Joshua Port, MD, Program Chair
Sam Akhavan, MD, Program Co-Chair
Donald Mazur, MD, Program Co-Chair
Angela Rowe, DO, FAOAO, President
Description
This course is designed for practicing orthopaedic surgeons, orthopaedic residents and fellows, orthopaedic PA-Cs, 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:

- Discuss surgical approaches to ACL reconstruction including graft choice, femoral tunnel placement, open growth plate considerations and techniques, patellar instability and cartilage injury.
- Recognize, evaluate and treat complications related to sports medicine, lower and upper extremity, hip and spine injuries.
- Identify, evaluate and recognize common post-operative complications.
- Discuss approaches and techniques used to ensure patient safety in operative and non-operative orthopaedic practice and procedures.
- Discuss protocols and improve management of concussions.
- Describe the application of biologics and stem cells in orthopaedic medicine.
- Differentiate and understand various surgical techniques surrounding biceps pathology.
- Discuss management and treatment of sports-related shoulder and elbow injuries.
- Describe the management of traumatic sports injuries including fractures and multi-ligament knee.

Accreditation

11 CME PRA Category 1 Credits™ will be available for this live activity 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.

Patient Safety Credits
This course is designed to meet the Patient Safety Credit requirement. Eleven (11) credits can be claimed for the current licensing cycle ending in 2018. Medical doctors (MDs) must renew by December 31. Doctors of osteopathy (DOs) must renew by October 31.

Faculty List & Disclosure
A complete listing of faculty 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.
Thursday, April 26, 2018

6:30-7:15 am  Registration / Continental Breakfast

7:15-7:30 am  Welcome  
Angela Rowe, DO, FAOAO

Announcements  
Joshua Port, MD; Sam Akhavan, MD; Donald Mazur, MD

### Session I  ACL Reconstruction

**Moderator:** Donald Mazur, MD

7:30-7:35 am  Quadriceps Tendon: A Versatile and Sensible Graft Option  
Brian Kelly, MD

7:35-7:40 am  Hamstring Tendon: The Other Gold Standard for ACL Reconstruction  
Paul Marchetto, MD

7:40-7:45 am  Allograft ACL Reconstruction: Do's and Don'ts & Will's and Won'ts  
Bryson Lesniak, MD

7:45-7:50 am  BTB in ACL Reconstruction: Why, When and How to Avoid Complications  
Dennis Phillips, MD

7:50-8:00 am  DISCUSSION

8:00-8:10 am  Tunnel Placement: Drilling Outside In  
Brian Mosier, MD

8:10-8:20 am  Transtibial Approach to ACL Reconstruction: Is It Still Valid?  
Donald Mazur, MD

8:20-8:30 am  Anteromedial Portal Drilling: Why I Do It and How to Make it Easy  
Kevin Freedman, MD, MSCE

8:30-8:40 am  DISCUSSION

8:40-8:50 am  Assessment: The Young Athlete  
Meagan Fernandez, DO, FAOAO

8:50-9:00 am  Pediatric ACL Injury: Principles, Prevention and Techniques  
Theodore Ganley, MD

9:00-9:10 am  DISCUSSION

9:10-9:20 am  Knee Articular Cartilage Repair: Current Techniques  
Sommer Hammoud, MD

9:20-9:30 am  Treatment of Recurrent Petella Dislocation  
Greg Purnell, MD

9:30-9:40 am  DISCUSSION

9:40-10:10 am  Break / Visit Exhibits
### Session II  
**Sports Trauma**  
*Moderator:* Joshua Port, MD  

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Speaker</th>
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<tbody>
<tr>
<td>10:10-10:20 am</td>
<td>Staged Management of Multi-ligamentous Knee Injuries</td>
<td>Bryson Lesniak, MD</td>
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<tr>
<td>10:20-10:30 am</td>
<td>Multi Ligament Knee Treatment</td>
<td>Dharmesh Vyas, MD, PhD</td>
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<tr>
<td>10:30-10:40 am</td>
<td>Clavicle Fractures</td>
<td>Gregory Altman, MD</td>
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<td>10:40-10:50 am</td>
<td>Ankle Fractures in Athletes</td>
<td>James Sferra, MD</td>
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<td>10:50-11:00 am</td>
<td>DISCUSSION</td>
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### Session III  
**Five Most Common**  
*Moderator:* Asif Ilyas, MD  

