

HOSPITAL
FOR
SPECIAL
SURGERY



CONTROVERSIES AND STATE-OF-THE-ART MANAGEMENT

of Knee Osteoarthritis

March 28–29, 2014

Location

Hospital for Special Surgery
New York City

Credits

This activity has been approved for
AMA PRA Category 1 Credits™, physical
therapy contact hours and BOC CEUs.



LIVE STREAMING WEBCAST is also available for Day 1!

Sponsored by Hospital for Special Surgery Office of Continuing Medical Education and the Department of Rehabilitation

HSS Education &
Academic Affairs
Programs Promoting
Musculoskeletal Health
www.hss.edu/cme

HOSPITAL
FOR
SPECIAL
SURGERY

Hospital for Special Surgery
535 East 70th Street
New York, NY 10021

CONTROVERSIES AND STATE-OF-THE-ART MANAGEMENT of Knee Osteoarthritis

March 28–29, 2014

Location Hospital for Special Surgery
Richard L. Menschel Education Center, 2nd Floor
535 East 70th Street (between York Avenue and FDR Drive)
New York City

Overview Each year, 5,000,000 patients will report to their doctors with significant knee pain but only 500,000 will require surgery.

There are currently no standard of care protocols for the conservative management of knee osteoarthritis (OA) for the remaining 4.5 million patients. The evidence for each of these modalities is in many cases controversial and the evidence for combinational therapies is almost nonexistent.

This course will educate practitioners about conservative treatment choices that are currently available as well as how to appropriately implement them into practice. This course will also provide insight into advances in surgical options for when conservative treatment fails.

Target Audience This activity is targeted to family medicine physicians, primary care physicians, rheumatologists, athletic trainers, physical therapists, physician assistants, residents and fellows.

Objectives HSS professional education activities are intended to improve the quality of patient care and safety. At the completion of this course, the participant should be able to:

- Identify and compare the various conservative options for patients with knee osteoarthritis such as physical therapy, cortisone injections and neutraceuticals, as well as surgical treatment options such as arthroscopy and unicompartmental or total knee replacement.
- Discuss the proper use of analgesic injections, platelet-rich plasma injections, neutraceuticals and viscosupplementation and incorporate these pharmaceuticals into individual treatment plans for patients with knee osteoarthritis.
- Discuss modalities such as weight loss, physical therapy, bracing and orthoses and incorporate these modalities into individual treatment plans.
- Perform an appropriate clinical and radiographic examination on patients who present with knee pain.
- Incorporate 3D movement analysis into their evaluation of patients with knee pain.

Accreditation Hospital for Special Surgery is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Credit Designation Hospital for Special Surgery designates this live activity for a maximum of 10 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Hospital for Special Surgery is a New York State Education Department approved provider for physical therapy continuing education. Hospital for Special Surgery designates this live activity for a maximum of 10 Contact Hours on-site and 7 Contact Hours online. The following states require continuing education credits with no state-specific approval: CT, DE, IA, ID, MO, MT, NC, ND, NE, OR and WA. This activity is pending approval in NJ, FL and MD.



Hospital for Special Surgery is recognized by the Board of Certification, Inc., to offer continuing education for Certified Athletic Trainers. This symposium is accredited for up to 10 Contact Hours on-site and 7 Contact Hours online for BOC credits. According to the education levels described by the CEC Committee of the NATA, the following continuing education course is considered to be Essential Level.

Special Needs Hospital for Special Surgery is accessible for individuals with disabilities or special needs. Participants with special needs are requested to contact the Office of Continuing Medical Education at 212.606.1812.

Faculty Disclosure In accordance with the Accreditation Council for Continuing Medical Education's Standards for Commercial Support, all CME providers are required to disclose to the activity audience the relevant financial relationships of the planners, teachers and authors involved in the development of CME content. An individual has a relevant financial relationship if he or she has a financial relationship in any amount occurring in the last 12 months with a commercial interest whose products or services are discussed in the CME activity content over which the individual has control.

It is the policy of Hospital for Special Surgery to request all financial relationships that Activity Directors, planning committee members, planners, authors and staff have with commercial interests, but to disclose to the activity audience only the **relevant** financial relationships/commercial interests.

For More Go to www.hss.edu/cme for a complete calendar of scheduled live and online CME activities.

