



NERVES

TENDONS

**TO INFINITY
AND BEYOND**

March 16 – March 18, 2024 | 25th Annual Hand Surgery Symposium

Tendon and Nerve — The 5th Decade: To Infinity and Beyond

Honored Professors:

Bobby Chhabra, MD
Donald H. LaLonde, MD
Steven L. Moran, MD
Jin Bo Tang, MD

Chairmen:

A. Lee Osterman, MD
Meredith N. Osterman, MD
Daniel Lorenzana, MD

Saturday, March 16, 2024 | 7:30 am-5:00 pm

Pediatric Upper Extremity Pre-Course for Surgeons & Therapists

Course Directors: Joshua M. Abzug, MD, Scott H. Kozin, MD, and Dan A. Zlotolow, MD

Monday, March 18, 2024 | 1:00 pm-5:00 pm

Ultrasound Post-Course: Fundamentals of Diagnostic & Interventional MSK Ultrasound for Hand Surgeons

Presented by Sonex Health

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HAND to SHOULDER
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HandFoundation.org

Tendon and Nerve — The 5th Decade: To Infinity and Beyond

SATURDAY
MARCH 16, 2024



Denotes Cadaver Demo

- 6:30 am Registration & Continental Breakfast
- 7:30 am **GENERAL SESSION - WELCOME**
Impact and Historical Overview of Tendon Injuries
A. Lee Osterman, MD
-  **THE SCIENCE OF TENDON HEALING**
Moderator: Rowena McBeath MD, PhD
- 7:55 am **Tendon Biology and Phases of Healing**
Rowena McBeath MD, PhD
- 8:05 am **Biomechanics of Tendon Gliding**
Peter C. Amadio, MD
- 8:15 am **The Microenvironment: Growth Factors and Implications for Healing and for Future Treatment**
Bobby Chhabra, MD
- 8:30 am **Pearls and Zones of Flexor Tendon Anatomy**
David S. Ruch, MD
-  8:40 am **Materials of Tendon Repair: Sutures to Staples to Tissue Welding**
Andrew J. Miller, MD
- 8:50 am **Flexor Tendon Adhesions**
Peter C. Amadio, MD
- 9:00 am **PANEL: HOW THE BASIC SCIENCE HAS CHANGED MY CLINICAL PRACTICE**
Moderators: Steve L. Moran, MD, Jeff Yao, MD
Panelists: Jin Bo Tang, MD, Bobby Chhabra, MD, Rowena McBeath MD, PhD, Donald H. Lalonde, MD
- 9:45 am Coffee Break/Exhibit
-  **FLEXOR TENDON REPAIR**
Moderator: TBA
- 10:15 am **Current Principles of Flexor Tendon Repair**
Kyle R. Eberlin, MD
- 10:30 am **THE M-Tang Repair**
Jin Bo Tang, MD
-  10:45 am **Pediatric Flexor Tendon Injuries**
Dan A. Zlotolow MD
- 10:55 am **Connexions Repair**
Kenneth R. Means, Jr., MD
-  11:10 am **Benefits of Wide Awake Repair**
Donald H. Lalonde, MD
- 11:25 am **Zone IV Flexor Tendon Injury**
John R. Fowler, MD
-  11:40 am **Zone I Flexor Tendon Injury**
Nina Suh, MD

- 11:50 am **Zone I Flexor Tendon Repair My Way**
R. Glenn Gaston, MD
-  12:00 pm **Special Consideration for FPL Repair**
Bobby Chhabra, MD
-  12:15 pm **Rehabilitation after Flexor Tendon Repair**
Terri M. Skirven, OTR/L, CHT,
Lauren M. DeTulio, OTR/L CHT
- 12:30 pm LUNCH (provided) /EXHIBITS
-  **COMPLICATIONS OF FLEXOR TENDON INJURIES**
Moderator: Thomas J. Gillon, MD
- 1:30 pm **Rupture After Repair**
Melvin P. Rossenwasser, MD
- 1:45 pm **Pulley Rupture and Reconstruction**
R. Glenn Gaston, MD
-  2:00 pm **Tenolysis after Flexor Tendon Repair**
Donald H. Lalonde, MD
-  2:15 pm **Stage I Silicone Rod and Tendon Graft Reconstruction**
David S. Zelouf, MD
- 2:30 pm **PANEL DISCUSSION**
Moderators: Steven L. Moran, MD,
Melvin P. Rossenwasser, MD
Panelists: Jin Bo Tang, MD, David S. Zelouf, MD,
R. Glenn Gaston, MD, Mark E. Baratz, MD
- 3:00 pm Coffee Break/Exhibit

