

THE ITIS' OF MARCH



24TH ANNUAL HAND SURGERY SYMPOSIUM MARCH 18-20, 2023

Friday, March 17, 2023 | 7:30 am – 5:00 pm

Pediatric Upper Extremity Pre-Course for Surgeons & Therapists

Course Directors:

Joshua M. Abzug, MD

Scott H. Kozin, MD

Dan A. Zlotolow, MD

Monday, March 20, 2023 | 1:00 pm – 5:00 pm

Upper Extremity Ultrasound Post-Course for Surgeons

Course Director:

Brian Jurbala, MD

Honored Professors

James Chang, MD

Thomas Kiefhaber, MD

Gary Lourie, MD

Jennifer Wolf, MD, PhD

Chairmen

A. Lee Osterman, MD

Meredith N. Osterman, MD

Praveen G. Murthy, MD

The Logan Hotel, One Logan Square, Philadelphia, PA 19103

Supported By:



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Presented By Hand Rehabilitation Foundation
HandFoundation.org

PEDIATRIC UPPER EXTREMITY PRE-COURSE 2023 FOR SURGEONS AND OCCUPATIONAL THERAPISTS

THE ITIS' OF MARCH | FRIDAY, MARCH 17, 2023 | 7:30 AM – 5:00 PM

7:30 am	Welcome Joshua M. Abzug, MD Scott H. Kozin, MD Dan A. Zlotolow, MD Inflammatory or Not So Inflammatory Conditions Moderator: Kevin J. Little, MD	11:40 am	Occupational Therapy for Extensor Tendon Injuries Justine LaPierre, MS, OTR/L, CHTMD
7:45 am	Trigger Thumb - Congenital or Not? Apurva S. Shah, MD, MBA	11:50 am	Case Presentations Theresa O. Wyrick, MD
7:55 am	Trigger Fingers - Operative and Non-Operative Management Kevin J. Little, MD	12:00 pm	Lunch
8:05 am	Macrodactyly - Why? Scott H. Kozin, MD		Spasticity Moderator: Dan A. Zlotolow, MD
8:15 am	Carpal Tunnel Syndrome Including Ultrasound Findings John R. Fowler, MD	1:00 pm	Understanding and Managing Spasticity - The Basics Sami Tuffaha, MD
8:30 am	Cubital Tunnel Syndrome- Idiopathic, Subluxation, Cubitus Valgus Theresa O. Wyrick, MD	1:10 pm	Hand for CP/Spasticity: The Role of Selective Denervation vs Muscle-Tendon Lengthening Eugene Park, MD
8:40 am	Juvenile Inflammatory Arthropathy - Clinical and Radiographic Findings & Treatment Scott H. Kozin, MD	1:25 pm	Occupational Therapy for Children with CP Jenny Dorich, MBA, OTR/L, CHT
8:50 am	Case Presentations: Potpourri Kevin J. Little, MD	1:35 pm	Occupational Therapy for Tetraplegia Sarah Ashworth, OTR/L
9:15 pm	Coffee Break		Nerve Moderator: Eugene Park, MD
	Fractures Moderator: Joshua M. Abzug, MD	1:45 pm	Targeted Muscle Reinnervation Eugene Park, MD
9:45 am	Fingertip Injuries - Do They Need Surgery? Hilton P. Gottschalk, MD	1:55 pm	Occupational Therapy for Targeted Muscle Reinnervation Justine LaPierre, MS, OTR/L, CHT
9:55 am	Phalangeal Fractures Including Phalangeal Neck Joshua Abzug, MD	2:05 pm	Acute Flaccid Myelitis - Nerve Transfers Dan A. Zlotolow, MD
10:05 am	Metacarpal fractures - Isolated and Multiple Kevin J. Little, MD	2:15 pm	Acute Rehabilitation for Transverse Myelitis Bethany M. Lipa, MD
10:15 am	Arkansas Hand Trauma Telemedicine Program (AHTTP) Theresa O. Wyrick, MD	2:25 pm	Case Presentations Eugene Park, MD
10:25 am	Occupational Therapy for Hand Fractures Nicole Bickhart, OT, CHT	2:45 pm	Coffee Break
10:35 am	Case Presentations Joshua M. Abzug, MD		Sports Injuries Moderator: Apurva S. Shah, MD, MBA
	Tendon Moderator: Theresa O. Wyrick, MD	3:15 pm	Little League Shoulder Sean R. Waldron, MD
11:00 am	Zone 1 Flexor Tendon Injuries - Diagnosis & Treatment Theresa O. Wyrick, MD	3:25 pm	Little League Elbow/Panner's Disease Apurva S. Shah, MD, MBA
11:10 am	Zone 2 Flexor Tendon Injuries - Preferred Surgical & Rehab Kevin J. Little, MD	3:35 pm	OCD of the Elbow Dan A. Zlotolow, MD
11:20 am	Occupational Therapy for Flexor Tendon Injuries Heather Weesner, OT, CHT	3:45 pm	Gymnast Wrist Joshua M. Abzug, MD
11:30 am	Extensor Tendon Injuries Hilton P. Gottschalk, MD	3:55 pm	Occupational Therapy Meagan Pehnke, MS, OTR/L, CHT, CLT
		4:05 pm	Discussion/Case Examples Dan A. Zlotolow, MD

