

20th Annual AAOS/AOSSM/AANA SPORTS MEDICINE COURSE

PROGRAM SCHEDULE



January 30 – February 3, 2019
Park City, UT

Brian J. Cole, MD, MBA

Course Director

CAPT (Ret.) Matthew T. Provencher, MD MC USNR

Kevin E. Wilk, DPT, PT, FAPTA

Course Co-Directors

AAOS
AMERICAN ACADEMY OF
ORTHOPAEDIC SURGEONS

aosssm
American Orthopaedic Society
for Sports Medicine

AANA | ARTHROSCOPY ASSOCIATION
OF NORTH AMERICA

20th Annual AAOS/AOSSM/AANA Sports Medicine Course:
Keeping Patients Active Through Biologics, Therapy and Contemporary Surgical Techniques #3243
January 31-February 4, 2019. Park City, UT
Course Director: Brian J. Cole, MD, MBA
Co-Directors: CAPT (Ret) Matthew T. Provencher, MD, MC USNR, Kevin E. Wilk, PT, DPT, FAPTA

October 23, 2018
CME Credit: 19.5 plus 2.5 for ultrasound session
Content and faculty subject to change

WEDNESDAY EVENING, JANUARY 30

3:00-4:00pm Registration (*Kokopelli Ballroom Foyer*)
Refreshments with Exhibitors

4:00-4:30 SPOTLIGHT SESSION TBD*:(*Kokopelli Ballroom*)

4:30-4:35 Break (*Kokopelli Ballroom Foyer and Parlor 1*)

4:35-4:40 Welcome and Introduction (*Kokopelli Ballroom*)
Brian J. Cole, MD, MBA

ROTATOR CUFF

Case Based Learning

Moderator: *Brian J. Cole, MD, MBA*
Panel: *Drs. Brockmeier, Burks, Savoie, Wilk*

4:40- 4:50 Keeping the patient out of the operating room with a Rotator Cuff Tear: Does physical therapy really work?
Kevin E. Wilk, PT, DPT, FAPTA

4:50-5:05 A partial thickness rotator cuff tear in a 28-year-old “nearly retired weekend warrior” baseball pitcher...What works most of the time for me?
Felix H. Savoie, III MD

5:05-5:20 A “new” rotator cuff tear of the supraspinatus in a 51-year-old paddle player and skier – All my tricks
Stephen F. Brockmeier, MD

5:20-5:35 A failed prior rotator cuff repair in a 53-year-old avid cyclist and “curler” – just fix it again and stop the “nonsense”
Robert T. Burks, MD

5:35-5:50 Recurrent pain, weakness and tear in a sleepless 72 year-old ...patch it, SCR or call it a day and replace?
Brian J. Cole, MD, MBA

SLAP and BICEPS

Case Based Learning

Moderator: *CAPT (Ret) Matthew T. Provencher, MD, MC USNR*

Panel: *Drs. Cole, Field, McIntyre, Savoie, Wilk*

- 5:50-6:05 A SLAP Tear in a 23 year-old overhead high intensity “cultfit” athlete – How to Fix in 2019
Felix H. Savoie, III MD
- 6:05-6:20 A 42 year-old with a Failed SLAP Repair and “biceps tendonitis” – What to Do?
CAPT (Ret) Matthew T. Provencher, MD, MC USNR
- 6:20-6:50 **Refreshments/Beverages with Exhibitors and Faculty (*Kokopelli Foyer and Parlor 1*)**

SHOULDER

Lectures

- 6:50-7:00 Patches and ECM: What, When, Where and How Do We Get It Paid For?
Louis F. McIntyre, MD
- 7:00-7:10 Biologics and RCR: What Works in 2019
Brian J. Cole, MD, MBA
- 7:10-7:20 Surgical Technique, Pearls and Pitfalls, and Post-Operative Rehabilitation
CAPT (Ret) Matthew T. Provencher, MD, MC USNR