- 3:30 pm - **CONCURRENT PANELS**
- 5:30 pm **PANEL I**
Combined Tendon Injuries with Fractures, Nerve, Skin and Amputation
Moderator: Warren C. Hammert, MD
Panelists: Leonid I. Katolik, MD, Nina Suh, MD, Kenneth R. Means, MD
- PANEL II**
Wide-Awake: The Ins, Outs, Ups and Downs
Moderator: Donald H. Lalonde, MD
Panelists: Sidney M. Jacoby, MD, Steven M. Koehler, MD, Mark E. Baratz, MD
- PANEL III**
Tendon Rupture and Repair from Wrist to the Elbow
Moderator: Mark S. Rekan, MD
Panelists: Christopher C. Schmidt, MD, Kenneth A. Kearns, MD, R. Glenn Gaston, MD
- 5:30 pm Exhibitor Sponsored Training Labs (Not for CME)
Lab 1: TBA
Lab 2: TBA
Lab 3: TBA

SUNDAY MARCH 17, 2024

6:30 am Continental Breakfast



EXTENSOR TENDON INJURIES

Moderator: Eon K. Shin, MD

7:15 am **Extensor Tendon Injury Overview: A Different Beast**
John D. Lubahn, MD

7:30 am **Mallet Fracture Repair**
Matthew S. Wilson, MD

7:40 am **Central Slip Repair Techniques**
Andrew J. Miller, MD

7:55 am **Boutonniere Deformity – Does Anything Work?**
Donald H. Lalonde, MD

8:05 am **The Symptomatic Swan Neck**
Ryan D. Katz, MD

8:20 am **Attritional Extensor Tendon Ruptures at the Wrist**
Matthew S. Wilson, MD

8:30 am **Extensor Tendon Subluxation – Sagittal Bands, ECU and Post DeQuervains Release**
Warren C. Hammert, MD

8:45 am **PANEL: DIFFICULT EXTENSOR TENDON CASES**
Moderator: Melvin P. Rossenwasser, MD
Panelists: Ryan D. Katz, MD, John D. Lubahn, MD, Warren C. Hammert, MD, Steve L. Moran, MD

9:30 am Coffee Break/Exhibits

10:00 am - **PANEL: CASE BY CASE**
11:30 am **Moderators:** Mark E. Baratz, MD, A. Lee Osterman, MD, Warren Hammert, MD
Panelists:
Peter C. Amadio, MD **vs** Jin Bo Tang, MD
Bobby Chhabra, MD **vs** R. Glenn Gaston, MD
Chris C. Schmidt, MD **vs** Kenneth A. Kearns, MD
Mark S. Rekant, MD **vs** Peter C. Amadio, MD
Steven M. Koehler, MD **vs** Kenneth R. Means, Jr., MD
David S. Ruch, MD **vs** John D. Lubahn, MD
Jaques Henri Hacquebord, MD **vs** Ryan D. Katz, MD

11:30 pm Exhibitor Sponsored Training Labs (Not for CME)
Lab 4: TBA
Lab 5: TBA
Lab 6: TBA

12:15 pm LUNCH (provided) /EXHIBIT



NERVE COMPRESSION

Moderator: Andrew J. Miller, MD

1:00 pm **Ultrasound for Diagnosis of Carpal Tunnel Syndrome**
John R. Fowler, MD

1:15 pm **Ultrasound Release of the Carpal Tunnel– Sonex Health Device**
Sonex Health Staff

1:30 pm **Practical Uses of A Nerve Stimulator**
Michael R. Hausman, MD

1:40 pm



Pronator Release and AIN Compression
Adam B. Strohl, MD

1:55 pm

Evolution and Solution of Cubital Tunnel Surgery
A. Lee Osterman, MD

2:05 pm

Radial Tunnel Syndrome – Real or Imagined?
Sami Tuffaha, MD

2:15 pm



AIN Nerve Transfer in Chronic Cubital Tunnel: Indications and Surgical Technique
Jonathan E. Isaacs, MD