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<thead>
<tr>
<th>Time</th>
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<th>Speaker</th>
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<tbody>
<tr>
<td>11:00-11:15 am</td>
<td>Sports Related Wrist and Hand Injuries: A Current Review</td>
<td>Greg Gallant, MD</td>
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<tr>
<td>11:15-11:30 am</td>
<td>The Athletic Lisfranc and Fifth Metatarsal Fractures</td>
<td>Brian Winters, MD</td>
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<tr>
<td>11:30-11:45 am</td>
<td>Management of Spine Injuries Frequently Seen in Sports</td>
<td>Daniel Altman, MD</td>
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<td>11:45-11:55 am</td>
<td>DISCUSSION</td>
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### Session IV  
**Hip**  
*Moderator:* Eric Kropf, MD  

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<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Speaker</th>
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<tbody>
<tr>
<td>11:55 am-12:05 pm</td>
<td>Femoroacetabular Impingement: Surgical Indications and Treatment Options</td>
<td>Eric Kropf, MD</td>
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<tr>
<td>12:05-12:15 pm</td>
<td>Treatment of Athletic Hip Injuries</td>
<td>Craig Mauro, MD</td>
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<td>12:15-12:25 pm</td>
<td>DISCUSSION</td>
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<tr>
<td>12:25-1:30 pm</td>
<td>Lunch / Visit Exhibits</td>
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### Session V  
**Concussion Protocols and Management**  
*Moderator:* Sam Akhavan, MD  

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Speaker</th>
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<tbody>
<tr>
<td>1:30-1:45 pm</td>
<td>Advances in the Clinical Management and Treatment of Concussion</td>
<td>Nathan Kegel, PhD</td>
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<tr>
<td>1:45-1:50 pm</td>
<td>The NFL Perspective</td>
<td>Nathan Kegel, PhD</td>
</tr>
<tr>
<td>1:50-1:55 pm</td>
<td>The NHL Perspective</td>
<td>Dharmesh Vyas, MD, PhD</td>
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</tbody>
</table>
1:55-2:00 pm  The Pittsburgh Pirates Protocol for Management of Concussions  
Edward Snell, MD

2:00-2:05 pm  The Major League Soccer Perspective  
Chip Hummer, MD

2:05-2:10 pm  Management of Concussions at Rugby World Events  
Sam Akhavan, MD

2:10-2:25 pm  DISCUSSION

2:25-2:45 pm  Legislative and Political Advocacy Update  
Angela Rowe, DO, FAOAO

2:45-3:15 pm  Break / Visit Exhibits

Session VI  Scientific Paper Presentations  
Moderators:  Sam Akhavan, MD and Donald Mazur, MD

3:15-3:25 pm  Safer Return to Play Following Anterior Cruciate Ligament Reconstruction: Validation of an Evidence-Based Checklist  
Nirav Patel, MD, MS, FRCS

3:25-3:35 pm  Knee Arthroplasty in Patients with Previous Ligamentous Knee Surgery  
Nirav Patel, MD, MS, FRCS

3:35-3:40 pm  DISCUSSION

3:40-3:50 pm  A Prospective Randomized Study Evaluating the Effect of Perioperative NSAIDs on Opioid Consumption and Pain Management After Ankle Fracture Surgery  
Elizabeth McDonald, BA

3:50-4:00 pm  Arthroscopic Repair of a Massive Infraspinatus Tear in a Contact Athlete: A Case Report  
Sean Fitzpatrick, MD

4:00-4:05 pm  DISCUSSION

4:05-4:15 pm  Epidemiology of Surgical Treatment of Adolescent Sports Injuries in the United States: Analysis of the MarketScan Commercial Claims and Encounters Database  
Nicholas Bonazza, MD