Tips of the Trade: Video Technique Corner

Moderator: *Louis F. McIntyre, MD*

- 7:20-7:25 Arthroscopic Proximal Biceps Tenodesis: How I Do This
Felix H. Savoie, III, MD
- 7:25-7:30 Subpectoral Tenodesis: How I Do This (Interference Screw)
Louis F. McIntyre, MD
- 7:30-7:35 Subpectoral Tenodesis: How I Do This (Suture Anchor)
Brian J. Cole, MD, MBA
- 7:35-7:40 Double Row Repair: How I Do This
Larry D. Field, MD

Case Based Learning

Moderator: *CAPT (Ret) Matthew T. Provencher, MD, MC USNR*

Panel: *Drs. Brockmeier, Cole, McCarty*

- 7:40- 7:55 AC Joint:
A 27 year-old recreational soccer player with a chronic Grade 3 AC separation that limits ability to play and condition (lift weights)
Eric C. McCarty, MD
- 7:55-8:10 Clavicle Fractures:
A 35 year old snowboarder and mountain biker with mid-shaft clavicle fracture and a butterfly fragment – how I handle this and has the pendulum swung to operative treatment?"
Eric C. McCarty, MD

8:10-8:25	The Painful Scapula: 1) A 35 year-old women with proximal scapular pain after years of rehabilitation. 2) A 40 year-old with scapular winging after a motor vehicle accident. <i>Stephen F. Brockmeier, MD</i>
8:25-8:35	Audience Questions and Discussion
8:35	Adjourn for Evening

* The Industry Spotlight Session is Non-CME. Views and Products Are Not Endorsed by AAOS, AOSSM, or AANA

THURSDAY MORNING, JANUARY 31

6:30-6:55am Power Breakfast with Exhibitors (**Kokopelli Ballroom Foyer and Parlor 1**)

6:55-7:00 Announcements (**Kokopelli Ballroom**)
Brian J. Cole, MD, MBA

THE UNSTABLE SHOULDER

Case Based Learning

Moderator: *Robert T. Burks, MD*

Panel: *Drs. Brockmeier, Cole, Eichinger, Provencher, Savoie, Wilk*

7:00-7:10 Peri-Operative Rehabilitation: 18 year-old Lacrosse player with a first-time dislocation: The role of non-surgical care and getting them back if you fix them
Kevin E. Wilk, PT, DPT, FAPTA

7:10-7:20 Shoulder Instability: Arthroscopic Indications and Management of the Early Anterior Dislocator: A 22 year-old female goal-keeper with an initial dislocation - What to Do in 2019?"
Brian J. Cole, MD, MBA

7:20-7:35 Arthroscopic Treatment for Patients with Minimal Bone Loss and Anterior Instability: A 24 year-old male with recurrent instability with 10% glenoid bone loss and a Hill Sachs Lesion: I do it arthroscopically!"
Robert T. Burks, MD

7:35-7:50 Open Treatment for Patients with Minimal Bone Loss and Anterior Instability: A 24 year-old male with recurrent instability with 10% glenoid bone loss and a Hill Sachs Lesion: I do it open!"
Josef K. Eichinger, MD

7:50-8:05 Latarjet for Patient with a Failed Arthroscopic or More Critical Bone Loss and Anterior Instability: A 31 year-old 14 months after a scope stabilization that failed - with 28% bone loss and Hill Sachs – I do a Latarjet!
Stephen F. Brockmeier, MD

8:05-8:20 Distal Tibia for Patients with More Critical Bone Loss and Anterior Instability: A 28 year-old military guy with “lots of bone loss”- Thinking outside the box. I do a distal tibia allograft
CAPT (Ret) Matthew T. Provencher, MD, MC USNR

8:20-8:35 Arthroscopic Stabilization for Posterior Instability: 36 year-old who lifts weights and has recurrent posterior instability with benching and doing push ups – How I fix this in 2019
Felix H. Savoie, III, MD

Break with Exhibitors and Faculty (Kokopelli Ballroom Foyer and Parlor 1**)**

8:55-9:15 **LIVE** Patient Presentation: The Painful Unstable Shoulder
Robert T. Burks, MD
Panel: *Drs. Eichinger, Maak, Provencher, Tokish*