2:30 pm

Salvage of Failed Nerve Surgery: Flaps and Conduits
Kyle R. Eberlin, MD

2:40 pm



Tendon Transfers to Restore Opposition
Mark S. Rekant, MD

2:50 pm

THE OSTERMAN AWARD PRESENTATION
David S. Ruch, MD

3:05 pm

Coffee Break/Exhibit

3:30 pm -

CONCURRENT PANELS

5:30 pm

PANEL IV

Soft Tissue Coverage With Associated Tendon Injuries

Moderator: Ryan D. Katz, MD

Panelists: Jacques Henri Hacquebord, MD, Adam B. Strohl, MD, Steven L. Moran, MD

PANEL V

Tendon Transfers Post Nerve And Tendon Injury

Moderator: Nina Suh, MD

Panelists: John R. Fowler, MD, Matthew S. Wilson, MD, Dan A. Zlotolow, MD

PANEL VI

Uncommon Compressive Neuropathies of the Upper Extremity

Moderator: Jonathan E. Isaacs, MD

Panelists: John D. Lubahn, MD, Kyle R. Eberlin, MD, Andrew J. Miller, MD

MONDAY MARCH 18, 2024

6:15

Continental Breakfast



NERVE IN THE NEW MILLENIUM

Moderator: Patrick M. Kane, MD

7:00 am

Crash Course in Nerve Evaluation: What's New in the Diagnosis Of Nerve Injury
Adam B. Strohl, MD

7:10 am



Nerve Repair: Tips and Tricks
Jonathan E. Isaacs, MD

7:25 am

How to Introduce Nerve Transfer into Your Practice: Where Do I Start?
Jaques Henri Hacquebord, MD

7:35 am

Challenging the DOGMA of Nerve Surgery: Operating on Patients with CRPS
Kyle R. Eberlin, MD

8:00 am	 Nerve Transfer to Restore Pinch <i>Jacques Henri Hacquebord, MD</i>	Thumb Opposition <i>David S. Zelouf, MD (tendon) vs Jonathan E. Isaacs, MD (nerve)</i>
8:15 am	Dealing with Neuromas and Neuropathic Pain <i>Michael R. Hausmann, MD</i>	Radial Nerve Injury <i>Matthew S. Wilson, MD (tendon) vs Kyle R. Eberlin, MD (nerve)</i>
8:25 am	DENNERVATION Moderator: <i>Meredeth N. Osterman, MD</i>	10:00 am Coffee Break/Exhibit
	The Wrist <i>Melvin P. Rossenwasser, MD</i>	10:30 am Exhibitor Sponsored Training Labs (Not for CME) Lab 7: TBA Lab 8: TBA Lab 9: TBA
	The Thumb CMC <i>Adam B. Strohl, MD</i>	11:30 am Meeting Adjourned
	Interphalangeal Joints <i>Sami Taffaha, MD</i>	
8:50 am	PANEL: THE GREAT DEBATE: NERVE TRANSFER VS TENDON TRANSFER Moderator: <i>A. Lee Osterman, MD</i> Hand Intrinsic Function <i>Mark E. Baratz, MD (tendon) vs Sami Tuffaha, MD (nerve)</i>	

Pediatric Upper Extremity Pre-Course 2024 for Surgeons and Occupational Therapists

Friday, March 17, 2024 | 7:30 am – 5:00 pm

The Hand Rehabilitation Foundation is once again pleased to present the **Pediatric Pre-Course** on **Friday, March 15, 2024** at **The Logan Hotel** (One Logan Square, Philadelphia, PA 19103). The meeting will focus on tendon and nerve injuries in children and adolescents, as well as the treatment and rehabilitation of those conditions.

Course Directors: *Joshua M. Abzug, MD, Scott H. Kozin, MD, Dan A. Zlotolow*

The program is being finalized and will be available in the coming weeks. Please check our website at www.handfoundation.org/symposia to view the complete surgery program.