4:15-4:25 pm  Osteonecrosis of the Femoral Condyles After Using Radiofrequency for an Arthroscopic Anterior Interval Release Procedure  
Lisa Kaplin, DO

4:25-4:30 pm  DISCUSSION

4:30-4:40 pm  Orthopaedic Surgery Resident Financial Literacy: An Assessment of Knowledge in Debt, Investment, and Retirement Savings  
John Jennings, MD

4:40-4:50 pm  A New Model for Determining the Cost-Effectiveness of Single vs Double Row Rotator Cuff Repair  
John Prodromo, MD

4:50-4:55 pm  DISCUSSION
Friday, April 27, 2018

7:00-7:25 am Registration / Continental Breakfast
7:25-7:30 am Announcements
  Joshua Port, MD; Sam Akhavan, MD; Donald Mazur, MD

Session VII  Upper Extremity
Moderator: Sam Akhavan, MD

7:30-7:40 am The Loop ‘N’ Tack Tenodesis: An All-Arthroscopic, Intra-Articular Tenodesis Technique
  Sam Akhavan, MD

7:40-7:50 am Biceps Tenodesis vs Tenotomy
  Matt Ramsey, MD

7:50-8:00 am Subpectoral Biceps Tenodesis
  Joshua Port, MD

8:00-8:10 am DISCUSSION

8:10-8:20 am Arthroscopic Latarjet
  Charles Getz, MD

8:20-8:30 am Shoulder Instability: Techniques in Managing Glenoid and Humeral Bone Loss
  Gabe Horneff, MD

8:30-8:40 am Shoulder Instability: Arthroscopic vs Open Repair
  Brian Mosier, MD

8:40-8:50 am The Treatment of Ulnar Collateral Ligament Injuries in the Throwing Athlete: Current Concepts in 2018
  Michael Ciccotti, MD

8:50-9:00 am Elbow Arthroscopy: Indications and Techniques
  Daniel Davis, MD

9:00-9:10 am DISCUSSION

9:10-9:40 am Break / Visit Exhibits

Session VIII  Complications and Unusual Cases
Moderator: Joshua Port, MD

9:40-9:50 am Traumatic Elbow Instability: Keys to Management
  Daniel Davis, MD

9:50-10:00 am Delayed Presentation of Acromial and Glenoid Fracture with Instability
  Charles Getz, MD

10:00-10:10 am Patellofemoral Cartilage Restoration Options
  Greg Purnell, MD

10:10-10:20 am Combined Hip and Core Muscle Injury
  Eric Kropf, MD

10:20-10:30 am DISCUSSION
<table>
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<tr>
<th>Time</th>
<th>Session</th>
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</table>
| 10:30-10:45 am | The Aging Athlete and Human Longevity  
                      *Vonda Wright, MD* |
| 10:45-11:00 am | The Opioid Crisis in Pennsylvania: Opioid Prescribing Strategies for Orthopaedic Surgeons  
                      *Asif Ilyas, MD* |
| 11:00-11:10 am | DISCUSSION               |
| 11:10-11:30 am | Exponential Techniques in Orthopaedics  
                      *Vonda Wright, MD* |
| 11:30-11:50 am | Orthobiologics and Stem Cell Update  
                      *Harvey Smith, MD* |
| 11:50 am-12:00 pm | DISCUSSION         |
| 12:00 pm      | MEETING ADJOURNED      |
|              | THANK YOU FOR YOUR ATTENDANCE |
Daniel Davis, MD  
Assistant Professor, Associate Residency Program Director, Department of Orthopaedic Surgery, Shoulder and Elbow Division, The Rothman Institute at Thomas Jefferson University

Meagan Fernandez, DO, FAOAO  
Geisinger Musculoskeletal Institute, Associate Orthopaedic Surgery, Division of Pediatric Orthopaedic Surgery

Kevin Freedman, MD, MSCE  
Associate Professor of Orthopaedic Surgery, Sidney Kimmel College of Medicine, Thomas Jefferson University, Associate Director of Sports Medicine Research, Rothman Institute Sports Medicine