Tips of the Trade: Video Technique Corner

Moderator: *John M. Tokish, MD*

- 9:15-9:20 Multidirectional Instability: How I Do This
Larry D. Field, MD
- 9:20-9:25 Latarjet: How I Do This
Josef K. Eichinger, MD
- 9:25-9:30 Remplissage: How I Do This
John M. Tokish, MD
- 9:30-9:45 Q&A
- 9:45 Adjourn for Recreational Time

THURSDAY AFTERNOON, JANUARY 31

- 2:45-3:00pm Refuel Refreshments with Exhibitors

REHABILITATION FOCUS SESSION

Moderator: *Kevin E. Wilk, PT, DPT, FAPTA*

- 3:00-4:00 • What's New in ACL Rehab - *Wilk*
 • Return to Play Criteria: Evidence Based - *Wilk*
 • New Rehab Concepts/Techniques for the Overhead Athlete - *Wilk*
 • Enhancing Performance & Reducing Injury Risk in Throwers - *Reinold*
 • Rehab for Tendinopathies; What's new & what works - *Reinold*
 • What's New in ACL Rehab - *Wilk*
 • Return to Play Criteria: Evidence Based - *Wilk*
 • New Rehab Concepts/Techniques for the Overhead Athlete - *Wilk*
 • Enhancing Performance & Reducing Injury Risk in Throwers - *Reinold*
 • Rehab for Tendinopathies; What's new & what works - *Reinold*
- 4:00-4:05 **Beverage Break (*Kokopelli Ballroom Foyer and Parlor 1*)**
- 4:05-5:05 SPOTLIGHT SESSION TBD*: (*Kokopelli Ballroom*)
- 5:05-5:10 **Beverage Break**

THURSDAY EVENING, JANUARY 31

- 5:10-5:15 Announcements (*Kokopelli Ballroom*)
CAPT (Ret) Matthew T. Provencher, MD, MC USNR

SPORTS MEDICINE AND THE TEAM PHYSICIAN

Moderator: *John M. Tokish, MD*

Lectures

- 5:15- 5:30 How to do a High School and College Pre-participation Physical – What Not To Miss
Alison P. Toth, MD

- 5:30-5:40 The Locker Room: Getting Them Out There....Again!
Eric C. McCarty, MD
- 5:40-5:50 Peri-operative Pain Management: What Can We Do to Solve the Crisis?
Steven B. Cohen, MD
- 5:50-6:05 Supplements: Powders, Pills and Injections: Tell Me What Works and How I Can Keep It Going!
John M. Tokish, MD
- 6:05-6:15 Concussions: The Do's and Don'ts of Proper Management
Rachel M. Frank, MD
- 6:15-6:30 Q&A
- 6:30-6:50 **Beverage Break with Exhibitors and Faculty**
- 6:50-7:05 **Key Note:** Thanks To All of You in This Room...This Is How We Survived Our Injuries!
Steve and Phil Mahre

**ORTHOBIOLOGICS IN SPORTS MEDICINE AND THE AGING ATHLETE;
A PARTNERSHIP WITH THE ON FOUNDATION**

Moderator: *Brian J. Cole, MD, MBA*

Lectures

- 7:05-7:10 What is the ON Foundation?
Brian J. Cole, MD, MBA
- 7:10-7:25 PRP in 2019: Where, When, How: What is the BEST Evidence?
Adam B. Yanke, MD
- 7:25-7:35 BMAC: Where, When and How: What is the BEST Evidence?
CAPT (Ret) Matthew T. Provencher, MD, MC USNR
- 7:35-7:45 OrthoBiologics: All the Other Stuff!
Rachel M. Frank, MD
- 7:45-8:00 OrthoBiologics: Getting Paid
Brian J. Cole, MD, MBA

Case Based Learning

Moderator: *Brian J. Cole, MD, MBA (moderator bringing cases)*

Panel: *Drs. Frank, Provencher, Yanke*

- 8:00-8:35 Using Orthobiologics in "Biologic Surgery"
- 8:35 Adjourn for the Evening