Program Agenda

DAY 1

FRIDAY, MARCH 28

8:30a Registration & Breakfast*

Live streaming webcast begins

8:55a Opening Remarks*
Howard J. Hillstrom, PhD

Module I

Epidemiology and Diagnosis

9:00a Epidemiology
Marian T. Hannan, DSc, MPH

9:20a Knee OA: Clinical Assessment
Marci A. Goolsby, MD

9:40a Advanced Imaging in OA
Hollis G. Potter, MD

10:00a Panel Discussion

10:15a Break*

Module II

Medical Management

10:30a Pharmacology: Nutraceuticals and Non-Steroidals
William W. Briner, Jr., MD, FACS, FAAP

10:50a Viscosupplementation and Hyaluronic
Kenton Fibel, MD

11:10a Cortisone and Analgesic Injections
Lisa C. Vasanth, MD, MS

11:30a Effectiveness of Reducing BMI in the Management of Osteoarthritis
James J. Kinderknecht, MD

11:50a Panel Discussion

12:05p Lunch*

Module III

Biological Management

1:05p Platelet-Rich Plasma
Brian C. Halpern, MD

1:25p Stem Cells
Gregory E. Lutz, MD

1:45p Progress Towards a Disease-modifying Osteoarthritis Drugs
Carla R. Scanzello, MD, PhD

2:05p Panel Discussion

Module IV

Biomechanical Management

2:20p Physical Therapy
Davis Reyes, PT, DPT, OCS

2:40p Foot Orthoses and Shoe Gear
Rock G. Positano, DPM, MSc, MPH

3:00p Bracing
Howard J. Hillstrom, PhD

3:20p Panel Discussion

3:35p Break*

Module V

Surgical Management

3:50p Arthroscopy: Does It Work?
Stephen J. O'Brien, MD, MBA

4:10p Realignment Surgery
S. Robert Rozbruch, MD

4:30p Unicompartamental Knee Replacement
Andrew D. Pearle, MD

4:50p Total Joint Replacement: Minimally Invasive or Standard?
Bryan J. Nestor, MD

5:10p Panel Discussion

5:25p

Closing Remarks*
Brian C. Halpern, MD

Live streaming webcast ends

DAY 2

SATURDAY, MARCH 29

Track I

Biomechanical Management

9:00a 3D Movement Analysis
Sherry Backus, PT, DPT, MA; Howard J. Hillstrom, PhD

10:30a Break*

10:45a Knee Bracing, Foot Orthoses and Shoe Gear
Glenn W. Garrison, CPO; Howard J. Hillstrom, PhD; Rock G. Positano, DPM, MSc, MPH

12:15p Adjourn

Track II

Biological Management

9:00a 3D Imaging
Matthew F. Koff, PhD

10:30a Break*

10:45a Injection Therapies
Brian C. Halpern, MD; Kenton Fibel, MD

12:15p Adjourn

* Not designated for AMA PRA Category 1 Credits™

Faculty and agenda subject to change.

Program Faculty

ACTIVITY DIRECTORS

Brian C. Halpern, MD

Chief, Primary Care Sports
Medicine Service
Associate Attending Physician
Hospital for Special Surgery
Clinical Associate Professor
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Weill Cornell Medical College
New York, NY

Howard J. Hillstrom, PhD

Director, Leon Root, MD Motion
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Hospital for Special Surgery
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Research Center
Institute for Aging Research
Hebrew SeniorLife
Associate Professor of Medicine
Harvard Medical School
Boston, MA

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Assistant Professor of Medicine
Perelman School of Medicine
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Instructor of Medicine
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Fellow, Primary Care Sports Medicine

Glenn W. Garrison, CPO

Director, Prosthetics & Orthotics

Marci A. Goolsby, MD

Assistant Attending Physician
Instructor of Medicine
Weill Cornell Medical College

James J. Kinderknecht, MD

Assistant Attending Physician
Assistant Professor of Pediatrics
Weill Cornell Medical College

Matthew F. Koff, PhD

Assistant Scientist, Research Division
Assistant Professor of Biomedical
Imaging in Orthopaedic Surgery
Weill Cornell Medical College

Gregory E. Lutz, MD

Physiatrist-in-Chief Emeritus
Associate Attending Physiatrist
Associate Professor of Clinical
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Weill Cornell Medical College

Bryan J. Nestor, MD

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Associate Professor of
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Weill Cornell Medical College