Greg Gallant, MD  
Hand and Upper Extremity Specialist, Rothman Institute

Theodore Ganley, MD  
Director of Sports Medicine, The Children’s Hospital of Philadelphia, Associate Professor of Orthopaedic Surgery, University of Pennsylvania School of Medicine

Charles Getz, MD  
Associate Professor of Orthopaedic Surgery, Department of Orthopaedic Surgery, Thomas Jefferson University

Sommer Hammoud, MD  
Assistant Professor of Orthopaedic Surgery, Sidney Kimmel School of Medicine, Thomas Jefferson University Hospital, Rothman Institute

Gabe Horneff, MD  
Assistant Professor of Orthopaedic Surgery, Sidney Kimmel School of Medicine, Thomas Jefferson University Hospitals

Chip Hummer, MD  
Premier Orthopaedics and Sports Medicine, Chief Medical Officer, Philadelphia Union of MLS

Asif Ilyas, MD  
Program Director of Hand Surgery Fellowship & Associate Professor of Orthopaedic Surgery at the Rothman Institute at Thomas Jefferson University

Brian Kelly, MD  
Assistant Professor, Drexel University College of Medicine, Department of Orthopaedic Surgery and Sports Medicine, Allegheny Health Network

Eric Kropf, MD  
Associate Professor and Chair, Temple Orthopaedics and Sports Medicine, Director, Sports Medicine, Team Physician, Temple Athletics

Bryson Lesniak, MD  
Associate Professor, Department of Orthopedic Surgery, Division of Sports Medicine, UMPC

Paul Marchetto, MD  
Associate Professor of Orthopedic Surgery, The Rothman Institute, The Sidney Kimmel Medical College at Thomas Jefferson University

Craig Mauro, MD  
Clinical Assistant Professor, Associate Program Director, Orthopaedic Sports Medicine Fellowship Program, University of Pittsburgh Medical Center, Burke and Bradley Orthopedics

Brian Mosier, MD  
Department of Orthopaedic Surgery, Allegheny Health Network

Dennis Phillips, MD  
Division Director, Sports Medicine, Assistant Professor, Orthopaedic Surgery, Drexel University College of Medicine

Greg Purnell, MD  
Assistant Professor, Department of Orthopaedic Surgery, Drexel University College of Medicine

Matt Ramsey, MD  
Professor of Orthopaedic Surgery, Sidney Kimmel College of Medicine at Thomas Jefferson, Chief, Shoulder and Elbow Service, Rothman Institute
Angela Rowe, DO, FAOAO  
President, Pennsylvania Orthopaedic Society, Orthopedic Surgeon, University Orthopedics Center, Altoona, PA

James Sferra, MD  
Director, Division of Foot and Ankle, Orthopaedic Institute, Allegheny Orthopaedic Associates

Edward Snell, MD  
Associate Professor, Orthopaedic Surgery, Drexel University College of Medicine, Associate Professor, Orthopaedic Surgery, Temple University School of Medicine

Dharmesh Vyas, MD, PhD  
UPMC Assistant Professor of Orthopaedic Surgery, Head Team Physician, Pittsburgh Penguins

Brian Winters, MD  
Orthopaedic Surgeon, Rothman Institute Orthopaedics, Assistant Professor of Orthopaedic Surgery, Sidney Kimmel Medical College, Thomas Jefferson University

Vonda Wright, MD  
UPMC/University of Pittsburgh School of Health Sciences, Director of the Performance and Research Initiative for Masters Athletes (PRIMA), Medical Director of UPMC Lemieux Sports Center

Fellow / Resident Speakers

Nicholas Bonazza, MD  
Resident, Orthopaedic Surgery, Penn State Milton S. Hershey Medical Center, Hershey, PA

Sean Fitzpatrick, MD  
Resident, Orthopaedic Surgery, Allegheny General Hospital, Allegheny, PA

John Jennings, MD  
Resident, Orthopaedic Surgery, Temple University Hospital, Philadelphia, PA

Lisa Kaplin, DO  
Resident, Orthopaedic Surgery, Philadelphia College of Osteopathic Medicine, Philadelphia, PA

