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
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  

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<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Speaker</th>
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<tbody>
<tr>
<td>3:30-3:40pm</td>
<td>Lateral Epicondylitis: Current Concepts and Treatment Strategies</td>
<td>John Fowler, MD</td>
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<tr>
<td>3:40-3:50pm</td>
<td>Radial Head Fractures: When to Fix, Replace, or Leave Alone</td>
<td>Asif Ilyas, MD</td>
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<td>3:50-4:00pm</td>
<td>Management of Injuries to the Distal Biceps Tendon</td>
<td>Thomas Hughes Jr., MD</td>
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<tr>
<td>4:00-4:15pm</td>
<td>DISCUSSION</td>
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<td>4:15-4:25pm</td>
<td>Business Meeting &amp; Wrap-up for day 1</td>
<td>Thomas Muzzonigro, MD</td>
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#### 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  

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<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Speaker</th>
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<tbody>
<tr>
<td>7:50-8:05am</td>
<td>“I Felt a Pop in my Finger!” Part 2: Flexor Tendon Injuries in Sports</td>
<td>Kimberly Accardi, MD</td>
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<tr>
<td>8:05-8:15am</td>
<td>DISCUSSION</td>
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<tr>
<td>8:15-8:30am</td>
<td>Treatment of Metacarpal Fractures in the Athlete</td>
<td>H. James Pfaeffle, MD, Ph.D.</td>
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<td>8:30-8:45am</td>
<td>Scaphoid Fractures in the Athlete</td>
<td>Blane Sessions, MD</td>
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<td>8:45-9:00am</td>
<td>UCL Injuries to the Thumb: When and How to Fix</td>
<td>Blane Sessions, MD</td>
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<td>9:00-9:10am</td>
<td>DISCUSSION</td>
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### Session VII  
**Medical Issues in Sports Medicine**

**Moderator:** Gregory Altman, MD  

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<tr>
<th>Time</th>
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<th>Speaker</th>
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<tbody>
<tr>
<td>9:10-9:30am</td>
<td>Concussion Management</td>
<td>Nathan Kegel, Ph.D</td>
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<td>9:30-9:45am</td>
<td>Cervical Spine Trauma on Field Evaluation</td>
<td>Patrick Smith, MD</td>
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<tr>
<td>9:45-10:00am</td>
<td>Female Athlete Triad Syndrome</td>
<td>David Carfagno, D.O., C.A.Q.S.M.</td>
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<tr>
<td>10:00-10:15am</td>
<td>Care of the Masters Athlete</td>
<td>Vonda Wright, MD</td>
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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*

11:25-11:45am  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 Glenhumeral 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*

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*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
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
Center, Danville, PA

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 Safier, MD
Director of Sports Medicine, Assistant Professor of Orthopedic Surgery and Pediatrics, Drexel University College of Medicine St. Christopher’s 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

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 Prodromo, 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

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

Patrick Smith, MD
Clinical Instructor, Three Rivers Orthopaedics, UPMC-St. Margaret’s Hospital, Pittsburgh, PA
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
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

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).

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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.
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