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FRIDAY MORNING, FEBRUARY 1

6:30-6:55am Power Breakfast with Exhibitors

6:55-7:00am Announcements **(Kokopelli Ballroom)**
Kevin E. Wilk, PT, DPT, FAPTA

KNEE LIGAMENT

(Kokopelli Ballroom Foyer and Parlor 1)

Case Based Learning

Moderator: *Nikhil N. Verma, MD*

Panel: *Drs. Faucett, Getelman, Reinold, Toth*

7:00-7:15 ACL Injuries: Can we truly prevent them?
10 Key Concepts to Ensure a Successful Outcome
Michael M. Reinold, PT

7:15-7:30 ACL Reconstruction in the Skeletally Immature:
12 year-old female gymnast with an acute ACL tear
Alison P. Toth, MD

7:30-7:45 ACL Reconstruction with a BTB Autograft:
How to treat a 23 year-old recreational female soccer player with acute ACL tear
Nikhil N. Verma, MD

7:45-8:00 ACL Reconstruction with a Hamstring Autograft:
How to treat a 44 year-old female with ACL tear sustained during paddle tennis
Mark H. Getelman, MD

8:00-8:15 ACL Reconstruction with a Quad tendon vs Allograft
A failed ACL reconstruction in a 34 year-old attorney who plays golf
Eric C. McCarty, MD

8:15- 8:35 **Beverage Break with Exhibitors and Faculty**

Case Based Learning

Moderator: *Nikhil N. Verma, MD*

Panel: *Drs. Faucett, Getgood, Johnson, Provencher, Wilk*

8:35-8:50 The Anterolateral Ligament
A 22 year-old female with knee hyperextension reinjures her knee 9 months after her ACL reconstruction...what do I do now?
Alan Getgood, MD, FRCS (Ortho)

8:50-9:05 Collateral Ligament Injury
A 23 year-old male who sustains an acute complete MCL injury...what do we do now?"
CAPT (Ret) Matthew T. Provencher, MD, MC USNR

9:05- 9:15 Collateral Ligament Injury
34 year-old male with a history of chronic LCL deficiency and associated ACL tear - what to do?"
Scott C. Faucett, MD

9:15-9:30 The Multiligament Injured Knee
A 25 year-old male who dislocated his knee at football camp presents to the emergency room.
What do I do now and when and how will I fix it?"
Darren L. Johnson, MD

Lecture

9:30-9:45 ACL Rehab: Top 10 Key Concepts
Kevin E. Wilk, PT, DPT, FAPTA

Tips of the Trade: Video Technique Corner

Moderator: *Alan Getgood, MD, FRCS (Ortho)*

9:45- 9:50 The Qaudriceps Tendon Harvest
Scott C. Faucett, MD

9:50-10:00 The ALL: Ligament Reconstruction and ITB Tenodesis
Alan Getgood, MD, FRCS (Ortho)

10:00- 10:15 Audience Question and Answer

10:15 Adjourn for Recreational Time

FRIDAY AFTERNOON, FEBRUARY 1

- 2:45-3:00pm Refuel Refreshments with Exhibitors and Faculty (***Kokopelli Ballroom Foyer and Parlor 1***)
- 3:00-4:00 SPOTLIGHT SESSION TBD*: (***Kokopelli Ballroom***)
- 4:00-4:10 **Beverage Break** (***Kokopelli Ballroom Foyer and Parlor 1***)

FRIDAY EVENING, FEBRUARY 1

- 4:10-4:15 Announcements (***Kokopelli Ballroom***)
Brian J. Cole, MD, MBA

REHABILITATION SESSION

Moderator: *Brian J. Cole, MD, MBA*

Lectures

- 4:15-4:20 Rehab of the PF Joint Anterior Knee Pain and Acute PF instability Event
Michael M. Reinold, PT
- 4:20-4:25 Rehabilitation following Meniscal Repair
Michael M. Reinold, PT

