will be entered in a final drawing to win an additional \$200. During these sessions, you will learn about leading products in the field and will have the opportunity to rotate through each of the six exhibitor rooms listed below. Four sessions will be held on August 29 and two will be held on August 30. We hope that you will take advantage of these opportunities and express your thanks to our exhibitors for supporting our efforts.



## **DePuy Synthes Companies**

DePuy Synthes Companies of Johnson & Johnson provides the most comprehensive orthopaedic and neurological solutions in the world. The company offers an unparalleled breadth of products, services, programs and research and development capabilities. DePuy Synthes Companies' solutions in the specialties of joint reconstruction, trauma, neurological, craniomaxillofacial, spinal surgery and sports medicine are designed to advance patient care while delivering clinical and economic value to health care systems worldwide. For more information, please visit [www.depuysynthes.com](http://www.depuysynthes.com).



## **Orthofix Medical Inc.**

Orthofix Medical Inc. is a global medical device company focused on musculoskeletal products and therapies. The company's mission is to improve patients' lives by providing superior reconstruction and regenerative musculoskeletal solutions to physicians worldwide. Designed to address the lifelong bone and joint health needs of patients of all ages, our extremities products help patients achieve a more active and mobile lifestyle when compared to other surgical solutions. Headquartered in Lewisville, Texas, Orthofix's spine and orthopedic extremities products are distributed in more than 70 countries via the company's sales representatives and distributors. For more information, please visit [www.orthofixacademy.com/BLDC](http://www.orthofixacademy.com/BLDC).



## **OrthoPediatrix Corp.**

Founded in 2006, OrthoPediatrix is an orthopedic company focused exclusively on advancing the field of pediatric orthopedics. As such it has developed the most comprehensive product offering to the pediatric orthopedic market to improve the lives of children with orthopedic conditions. OrthoPediatrix currently markets 35 surgical systems that serve three of the largest categories within the pediatric orthopedic market. This product offering spans trauma and deformity, scoliosis, and sports medicine/ other procedures. OrthoPediatrix' global sales organization is focused exclusively on pediatric orthopedics and distributes its products in the United States and 43 countries outside the United States. For more information, please visit [www.orthopediatrics.com](http://www.orthopediatrics.com).

# Visit with Exhibitors: You Could Win \$250!

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## **Pega Medical**

For more than two decades, Pega Medical has been offering innovative deformity correction solutions in Pediatric Orthopedics. Pega's family of IM Nails (Fassier-Duval Telescopic Rod, SLIM, GAP Endo-Exo Medullary Systems) are specifically designed for small bones, often seen with metabolic and genetic diseases. Hinge Plate and the Free-Gliding SCFE Screw complete our portfolio of growth modulating orthopedic devices. For limb deformity and length discrepancy, the Paley's Osteotomy System offers unique instrumentation for complex procedures. The LolliPOP modular hip plating system is our latest innovation, as part of forward thinking technologies developed in collaboration with orthopedic surgeons from around the world. For more information, please visit [www.pegamedical.com](http://www.pegamedical.com).



## **Smith+Nephew**

Smith+Nephew is a leading portfolio medical technology company. We design and make technology that takes the limits off living.

Website: [www.smith-nephew.com](http://www.smith-nephew.com)

Facebook: [www.facebook.com/SmithNephewPlc/](https://www.facebook.com/SmithNephewPlc/)

Twitter: [www.twitter.com/smithnephewplc](https://www.twitter.com/smithnephewplc)

Instagram: [www.instagram.com/smithnephewmeded/](https://www.instagram.com/smithnephewmeded/)

LinkedIn: [www.linkedin.com/company/smith-&-nephew](https://www.linkedin.com/company/smith-&-nephew)



## **Stryker**

Stryker is one of the world's leading medical technology companies and together with our customers, we are driven to make healthcare better. The Company offers a diverse array of innovative products and services in Orthopaedics, Medical and Surgical, and Neurotechnology and Spine, which help improve patient and hospital outcomes. Stryker is active in over 100 countries around the world. Please contact us for more information at [www.stryker.com](http://www.stryker.com).



# Frequently Asked Questions: Course Materials & Certificates

## How do I obtain my CME\*, CECH\*\*, or attendance certificate? When will it be available?

When you log in to the web site for the pre-recorded content for the first time, you will need to specify whether you would like a certificate for *AMA PRA Category 1 Credits™*, CECH credits, or attendance. Please be advised that once you have confirmed your selection, you will not be able to update it. As you progress through the pre-recorded content, you will be asked to complete a pre-test, evaluations, and a post-test. You will also be asked after completion of each session to claim credit hours commensurate with your participation in the activity. Your certificate will be available from the meeting platform web site on or after September 1.