SONEX HEALTH ULTRASOUND POST-COURSE

Fundamentals of Diagnostic & Interventional MSK Ultrasound for Hand Surgeons

Monday, March 18, 2024 | 1:00 pm – 5:00 pm

1:00 pm	Welcome/Didactic MSK Presentation	2:45 pm	Hands-On Practice - Identify normal tissues in the volar wrist region - Obtain high quality images of the carpal tunnel region - Measure median nerve cross sectional area - Measure safe zones in the carpal tunnel region - Label, save and review US images and videos
1:30 pm	Scanning Technique: Holding the Transducer and Aligning It with the Target (Including Live Demonstration) - How US works and why should you care? - Getting the transducer aligned with the target	3:15 pm	Break
1:45 pm	Hands-On Practice - Practicing transducer manipulations - Moving from 2D to 3D - Localizing and imaging structures using US	3:15 pm	CTR w/UltraGuide CTR (Including Live Demonstration)
2:00 pm	Acquiring and Optimizing an US Image (Including Live Demonstration)	3:30 pm	Hands-On Practice UltraGuide CTR with Realtime Ultrasound Guidance cadaveric practice
2:15 pm	Hands-On Practice - Getting oriented - Optimizing an US image - Transitioning between imaging planes - staying oriented - Controlling anisotropy, including differential anisotropy	4:15 pm	Trigger Finger Release Using UltraGuide TFR Demonstration
2:30 pm	Sonographic Appearance of Normal Tissues: Using the Carpal Tunnel as a Foundation for Learning MSK US	4:30 pm	Hands-On Practice TFR w/UltraGuide TFR
		5:00 pm	Course Adjourns

Tendon and Nerve — The 5th Decade: To Infinity and Beyond

The Philadelphia Hand Rehabilitation Foundation is proud to present the **25th Annual Hand Surgery Symposium**, which will provide a comprehensive exploration of tried and true, as well as new treatments for the management of diverse upper extremity problems presented by an internationally renowned faculty. Didactic presentations will provide the framework, and cadaver surgery demonstrations will provide the picture of anatomy and techniques of management with unparalleled clarity. Exhibitor sponsored training labs will be offered as in previous years to provide demonstrations and hands-on experience with the latest in technology.

TARGET AUDIENCE: Hand, Orthopaedic, Plastic and General Surgeons, Sports Medicine Physicians, Fellows, Residents, Students, and Physiatrists.

At the conclusion of this activity, the participants will:

1. Define and identify conditions of the upper extremity, including tendon and nerve injuries, how to avoid them and how to treat them when they occur.
2. Review complex tendon and nerve injuries; recognize appropriate surgical reconstructive options.
3. Evaluate and classify these conditions and determine the best course of treatment.
4. Explain and perform the varying surgical options for tendon and nerve injuries as well as nerve compressions.
5. Explain how to optimize surgical outcomes via appropriate upper extremity rehabilitation principles.

ACCREDITATION

In support of improving patient care, this activity has been planned and implemented by Cine-Med and the Hand Rehabilitation Foundation. Cine-Med is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.



JOINTLY ACCREDITED PROVIDER™
INTERPROFESSIONAL CONTINUING EDUCATION

PHYSICIANS

Cine-Med designates this live activity for a maximum of **30.50 AMA PRA Category 1 Credit(s)™**. Physicians should only claim credit commensurate with the extent of their participation in the activity.

All other healthcare professionals will receive a Certificate of Participation. For information on the applicability and acceptance of Certificates of Participation for activities designated for **AMA PRA Category 1 Credits™**, consult your professional licensing board.

MEETING AND HOTEL INFORMATION

The Logan Philadelphia, Curio Collection by Hilton

One Logan Square

Philadelphia, Pennsylvania, 19103

Reservations: 844-634-3605 Hotel Direct: 215-963-1500

Room Rate: \$219.00/night.

Deadline for reduced rates: February 23, 2024

HOTEL RESERVATIONS

By phone: Please identify yourself as part of the Hand Rehabilitation Foundation Group when calling the Reservations Center. Call 215-963-1500 and follow the prompts to make a new reservation. Once connected with an agent, you must provide the group code GSHRF.