CONTINUED ON THE NEXT PAGE

**Brachial Plexus Birth Palsy
Reconstructive Surgery**

Moderator: Scott H. Kozin, MD

4:15 pm

**Assessment and Diagnosis of the Dysplastic
Shoulder**

Apurva S. Shah, MD, MBA

4:25 pm

**Shoulder Procedures for BPBP – Tendon
Transfers, Fusion To Gain Tendons, Motion
Capture**

Scott H. Kozin, MD

4:35 pm

**Occupational Therapy and Update on Focus
Group Research**

Jenny Dorich, MBA, OTR/L, CHT

4:45 pm

Case Presentations

Scott H. Kozin, MD

5:00 pm

Adjourn



SATURDAY MARCH 18, 2023



Denotes Cadaver Demo

6:30 am **Registration & Continental Breakfast**

7:30 am **General Session - Welcome**

A. Lee Osterman, MD



Basics of Tendonitis

Moderator: *David S. Zelouf, MD*

7:35 am **Tendonitis vs Tendinosis**

James Chang, MD

7:45 am **Tendinopathy: From the Bench to the Bedside**

Rowena McBeath, MD, PhD

7:55 am **Complex Trigger – FDS Resection**



Thomas R. Kieffhaber, MD

8:10 am **Complications of Trigger Finger Release**

Jennifer M. Wolf, MD, PhD

8:20 am **DeQuervain's and Intersection Syndrome Release**



David S. Zelouf, MD

8:35 am **Complications of Dequervain's Release**

Gary M. Lourie, MD

8:45 am **CASE PRESENTATIONS: TENDONITIS**

Moderators: *A. Lee Osterman, MD*

David S. Zelouf, MD

Panelists: *James Chang, MD, Thomas R. Kieffhaber, MD,*

Gary M. Lourie, MD, Jennifer M. Wolf, MD, PhD

9:45 am **Coffee Break/Exhibit**



More Tendon Dilemmas

Moderator: *Thomas J. Gillon, MD*

10:15 am **Tendon Issues in RA**

Stephanie Sweet, MD

10:25 am **Calcific Tendonitis Doesn't Just Happen in Shoulders**

Andrew J. Miller, MD

10:35 am **Small Joint Arthroscopy for Arthritis**



Sanjeev Kakar, MD

10:50 am **My Approach to Elbow Tendonitis**

Mark E. Baratz, MD

11:00 am **Open Treatment of Lateral Elbow Release**



Kenneth A. Kearns, MD

11:15 am **Biologics for Tendonitis (PRP)**

Steven J. Lee, MD

11:30 am **Tenjet with Ultrasound**



Meredith N. Osterman, MD

Adam B. Strohl, MD

11:45 am **Industry Sponsored Labs (not for CME)**

Lab 1: Mission Surgical

Lab 2:

Lab 3:

Lab 4:

