

Pennsylvania Orthopaedic Society

2015 Spring Scientific Meeting

Controversies across the Commonwealth:

*Sports Medicine
&
Upper Extremity*



April 10-11, 2015

JW Marriott Camelback Inn Resort & Spa
Scottsdale, AZ

CONTROVERSIES ACROSS THE COMMONWEALTH: SPORTS MEDICINE & UPPER EXTREMITY

Kimberly Accardi, MD; David Yucha, MD;
Gregory Altman, MD; Joseph Imbriglia Jr., MD
Program Chairs
Thomas Muzzonigro, MD, President



CME Mission Statement

This course is designed for practicing orthopaedic surgeons, orthopaedic residents and fellows, and medical students who plan to specialize in the practice of orthopaedic surgery. The need for this program arose from the responses from previous course evaluations.

Educational Objectives

Upon completion of this course, the participant should be able to:

- Identify, evaluate and treat sports medicine and upper extremity disorders.
- Recognize, evaluate and treat complications related to sports medicine and upper extremity disorders.
- Differentiate and understand the management of extrinsic influences (Health Policy, Efficiencies) on their practice.
- Apply evidence-based medicine, best-practices and novel medical and surgical approaches to the above.
- Discuss approaches and techniques used to ensure patient safety in orthopaedic practice and procedures.

Accreditation Statement

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the American Academy of Orthopaedic Surgeons and the Pennsylvania Orthopaedic Society. The American Academy of Orthopaedic Surgeons is accredited by the ACCME to provide continuing medical education for physicians.

The American Academy of Orthopaedic Surgeons designates this live activity for a maximum of **13.25 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Faculty List & Disclosure

A complete listing of faculty is included in this program. Any and all faculty disclosures will be provided in the final program which will be available at the course to all meeting attendees.

Disclaimer

The material presented in this continuing medical education program is being made available by the American Academy of Orthopaedic Surgeons and the Pennsylvania Orthopaedic Society (POS) for educational purposes only. The material is not intended to represent the only, nor necessarily the best, methods or procedures appropriate for the medical situation discussed, but rather is intended to present an approach, view statement, or opinion of the authors or presenters, which may be helpful, or of interest, to other practitioners.

Program

Friday, April 10, 2015

6:30–7:15am Registration • Continental Breakfast

7:15–7:30am Welcome
Thomas Muzzonigro, MD
Announcements
Kimberly Accardi, MD; David Yucha, MD

Session I Controversies in ACL Reconstruction

Moderator: **David Yucha, MD**

7:30–7:40am 30 Year Old Recreational Athlete **Allograft** Reconstruction
Vonda Wright, MD

7:40–7:50am 30 Year Old Recreational Athlete **Autograft** Reconstruction
Robert Gallo, MD

7:50–8:00am DISCUSSION

8:00–8:10am 20 Year Old Athlete **BPTB** Reconstruction
Brian Sennett, MD

8:10–8:20am 20 Year Old Athlete **Hamstrings** Reconstruction
Keith Lawhorn, MD

8:20–8:30am DISCUSSION

8:30–8:40am “Why Anteromedial Portal is the Best”
Robert Gallo, MD

8:40–8:50am “Why Transtibial Drilling is the Best”
Keith Lawhorn, MD

8:50–9:00am DISCUSSION

9:00–9:10am “I Brace All My ACL Reconstructions”
Shannon Safier, MD

9:10–9:20am “Brace? What’s A Brace?”
Aman Dhawan, MD

9:20–9:30am DISCUSSION

9:30–10:00am MORNING BREAK / VISIT EXHIBITS

Session II Controversies in Sports Knee Trauma

Moderator: **Keith Lawhorn, MD**

10:00–10:10am Acute Patellar Dislocation: Surgical Versus Non-surgical Treatment
Shannon Safier, MD

10:10–10:20am Meniscal Injuries in Athletes: “To Fix or Not to Fix,
That is the Question!”
Aman Dhawan, MD