\*CME: continuing medical education

\*\*CECH: continuing education contact hours  
(American Podiatric Medical Association)

## What Course materials do you recommend? How do I access them?

To get the most out of this Course, we recommend that you obtain our textbook/workbook, Bone Ninja app, and the Multiplier app. Please see below for more information.

### **Ninth Edition of The Art of Limb Alignment with Excerpts from the Baltimore Limb Deformity Course Workbook (paperback textbook and workbook)**

This paperback textbook/workbook is a concise guide for beginners starting on their journey to master the art of limb alignment. Understanding limb alignment and malalignment is a critical task for surgeons who treat lower extremity deformities. The paperback textbook includes 12 chapters (more than 300 pages) of instructional materials.

The workbook is an essential part of the planning workshops that will be offered during the Course. During pre-recorded sessions, world-renowned faculty will guide participants through analyzing the cases in the workbook and planning the

correction strategies. During live sessions held on August 29, 2020, faculty will answer participant questions and provide additional help and guidance with concepts as well as specific cases in the workbook. The paperback textbook/workbook is [available from Amazon](#) for \$250 USD.

### **Ninth Edition of The Art of Limb Alignment (textbook only in e-book format)**

This Kindle e-book is [available from Amazon](#) (\$200 USD). It includes the same 12 chapters (more than 240 pages) of instructional materials that are in the paperback book, but it does not include the workbook exercises that will be used during the Course.

### **The Bone Ninja App**

We recommend that you download or update the Bone Ninja app before you start the Course. The Bone Ninja is an iPad-only app [available on the App Store](#) (\$50 USD). It is an educational app that allows you to learn how to analyze long bone deformities. All the Course workbook exercises will be loaded into the Bone Ninja. Since inception, it has been a leading orthopedic app with a total of 74,251 downloads. To ensure that you have the most recent cases that will be part of the planning workshops, press the “Download Current Lessons and Resources” button at the top of the main menu screen.

### **The Multiplier App**

We recommend that you download or update the Multiplier app before you start the Course. This app is available for free on the [App Store](#) (version 7.0) and [Google Play](#) (version 7.1). The Multiplier will allow you to predict upper and lower limb length discrepancy, height, and many other values at maturity.

It will be used during the pre-recorded “Incorporating the Multiplier Method into Your Pediatric Orthopedic Practice” video lecture. This app has been downloaded 78,409 times since inception.

# Frequently Asked Questions: The Pre-recorded Videos

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## **What is the registration deadline to access the pre-recorded videos?**

There is no deadline, but all the videos will be available through September 30.

## **How do I access the pre-recorded videos?**

The invitation to log in to the Course web site will be sent to the e-mail that you provided during registration.

## **How long will the pre-recorded videos be available?**

The videos will be available August 15 through September 30. On September 1, the recordings of the interactive sessions that took place on August 29 and 30 will be posted.

## **What is included in the pre-recorded videos?**

These sessions include 20+ hours of lectures and planning workshops as well as 6+ hours of sawbone and surgical videos. You will be able to view more than 70 lecture topics.

## **What happens when I have questions about the pre-recorded material?**

If you have a question about a lecture, concept, or case, just make a note and send it to us by end of day August 24. You can e-mail your questions to [mbacon@lifebridgehealth.org](mailto:mbacon@lifebridgehealth.org) or submit them on the web site after completing a pre-recorded session. When you submit your question, let us know if it concerns a specific workbook case or lecture and whether you plan to attend session 1, session 2, or both on August 29. Questions will be previewed and sequenced by the moderator. Faculty will answer as many questions as possible during the two interactive sessions on August 29. If time allows, faculty may answer questions that are sent via the Zoom chat feature.

# Frequently Asked Questions: The Live Sessions

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## **When is the registration deadline for the live, interactive sessions?**

To attend the live, interactive sessions on August 29 and 30, you will need to register by August 27 at 5 p.m. EDT. If you miss the deadline, you will still be able to view these sessions after you register for the Course. We will record all the live sessions and post them for participants to view on September 1 with the other pre-recorded content.

## **How do I access the live, interactive sessions on August 29 and 30?**

We will e-mail you links to each interactive and exhibitor session. You will receive nine separate e-mails the week of August 24. These invitations will be sent to the e-mail that you provided during registration.