Book Online: <https://bit.ly/HandSurgery2023>

REGISTER ONLINE AT WWW.HANDFOUNDATION.ORG | ON-SITE ONLY AFTER MARCH 1, 2024

2024 FACULTY

Joshua Abzug, MD[§]

Timonium, MD

Peter C. Amadio, MD

Rochester, MN

Mark E. Baratz, MD

Bethel Park, PA

Ryan P. Calfee, MD, MSc

St. Louis, MO

Bobby Chhabra, MDF*

Charlottesville, VA

Kyle R. Eberlin, MD

Boston, MA

John R. Fowler, MD

Pittsburgh, PA

R. Glenn Gaston, MD

Charlotte, NC

Thomas J. Gillon, MD

Rockledge, PA

Jacques Henri Hacquebord, MD

New York, NY

Elisabet Hagert, MD, PhD

Doha, Qatar

Warren C. Hammert, MD

Morrisville, NC

Michael R. Hausman, MD

New York, NY

Jonathan E. Isaacs, MD

Richmond, VA

Sidney M. Jacoby, MD

King of Prussia, PA

Patrick M. Kane, MD

Cherry Hill, NJ

Leonid I. Katolik, MD

King of Prussia, PA

Ryan D. Katz, MD

Baltimore, MD

Steven M. Koehler, MD

Bronx, NY

Scott H. Kozin, MD[§]