10:20–10:30am Injuries to the PCL: “When do I Really Need to Fix These?”
Gregory Fanelli, MD

10:30–10:40am DISCUSSION

10:40–10:50am	Multi-Ligament Knee Injury: Evaluation and Management Gregory Fanelli, MD
10:50–11:00am	Pediatric Knee Injuries: Not Just Miniature Adults Shannon Safier, MD
11:00–11:10am	DISCUSSION

Session III Fellow / Resident Presentations

Moderator:	Blane Sessions, MD
11:10–11:20am	Pitch Characteristics Prior to Ulnar Ligament Reconstruction in Major League Pitchers John Prodomo, MD
11:20–11:30am	Timing of Debridement and Infection Rates in Open Fractures of the Hand: A Systematic Review Constantinos Ketonis, MD, Ph.D.
11:30–11:40am	Clopidogrel Use Prior to Hemiarthroplasty in the Treatment of Femoral Neck Fractures Does Not Preclude Good Outcomes Raveesh Richard, MD
11:40–11:50am	Q & A
11:50am–12:00pm	Resident, Fellow Winner
12:00–1:30pm	OrthoPAC Update – Chip Hummer, MD The Current State of PA Medical Malpractice Craig Frischman, Esq. (Plaintiff) & Bernard Rizza, Esq. (Defense)

Session IV Controversies in Treatment of Shoulder Injuries

Moderator:	Christopher Schmidt, MD
1:30–1:40pm	Management of Large Rotator Cuff Tears in Seniors: “I Fix ‘em” Mark Baratz, MD
1:40–1:50pm	Management of Large Rotator Cuff Tears in Seniors: “I Replaced Them” Joshua Port, MD
1:50–2:00pm	DISCUSSION
2:00–2:10pm	Midshaft Clavicle Fractures: “I Fix Them” Christopher Schmidt, MD
2:10–2:20pm	Midshaft Clavicle Fractures: “Just Leave It Alone” Gregory Altman, MD
2:20–2:30pm	DISCUSSION
2:30–2:40pm	Glenohumeral Dislocation in a Young First Time Dislocator: “Sling It” Thomas Hughes Jr., MD
2:40–2:50pm	Glenohumeral Dislocation in a Young First Time Dislocator: “Fix It” Brian Sennett, MD
2:50–3:00pm	DISCUSSION
3:00–3:30pm	AFTERNOON BREAK / VISIT EXHIBITS

Session V	Elbow
Moderator:	Mark Baratz, MD
3:30-3:40pm	Lateral Epicondylitis: Current Concepts and Treatment Strategies John Fowler, MD
3:40-3:50pm	Radial Head Fractures: When to Fix, Replace, or Leave Alone Asif Ilyas, MD
3:50-4:00pm	Management of Injuries to the Distal Biceps Tendon Thomas Hughes Jr., MD
4:00-4:15pm	DISCUSSION
4:15-4:25pm	Business Meeting & Wrap-up for day 1 Thomas Muzzonigro, MD

Saturday, April 11, 2015

7:00-7:30am	Registration • Continental Breakfast
7:30-7:35am	Announcements Kimberly Accardi, MD; David Yucha, MD

Session VI	Hand and Wrist
Moderator:	Asif Ilyas, MD
7:35-7:50am	"I Felt a Pop in my Finger!" Part 1: Extensor Tendon Injuries in Sports Marshall Balk, MD
7:50-8:05am	"I Felt a Pop in my Finger!" Part 2: Flexor Tendon Injuries in Sports Kimberly Accardi, MD
8:05-8:15am	DISCUSSION
8:15-8:30am	Treatment of Metacarpal Fractures in the Athlete H. James Pfaeffle, MD, Ph.D.
8:30-8:45am	Scaphoid Fractures in the Athlete Blane Sessions, MD
8:45-9:00am	UCL Injuries to the Thumb: When and How to Fix Blane Sessions, MD
9:00-9:10am	DISCUSSION