ARTICULAR CARTILAGE AND MENISCUS

Moderator: *Rachel M. Frank, MD*

- 4:25-4:40 **Key Note:** Management of the Athlete with Articular Cartilage Disease
Brian J. Cole, MD, MBA
- 4:40-4:55 **Key Note:** Articular Cartilage Treatment: What is the Best Available Evidence?
Rachel M. Frank, MD
- 4:55-5:10 **Key Note:** Femoral and Tibial Osteotomies in the Setting of Cartilage Repair
Alan Getgood, MD, FRCS (Ortho)

Case Based Learning

Moderator: *Rachel M. Frank, MD*

Panel: *Drs. Cohen, Cole, Getgood, Johnson, Yanke*

- 5:10-5:25 An isolated bucket handle tear in an 18 year old collegiate in-season female soccer player
Darren L. Johnson, MD
- 5:25-5:40 Meniscal root tear in a 25 year-old NBA Player
Adam B. Yanke, MD
- 5:40- 5:55 Meniscal root tear in a 52 year-old woman
Steven B. Cohen, MD
- 5:55-6:15 **Beverage Break with Exhibitors and Faculty**

Case Based Learning

Moderator: *Brian J. Cole, MD, MBA (moderator bringing cases)*

Panel: *Drs. Frank, Johnson, Tokish, Toth, Yanke*

6:15-7:00 Case Presentations: Articular Cartilage and Meniscal Deficiency

PATELLOFEMORAL

Moderator: *Adam B. Yanke, MD*

7:00-7:15 **Key Note:** Evaluation and Treatment Options for Patellofemoral Instability
Alison P. Toth, MD

Case Based Learning

Moderator: *Adam B. Yanke, MD (moderator bringing cases)*

Panel: *Drs. Frank, Getelman, Getgood, Provencher, Toth, Verma*

7:15-8:00 Case Presentations: Patellofemoral Instability and Articular Cartilage Disease of the Patellofemoral Joint

8:00 Adjourn for the Evening

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SATURDAY MORNING, FEBRUARY 2

6:30-6:55am Power Breakfast/Exhibits (***Kokopelli Ballroom Foyer and Parlor 1***)

6:55-7:00 Announcements (***Kokopelli Ballroom***)
Matthew T. Provencher, MD

HIP, FOOT AND ANKLE, HAND

Case Based Learning

Moderator: *Darren L. Johnson, MD*

Panel: *Drs. Faucett, Frank, Johnson, Maak, Reinold, Tokish*

7:00-7:15 Rehabilitation of the hip: Helping keep patients out of the operating room who have radiologic abnormalities
Michael M. Reinold, PT

7:15- 7:30 A 22 year-old hockey player with hip pain
Scott C. Faucett, MD

7:30-7:40 A 20 year-old male basketball player with midfoot pain
John M. Tokish, MD

7:40-7:50 A 19 year old male with an acute foot inversion injury
Travis G. Maak, MD

7:50-8:00 A 21 year-old female with ankle pain and mechanical symptoms
Rachel M. Frank, MD

8:00-8:10 A 29 year-old football player with a fall on the outstretched hand with wrist pain
Darren L. Johnson, MD

8:10-8:30 **Beverage Break with Exhibitors and Faculty**

ELBOW

Case Based Learning

Moderator: *Larry D. Field, MD*

Panel: *Drs. Cohen, Provencher, Verma*

8:30-8:45 A 16 year-old gymnast with lateral elbow pain and intermittent mechanical symptoms
Larry D. Field, MD

8:45-9:00 A 22 year-old baseball player with acute onset medial elbow pain.
Nikhil N. Verma, MD

9:00-9:15 A 46 year-old competitive tennis player with lateral sided elbow pain
CAPT (Ret) Matthew T. Provencher, MD, MC USNR

9:15-9:30 A 52 year-old with acute anterior elbow pain, bruising and a deformity
Steven B. Cohen, MD