## **What is the structure of the live sessions?**

On Saturday, August 29, two sessions will be held (two hours for each session). Faculty will use this time to answer participant questions that were submitted by end of day August 24. Participants may also be selected to present their cases for discussion. On Sunday, August 30, you can attend one of three case presentation sessions that will be offered simultaneously (Adult Orthopedics, Foot/Ankle, Pediatric Orthopedics) and each session will last three hours.

## **How will the live case presentations work on Sunday, August 30?**

During registration, you selected one case presentation session (Adult Orthopedics, Foot/Ankle, or Pediatric Orthopedics). If you did not select an option, you have been assigned to Adult Orthopedics. You will be sent an e-mail invitation to your session the week of August 24. These sessions will be offered simultaneously on August 30, but they will be recorded. If you are interested in watching more than one session, all three recordings will be posted to the Course web site on September 1.

## **Will you be able to see or hear me during the live sessions?**

We will not be able to see or hear you during the live sessions. If you are presenting a case, your audio will be turned on while you narrate your case. If you have questions, use the Zoom chat feature to share them with the moderators.

## **I'm not sure that I will be able to attend the live sessions on August 29 and 30. Will these sessions be recorded and posted later?**

Yes, the interactive sessions and case presentations will be recorded and posted on the website for participants to view on September 1.

## **If I submitted a case, how will I know if it is selected for presentation?**

You will be notified in advance if your case has been selected for presentation on either August 29 or 30. We will ask you to create a slide with your disclosures. Moderators will run the PowerPoint/Keynote files from their computer and your audio will be turned on while you narrate your case. A maximum of ten minutes will be dedicated to the presentation/discussion of each case.

# Faculty Disclosures & Accreditation Statements

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Unless noted, faculty members will not be discussing investigational or unlabeled uses for products/devices.  
Unless noted, faculty members do not have a spouse/partner with a financial interest or affiliation with the manufacturer or distributor of any medical products, devices, or services.

## **Franck Accadbled, MD**

**Position(s): Faculty**

Consultant: Zimmer Biomet and Orthofix

## **Michael Assayag, MD**

**Position(s): Program Planner/Faculty**

Financial Interest/Affiliation: No financial interests or affiliations to disclose

*Speaker will be discussing investigational or unlabeled uses of products and/or devices.*

## **Alejandro Baar, MD**

**Position(s): Faculty**

Consultant: Orthofix and OrthoPediatrics

Speakers Bureau: Orthofix and OrthoPediatrics

## **Madeline Bacon**

**Position(s): Support Staff/CMEC Member**

Financial Interest/Affiliation: No financial interests or affiliations to disclose

## **Rainer Baumgart, MD**

**Position(s): Faculty**

Consultant: Orthofix and Implantcast

*Speaker will be discussing investigational or unlabeled uses of products and/or devices.*

## **Douglas Beaman, MD**

**Position(s): Faculty**

Consultant: Extremity Medical and Acumed

Speakers Bureau: Smith+Nephew

## **Anil Bhave, PT**

**Position(s): Faculty**

Consultant: Stryker Orthopedics and CyMedica

Speakers Bureau: Joint Active Solutions

Stockholder: Amgen, Pfizer, CyMedica,  
and Mirror AR

Royalties: OCSI/Guardian Brace

## **Alexander Cherkashin, MD**

**Position(s): Faculty**

Consultant: Orthofix

Royalties: Orthofix

*Speaker will be discussing investigational or unlabeled uses of products and/or devices.*

## **Janet Conway, MD**

**Position(s): Program Planner/Faculty**

Consultant: Zimmer Biomet, Cerament,  
and Smith+Nephew

Fellowship Support: Biocomposites

Spouse Receives Royalties: University of Florida

## **Mark Eidelman, MD**

**Position(s): Faculty**

Financial Interest/Affiliation: No financial interests or affiliations to disclose

## **Austin Fragomen, MD**

**Position(s): Faculty**

Consultant: Smith+Nephew,

NuVasive Specialized Orthopedics,  
and Synthes

## **Jeanne Franzone, MD**

**Position(s): Faculty**

Grant/research support: Delaware CTR

(Mentored Research Development Award)

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Unless noted, faculty members do not have a spouse/partner with a financial interest or affiliation with the manufacturer or distributor of any medical products, devices, or services.