Session VII	Medical Issues in Sports Medicine
Moderator:	Gregory Altman, MD
9:10-9:30am	Concussion Management Nathan Kegel, Ph.D
9:30-9:45am	Cervical Spine Trauma on Field Evaluation Patrick Smith, MD
9:45-10:00am	Female Athlete Triad Syndrome David Carfagno, D.O., C.A.Q.S.M.
10:00-10:15am	Care of the Masters Athlete Vonda Wright, MD

10:15-10:30am	DISCUSSION
10:30-10:45am	MORNING BREAK / VISIT EXHIBITS

Session VIII When Can My Kid Play Again?

Moderator:	David Yucha, MD
10:45-10:55am	ACL Injury Shannon Safier, MD
10:55-11:05am	Patellar Dislocation Aman Dhawan, MD
11:05-11:15am	Glenohumeral Dislocation Brian Sennett, MD
11:15-11:25am	Scaphoid Fractures Blane Sessions, MD
11:25-11:45pm	DISCUSSION

Session IX Research Presentations

Moderator:	Thomas Hughes, Jr., MD
11:45-11:55am	Reverse Total Shoulder Arthroplasty Superior to Hemiarthroplasty for Cuff Tear Arthroplasty with Preserved Motion Surena Namdari, MD, MSc
11:55am-12:05pm	Instability after Reverse Total Shoulder Arthroplasty: Which Patients Dislocate? Surena Namdari, MD, MSc
12:05-12:15pm	Variables that Predict Length of Hospital Stay After Shoulder Arthroplasty Surena Namdari, MD, MSc
12:15-12:25pm	Suture Anchor Fixation of Displaced Osteoporotic Olecranon Fractures in the Elderly Thema Nicholson, MS
12:25-12:35pm	Effect of Margin Convergence on Glenohumeral Joint Contact Area and Contact Pressure Thema Nicholson, MS
12:35-12:50pm	DISCUSSION
12:50-1:00pm	Wrap-up –Final Thoughts Thomas Muzzonigro, MD

Thank you for your participation. Meeting Adjourned!

Program Chairs

Kimberly Accardi, MD

Assistant Professor, Drexel University,
Department of Orthopaedic Surgery,
Philadelphia, PA

Gregory Altman, MD

Associate Professor, Orthopaedic Surgery,
Temple University College of Medicine;
Vice Chairman, Department of Orthopaedic
Surgery, Allegheny General Hospital,
Pittsburgh, PA

Joseph Imbriglia Jr., MD

Clinical Professor, Department of
Orthopaedic Surgery, UPMC, Pittsburgh, PA

David Yucha, MD

Orthopaedic Surgeon, Premier Orthopaedic
& Sports Medicine Associates, LTD.,
Upland, PA

Guest Faculty

David Carfagno, D.O., C.A.Q.S.M.

Medical Director Ironman Arizona; Medical
Director AZ PF Changs Rock and Roll
Marathon; Assistant Medical Director
Competitor Group Rock and Roll/Tri Rock
Series; Team Physician USA Boxing; Phoenix
Magazine, Top Doctors, Sports Medicine,
2010, 2011, 2012, 2013, 2014; Scottsdale Sports
Medicine Institute, Scottsdale, AZ

Craig Frischman, Esq.

Partner at Raisman, Frischman, Matzus &
Rizza, P.C., Pittsburgh, PA

Nathan Kegel, Ph.D.

Neuropsychologist, UPMC Sports Medicine
Concussion Program, Pittsburgh, PA

Bernard Rizza, Esq.