9:30 Adjourn for Recreational Time

SATURDAY AFTERNOON, FEBRUARY 2

- 2:45-3:00pm Refuel Refreshments with Exhibitors (*Kokopelli Ballroom Foyer and Parlor 1*)
- 3:00-4:00 SPOTLIGHT SESSION* TBD: (*Kokopelli Ballroom*)
- 4:00-4:05 Beverage Break (*Kokopelli Ballroom Foyer and Parlor 1*)

SATURDAY EVENING, FEBRUARY 2

- 4:05-4:10 Announcements (*Kokopelli Ballroom*)
Brian J. Cole, MD, MBA

Tips of the Trade: Video Technique Corner

Moderator: *Brian J. Cole, MD, MBA*

- 4:10-4:25 Meniscus Transplantation and OA Graft
Brian J. Cole, MD, MBA
- 4:25-4:40 FAI Surgery
Scott C. Faucett, MD
- 4:40-4:55 SCR Surgery
CAPT (Ret) Matthew T. Provencher, MD, MC USNR

Case Based Learning

Moderator: *Drs. Cole and Provencher (moderators bringing cases)*

Panel: *Drs. Cohen, Faucett, Provencher, Tokish, Verma*

- 4:55-5:15 Managing Complex Problems of the Shoulder and Knee

ATHLETE'S SHOULDER

Moderator: *Steven B. Cohen, MD*

- 5:15-5:30 **Key Note:** Evaluation and Management of the Throwing Shoulder
John M. Tokish, MD
- 5:30-5:45 **Key Note:** Rehab Following Shoulder Stabilization & Criteria to Return to Play
Kevin E. Wilk, PT, DPT, FAPTA

Case Based Learning

Moderator: *Steven B. Cohen, MD (moderator bringing cases)*

Panel: *Drs. Cole, Tokish, Verma, Wilk*

- 5:45-6:00 The Painful Overhead Athlete: Shoulder and Elbow Cases
- Traumatic UCL Tear: Non-Dominant Elbow in Professional Baseball Player
 - Traumatic Shoulder Dislocation: Non-Dominant Shoulder of Professional Baseball Player
 - Traumatic Medial Epicondyle Fracture in Adolescent Baseball Player
 - High Grade Partial Cuff Tear in Professional Pitcher
- 6:00 Adjourn for the Evening and Ultrasound Session

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SATURDAY EVENING, FEBRUARY 2

These sessions are limited to 70 attendees each. Registration was required with your course registration.

6:00-6:30pm Beverage/Refreshment Break
(For Ultrasound Session Registrants: Badges required)

6:30-9:00pm

ULTRASOUND COURSE: (purple group) (*Kokopelli Ballroom*)

DIAGNOSTIC AND THERAPEUTIC ULTRASOUND HANDS-ON TRAINING

Kyle Pilz, PA-C

Shoulder Pathology
Demo Shoulder Exam

Elbow Pathology
Demo Elbow Exam

Knee Pathology
Demo Knee Exam

Q&A
Live Model Lab

SUNDAY MORNING, FEBRUARY 3

6:30-7:00am Breakfast (*Kokopelli Ballroom Foyer and Parlor 1*)

7:00-9:30am

ULTRASOUND COURSE: (green group) (*Kokopelli Ballroom*)

DIAGNOSTIC AND THERAPEUTIC ULTRASOUND HANDS-ON TRAINING

Kyle Pilz, PA-C

Shoulder Pathology
Demo Shoulder Exam

Elbow Pathology
Demo Elbow Exam

Knee Pathology
Demo Knee Exam

Q&A
Live Model Lab

The American Academy of Orthopaedic Surgeons is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education (CME) for physicians. The American Academy of Orthopaedic Surgeons designates this live activity for a maximum of 19.5 plus 2.5 for Ultrasound Session **AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The American Orthopaedic Society for Sports Medicine (BOC AP#: P460) is approved by the Board of Certification, Inc. to provide continuing education to Certified Athletic Trainers. This program is eligible for a maximum of 19.5 Category A hours/CEUs, plus 2.5 Category A hours/CEUs for attending the Ultrasound Session. ATs should claim only those hours actually spent in the educational program.