## **Marie Gdalevitch, MD**

### **Position(s): Faculty**

Consultant: Biocomposites Canada (for products Genex and Stimulan) and ConMed Canada (hip arthroscopy)  
Patent/Royalties: Pega Medical

## **Stuart Green, MD**

### **Position(s): Faculty**

Consultant: NuVasive Specialized Orthopedics  
Royalties: NuVasive Specialized Orthopedics and Smith+Nephew

## **Vache Hambarzumyan, MD**

### **Position(s): Faculty**

Financial Interest/Affiliation: No financial interests or affiliations to disclose  
*Speaker will be discussing investigational or unlabeled uses of products and/or devices.*

## **John Herzenberg, MD**

### **Position(s): Program Planner/Faculty**

Consultant: NuVasive Specialized Orthopedics, Smith+Nephew, OrthoPediatrics, Orthofix, OrthoSpin, WishBone Medical, and Bonus BioGroup (clinical advisor)

## **Christopher Iobst, MD**

### **Position(s): Faculty**

Consultant: NuVasive Specialized Orthopedics, Orthofix, and Smith+Nephew

## **Guido LaPorta, DPM**

### **Position(s): Faculty**

Grant/Research Support: Stryker  
Consultant: Stryker, Synthes, FH Ortho, Treace, and Zimmer Biomet

## **Philip McClure, MD**

### **Position(s): Program Planner/Faculty**

Consultant: Novadip, Orthofix, and Smith+Nephew

## **Daniel N'Dele, MD**

### **Position(s): Faculty**

Financial Interest/Affiliation: No financial interests or affiliations to disclose

## **L. Reid Nichols, MD**

### **Position(s): Faculty**

Consultant: Orthofix, NuVasive Specialized Orthopedics, and OrthoPediatrics

## **David Podeszwa, MD**

### **Position(s): Faculty**

Financial Interest/Affiliation: No financial interests or affiliations to disclose

## **Christof Radler, MD**

### **Position(s): Faculty**

Consultant: Smith+Nephew and NuVasive Specialized Orthopedics

## **Katherine Rosenwasser, MD**

### **Position(s): Faculty**

Financial Interest/Affiliation: No financial interests or affiliations to disclose

## **Daniel Ruggles, DO**

### **Position(s): Faculty**

Consultant: NuVasive Specialized Orthopedics and Smith+Nephew

## **Sanjeev Sabharwal, MD**

### **Position(s): Faculty**

Other: Springer (no royalties)

# Faculty Disclosures & Accreditation Statements

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Unless noted, faculty members will not be discussing investigational or unlabeled uses for products/devices. Unless noted, faculty members do not have a spouse/partner with a financial interest or affiliation with the manufacturer or distributor of any medical products, devices, or services.

## **Noman Siddiqui, DPM**

**Position(s): Program Planner/Faculty**

Grant/Research Support: Celgene

Consultant: Orthofix, Arthrex, and Stryker Trauma

## **Shawn Standard, MD**

**Position(s): Program Planner/Faculty**

Consultant: NuVasive Specialized Orthopedics, and Smith+Nephew

Royalties: NuVasive Specialized Orthopedics, Smith+Nephew, and Pega Medical

## **Philip Wroslavsky, DPM**

**Position(s): Faculty**

Speakers Bureau/Consultant: Acelity/3M and Orthofix

## **Disclosure Policy of the Rubin Institute for Advanced Orthopedics**

It is the policy of the Rubin Institute for Advanced Orthopedics (“Institute”) to comply with the Accreditation Council for Continuing Medical Education (ACCME) Standards for Commercial Support of Continuing Medical Education. All faculty participating in sponsored programs by Institute are required to disclose to the program audience any real or apparent conflict(s) of interest related to the content of their presentation(s). In accordance with the ACCME requirements on disclosure information, relationships of presenters with commercial interests (if any) will be included in materials distributed at the time of the Course.

## **CME Committee’s Disclosure (as of 7/29/20)**

The LifeBridge Health Continuing Medical Education Committee members and their spouses/partners have no financial interest or affiliation with any entity producing, marketing, re-selling, or distributing health care goods or services consumed by, or used on, patients.

## **Accreditation Statement for CME**

LifeBridge Health is accredited by MedChi, the Maryland State Medical Society, to provide continuing medical education for physicians.

## **Designation Statement**

LifeBridge Health designates this live and enduring material educational activity for a maximum of 40.25 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

## **Accreditation Statement for CECH**

This activity has been planned and implemented in accordance with the standards and requirements for approval of providers of continuing education in podiatric medicine through a joint provider agreement between the American Podiatric Medical Association (APMA) and LifeBridge Health. APMA is approved by the Council on Podiatric Medical Education as a provider of continuing education in podiatric medicine. APMA has approved this activity for a maximum 40.25 continuing education contact hours.