Partner at Raizman, Frischman, Matzus &
Rizza, P.C., Pittsburgh, PA

Invited Faculty

Marshall Balk, MD

Clinical Associate Professor, Department
of Orthopaedic Surgery, University of
Pittsburgh School of Medicine,
Pittsburgh, PA

Mark Baratz, MD

Clinical Professor and Vice Chairman,
Hand and Upper Extremity Surgery/CMI
Orthopaedic Specialists, UPMC,
Pittsburgh, PA

Aman Dhawan, MD

Assistant Professor, Department of
Orthopaedics and Rehabilitation, Penn State
Hershey Medical Center, Penn State College
of Medicine, Hershey, PA

Gregory Fanelli, MD

Orthopaedic Surgeon, Geisinger Medical
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John Fowler, MD

Assistant Professor, Department of
Orthopaedics, UPMC, Pittsburgh, PA

Robert Gallo, MD

Associate Professor Sports Medicine,
Orthopaedic Surgery, Milton Hershey
Medical Center, Penn State College of
Medicine, Hershey, PA

Thomas Hughes Jr., MD

Clinical Associate Professor of Orthopaedic
Surgery, University of Pittsburgh School of
Medicine, Pittsburgh, PA

Charles (Chip) Hummer III, MD

Orthopaedic Surgeon, Premier Orthopaedics,
Medical Director/ Team Physician,
Philadelphia Union of MLS, Upland, PA

Asif Ilyas, MD

Program Director of Hand Surgery, Associate
Professor of Orthopaedic Surgery, The
Rothman Institute, Jefferson,
Philadelphia, PA

Keith Lawhorn, MD

Orthopaedic Surgeon, Commonwealth
Orthopaedics and Rehabilitation, Fairfax,
Virginia

Thomas Muzzonigro, MD

POS President, 2015; Director of Orthopaedic
Services, Butler Health System; Partner, Tri
Rivers Musculoskeletal Centers,
Pittsburgh, PA

Surena Namdari, MD, MSc

Assistant Professor of Orthopaedic Surgery, The Rothman Institute; Shoulder & Elbow Surgery, Thomas Jefferson University Hospitals, Philadelphia, PA

H. James Pfaeffle, MD, Ph.D.

Orthopaedic Hand Surgeon, Tri Rivers Musculoskeletal Centers, Pittsburgh, PA

Joshua Port, MD

Clinical Assistant Professor of Orthopedics, University of Pittsburgh School of Medicine; President, Blair Orthopedic Associates, Altoona, PA

Shannon Safer, MD

Director of Sports Medicine, Assistant Professor of Orthopedic Surgery and Pediatrics, Drexel University College of Medicine St. Christophers Hospital for Children, Philadelphia, PA

Christopher Schmidt, MD

Director of Shoulder Surgery / Bioengineering Lab / CMI; Orthopedic Specialists - UMPC; Clinical Associate Professor Orthopaedic Surgery, University of Pittsburgh School of Medicine; Professor of Biomechanical Engineering by Courtesy Duquesne University, Pittsburgh, PA

Brian Sennett, MD

Chief, Sports Medicine, Vice Chairman, Clinical Affairs, Department of Orthopaedic Surgery University of Pennsylvania, Philadelphia, PA

Blane Sessions, MD

Orthopaedic Surgeon, The Philadelphia Hand Center, Philadelphia, PA

Patrick Smith, MD

Clinical Instructor, Three Rivers Orthopaedics, UPMC-St. Margaret's Hospital, Pittsburgh, PA

Vonda Wright, MD

Orthopaedic Surgeon, Associate Professor, Team Surgeon Pittsburgh Ballet Theatre; Director, PRIMA (Performance and Research Initiative for Masters Athletes), Medical Director UPMC Lemieux Sports Complex, Pittsburgh, PA

Fellow/Resident Speakers**Constantinos Ketonis, MD, Ph. D**

Chief Resident, Department of Orthopaedic Surgery, The Rothman Institute, Jefferson University, Philadelphia, PA

Thema Nicholson, MS

Clinical Research Fellow- Shoulder and Elbow Division, The Rothman Institute, Philadelphia, PA

John Prodomo, MD

Resident, Department of Orthopaedic Surgery, Drexel Univ. College of Medicine/ Hahnemann Univ. Hospital, Philadelphia, PA

Raveesh Richard, MD

Resident, Department of Orthopaedic Surgery, Geisinger Medical Center, Danville, PA





Hotel Information

Vibrant and serene, bold and enchanting, the JW Marriott Scottsdale Camelback Inn Resort & Spa embraces the future and welcomes the next generation of guests into its harmonious blend of creature comforts with a storied history.