12:45 pm **Lunch (provided)/Exhibit**



Sportsitis

Moderator: *Michael J. Hayton, MD*

1:30 pm **Profundus Avulsion Injuries**

James Chang

1:40 pm **Reconstruction of Thumb UCL**



Steve S. Shin, MD

1:55 pm **Thumb CMC Dislocations**

Vincent D. Pelligrini, Jr., MD

2:05 pm **RCL Reconstruction of Index MP**



Gary M. Lourie, MD

2:20 pm **Current Treatment of Mallet Finger**

John R. Fowler, MD

2:30 pm **Exertional Compartment Syndrome**

Sanjeev Kakar, MD

2:40 pm **CASE PRESENTATIONS: SPORTS DILEMMAS**

Moderators: *Mark E. Baratz, MD*

Michael J. Hayton, MD

Panelists: *John R. Fowler, MD, Gary M. Lourie, MD,*

Steve S. Shin, MD

3:15 pm **Coffee Break/Exhibit**

3:30 pm **A. Lee Osterman, MD Award Presentation**

3:45 pm -

5:30 pm

CONCURRENT PANELS

PANEL I

Lysis to Kill: Dealing with Tendon Adhesions

Moderator: *Jennifer M. Wolf, MD, PhD*

Panelists: *James Chang, MD, Mark S. Rekan, MD,*

Adam B. Strohl, MD, Sami Tuffaha, MD

PANEL II

Eyes Wide Open: The Future of WALANT

Moderator: *Meredith N. Osterman, MD*

Panelists: *Mark E. Baratz, MD,*

Leonid I. Katolik, MD, Steven M. Koehler, MD

PANEL III

Dupuytren's: Needle or Knife

Moderator: *Jeffrey A. Greenberg, MD*

Panelists: *Sidney M. Jacoby, MD,*

David A. Kulber, MD, A. Lee Osterman, MD,

Gary M. Pess, MD

**SUNDAY
MARCH 19, 2023**

6:30 am **Continental Breakfast**



I Don't Deserve This Award, but I Have Arthritis and I Don't Deserve That Either

Moderator: *Praveen G. Murthy, MD*

7:15 am **Thumbs Up: A Lifetime Investigating the Thumb**
Vincent D. Pelligrini, Jr., MD

7:25 am **Deinnervation**
Sami Tuffaha, MD

7:40 am **To Suspend Suspensionplasty**
A. Lee Osterman, MD

7:50 am **Stablyx**
Jorge L. Orbay, MD

8:05 am **Complication of Thumb Arthroplasty/Reconstruction**
Jennifer M. Wolf, MD, PhD

8:15 am **Thumb CMC Arthrodesis**
Thomas R. Kiefhaber, MD

8:30 am **What To Do With the Thumb MP Joint**
John R. Fowler, MD

8:40 am **Arthroscopic CMC**
Alejandro Badia, MD

8:55 am **Letting out the SLAC: SLAC Before and SLAC After CMC Reconstruction**
Peter J. Stern, MD

9:10 am **What To Do With Stage 2: CMC**
Jennifer M. Wolf, MD, PhD

9:30 am **Coffee Break/Exhibits**

"Castor oil has long been used as a remedy for a whole host of ailments, including arthritis."



Interphangeal Arthritis: What To Do With PIPs and DIPs

Moderator: *Sidney M. Jacoby, MD*

10:00 am **PIP Arthritis: Overview**
Eon K. Shin, MD

10:10 am **PIP Silicone Arthroplasty**
Michael J. Hayton, MD

10:25 am **Rodin's Hand**
James Chang, MD

10:35 am **The Secrets of Hemi-Hamate Arthroplasty**
David S. Zelouf, MD

10:50 am **Novel Solutions Around the Compromised PIPJ**
Mark E. Baratz, MD

11:05 am **A Novel Meniscal Technique**
David A. Kulber, MD

11:20 am **DIP : Replace or Fuse**
A. Lee Osterman, MD

11:30 am **PIP arthrodesis**
Thomas R. Kiefhaber, MD

11:40am **DIP Arthrodesis in Flexion**
Lloyd P. Champagne, MD

11:50 am **DIP Arthrodesis: Various Techniques**
Seth D. Dodds, MD

12:00 pm **Exhibitor Sponsored Training Labs (Not for CME)**
Lab 5: Skeletal Dynamics
Lab 6: AM Surgical
Lab 7:
Lab 8:

12:00 pm **Lunch (provided)/Exhibits**

"Life begins at forty, but so does arthritis, and the habit of telling the same story three times to the same person."