Elizabeth McDonald, BA  
Research Fellow, Orthopaedic Surgery, Rothman Institute at Thomas Jefferson University Hospital, Philadelphia, PA

Nirav Patel, MD, FRCS  
Fellow, Orthopaedic Surgery, Rothman Institute at Thomas Jefferson University Hospital, Philadelphia, PA

John Prodromo, MD  
Resident, Orthopaedic Surgery, Drexel University Hahnemann University Hospital, Philadelphia, PA
Hotel Information

The Mills House Wyndham Grand Hotel is located in the heart of Charleston's historic downtown. Experience the ultimate in southern charm. Opened in 1853, The Mills House Wyndham Grand Hotel is a unique hotel close to the Museum Mile and many historic downtown sights. They are a full-service hotel with warm hospitality and friendly services, concierge staff and valet parking. Located walking distance to historic sites and attractions, The Mills House Wyndham Grand Hotel is the perfect southern style hotel for history buffs, business travelers, and family vacations. Take a short stroll to City Market and downtown Charleston, take a walking tour of Old City Jail or hop on a harbor cruise to Fort Sumter.

The daily room rate for the POS room block is $279.00.

Check-in is at 3:00 pm. Check-out is at noon.

A limited number of rooms are available at the POS group rate. Reservations must be made by March 24, 2018, to receive the POS rate.

Click Here to make your reservations for The Mills House.

Travel Information

Charleston International Airport is less than 10 miles from The Mills House. About a 20-25 minute drive.

Transportation Options to/from The Mills House
The Mills House recommends:

Uber
Schedule your ride when your flight lands.
Make sure to set up APP before your arrival.

Lyft
Book your ride 7 days in advance.
Make sure to download APP before your arrival.
**Event Information**

**Wednesday Welcome Reception**  
Settle in with food and drinks by the pool with friends and family.

*Time:* 6:00 – 7:30 pm  
*Where:* Pool Terrace & Planters Suite

**Adventure Awaits!**  
What will you do? What will you see? You have numerous options while in the heart of Downtown Charleston. Take in the sites or enjoy some family fun. [Click Here](#) to plan your adventure.

[Downtown](#)  
[Museum Mile](#)  
[Plantations & Gardens](#)  
[Beaches](#)
MEETING REGISTRATION
Pennsylvania Orthopaedic Society 2018 Spring Scientific Meeting
Practical Sports Medicine 2018
April 26-27, 2018
The Mills House, Charleston, SC

Register by March 26 and save $75. You can also register online at www.paorthosociety.org

Last Name: ___________________________ Title (MD/DO) ______________________
First Name: ___________________________
Practice Name: ________________________
Office Address: ________________________
City: __________________ State: ___________ Zip: __________________
Email: __________________ Office Phone: __________________
Office Contact: ________________________

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

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Wednesday Welcome Reception, (attendee & one guest) @ no charge  # attending __________

Payment Method (Please check appropriate box):  GRAND TOTAL $__________

☐ CHECK enclosed made payable to POS
☐ CREDIT CARD: ________AMEX _________VISA ______________ MC

Name on Card: __________________________
Card Number: __________________________
Exp. Date: ____________________________ Card Verification Number: __________________________

Please mail or fax this form with payment to: Maher Bigley
Pennsylvania Orthopaedic Society – 415 Market Street, Suite 210, Harrisburg, PA 17101
Phone: 717-909-8901 – Fax: 717-909-8906 – maher@paorthosociety.org

Cancellation Policy: There will be a $100 processing fee for cancellations received before March 26, 2018. Refunds will NOT be granted for cancellations received on or after March 26, 2018.
UPCOMING POS MEETINGS

March 20, 2018
E&M and Surgical Coding for Orthopaedic Surgeons
Sheraton Station Square Pittsburgh, PA

March 22, 2018
E&M and Surgical Coding for Orthopaedic Surgeons
Crowne Plaza King of Prussia, PA

October 25-26, 2018
Fall Scientific Meeting – Total Joints
The Hotel Hershey, Hershey, PA

April 6-7, 2019
Spring Scientific Meeting
Disney Contemporary Resort, Orlando, FL