The luxury Scottsdale resort pulses with a spirit of adventure, whether you are playing one of our 2 championship Arizona golf courses; relaxing in our award-winning spa; or enjoying endless outdoor recreation, including swimming, hiking, and biking. The dramatic 125-acre campus beneath Mummy Mountain features casita rooms brimming with luxurious amenities and an indulgence of fine cuisine at our 6 restaurants.

Please register on line at:

<https://resweb.passkey.com/go/PennsylvaniaOrthopaedicSociety> to make your reservations for The JW Marriott Camelback Inn Resort & Spa. When making your reservations, be certain to identify yourself as part of the Pennsylvania Orthopaedic Society 2015 Spring Meeting block. The daily room rate for the POS room block is **\$299** and is subject to an additional 13.17% applicable state & local tax. On-site parking, fee: 10 USD daily.

A limited number of rooms are available at the POS group rate. **Reservations must be made by March 9, 2015 to receive the POS rate.** Check in available after 4:00pm / check-out 11:00am. PLEASE MAKE YOUR RESERVATIONS EARLY. For more Hotel information please visit the following website: <http://www.marriott.com/hotels/travel/phxcb-jw-marriott-scottsdale-camelback-inn-resort-and-spa/>

Event Information

POS Welcome Reception – Peace Pipe Garden

Thursday, April 9, 6:00 –7:30pm

Come mingle with family, colleagues, and friends at the POS Welcome Reception. Complimentary drinks and hors d'oeuvres will be served. Open to all attendees and a guest.

PHYSICIAN REGISTRATION

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CONTROVERSIES ACROSS THE COMMONWEALTH:
Sports Medicine & Upper Extremity
April 10-11, 2015
JW Marriott Camelback Inn Resort & Spa, Scottsdale, AZ

Register by March 9th and save \$75.
You can also register online at www.paorthosociety.org

Last Name: _____ Title (MD/DO): _____

First Name: _____

Office Address: _____

City: _____ State: _____ Zip: _____

Email Address: _____

Office Phone: _____

Office Contact: _____

Registration fee includes admission to scientific sessions, continental breakfasts, lunch, refreshment breaks, exhibit hall, and Thursday Welcome Reception (attendee & one guest).

	Before March 9th	After March 9th	Amount Paid
Member	\$550	\$625	\$ _____
Non-Member	\$650	\$725	\$ _____
Resident/Fellow	\$125	\$200	\$ _____
Allied Health Professional	\$175	\$250	\$ _____

Thursday Welcome Reception

(attendee & one guest) @ no charge

(number) _____

Payment Method (Please check appropriate box):

TOTAL \$ _____

☐ CHECK enclosed made payable to **POS**

☐ CREDIT CARD: _____ AMEX _____ VISA _____ MC

Card Number: _____

Exp Date: _____ Card Verification Number: _____

Signature: _____

Please mail this form with payment to: Susan Sands

Pennsylvania Orthopaedic Society

510 North Third Street, Floor 3

Harrisburg, PA 17101-1111

Phone: 717.909.8901 / Fax: 717.909.8906 / susan@paorthosociety.org

Cancellation Policy: There will be a \$100 processing fee for cancellations received before March 9, 2015.

Refunds will NOT be granted for cancellations received on or after March 9, 2015.



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UPCOMING POS MEETINGS

October 15-16, 2015

Fall Scientific Meeting
Avoiding and Managing Complications
Hyatt at the Bellevue, Philadelphia, PA

April 8-9, 2016

Spring Scientific Meeting
TBD
Boca Raton Resort & Club, Boca Raton, FL

October 13-14, 2016

Fall Scientific Meeting
TBD
Fairmont, Pittsburgh, PA