The MP Joint

Moderator: *Patrick M. Kane, MD*

1:00 pm **Reconstruction ECU Sheath**
Mark E. Baratz, MD

1:15 pm **Current State of MP Arthritis: Anatomy, Imaging & Ulnar Drift**
Michael J. Hayton, MD

1:25 pm **MP Arthroplasty - Pyrocarbon**



Michael J. Hayton, MD

1:40 pm **Imbalances at the MP joint
(Intrinsics, Subluxing Extensor Tendon)**

Mark E. Baratz, MD

1:50 pm **Intrinsic Release and Sagittal Band Reconstruction**



Peter J. Stern, MD

2:05 pm **Boutonnieres for Dummies**

Jeffrey A. Greenberg, MD

2:15 pm **Surgical Reconstruction of the Central Slip**



Steven M. Koehler, MD

2:30 pm **Zebras That Affect the MCP Joint**

Matthew S. Wilson, MD

2:40 pm **Volar Capsulodesis for the PIP Joint**

Jeffrey A. Greenberg, MD

3:00 pm **Coffee Break/Exhibits**

3:30 pm -
5:30 pm

CONCURRENT PANELS

PANEL IV

Wrist Arthritis

Moderator: *Vincent D. Pellegrini, Jr., MD*

Panelists: *Steven J. Lee, MD,*

John D. Lubahn, MD, Scott W. Wolfe, MD

PANEL V

Joint Contractures

Moderator: *James Chang, MD*

Panelists: *Lloyd P. Champagne, MD,*

David A. Kulber, MD, Gary M. Pess, MD,

Jennifer M. Wolf, MD, PhD

**MONDAY
MARCH 20, 2023**

6:30 **Continental Breakfast**

"There are seven trillion nerves in the human body and some people are capable of getting on every one of them."



Neuritis

Moderator: *L. Andrew Koman, MD*

7:00 am **Analysis of the Numb Hand: What the Soothsayer
Cannot See**

Lloyd P. Champagne, MD

7:20 am **When All Nerve Pain is Not Carpal Tunnel**

John D. Lubahn, MD

7:30 am **Pronator Release**



John D. Lubahn, MD

7:45 am **To Wrap or Not to Wrap: Do the Costs
Justify the Results**

Mark S. Rekant, MD

7:55 am **Neuroma Management: Algorithm & Techniques
(Nerve Cap, Allograph to Nowhere)**



Kyle R. Eberlin, MD

8:10 am **Nerve Transfer Overview**

Matthew S. Wilson, MD

8:20 am **AIN Supercharge**



Adam B. Strohl, MD

8:15 am **Electrical Stimulation: Its Role for the Damaged
and Depressed Nerve**

Brian J. Loeffler, MD

8:45 am **Allograph vs Autograft**

Jonathan E. Isaacs, MD

8:55 am **Neuropathic Pain Management**

L. Andrew Koman, MD

9:05 am **The Recalcitrant Carpal Tunnel: Revision with
Hypothenar, Tenosynovial and Muscle Flaps**



Praveen G. Murthy, MD

9:15 am **CASE PRESENTATIONS**

Moderators: *L. Andrew Koman, MD*

Brian J. Loeffler, MD

Panelists: *Kyle R. Eberlin, MD, Jonathan E. Isaacs, MD,*

Adam B. Strohl, MD

10:30 am **Exhibitor Sponsored Training Labs (Not for CME)**

Lab 9:

Lab 10:

Lab 11:

Lab 12:

11:30 am **Meeting Adjourns**

**ULTRASOUND POST-COURSE
MONDAY, MARCH 20, 2023 | 1:00 PM TO 5:00 PM**

12:00 pm Lunch provided for Ultrasound Registrants

1:00 pm **Welcome and Overview**

Brian Jurbala, MD, RMSK, CAQSH, CAQSM

- What is Ultrasound? What Can it Image/Identify?
- Advantages/Disadvantages
- Ultrasound as a Navigation Tool
- MSK Future

1:30 pm **Ultrasound Basics/Knobology/
Scanning Techniques**

2:00 pm **Wrist**

- Ultrasound of Nerves
- Carpal Tunnel
- Occult Scaphoid
- De Quervain's
- SL Ligament Tear
- TFCC
- Hypothenar Hammer
- Ganglions/ Soft Tissue Tumors

2:30 pm **Hand**

- Foreign Bodies
- Mass ID (Cystic, Solid, Nerve)
- Tendon Ruptures
- Fractures
- Sagittal Band Rupture
- Thumb UCL
- Trigger Fingers/Tenosynovitis

3:00 pm **Discussion and Q & A with Lecturers**

3:15 pm **Coffee Break**

3:30 pm **Ultrasound Equipment Selection /
Coding & Billing Discussion**

3:45 pm **Interventional Topics and the Future of
MSK Ultrasound**

4:00 pm **Live Model Scanning Lab**

5:00 pm **Course Wrap up and Q & A**

5:15 pm **Course Adjourns**

The Philadelphia Hand Rehabilitation Foundation is proud to present the **24th 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.