Philadelphia, PA

Donald H. Lalonde, MDF*

Saint John, Canada

Daniel A. Lorzano, MD

Philadelphia, PA

John D. Lubahn, MD

Erie, PA

Rowena McBeath, MD, PhD

Langhorne, PA

Kenneth R. Means, Jr., MD

Baltimore, MD

Andrew J. Miller, MD

Cherry Hill, NJ

Steven L. Moran, MDF*

Rochester, MN

Meredith N. Osterman, MD

King of Prussia, PA

Mark S. Rekant, MD

Cherry Hill, NJ

Melvin P. Rosenwasser, MD

New York, NY

David S. Ruch, MD

Morrisville, NC

Chris C. Schmidt, MD

Pittsburgh, PA

Eon K. Shin, MD

Langhorne, PA

Adam B. Strohl, MD

Philadelphia, PA

Nina Suh, MD

Smyrna, GA

Stephanie Sweet, MD

King of Prussia, PA

Jin Bo Tang, MDF*

Jiangsu, China

Sami Tuffaha, MD

Baltimore, MD

Matthew S. Wilson, MD

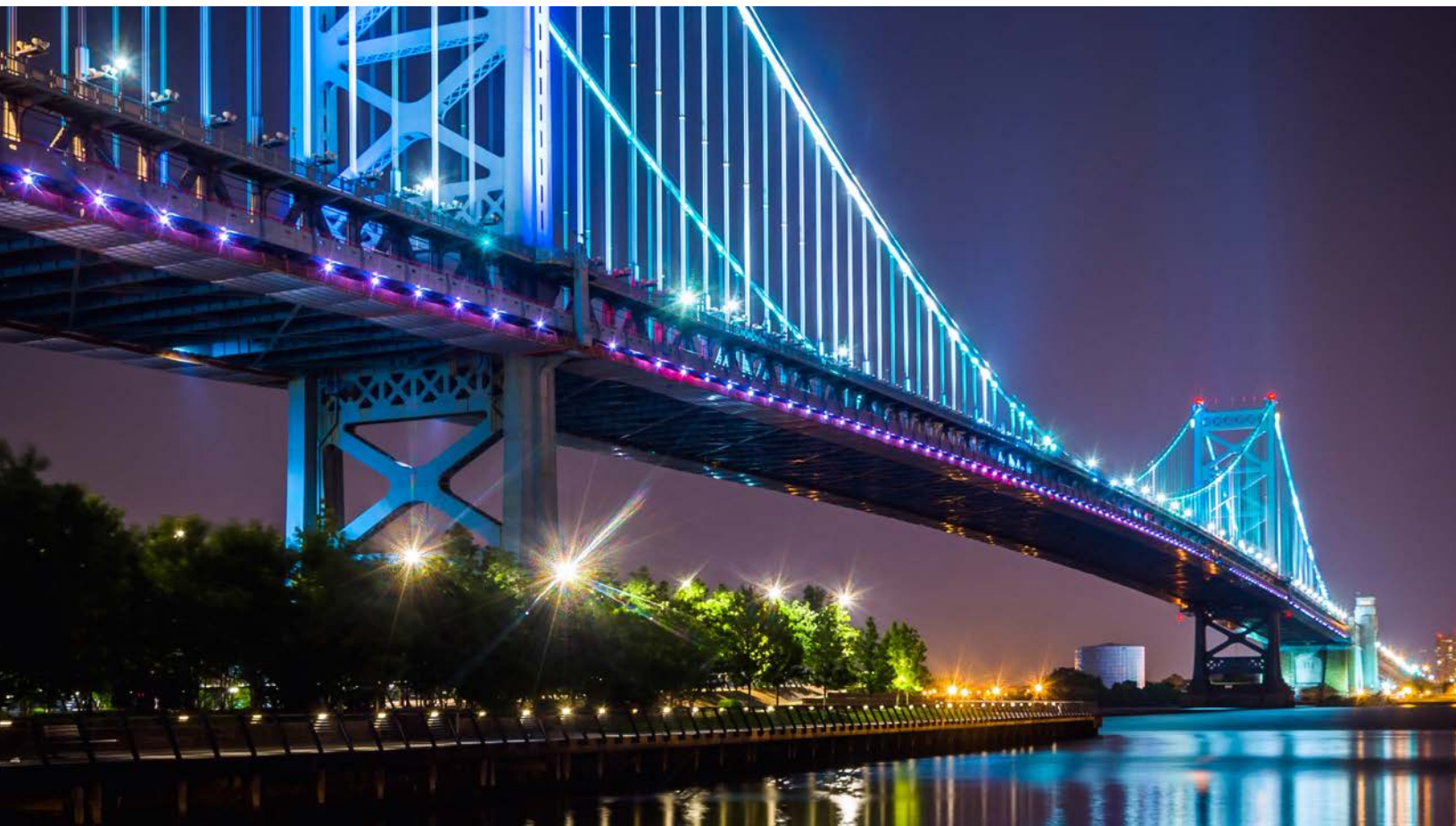
Philadelphia, PA

Dan A. Zlotolow, MD[§]

Philadelphia, PA

**Honored Professor*

§Pediatric Pre-Course Faculty



25TH ANNUAL HAND SURGERY SYMPOSIUM
Tendon and Nerve — The 5th Decade: To Infinity and Beyond
March 16 – 18, 2024

Name _____ Degree _____
Address _____
City, State, Zip _____
E-Mail (Required) _____
Telephone (Work) _____ (Home) _____ (Fax) _____

Table with 6 columns: Concurrent Panels and Labs, Day/Date, Session, 1st Choice, 2nd Choice, 3rd Choice. Rows include dates from Saturday, March 16 to Monday, March 18 with various sessions like Concurrent Panel and Exhibitor Sponsored Training Lab.

Registration ON SITE ONLY after March 1, 2024. Table with 3 columns: Category, Fee, and FEE. Rows include Surgeon/Physician (\$1,250), Surgeon/Physician with \$50 Donation (\$1,300), Military (\$750), Allied Health Professional (\$850), Resident/Fellow (\$850), Pre-Course: Pediatric Upper Extremity for Surgeons and Occupational Therapists (\$425), Ultrasound Post-Course (no fee), Late Fee (\$50), and a TOTAL row.

Check or Money Order in U.S. funds payable to Hand Rehabilitation Foundation. Please indicate if you have any need for auxiliary aids or special assistance services.

Credit card registrations please register online at www.handfoundation.org/symposia

Hand Rehabilitation Foundation logo. Please complete this form and mail to: Hand Rehabilitation Foundation, 120 Huntingdon Pike, Ste 100, Rockledge, PA 19046. Phone 610.768.5958 | Fax 610.768.8887 | hrf@handfoundation.org | www.handfoundation.org. Virtual Syllabus 2024: Watch your email for details! There will be NO syllabus book.

REGISTER ONLINE AT WWW.HANDFOUNDATION.ORG | ON-SITE ONLY AFTER MARCH 1, 2024