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Attending Orthopaedic Surgeon
Professor of Clinical
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Associate Attending
Orthopaedic Surgeon
Director, Computer Assisted Surgery
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Associate Professor of Orthopaedic
Surgery
Weill Cornell Medical College
Team Physician, New York Mets

Rock G. Positano, DPM, MSc, MPH

Director, Non-Surgical Foot
and Ankle Service
Clinical Assistant Professor
Weill Cornell Medical College

Hollis G. Potter, MD

Chair, Department of Radiology and
Imaging
The Coleman Chair in MRI Research
Professor of Radiology
Weill Cornell Medical College

Davis Reyes, PT, DPT, OCS

Clinical Supervisor
Joint Mobility Center
Department of Rehabilitation

S. Robert Rozbruch, MD

Attending Orthopaedic Surgeon
Chief, Limb Lengthening and Complex
Reconstruction Service
Professor of Clinical
Orthopaedic Surgery
Weill Cornell Medical College

Lisa C. Vasanth, MD, MS

Assistant Attending Physician
Instructor of Medicine
Weill Cornell Medical College

Find Hospital for Special Surgery on the web!



Registration

TWO EASY WAYS TO REGISTER!

- 1 **Register and pay online**
at www.hss.edu/cme.
- 2 **Register by mail** using the registration form.

Payment by mail

Make check payable to:
Hospital for Special Surgery

Mail registration form to:

Hospital for Special Surgery
Professional Education Department
Education & Academic Affairs
535 East 70th Street
New York, NY 10021

Confirmations

All registered participants will receive a confirmation via email.

Refund policy

A handling fee of \$25 is deducted for cancellation. Refund requests must be received by mail one week prior to the course. No refund will be made thereafter.

For more information

Melody Mokhtarian

Marketing & Events Coordinator
Professional Education
Education & Academic Affairs
Hospital for Special Surgery
Tel: 212.606.1812
Email: mokhtarianm@hss.edu

Accommodations

For information on parking and accommodations, please go to www.hss.edu/visitor-information.asp and view our Neighborhood Directory. Local accommodations are limited and early reservations are recommended.

Transportation

Airport: LaGuardia (LGA) is 8 miles northeast of the city. Kennedy International (JFK) is 15 miles southeast of the city. Newark International (EWR) is 16 miles southwest of the city.

Bus: M72, M31 stop at East 69th Street and York Avenue

Subway: Nearest line is the 6 train stop at East 68th Street and Lexington Avenue

Car (FDR Drive): Driving south, exit at 71st Street. Driving north, exit at 63rd Street. Continue on York Avenue.

Parking: Parking garages are located in the area.

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Education Publications & Communications

 HOSPITAL FOR SPECIAL SURGERY

CONTROVERSIES AND STATE-OF-THE-ART MANAGEMENT

of Knee Osteoarthritis

March 28–29, 2014

Please print legibly.

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DATE (MONTH-DAY-YEAR)

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REHABILITATION NETWORK NAME AND DISCOUNT CODE (IF APPLICABLE)

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\$ ____ ☐ American Express ☐ MasterCard ☐ Visa ☐ Check enclosed

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SIGNATURE

How did you hear about this course?

- ☐ Print brochure ☐ Email blast ☐ HSS website ☐ Journal advertisement
☐ LinkedIn ad ☐ Recommendation ☐ Google ad ☐ Other _____

☐ Check here to receive the HSS eNewsletter. Please include email address above.

Registration Fees

Registration fees include breakfasts (for onsite participants only), online access to lecture handouts, CME credits, physical therapy contact hours and BOC credits. All registered participants will receive a confirmation e-mail. Rehabilitation Network members receive an exclusive 20 percent discount.

REGISTER EARLY! Workshop space is limited to 30 participants.

	Early Bird (ends 2/28 at 5pm)	Regular	Registration Close Date
Onsite Day 1 only	\$225	\$275	3/16
Onsite Days 1 & 2	\$325	\$375	3/16
Live streaming webcast Day 1	\$149	\$199	3/21

For day-of registration, add \$25 to the appropriate category above (available only if space permits—please call first). **Please note:** Registration will not be processed unless accompanied by payment.

Hospital for Special Surgery is an affiliate of NewYork-Presbyterian Healthcare System and Weill Cornell Medical College.