MEETING AND HOTEL INFORMATION:

The Logan Philadelphia, Curio Collection by Hilton

One Logan Square

Philadelphia, Pennsylvania, 19103

Room Rate: \$219.00/night.

Deadline for reduced rates: February 19, 2023

HOTEL RESERVATIONS:

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

Book Online: <https://group.curiocollection.com/kvwgsz>

REGISTER ONLINE AT WWW.HANDFOUNDATION.ORG | ON-SITE ONLY AFTER MARCH 5, 2023

PRESENTED BY THE HAND REHABILITATION FOUNDATION

At the conclusion of this activity, the participants will:

1. Define and identify conditions of the upper extremity, including arthritis, tendonitis and neuritis, how to avoid them and how to treat them when they occur.
2. Review complex injuries including arthritis, ligament 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 arthritis, tendonitis and neuritis.
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.



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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.

2023 FACULTY

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Monkton, MD

Alejandro Badia, MD
Miami, FL

Mark E. Baratz, MD
Bethel Park, PA

Lloyd P. Champagne, MD
Phoenix, AZ

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Dan A. Zlotolow, MD ♦
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PEDIATRIC THERAPY FACULTY:

Sarah Ashworth, OTR/L

Nicole Bickhart, OT, CHT

Jenny Dorich, MBA, OTR/L, CHT

Justine LaPierre, MS, OTR/L, CHT

Meagan Pehnke, MS, OTR/L, CHT, CLT

Heather Weesner, OT, CHT

**Honored Professor*

♦Pediatric Pre-Course Faculty

■Ultrasound Post-Course Faculty

COURSE REGISTRATION FORM



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

Name _____ Degree _____

Address _____

City, State, Zip _____

E-Mail (Required) _____

Telephone (Work) _____ (Home) _____ (Fax) _____

Concurrent Panels and Labs <i>Please indicate your first, second and third choices in order of preference for each day of the conference.</i>	Day/Date	Session (Check online for updates to labs and program)	1st Choice	2nd Choice	3rd Choice
	Saturday, March 18	Exhibitor Sponsored Training Lab 11:45 am - 12:45 pm			
	Saturday, March 18	Concurrent Panel 3:30 – 5:30 pm			
	Sunday, March 19	Exhibitor Sponsored Training Lab 11:45 am - 12:45 pm			
	Sunday, March 19	Concurrent Panel 3:30 – 5:30 pm			N/A
	Monday, March 20	Exhibitor Sponsored Training Lab 11:00 am - 12:00 pm			

Registration ON SITE ONLY after March 5, 2023.

	FEE
1-Day Pediatric Pre-Course for Surgeons & Therapists – Friday, March 18, 2023	\$425
Ultrasound Post-Course – Monday, March 20, 2023 (1pm - 5 pm)	\$400
Surgeon/Physician	\$1,250
Surgeon/Physician with \$50 Donation	\$1,300
Military (proof of active service required)	\$750
Allied Health Professional	\$850
Resident/Fellow (Must include letter from Chief of Service)	\$850
Late Fee: Add \$50 to all ON SITE registrations.	
Yes! I would like to make a tax deductible donation to Hand Rehabilitation Foundation. ☐ \$100 ☐ \$50 ☐ \$25 ☐ Other \$ _____	
TOTAL	

Cancellation Policy: A full refund less a \$75 cancellation fee will be issued if written notification is received by March 5, 2023.
No refunds after March 5, 2023.

☐ 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

Please complete this form and mail to:

Hand Rehabilitation Foundation, 120 Huntingdon Pike, Ste 100, Rockledge, PA 19046

Virtual Syllabus 2023

Watch your email for details!

There will be NO syllabus book.

REGISTER ONLINE AT WWW.HANDFOUNDATION.ORG | ON-SITE ONLY AFTER MARCH 5, 2023